

# Thoughts on the Traditional Chinese Medicine Syndrome Differentiation System

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**Abstract:** There are many methods of syndrome differentiation in traditional Chinese medicine, which brings inconvenience to clinical practice. The six-meridian syndrome differentiation established by Zhang Zhongjing includes other syndrome differentiation methods such as zang-fu organs syndrome differentiation, qi-blood-body fluid syndrome differentiation, wei-qi-ying-xue syndrome differentiation, and triple energizer syndrome differentiation. It can be used for the differentiation of various diseases, and is a comprehensive and systematic differentiation system. Traditional Chinese Medicine can form a complete system of syndrome differentiation.

**Keywords:** Six-meridian Syndrome Differentiation; Syndrome Differentiation of Traditional Chinese Medicine; Traditional Chinese Medicine Syndrome Differentiation System.

## 1. Introduction

There are many methods of syndrome differentiation in traditional Chinese medicine, including syndrome differentiation of meridians and collaterals, syndrome differentiation of six-meridians, syndrome differentiation of zang-fu organs, syndrome differentiation of eight principles, syndrome differentiation of qi-blood-body fluid, syndrome differentiation of etiology, syndrome differentiation of wei-qi-ying-xue, syndrome differentiation of triple energizer, etc. They were produced in different historical periods, with different emphasis and indications. But this brings great inconvenience to clinical dialectics, Especially for young traditional Chinese medicine doctors, they have not yet established their own thinking mode, and when facing specific diseases, they do not know which dialectical method to start from.

## 2. In View of This Situation, Many Predecessors have Also Conducted In-Depth Thinking

### *For example1:*

Dr. Li Fei of the Chinese Academy of Chinese Medical Sciences believes that: Syndrome differentiation is divided into syndrome differentiation method and syndrome differentiation system. Eight principles syndrome differentiation, zang-fu organs syndrome differentiation, meridian syndrome differentiation, etiology syndrome differentiation and qi-blood-body fluid syndrome differentiation are all ' syndrome differentiation methods ', which are derived from ' Yellow Emperor's Canon of Medicine '. Six-meridian syndrome differentiation, triple energizer syndrome differentiation, wei-qi-ying-xue syndrome differentiation are ' syndrome differentiation system ', which are integrated on the basis of the above syndrome differentiation methods [1].

### *For example2:*

From the perspective of logic, Professor Yan Shilin of Chengdu University of Traditional Chinese Medicine summarized the common dialectical methods into three

levels : ' basic syndrome ', ' common syndrome ' and ' guideline syndrome '. Among them, the guideline syndrome refers to the eight-principle syndrome differentiation, which belongs to the programmatic syndrome differentiation ; basic syndrome is also called disease nature differentiation, that is, etiology syndrome differentiation, qi-blood-body fluid syndrome differentiation ; common syndromes include syndrome differentiation of zang-fu organs ( internal injury diseases ), syndrome differentiation of six meridians, syndrome differentiation of wei-qi-ying-xue, syndrome differentiation of triple energizer ( exogenous diseases ), which belong to the lower level of syndrome differentiation[2].

### *For example3:*

Professor Wu Chengyu from Nanjing University of Traditional Chinese Medicine summarized various syndrome differentiation methods and proposed the ' syndrome differentiation system of five zang-organs system ', Its theoretical basis is that the human body is a whole centered on five zang-organs. On the basis of all syndrome differentiation methods, the human body is divided into heart system, lung system, spleen system, liver system and kidney system, Based on the five zang-organs system as the core, the syndrome types are classified according to deficiency and excess[3]. This dialectical method is convenient and rapid for the diagnosis of disease location and nature, and is worth learning from. But the structure of the human body is exquisite and complex, and this method of syndrome differentiation only accounts for ten of the twelve meridians and cannot include all the diseases.

## 3. The Author's View

In my point of view, Meridian syndrome differentiation created by Zhang Zhongjing can include other methods of syndrome differentiation.

