

# 傷寒論

## Shāng Hán Lùn

Injury/Damage (by) Cold Treatise  
(Discourse on Injury to the Yang)

*by*

**Zhāng Jī**

aka **Zhāng Zhòng-jǐng**

*Teacher Version*

*Jim Cleaver LAc.*

君子 *Jun-Zi Publications*

## Table of Contents & Course Outline

<b>Portrait of Zhang Ji</b>		<b>3</b>
<b>Introduction and How to Use this Book</b>		<b>4</b>
<b>Translations of the Shang Han Lun</b>		<b>5</b>
<b>Contents of the Shang Han Lun</b>		<b>6</b>
<b>Glossary of Common Words</b>	Alphabetical by Pinyin	<b>7</b>
<b>Selections:</b>		
<b>1. Zhang Ji's Preface</b>	paragraph 3                      220 characters	<b>15</b>
<b>2. Tai Yang Chapter</b>	clauses: 1, 2, 3, 4, 5, 6	<b>27</b>
Formulas:	clauses: 12, 13, 14, 31, 32, 35      326 characters	<b>34</b>
<b>3. Yang Ming Chapter</b>	clauses: 179, 180, 181, 182, 193, 199, 213	<b>43</b>
Formulas:	clauses: 222, 226, 238, 220      430 characters	<b>56</b>
<b>4. Shao Yang Chapter</b>	clauses: 263, 264, 265, 269, 272	<b>66</b>
Formulas:	clauses: 96, 99, 101, 144, 266, 267   394 characters	<b>73</b>
<b>5. Tai Yin Chapter</b>	clauses: 273, 276, 277, 279, 280      147 characters	<b>86</b>
<b>6. Shao Yin Chapter</b>	clauses: 281, 285, 291                  38 characters	<b>94</b>
<b>7. Jue Yin Chapter</b>	clauses: 326, 328                      40 characters	<b>98</b>
	Total = 1595 characters	
<b>Appendices:</b>		
<b>A. Key Formulas for Each Stage</b>		<b>101</b>
<b>B. Traditional Weights and Measures</b>		<b>102</b>
<b>C. Writing Practice Blanks</b>	(5 sizes, 6 pages)	<b>103</b>
<b>D. Jim's Pinyin–Wade-Giles Conversion Tables</b>		<b>104</b>
<b>E. Jim's Pinyin Pronunciation Guide</b>		<b>110</b>
<b>F. Jim's Radical Index</b>		<b>113</b>
<b>G. Grammatical Vocabulary:</b>	Sorted by Part of Speech, Pinyin, and Stroke Count	<b>115</b>
<b>H. Disease Resolution Times</b>		<b>118</b>
<b>I. Twelve Terrestrial Branches Table</b>		<b>140</b>
<b>J. Jim's Radical Reference</b>		<b>141</b>
		<b>back cover</b>

*Intro*



Portrait of Zhāng Jī  
aka Zhāng Zhòng-jǐng  
(142–220)

***Introduction and How to Use this Book***

This workbook is designed to help develop both vocabulary and translation skills. To that end, the Chinese characters, the pinyin, including tones, and basic definitions are provided the first time a character/word is encountered. The primary work is to translate the words into sentences that make sense, and to convey that sense in good English. The basic worksheets for each selection are semi filled in, leaving vocabulary previously encountered blank for the student to recall.

Support materials are provided in terms of a glossary of the most common vocabulary.

**The Six Rows:**

**Row/Line 1:** The Chinese characters, parsed in a way to suggest breaks (commas, semi-colons) that hopefully aid your translation, but are not necessarily the only way to interpret the line. Remember in the classic itself, no punctuation is present.

**Row/Line 2:** Each character is given a number that is the combination of the clause (first number), followed by a hyphen and a second number (the number of the character within that clause). Thus, any character can easily be referred to, whether for one's own note taking, or for classroom discussion.

**Row/Line 3:** The line labeled ID, is for the student to record where they found the character (ID the dictionary and/or the page or character #) and/or the definitions you used. I often use several dictionaries and want to remember where I got what. In the age of computer dictionaries you may want to ID whether you used the ZhongWen or the WenLin definitions for instance. I also use this space for listing the radical and/or phonetic.

**Row/Line 4:** is the pinyin Romanization of the Chinese pronunciation of that character (including a tone #)

**Row/Line 5:** is for definitions of the word, sometimes these are filled in for your convenience, although you may want to look up other possibilities. Sometimes they are blank, encouraging you to look the word up, or remember it from prior encounters.

**Row/Line 6:** is for your translation of the phrase or sentence.

**The facing page:** is blank for note taking, notes to oneself in preparation for class, and notes from class.

## Translations of the Shang Han Lun into English

傷寒雜病論      張機      張仲景

The author of the Shāng Hán Zá Bìng Lùn is Zhāng Jī, his 'style name' is Zhāng Zhòng-jǐng. His actual birth and death dates are unknown, but are usually given as 142–220, which is the late Han dynasty.

The story goes that early in his life/career a terrible epidemic occurred in central China that killed a great many people and decimated two thirds of Zhang's own clan members. The disease, characterized by a high fever, was known as *shang han*. Thereafter Zhang resolved to dedicate himself to the study of medicine, and to helping others.

The original work no longer exists. It was edited by Wang Shu-he (210–285) (author of the Mai Jing / Pulse Classic), into two parts, thereafter known by the titles Shang Han Lun (Injury/Damage by Cold Treatise) and Jin Gui Yao Lue (Gold(en) Cabinet Essential Outline/Summary)

<b>Shāng Hán Lùn</b>		傷寒論		
1981	Hsu & Preacher	Shang Han Lun (The Great Classic of Chinese Medicine)	OHAI	O/P
1986	Luo Xiwen	Treatise on Febrile Diseases Caused by Cold	New World Press	O/P
1993	Luo Xiwen	Treatise on Febrile Diseases Caused by Cold with 500 Cases	New World Press	O/P
1999	Mitchell, Ye, & Wiseman	<b>Shang Han Lun (On Cold Damage)</b> (this is the one to get) its primary disadvantage is its use of simplified characters, however it does include a complex character version as appendix I.	<b>Paradigm</b>	<b>\$85</b>
	Moore	Shang Han Lun and Other Traditional Formulas (this is not really a translation, but a presentation of its formulas)		\$15
2008	Greta Young Jie De Robin Marchment	<b>Shang Han Lun Explained</b> (this is the other one to get, except the price now seems exorbitant)	<b>Elsevier</b>	<b>\$???</b>
2015	Guohui Liu	<b>Discussion of Cold Damage</b> (Commentaries & Clinical Applications) (yet another good one)	<b>Singing Dragon</b>	<b>\$160</b>
<b>Jīn Guì Yào Lǔè</b>		金匱要略		
1983	Hsu & Wang	Chin Kuei Yao Lueh Prescriptions from the Golden Chamber	OHAI	O/P
1987	Luo Xiwen	Synopsis of Prescriptions of the Golden Chamber	New World Press	\$28
2000 2013	Wiseman & Wilms	<b>Jin Gui Yao Lue (Essential Prescriptions of the Golden Cabinet)</b> (I recommend this one)	<b>Paradigm</b>	<b>\$90</b>
2008	Yuk-ming Sung	<b>Understanding the Jin Gui Yao Lue (A Practical Textbook)</b>	<b>Peoples Medical House</b>	<b>\$99</b>