The human body connects the whole body tissues and organs such as the five internal organs, the Five senses, and the limbs through the meridian system into an organic whole, and complete the functional activities of the body through the action of qi, blood, and body fluids. On this basis,

Zhang Zhongjing founded the six-meridian syndrome differentiation, which is currently the most comprehensive and systematic syndrome differentiation system. Many people think that the syndrome differentiation of the six meridians is only applicable to the syndrome differentiation and treatment of exogenous cold evil. In fact, the syndrome differentiation system of the six meridians should also include the differentiation and treatment of warm heat evil, dryness evil, pestilence evil, and internal injury diseases. In the book, there are mentions of febrile diseases and wind temperature, but they are not specifically expanded, and the various changes in diseases in the article, as well as cholera, yin-yang Yi diseases, are not exogenous cold pathogens, and are still contained in the ' Treatise on Febrile Diseases ', indicating that the syndrome differentiation of the six meridians is not only for exogenous cold pathogens. Liu Duzhou, a famous expert in typhoid fever, believed that the six meridians are material in nature, and their foundation is the organs and meridians. The theory of organs and meridians is the physiology of traditional Chinese medicine [4]. For example, the Taiyang meridian syndrome is the hand Taiyang small intestine, foot Taiyang bladder meridian and Lesions along the path of Taiyang meridian, is the so-called ' Meridians through, the treatment can reach '. This shows that the scope of the six-meridian syndrome differentiation is very wide, As long as it is the place where the meridians are distributed, whether it is the viscera, the body, the deficient or excess, are included in it. Six-meridian syndrome differentiation itself includes syndrome differentiation of zang-fu organs, syndrome differentiation of wei-qi-ying-xue, syndrome differentiation of eight principles, syndrome differentiation of triple energizer, syndrome differentiation of qi-blood-body fluid and other syndrome differentiation methods, and the various changes in diseases in each chapter, as well as cholera, yin-yang-yi and other diseases should also be classified into six-meridian diseases.

### **3.1. The Six-Meridian Syndrome Differentiation Includes Eight Principles of Syndrome Differentiation**

Eight principles syndrome differentiation refers to the identification of yin and yang, exterior and interior, cold and heat, deficiency and excess. Six meridians syndrome differentiation includes eight principles syndrome differentiation. Yin and Yang : such as the three yang meridians belong to yang, the three yin meridians belong to yin ; yangming disease heat syndrome belongs to Yang, Yangming cold syndrome belongs to Yin, etc. Inside and table : such as the sun disease belongs to the table, Yangming disease belongs to the inside ; among the meridian diseases, the meridian diseases belong to the exterior and the Zang-fu organs diseases belong to the interior. The cold and heat : In Jueyin disease, symptoms such as chills, jueni(coldness below the elbows and knees), diarrhea, pulse sinking late are classified as cold, while fever, thirst, and heart pain are classified as heat. Deficiency and excess : Shaoyin disease but want to sleep, urine color white, pulse micro are classified as deficiency, Jiexiong syndrome pulse tight, heart pain, Pressing feels as hard as a stone are classified as excess.

### **3.2. Six-meridian Syndrome Differentiation Includes Zang-Fu Organs Syndrome Differentiation**

For example, Shaoyin disease corresponds to the lesions of heart and kidney ; jueyin disease corresponding to liver lesions ; taiyin disease corresponds to the lesions of spleen and lung ; shaoyang disease corresponds to the lesions of gallbladder and triple-energizer ; taiyang disease corresponds to the lesions of bladder and small intestine ; yangming disease corresponds to the lesions of stomach and large intestine.

### **3.3. Six-meridian Syndrome Differentiation Includes Qi-Blood-Body Fluid Syndrome Differentiation**

The syndrome differentiation of the six meridians also includes the state of qi, blood and body fluid in the human body. Qi stagnation : such as Yangming disease abdominal distension, body heavy feeling, wheezing can not lie, etc, for the evil block gas machine. Qi deficiency: ' Yangming disease is characterized by excessive sweating , if there is no sweat, resulting in a body that a feeling similar to a worm through the skin. This is due to prolonged deficiency ', this article expounds the symptoms caused by long-term qi and body-fluid deficiency. Qi loss : ' Shaoyin disease, six or seven days, people with superficial breathing die ', for the kidney qi loss in the lower, lung qi loss in the upper. Qi subsidence : ' Shaoyin disease, diarrhea, astringent pulse, vomiting and sweating, must be stool frequency, but less ' This is because Qi subsidence can not be fixed, so frequent stool. Qi inverse : Taiyang disease vomiting, Shaoyang disease vomiting, both of which are due to the reversal of stomach qi. Qi closure : Sini decoction syndrome, cold below the elbow and knee of the limbs caused by Qi closure. Qi closed : Sini decoction syndrome, is the jueni syndrome(coldness below the elbow and knee) which caused by Qi closed. Blood stasis : Taiyang blood stasis syndrome, Yangming blood stasis syndrome, are blood stasis in the bladder or gastrointestinal. Blood deficiency : Zhigancao decoction syndrome is deficiency of both qi and blood. Blood cold : such as Jueyin disease Danggui Sini decoction syndrome, caused by blood deficiency and cold coagulation. Blood heat : such as Yangming disease blood heat syndrome. Insufficient body fluid : such as Yangming disease acute syndrome ' Blurred vision, sweat more ', Shaoyin disease acute syndrome ' dry mouth and dry throat ' are heat injury body fluid. Stagnation of body fluid : Lizhong Pill syndrome ' after the recovery of serious illness, always spit, do not disappear for a long time ' is caused by deficiency of both spleen and lung, inability to transport and transform body fluid, and body fluid accumulation in the body.

### **3.4. Six-meridian Syndrome Differentiation Includes Wei-Qi-Ying-Xue Syndrome Differentiation**

Wei syndrome : such as Taiyang disease, is due to exogenous cold evil caused by chills, fever, nasal congestion, head and neck pain, pulse floating and other symptoms, similar to Wei syndrome in Wei-qi-ying-xue syndrome differentiation . Other exogenous evils such as warm evils also enter from the outside, and the taiyang meridian is the first to bear the brunt, but due to its warm nature, febrile diseases are

easy to open pores and enter the body when invading the muscle surface, so its manifestation stage is very short, mainly manifested as heat. Qi syndrome : such as Yangming disease heat syndrome, manifested as great heat, great thirst, great sweat, and large pulse, similar to Qi syndrome in Wei-qi-ying-xue syndrome differentiation. Ying and xue syndrome: such as rhinorrhagia syndrome of Mahuang decoction of Taiyang disease, Yangming disease blood heat syndrome, are both caused by heat disturbance the Ying xue, resulting in irritability, bleeding, etc, similar to Ying and xue syndrome in Wei-qi-ying-xue syndrome differentiation.

### 3.5. Six-meridian Syndrome Differentiation Includes Triple Energizer Syndrome Differentiation

The triple energizer is the general term for the upper energizer, the middle energizer and the lower energizer. The triple energizer syndrome differentiation is commonly used in the differentiation and treatment of warm and hot diseases. Upper energizer: Shaoyin heart disease, Taiyin lung disease belongs to the upper Jiao. In addition, Mr. XIAO Xiangru listed the syndrome of heat disturbing the chest and diaphragm in the syndrome of taiyang disease as the syndrome of heat in Yangming disease [5], which in my opinion, should belong to upper energizer disease. 'Treatment of upper energizer disease medication should be light ', so Gardenia jasminoides Ellis and fermented soybean are used to clear stagnated heat. Jiexiong syndrome, water drink stop chest syndrome should also belong to the upper Jiao, because of its sthenia pathogenic factors block, so the use of purgation or vomiting method to eliminate pathogenic factors. Middle energizer: Yangming stomach disease and Taiyin spleen disease belong to middle energizer. Lower energizer : Shaoyin kidney disease, Jueyin liver disease, and stool and urinary disorders belong to the lower energizer. In addition, Yin-Yang-yi are disease pathogenic factors to enter from the lower part, so it should belong to the lower energizer, 'The treatment of lower energizer disease medication should be heavy ', using the method of facilitating urination.