## Contents of the Shāng Hán Lùn

The contents of the SHL are divided into chapters which are further divided into verses or paragraphs usually referred to as lines or clauses. There are six primary chapters with three more at the end. There are 398 clauses altogether. The Mitchell/Ye text rearranges clauses so they are in the most relevant section, the clause numbers therefore are not consecutive. However, the full text, in the traditional order, and using complex characters is presented as Appendix I starting on page 607.

	<b>Chapter Title</b>	<b>= Translation</b>	<b>~ Range of Clauses</b>	<b>~ # of Clauses</b>
1.	• Tai-Yang Bing	= <u>Greater Yang Dz.</u>	~ clause 1–179	~ 179
2.	• Yang-Ming Bing	= <u>Yang Brightness Dz.</u>	~ clause 180–262	~ 83
3.	• Shao-Yang Bing	= <u>Lesser Yang Dz.</u>	~ clause 263–272	~ 10
4.	• Tai-Yin Bing	= <u>Greater Yin Dz.</u>	~ clause 273–280	~ 8
5.	• Shao-Yin Bing	= <u>Lesser Yin Dz.</u>	~ clause 281–325	~ 45
6.	• Jue-Yin Bing	= <u>Faint Yin Dz.</u>	~ clause 326–381	~ 56
7.	• Huo Luan	= <u>Sudden Turmoil</u> (cholera)	clauses 382–391	~ 10
8.	• Yin Yang Yi	= <u>Yin Yang Exchange</u>	clause 392	~ 1
9.	• Lao Fu	= <u>Taxation Relapse</u>	clauses 393–398	~ 6

- The SHL is essentially an herbal text and one of the first books devoted to treatment.
- The chapters correlate to six stages of disease, starting with Tai Yang and culminating with Jue Yin.
- Basically each clause is concerned with a particular presentation of signs & symptoms (zheng/pattern) and the appropriate formula to remedy that pattern/presentation.
- The longest section is the Tai Yang group at ~180 clauses, followed by Yang Ming and Shao yang sections, brings us through line 272.
  - The yang chapters collectively account for nearly 70% of the book.
  - The three yin chapters account for another 110 lines or clauses, or roughly 25% of the text.
- There are approximately 117 formulas used.      • Most are comprised of 4-8 constituents.
- 87 different medicinal substances are mentioned.

### Acu-Moxa

Only 6 points on 4 channels are specifically mentioned, these are to be needed.

- BL-13 & 18, GV-14 & 16, GB-20, and Lr-14. (all used during the Tai Yang stage with one exception\*)
- The combination GB-20 & GV-16, is discussed in line 24.
- The combination GV-14, BL-13 & 18 is discussed in line 142 & 171.
- Lr-14 is mentioned in 4 different lines (108, 142, 143, 216\*)
- Moxa is recommended, but no specific points are identified (shao yin stage is suggested in line 292)

**150 Most Common Characters in the Shāng Hán Lùn**  
**Building a Working Vocabulary**

There are approximately 19,000 characters in the Shang Han Lun.

According to Mitchell/Ye/Wiseman, a vocabulary of 150 characters accounts for nearly 80% of the characters found in the entire text. Following their list on p.658-660 I have created the following table which organizes the 150 most common characters alphabetically by pinyin. If there is a simplified form of the character it is shown in column three.

Pinyin	Character	Simplified	Meaning/Definition
1. bā	八		eight
2. bái	白		white
3. bàn	半		half
4. běn	本		root
5. bì	必		must, will
6. biàn	便		convenient; to urinate or defecate (urine or stool) urinate = small convenience (xiao bian) defecate = big convenience (da bian)
7. biǎo	表		exterior
8. bìng	病		disease, illness
9. bò	擘		break
10. bù	不		not
11. cǎo	草	草	grass, herb
12. chái	柴		brushwood, bupleurum usu. as the combination chai-hu
13. chéng	承		inherit, carry on
14. chū	出		go, come out; issue, exit
15. cǐ	此		this
16. dà	大		big, large, great
17. dàn	但		only

*Vocabulary – Alphabetical by Pinyin*

Pinyin	Character	Simplified	Meaning/Definition
18. dāng	當	当	ought to
19. dé	得		get, obtain be able
20. dòu	斗		unit of volume
21. ér	而		and, but
22. èr	二		two
23. fā	發	发	effuse
24. fán	煩	烦	vexation, agitation
25. fǎn	反		but, instead
26. fāng	方		formula
27. fēn	分		unit of weight
28. fēng	風	风	wind
29. fú	服		take (medicine)
30. fú	浮		float
31. fù	腹		abdomen
32. fù	復	复	again
33. fù	附		appendage aconite (fu zi)
34. gān	甘		sweet often combined as gan-cao (licorice)
35. gēng gèng	更		change again, further
36. gù	故		therefore, that's why
37. guì	桂		cinnamon combined as gui-zhi (twig) or rou-gui (bark, lit. flesh)



*Vocabulary – Alphabetical by Pinyin*

Pinyin	Character	Simplified	Meaning/Definition
38. hán	寒		cold
39. hàn	汗		sweat
40. hé gě	合		combine unit of volume
41. hé	和		harmony, harmonize, harmonious
42. hú	胡		foreign usu. as chai-hu
43. huáng	黃		yellow
44. jiā	加		add
45. jiāng	薑	姜	ginger
46. jié	結	结	bind
47. jiě	解		resolve
48. jué	厥		reverse, revert
49. kě	可		can
50. kě	渴		thirst(y)
51. lǐ	裏	里	interior
52. lì	利		uninhibited, disinhibit
53. liǎng	兩		two, a couple of; unit of weight
54. líng	苓	苓	poria usu. as fu-ling
55. lìng	令		cause to
56. liù	六		six
57. má	麻	麻	hemp usu. as ma-huang

*Vocabulary – Alphabetical by Pinyin*

Pinyin	Character	Simplified	Meaning/Definition
58. mài	脈	脉	vessel, pulse
59. mǎn	滿		full(ness)
60. méi	枚		piece (disk like objects)
61. míng	明		bright
62. nèi nà	內		inward, inner put in, add to
63. néng	能		can, able to
64. nì	逆		counterflow; adverse [treatment]
65. ǒu	嘔	呕	retch, vomit (see tu)
66. pí	皮		skin
67. qī	七		seven
68. qí	其		his/hers, they/theirs, its; the
69. qì	氣	气	qi/vital energy
70. qiē	切		cut
71. qǔ	取		take (medicine)
72. qù	去		go away, remove
73. rè	熱	热	heat
74. rén	人		person, people; adult often combined as ren-shen (ginseng)
75. rì	日		sun, day
76. rú	如		like, resemble
77. ruò	若		if

*Vocabulary – Alphabetical by Pinyin*

Pinyin	Character	Simplified	Meaning/Definition
78. sān	三		three
79. sǎn sàn	散		powder dissipate
80. shāng	傷	伤	damage, injury
81. shàng	上		on, up, rise
82. sháo	芍	芍	peony usu. as shao-yao (understood to be bai-shao)
83. shào	少		lesser
84. shēn	身		body
85. shēn	參	参	root, ginseng root usu. as ren-shen
86. shēng	升		unit of volume
87. shēng	生		engender, produce; give rise to, arise
88. shí	十		ten
89. shí	食		eat, food
90. shí	時	时	time, hour, season at times
91. shí	實	实	repletion
92. shǒu	手		hand
93. shù	數	数	number, several
94. shuǐ	水		water
95. sì	四		four
96. tài	太		great, greater, supreme (very)
97. tāng	湯	汤	soup, decoction

*Vocabulary – Alphabetical by Pinyin*

Pinyin	Character	Simplified	Meaning/Definition
98. tòng	痛		ache, achy previous word +ache (ex. tou tong = head-ache) <i>compare</i> 騰 téng = pain, painful
99. tóu	頭	头	head
100. tù	吐		vomit (see ǒu)
101. wēi	微		slight, mild
102. wéi wèi	為	为	do; take as; become; make; by, for for, for the sake of; because of, on account of
103. wèi	味		flavor, taste; ingredient
104. wèi	胃		stomach
105. wēn	溫	温	warm
106. wú	無	无	is/are/have not; lack; without; un-
107. wǔ	五		five
108. wù	惡	恶	hate, loathe, dislike; have aversion to
109. xià	下		below, down, to make go down (precipitate)
110. xià	夏		summer
111. xiān	先		first, before
112. xiǎn	洗		wash
113. xiǎo	小		small
114. xīn	心		heart
115. xiōng	胸		chest
116. xū	虛	虚	depletion
117. xuè	血		blood

*Vocabulary – Alphabetical by Pinyin*

Pinyin	Character	Simplified	Meaning/Definition
118. yáng	陽	阳	yang, of yin-yang
119. yào	藥	药	medicinal (substance)
120. yě	也		final particle, period. exclamation!
121. yī	一		one
122. yí	宜		be appropriate
123. yǐ	以		because, because of, due to
124. yīn	陰	阴	yin (of yin-yang)
125. yǐn	飲	饮	drink
126. yìng	硬		hard, strong; unyielding, firm; insistent
127. yǒu	有		there is/are to have, has
128. yòu	右		right vs. left
129. yǔ	與	与	and give, grant, bestow, confer
130. yǔ	語	语	speak, speech
131. yù	欲		desire, want
132. yù	愈		recover
133. zài	再		again, as a further step
134. zài	在		to be located; in, on, at
135. zǎo	棗	枣	jubjube usu. as da-zao
136. zé	則	则	then
137. zhě	者		nominalizing particle

*Vocabulary – Alphabetical by Pinyin*

Pinyin	Character	Simplified	Meaning/Definition
138. zhèng	證	证	pattern, sign
139. zhī	之		subordinating particle: <i>of its</i> (belonging to the previous word or phrase)
140. zhī	枝		twig, branch often combined as gui-zhi (cinnamon twig)
141. zhǐ	止		stop, allay
142. zhì	炙		fry
143. zhì	治		treat
144. zhōng zhòng	中		1st = middle, center, central; in the middle of; in the midst of; among 4th = strike, hit
145. zhǔ	煮		cook, boil
146. zhǔ	主		govern
147. zǐ	滓		dregs
148. zǐ	子		offspring; noun suffix
149. zì	自		self, spontaneous(ly); nature, naturally
150. zú	足		foot, leg; ample, sufficient

**Notes:** The character 懷 pronounced **náo** or **nóng** is an obscure character that is used twice in these pages (see p. 52, 199-13 & p. 61, 238-9). It is the second word in the combination áo-náo, or ào-nóng, Mitchell uses the latter and translates as ‘anguish’ which I believe to be a good translation.

懊 Ào by itself means to feel regret or remorse, to be annoyed or irritated; vexed; literally the heart is/feels dark(ened).

農 nóng is the phonetic: meaning to farm, a farmer, agriculture/agricultural, as in Shen Nong.

懷 “Heart like a farmer’s” I take to mean: ‘be constantly worried’.

A similar character 爍 nóng with the fire radical means: burnt, scorched’.

Another, 膿 nóng with the flesh radical means: pus, suppurate; an abscess

惱 nǎo is a common character that means vexed, irritated, angry; to be grieved, to dislike.

煩 fán is the term Wiseman et.al usually translate as “vexation”. Literally fire in the head, it is usually associated with heat in the heart or chest, and may be accompanied by 燥 zào/dryness, which in this context Wiseman translates as ‘agitation’. It may also be accompanied by 渴 kě/thirst.