### 3.6. The Changes in Disease, Cholera, Yin-Yang-Yi Also Belong to The Six-Meridian Diseases

The various changes in diseases in the book also belong to the six-meridian diseases. For example, Maxing Shigan decoction syndrome is cold evil into the lung and heat, which belongs to hand Taiyin lung meridian disease ;Lingui Zhugan decoction syndrome is due to spleen yang deficiency and produce wet, which belongs to foot Taiyin spleen meridian disease ;White tiger plus ginseng decoction syndrome is stomach heat injury qi and yin, which belongs to foot yangming stomach meridian disease ;The syndrome of Guizhi Gancao Decoction is deficiency of heart yang, which belongs to hand Shaoyin heart meridian disease ;Zhenwu decoction syndrome is water drink caused by kidney yang deficiency, which belongs to foot Shaoyin kidney meridian disease ;Gegen Qinlian decoction syndrome is heat in the large intestine, which belongs to hand yangming large intestine meridian disease ;The fullness syndrome should belong to Taiyin and Yangming combined diseases, etc. Cholera originated in the middle energizer, so it should belong to Yangming and Taiyin combined disease. Yin-Yang-yi are disease pathogenic factors to enter from the lower part,

It should belong to the lower energizer disease of hand Shaoyang triple energizer meridian disease.

### 3.7. Surgical Diseases Can Also Belong to The Scope of Six-Meridian Diseases

'All diseases are nothing more than the six meridians '[6], It can be said that whether it is exogenous disease or internal injury, internal medicine diseases, surgery diseases, gynecological diseases, pediatric diseases, in the six-channel syndrome differentiation system can find the corresponding position. Internal diseases have been discussed above, and here again illustrate the syndrome differentiation of surgical diseases. For example, exogenous rheumatism should belong to the category of taiyang meridian disease. If it does not heal for a long time, it can be transmitted to Shaoyin and Jueyin meridian. As in the ' *Synopsis of Golden Chamber* ', it is divided into Ephedra decoction disease of rheumatism on the body surface, Fangji Huangqi decoction disease of rheumatism and qi deficiency, Guizhi Fuzi decoction disease of rheumatism and yang deficiency, and Lijie disease of wind, cold and dampness invasion due to liver and kidney deficiency. Lumbago should belong to the kidney disease of foot shaoyin or the pathological changes of the kidney meridian along the waist. For the meridian syndrome, Zhongjing advocates acupuncture treatment, Such as ' Taiyang and Shaoyang combined disease, neck stiffness pain, or dizziness, sometimes like the jiexiong syndrome, The precordium is full and hard, Need to acupuncture The first acupoint under Dazhui, as well as Ganshu and Feishu ', pointed out that diseases in the meridians should acupuncture. If the meridian disease does not heal for a long time, it will also be introduced into the viscera. The sores and abscesses on the skin should belong to the diseases of the meridians that flow through that area, or external manifestations of lesions in the organs to which they belong.

## 4. Conclusion

To sum up, traditional Chinese medicine can form a complete syndrome differentiation system. The six-meridian syndrome differentiation includes eight-principle syndrome differentiation, viscera syndrome differentiation, qi-blood-body fluid syndrome differentiation, Wei-qi-ying-xue syndrome differentiation, triple energizer syndrome differentiation and other syndrome differentiation methods. It is a comprehensive and systematic syndrome differentiation system. Inheriting and carrying forward the syndrome differentiation of six meridians will be of great help to clinical syndrome differentiation.

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