# 傷 寒 論

*Shāng Hán Lùn*

*Injury/Injured (by) Cold Treatise*

*(Discourse on Damage to the Yang)*

張 机

*Zhāng Jī's*

*Preface*

# Preface

Preface: paragraph 3

Mitchell p.30

OHA1 p.1-4

Luo (1993) p.xx

3.1	夫	天	布	五	行		以	運	萬	類
#	3-1	3-2	3-3	3-4	3-5		3-6	3-7	3-8	3-9
ID										
PY	fū	tiān	bù	wǔ	xíng		yǐ	yùn	wàn	lèi
Def.	particle	sky heaven celestial	distribute	five	step phase movement		and because of this	set in motion	10,000	type kind sort
Tr.	<b>The Heavens distribute the five phases/movements and thereby sets in motion the 10,000 types; Heaven distributes the five phases/movements and thereby sets in motion the 10,000 types;</b>									
	人	稟	五	常		以	有	五	臟	。
#	3-10	3-11	3-12	3-13		3-14	3-15	3-16	3-17	
ID										
PY	rén	bǐng	wǔ	cháng		yǐ	yǒu	wǔ	zàng	
Def.	person people	endowed with	five	constant		and because of this	have	five	viscera	
Tr.	<b>People are endowed with the five constants and therefore have five viscera.</b>									
3.2	經	絡	府	俞		陰	陽	會	通	
#	3-18	3-19	3-20	3-21		3-22	3-23	3-24	3-25	
ID										
PY	jīng	luò	fǔ	yú		yīn	yáng	huì	tōng	
Def.	channels	netlike network collaterals	official (bowels)	acu-point esp their transport function		yin	yang	converge meet	connect open unblocked	
Tr.	<b>Channels &amp; collaterals, &amp; junction points yin &amp; yang converge &amp; connect (close &amp; open); the channels network receives points [as] yin &amp; yang converge &amp; connect (close &amp; open); fū here does not contain the flesh radical (compare to zang in the previous line) so hard to translate as 'bowels'</b>									
	玄	冥	幽	微		變	化	難	極	。
#	3-26	3-27	3-28	3-29		3-30	3-31	3-32	3-33	
ID										
PY	xuán	míng	yōu	wēi		biàn	huà	nán	jí	
Def.	dark mystery	dark, deep underworld	dark,silent solitary secluded	small, fine minute subtle		change	transform	difficult	pole summit extreme	
Tr.	<b>mysterious &amp; deep, hidden &amp; subtle change &amp; tranformation are difficult in the extreme [to understand] entropy and neg-entropy are extremely difficult [to understand]</b>									

33 characters



## Preface

### Notes and Comments

五常 **Wǔ Cháng**: the 5 Constants (perennial values/virtues)

Simple / Trad.

仁 **Rén**: human kindness, humane, compassion, benevolence, kindness, love

礼 禮 **Lǐ**: propriety, ritual (behavior appropriate to sacred acts)  
manners, etiquette, ceremonial courtesy; protocol

知 **Zhī**: to know, knowledge, understand (wisdom) (see below)

智 **Zhì**: wisdom, intelligence; wise, knowledgeable, learned

For translation purposes the former (first tone) usually means to '*know of*' specifically knowing through the senses, whereas the fourth tone zhi usually implies knowledge and/or wisdom in the sense of being learned.

义 義 **Yì**: right, righteousness, just, justice, integrity

信 **Xìn**: honesty, trust, trustworthiness; faith, good faith, faithfulness, loyalty  
confidence, reliability

# Preface

Preface

Mitchell p.30

OHAI p.1-4

Luo (1993) p.xx

3.3	自	非	才	高	識	妙	little girls are amazing & wondrous			
#	3-34	3-35	3-36	3-37	3-38	3-39				
ID						young woman				
PY	zì	fēi	cái	gāo	shí	miào				
Def.	one`s self	not	talent	high tall	to know knowledge	amazing brilliant				
Tr.	[If] one is not highly talented and amazingly knowledgeable, For one who is not									
	豈	能	探	其	理	緻	哉			
#	3-40	3-41	3-42	3-43	3-44	3-45	3-46			
ID										
PY	qǐ	néng	tàn	qí	lǐ	zhì	zāi			
Def.	how	able	seek out probe into	his	understand principle	situation details	exclamation !			
Tr.	how will they be able to probe the details of [universal] principles! (li = literally the patterns in jade)									
3.4	上古	有	神農	黃帝	岐伯	伯高	雷公	少俞	少師	仲文
#	3-47 & 48	3-49	3-50 & 51	3-52 & 53	3-54 & 55	3-56 & 57	3-58 & 59	3-60 & 61	3-62 & 63	3-64 & 65
ID										
PY	Shàng gǔ	yǒu	Shén Nóng	Huáng Dì	Qí Bó	Bó Gāo	Léi Gōng	Shào Yú	Shào Shī	Zhòng Wén
Def.	high antiquity	had								
Tr.	High antiquity had Shen Nong, Huang Di, Qi Bo, Bo Gao, Lei Gong, Shao Yu, Shao Shi, & Zhong Wen;									
	中世	有	長桑	扁鵲	漢	有	公乘	陽慶	及	倉公
#	3-66 & 67	3-68	3-69 & 70	3-71 & 72	3-73	3-74	3-75 & 76	3-77 & 78	3-79	3-80 & 81
ID										
PY	zhōng shì	yǒu	Cháng Sāng	Biǎn Què	Hàn	yǒu	Gōng Shèng	Yáng Qìng	jí	Cāng Gōng
Def.	middle era generation	had			the Han	had			and	
Tr.	The middle era had Chang Sang & Bian Que; the Han dynasty had Gong Sheng, Yang Qing, & Cang Gong;									

45 characters

## Preface

### Notes and Comments

*Shang-gu* = *high antiquity*

神農 Shen Nong: Divine Farmer/Agriculturalist/Herbalist

黃帝 Huang Di: Yellow Emperor

岐伯 Qi Bo: Yellow Emperor's chief court physician and primary responder in Nei Jing  
(60 of the 68 dialogues in the Su Wen) see Unschuld p. 5 & 8

伯高 Bo Gao: another of Huang Di's court physicians, featured in Ling Shu dialogues

雷公 Lei Gong: one of Huang Di's court physicians (7 of the 68 dialogues in the Su Wen, i.e 75–81)  
(These have become known as the Lei Gong chapters, and it is in these that HD is more of the teacher, rather than the student he seems to be in the 61 Qi Bo & Gui Yuqu chapters)

少俞 Shao Yu/Fu: another of Huang Di's court physicians, featured in Ling Shu dialogues

少師 Shao Shi: another of Huang Di's court physicians, featured in Ling Shu dialogues

仲文 Zhong Wen: presumed to be another of Huang Di's circle of court physicians

-----  
*Zhong-shi* = *middle era/period*

長桑 Chang Sang:

扁鵲 Biǎn Què: author of the Nan Jing

Biǎn = flat (measure word for flat things)

鵲 Què = old/ancient; night birds (from a bird clan)

M:2493 昔 L = xi<sup>1/2</sup> = formerly, of old, ancient, the past, in the beginning; a long time; the night  
(with heart rad = sad for, pity; hold something dear, treasure, love; unwilling to give up)

M:4688 鳥 R = niao<sup>4</sup> = long tailed birds (interestingly 雀 que<sup>4</sup> are short tailed birds) sparrows

公乘陽慶 Gong Sheng Yang Qing:

倉公 Cang Gong

# Preface

Preface

Mitchell p.30

OHAI p.1-4

Luo (1993) p.xx

3.4	下	此	以	往	未	之	聞	也		
#	3-82	3-83	3-84	3-85	3-86	3-87	3-88	3-89		
ID										
PY	Xià	cǐ	yǐ	wǎng	wèi	zhī	wén	yě		
Def.	lower below	this	because	proceed	not yet anymore	it	hear understand	period.		
Tr.	below/After this there is not yet anyone of understanding. Since then there is no report of anyone of understanding									
3.5	觀	今	之	醫	不	念	思	求	經	指
#	3-90	3-91	3-92	3-93	3-94	3-95	3-96	3-97	3-98	3-99
ID										
PY	Guān	jīn	zhī	yī	bù	niàn	sī	qiú	jīng	zhǐ
Def.	see look	now the present	it	doctor medicine	not	think about learn by heart	ponder consider reflect upon	seek out	the classics	meaning
Tr.	Looking at today's doctors [they] do not consider (recite and reflect upon) the classics and their meaning Doctors of the present do not seek out the true meaning of the classics									
	以	演	其	所	知		各	承	家	技
#	3-100	3-101	3-102	3-103	3-104		3-105	3-106	3-107	3-108
ID										
PY	yǐ	yǎn	qí	suǒ	zhī		gè	chéng	jiā	jì
Def.	because therefore	perform; extend	they them	a place of	know		everybody	receive	family lineage	technique tricks
Tr.	they perform/treat with know-how because everybody receives family/lineage techniques/methods/tricks they treat with a certain skillfulness because									
	終	始	順	舊		省	疾	問	病	
#	3-109	3-110	3-111	3-112		3-113	3-114	3-115	3-116	
ID										
PY	zhōng	shǐ	shùn	jiù		xǐng shěng	jí	wèn	bìng	
Def.	end ending at the end	beginning	follow comply go w/ flow	old outdated (neg. conno)		to examine save, omit	illness; hasty, quick	ask	disease	
Tr.	but in the final analysis what they follow is outdated/antiquated. [They] question/interrogate hastily when examining disease/symptoms When examining disease [they] interrogate hastily									

38 characters

# Preface

Preface

Mitchell p.30

OHA1 p.1-4

Luo (1993) p.xx

3.5	務	在	口	給		相	對	斯	須	
#	3-117	3-118	3-119	3-120		3-121	3-122	3-123	3-124	
ID										
PY	wù	zài	kǒu	jǐ gěi		xiāng	duì	sī	xū	
Def.	duty profession undertake	in, on, at	mouth	to give		each other	to face	then only	moment	
Tr.	[they only] give lip-service (to their duties/profession)      face each other (i.e. the patient) only momentarily									
	便	處	湯	藥	。					
#	3-125	3-126	3-127	3-128						
ID		M.1407								
PY	biàn	chǔ	tāng	yào						
Def.	and then	write a px	soup decoction	medicine						
Tr.	and then write a prescription for a medicinal decoction.									
3.6	按	寸	不	及	尺	握	手	不	及	足
#	3-129	3-130	3-131	3-132	3-133	3-134	3-135	3-136	3-137	3-138
ID										
PY	àn	cùn	bù	jí	chǐ	wò	shǒu	bù	jí	zú
Def.	press feel pulse	distal pulse position	not	reach to	proximal pulse position	to grasp	hand	not	reach to	foot
Tr.	[They] feel the pulse in the distal position, but not the proximal; feel the hand, but not the foot									
	人	迎	跌	陽		三	部	不	參	
#	3-139	3-140	3-141	3-142		3-143	3-144	3-145	3-146	
ID										
PY	rén	yíng	diē	yáng		sān	bù	bù	cān shēn	
Def.	person	greet (carotid pulse)	fall down, tumble; falling, declining	yang		three	positions	not	synthesize roots	
Tr.	palpate Ren-Ying (ST-9) & Die-Yang (ST-42), [Die Yang is an alternate name for ST-42, Falling or Declining Yang] but do not synthesize the three positions <sup>1</sup> [Ellis translates as Unrestrained Yang]									

30 characters

## *Preface*

### *Notes and Comments*

139-40: Rén Yíng is the name of ST-9, which lies next to the carotid artery on the throat.

141-42: Diē Yáng is an alternate name for ST-42. ST-42 is located on the dorsum of the foot (the instep) and is noted as a pulse location (dorsalis pedis), which its usual name Chōng Yáng (Surge of or Surging Yang) refers to quite clearly. Other points with Chōng in their name lie alongside arterial pulsations as well.

143-44: The three positions (san bu) usually refer to the cun, guan, & chi positions of the pulse, but can also mean the three levels tian, ren, & di at the radial pulse, (i.e. superficial, medium, & deep)

They can also refer to three regions i.e. upper, middle, and lower portions of the body used for pulse taking in ancient times, i.e. head/neck, torso/arms, and legs.  
Here it would seem to be this latter designation.

146: Shēn, is short for Rén Shēn (Ginseng Root) and by extrapolation other especially medicinal roots also refers to the 3 stars comprising Orion's belt, here analogous to the three positions (H, E, H) This constellation was related to the Spleen and ginseng is primarily a Sp tonic.

# Preface

Preface

Mitchell p.30

OHAI p.1-4

Luo (1993) p.xx

3.6	動	數	發	息		不	滿	五	十	。
#	3-147	3-148	3-149	3-150		3-151	3-152	3-153	3-154	
ID										
PY	dòng	shù	fā	xī		bù	mǎn	wǔ	shí	
Def.	movement stir active	number	dispense exhale	breath		not	be full satisfied	five	ten	
Tr.	[they simply] count the number of beats per breath, but do not wait for a full fifty. (the NanJing recommends feeling the pulse for at least 50 beats)									
3.7	短	期	未	智		決	診	九	候	
#	3-155	3-156	3-157	3-158		3-159	3-160	3-161	3-162	
ID										
PY	duǎn	qī	wèi	zhì		jué	zhěn	jiǔ	hòu	
Def.	short	period	not yet	know, knowledge wise		decide	diagnose examine	nine	positions	
Tr.	After a short period, without yet knowing [anything], [they] decide to examine/diagnose the nine positions									
	曾	無	倣	佛	明	堂	闕	庭		
#	3-163	3-164	3-165	3-166	3-167	3-168	3-169	3-170		
ID										
PY	zēng céng	wú	fǎng	fú	míng	táng	què	tíng		
Def.	before	without lack	get an	impression	bright	hall	watchtower	courtyard		
Tr.	before they even get an impression of/from Bright Hall (GV-23) & Watchtower Courtyard (glabella) from the forehead (i.e. should observe first and feel pulse later)									
	盡	不	見	察	所	謂	窺	管	而	已
#	3-171	3-172	3-173	3-174	3-175	3-176	3-177	3-178	3-179	3-180
ID										
PY	jìn	bù	jiàn	chá	suǒ	wèi	kuī	guǎn	ér	yǐ
Def.	absolutely completely	not	see	examine	as if	so-called	peek peer thru glimpse	tube	and	that's it period.
Tr.	[they] absolutely do not see (the big picture) [they] examine as if using a (so-called) sighting tube and that's it. [they] examine with a quick glance (microscope) and that is all.									

34 characters

## Preface

### Notes and Comments

- Nei Jing discusses **9 Positions (jiǔ hòu)** of the pulse:

These are the 3 positions (cun, guan, chi) & 3 levels of each = 9 (on each side)

- The Nei Jing also refers to the **9 Pulses (jiǔ mài)**:

161-62: The nine positions/pulses may refer to three pulses in each region,

i.e. three in the upper body, three in the middle region, and three in the lower, or nine altogether.

*In the following table I have collated different versions of the points/pulses intended*

Region	3 Realms	Pulse / Point	Artery	Channel	Reveals
Head	天  <b>Tian</b>  Celestial	Tai Yang = Ex Pt	temporal	GB = ft shao yg	head/temporal qi
		Er Men = TB-21	auricular	TB = hd shao yg	eyes & ears
		Da Ying = ST-5 Ju Liao = ST-3 or 4	facial alveolar/buccal	ST = yang ming	mouth & teeth
Arm	人  <b>Ren</b>  Human	Tai Yuan = Lu-9	radial	Lu = hd tai yin	lung qi
		Shen Men = Ht-7	ulnar	Ht = hd shao yin	heart qi
		He Gu = LI-4	radial	LI = hd yg ming	chest qi
Leg	地  <b>Di</b>  Terrestrial	Zu Wu Li = Lr-10 Tai Chong = Lr-3	femoral dorsalis pedis	Lr = ft jue yin	liver qi
		Qi Men = Lr-14 or Ji Men = Sp-11 & Chong Yang = ST-42	femoral dorsalis pedis	Sp = ft tai yin ST = ft yg ming	spleen & stomach qi
		Tai Xi = K-3	posterior tibial	K = ft shao yin	kidney qi

\* see also Xie p.137 san bu jiu hou who says to use Lr-14 Qimen & ST-42 for Sp & ST Qi

Note: Qi Men (Lr-14) & Ji Men (Sp-11) could easily be confused aurally



# Preface

Preface

Mitchell p.30-31

OHA1 p.1-4

Luo (1993) p.xx

3.8	夫	欲	視	死	別	生	實	為	難	矣
#	3-181	3-182	3-183	3-184	3-185	3-186	3-187	3-188	3-189	3-190
ID										
PY	fú	yù	shì	sǐ	bié	shēng	shí	wéi	nán	yǐ
Def.	1: a man 2. particle: <i>interjection</i>	want desire	to know	die death	distinguish	life	indeed	to be, is	difficult	<i>particle: perfect tense</i>
Tr.	If one wants to know how to distinguish life and death [pulses] it is indeed difficult.									
3.9	孔	子	云	生	而	知	之	者	上	
#	3-191	3-192	3-193	3-194	3-195	3-196	3-197	3-198	3-199	
ID										
PY	Kǒng	zǐ	yún	shēng	ér	zhī	zhī	zhě	shàng	
Def.	surname	master	said	life born	and	know knowledge	of	is	superior	
Tr.	Confucius said: “life knowledge is best/superior knowledge you are born with (intuition) is best knowing life directly is best (is the beginning i.e. where you start)									
	學	則	次	之	。					
#	3-200	3-201	3-202	3-203						
ID										
PY	xué	zé	cì	zhī						
Def.	study	then	next next best	of its						
Tr.	study then comes next then study is next best. while knowledge from studying is next best.									
3.10	多	聞	博	識		智	之	次	也	
#	3-204	3-205	3-206	3-207		3-208	3-209	3-210	3-211	
ID				M.5825						
PY	Duō	wén	bó	shí		zhì	zhī	cì	yě.	
Def.	many	hear	broad	to know recognize distinguish		wisdom intelligence	is	next next best	period.	
Tr.	Many/most/Everyone understands broad concepts, but wisdom is rare.									

31 characters

# Preface

Preface

Mitchell p.31

OHAI p.1-4

Luo (1993) p.xx

Preface						Introduction p.31	On/At p.1-4	End (1995) p.xx
3.11	餘	宿	尚	方	術			
#	3-212	3-213	3-214	3-215	3-216			
ID								
PY	Yú	sù	shàng	fāng	shù			
Def.	I, me	always	admire	method	skill art			
Tr.	I [Zhang Ji] always admire/prefer technical skill/artistry							
	請	事	斯	語	。			
#	3-217	3-218	3-219	3-220				
ID								
PY	Qǐng	shì	sī	yǔ.				
Def.	please	business affair matter	this	quote saying				
Tr.	please quote me on this matter.							

9 characters

傷 Shāng

寒 Hán

論 Lùn

太 Tài

陽 Yáng

章 Zhāng (Section/Chapter)

# 太陽 *Tài Yáng* Chapter Excerpts

Tai Yang Clause 1

Young & Marchment p.18

Mitchell p.41

OHA1 p.5

Luo (1993) p.9 & 11

1.	太	陽	之	為	病	
#	1-1	1-2	1-3	1-4	1-5	
ID						
PY	Tài	yáng	zhī	wéi	bìng	
Def.	great greater	yang	is of its -ing	is	disease	
Tr.	Greater yang, is disease [in which],					
	脈	浮				
#	1-6	1-7				
ID						
PY	mài	fú				
Def.	pulse	float				
Tr.	the pulse floats (is floating),					
	頭	項	強	痛		
#	1-8	1-9	1-10	1-11		
ID						
PY	tóu	xiàng	jiàng qiǎng	tòng		
Def.	head	nape	stubborn forceful strong	pain		
Tr.	the head & nape are stiff & painful/achey,					
	而	惡	寒	。		
#	1-12	1-13	1-14			
ID						
PY	ér	wù	hán			
Def.	and	hate, loathe, despise	cold			
Tr.	and [there is] aversion to cold. (see line 2 vs. 'aversion to wind')					

14 characters

# 太陽 *Tài Yáng Chapter Excerpts*

Tai Yang    Clause 2    Young & Marchmont p.18    Mitchell p.43    OHAI p.5    Luo (1993) p.11

1.	太	陽	病				
#	2-1	2-2	2-3				
ID							
PY	Tài	yáng	bìng				
Def.	greater	yang	disease				
Tr.	Greater Yang disease						
	發	熱		汗	出		
#	2-4	2-5		2-6	2-7		
ID							
PY	fā	rè		hàn	chū		
Def.	show manifest	heat hot		sweat	out exit issues		
Tr.	manifests with heat (a fever), and sweat-ing, (fa re = heat effusion)						
	惡	風		脈	緩		者
#	2-8	2-9		2-10	2-11		2-12
ID							
PY	è wù	fēng		mài	huǎn		zhě
Def.	hate, loathe; averse to	wind		pulse	liesurely moderate		if like this:
Tr.	aversion to wind; and a pulse that is liesurely/moderate aversion to wind instead of cold; huan mai = opposite of tight						
	名	為	中	風	。		
#	2-13	2-14	2-15	2-16			
ID							
PY	míng	wéi	zhòng	fēng			
Def.	name called	is	strike	wind			
Tr.	is called ‘Zhong Feng’ (‘wind strike’ or ‘struck by wind’)						

16 characters

# 太陽 *Tài Yáng Chapter Excerpts*

Tai Yang    Clause 3    Young & Marchment p.19    Mitchell p.44    OHA1 p.5    Luo (1993) p.11

3.	太	陽	病		或	已	發	熱		
#	3-1	3-2	3-3		3-4	3-5	3-6	3-7		
ID										
PY	tài	yáng	bìng		huò	yǐ	fā	rè		
Def.	greater	yang	disease		perhaps	finish stop already	express show manifest	heat hot		
Tr.	The greater yang disease    whether already showing heat [signs]									
	或	未	發	熱		必	惡	寒		
#	3-8	3-9	3-10	3-11		3-12	3-13	3-14		
ID										
PY	huò	wèi	fā	rè		bì	wù	hán		
Def.	perhaps if	not yet	showing	heat		must necessarily	averse to despise	cold		
Tr.	or not yet showing them, must be averse to cold, (must display aversion to cold)									
	體	痛	嘔	逆	脈	陰	陽	俱	緊	者
#	3-15	3-16	3-17	3-18	3-19	3-20	3-21	3-22	3-23	3-24
ID										
PY	tǐ	tòng	ǒu	nì	mài	yīn	yáng	jù	jǐn	zhě
Def.	body	pain	vomit retch	counterflow oppose inverse	pulse	yin	yang	all both	tight taut	if like this:
Tr.	with body ache, counterflow retching, both yin & yang pulses tight; if like this: (yin & yang pulses probably refers to cun, guan, chi poistions)									
	名	為	傷	寒	。					
#	3-25	3-26	3-27	3-28						
ID										
PY	míng	wéi	shāng	hán						
Def.	name called	is	injury damage	cold						
Tr.	[it] is called Shang Han = ‘Cold Damage’									

28 characters

# 太陽 *Tài Yáng* Chapter Excerpts

Tai Yang    Clause 4    Young & Marchmont p.73    Mitchell p.52    OHA1 p.5    Luo (1993) p.12

4	傷	寒	一	日		太	陽	受	之	
#	4-1	4-2	4-3	4-4		4-5	4-6	4-7	4-8	
ID										
PY	shāng	hán	yī	rì		tài	yáng	shòu	zhī	
Def.	damage injury	cold	one	day		greater	yang	passive voice	is like this	
Tr.	Cold damage [of] one day [duration] is [the] greater yang [stage/confirmation] [On the] First day of cold damage    greater yang [stage/confirmation] is like this:									
	脈	若	靜	者		為	不	傳		
#	4-9	4-10	4-11	4-12		4-13	4-14	4-15		
ID										
PY	mài	ruò	jìng	zhě		wéi	bù	chuán		
Def.	pulse	if	calm	is like this		is	not	transfer		
Tr.	if the pulse is calm    it is not transferring/transmitting [deeper]									
	頗	慾	吐		若	躁	煩			
#	4-16	4-17	4-18		4-19	4-20	4-21			
ID										
PY	pō pǒ	yù	tù		ruò	zào	fán			
Def.	fairly rather somewhat	desire	vomit		if as if	impatient agitated	distress troubled vexation			
Tr.	[if] somewhat inclined to vomit (nauseous)    and impatient/agitated & troubled									
	脈	數	急	者		為	傳	也	。	
#	4-22	4-23	4-24	4-25		4-26	4-27	4-28		
ID										
PY	mài	shuò	jí	zhě		wéi	chuán	yě		
Def.	pulse	frequent rapid	urgent swift	is like this		is	transfer	definite ending		
Tr.	[and the] pulse is rapid & urgent    it is (definitely) transferring									

28 characters

# 太陽 *Tài Yáng Chapter Excerpts*

Tai Yang

Clause 5

Young & Marchment p.73

Mitchell p.53

OHA1 p.6

Luo (1993) p.12

5.	傷	寒	二	三	日				
#	5-1	5-2	5-3	5-4	5-5				
ID									
PY	shāng	hán	èr	sān	rì				
Def.	injury	cold	two	three	day				
Tr.	Cold damage [lasting] two or three days On the second &/or third day of Cold Damage								
	陽	明	少	陽	證	不	見	者	
#	5-6	5-7	5-8	5-9	5-10	5-11	5-12	5-13	
ID									
PY	yáng	míng	shào	yáng	zhèng	bù	jiàn	zhě	
Def.	yang	míng	lesser	yang	signs pattern	no	see	like this	
Tr.	bright yang and lesser yang signs [symptomology] are not seen: no signs of YM or SYang [have emerged] are observed								
	為	不	傳	也	。				
#	5-14	5-15	5-16	5-17					
ID									
PY	wéi	bù	chuán	yě					
Def.	is	no, not	transfer transmit pass on	definite ending period					
Tr.	this is not passage/transmission/transference. (means no transmission has occurred)								

17 characters



# 太陽 *Tài Yáng Chapter Excerpts*

Tai Yang      Clause 6      Young & Marchmont p.20      Mitchell p.47      OHAI p.6      Luo (1993) p.13

6.1	太	陽	病		發	熱	而	渴		
#	6-1	6-2	6-3		6-4	6-5	6-6	6-7		
ID										
PY	tài	yáng	bìng		fā	rè	ér	kě		
Def.	greater	yang	disease		show reveal, express discharge	hot	and	thirst		
Tr.	[A] greater yang disease    manifesting heat and thirst									
	不	惡	寒	者		為	溫	病	。	
#	6-8	6-9	6-10	6-11		6-12	6-13	6-14		
ID										
PY	bù	wù	hán	zhě		wéi	wēn	bìng		
Def.	no	hatred aversion	cold	if like this:		is	warm	disease		
Tr.	with no aversion to cold    this is [called] "Warm Disease".									
6.2	若	發	汗	已						
#	6-15	6-16	6-17	6-18						
ID										
PY	ruò	fā	hàn	yǐ						
Def.	if, suppose in case; as if	show	sweat	stop, cease already						
Tr.	1) If showing sweat already (sweating already) 2) If the effusion of sweat has already stopped 3) If promotion of sweat [has already been done] (fa-han means ‘to promote sweating’)									
	身	灼	熱	者		名	風	溫	。	
#	6-19	6-20	6-21	6-22		6-23	6-24	6-25		
ID										
PY	shēn	zhuó	rè	zhě		míng	fēng	wēn		
Def.	body	burn, scald clear	hot	it is		name called	wind	warm		
Tr.	and the body is [now] scalding hot (burning-up) [it is] called Feng Wen = ‘Wind Warmth’ (Warm Wind) (zhuo re = hot to the touch)									

25 characters

# 太陽 *Tài Yáng* Chapter Excerpts

Tai Yang      Clause 12   Gui Zhi Tang      Young & Marchmont p.23      Mitchell p.60      OHAI p.      Luo (1993) p.

12.1	太	陽	中	風		陽	浮	而	陰	弱
#	12-1	12-2	12-3	12-4		12-5	12-6	12-7	12-8	12-9
ID										
PY	tài	yáng	zhòng	fēng		yáng	fú	ér	yīn	ruò
Def.	greater	yang	strike	wind		yang	float	and	yin	weak
Tr.	In Greater Yang Wind Strike: yang floats and yin is weak/weakened									
	陽	浮	者		熱	自	發			
#	12-10	12-11	12-12		12-13	12-14	12-15			
ID										
PY	yáng	fú	zhě		rè	zì	fā			
Def.	yang	float	is:		heat	self naturally spontaneous	issue effuse			
Tr.	Yang floating means: heat spontaneously issues/effuses									
	陰	弱	者		汗	自	出			
#	12-16	12-17	12-18		12-19	12-20	12-21			
ID										
PY	yīn	ruò	zhě		hàn	zì	chū			
Def.	yin	weak	is:		sweat	self naturally spontaneous	come out			
Tr.	Yin weak[ened] means: sweat spontaneously comes out									

21 characters

# 太陽 *Tài Yáng* Chapter Excerpts

Tai Yang      Clause 12   Gui Zhi Tang      Young & Marchmont p.23      Mitchell p.60-61      OHA1 p.      Luo (1993) p.

12.2	𩇛	𩇛	惡	寒		淅	淅	惡	風	
#	12-22	12-23	12-24	12-25		12-26	12-27	12-28	12-29	
ID	M.5447 ZW 160/6	wheat stored				M.2491 ZW 96/9	separate with water			
PY	sè	sè	wù	hán		xī	xī	wù	fēng	
Def.	stingy, miserly	huddle, shiver	dislike	cold		wash rice, soak; sighing of wind	splash spray	hate	wind	
Tr.	shivering & shuddering, with aversion to cold / or shivering & shuddering = Cold Aversion (Wu Han) Wind Aversion (Wu Feng) is like getting splashed (i.e. aversion to getting wet/splashed is not as severe as shivering/shuddering)									
	翕	翕	發	熱		鼻	鳴	乾	嘔	者
#	12-30	12-31	12-32	12-33		12-34	12-35	12-36	12-37	12-38
ID	M.2475	unite over wings								
PY	xì	xì	fā	rè		bí	míng	gān	ǒu	zhě
Def.	wrapped in feathers unite, all	contract; be in harmony	manifest effusion	heat		nose	sing like a bird; noisy	dry	retch vomit	
Tr.	Feathery/Tickling Heat [mild heat / slight fever], Heat Effusion that is mild (like being wrapped in feathers) (warm, but not hot) with noisy nose, and dry retching/heaves/gagging, (noisy nose = audible breathing & nasal congestion)									
	桂	枝	湯	主	之					
#	12-39	12-40	12-41	12-42	12-43					
ID										
PY	guì	zhī	tāng	zhǔ	zhī					
Def.	cinnamon	branch twig	soup	rule govern	‘s					
Tr.	Gui Zhi Tang / Cinammon Twig Decoction rules/governs [all three of these].									
22-23	Mitchell/Wiseman translate the above compounds as follows: se-se <sup>4</sup> = huddled [aversion to cold] (i.e. severe aversion to cold)									
26-27	xi-xi <sup>1</sup> = wetted [aversion] to wind (i.e. acute aversion to both getting wet and exposure to wind)									
30-31	xi-xi <sup>4</sup> = feather [warm] heat effusion (i.e. gentle/mild/slight sensation of warmth at the surface) (I might translate as ‘feathery’ or ‘tickling’ heat, or a mild manifestation of heat). This xi clearly has the meaning of ‘to contract’ but I think xi-xi here parallels the other two compounds and is a specific subcategory of Tai Yang invasion/contraction. I think the notion of a “contraction” both in the sense of contracting a disease and of the body “contracting” as a response to cold is implied for all three types. Thus, there are three sub-types: Cold Aversion (characterized by shivering), Wind Aversion (characterized by an avoidance of wind like recoiling from being splashed), and thirdly, a mild manifestation of heat like a feather tickling. This xi can be 1st tone and mean amiable, compliant; or to fold up (PY p. 737). Enfolding/Enveloping Heat also works.									

22 characters

# 太陽 *Tài Yáng Chapter Excerpts*

Tai Yang      Clause 12   Gui Zhi Tang      Young & Marchment p.23      Mitchell p.61      OHAI p.      Luo (1993) p.

12.3	方	一		桂	枝	三	兩		去	皮
#	12-44	12-45		12-46	12-47	12-48	12-49		12-50	12-51
ID										
PY	fāng	yī		guì	zhī	sān	liǎng		qù	pí
Def.	place formula	one		cinnamon	twig	three	liang		remove	skin bark
Tr.	Formula One: Cinnamon twigs, 3 liang, (remove bark skins) (skinned, debarked) (bark skins removed)									
	芍	藥	三	兩		甘	草	二	兩	炙
#	12-52	12-53	12-54	12-55		12-56	12-57	12-58	12-59	12-60
ID										
PY	sháo	yào	sān	liǎng		gān	cǎo	èr	liǎng	zhì
Def.	(white) peony	medicinal	three	liang		sweet	grass	two	liang	prepared fry, bake roast
Tr.	(White) Peony, 3 liang, Licorice, 2 liang (prepared)									
	生	薑	三	兩			切	sliced slices		
#	12-61	12-62	12-63	12-64			12-65			
ID										
PY	shēng	jiāng	sān	liǎng			qiè			
Def.	fresh	ginger	three	liang			cut			
Tr.	Fresh Ginger, 3 liang, (sliced)									
	大	棗	十	二	枚	掰		{Heiner {Mitchell {Apple & WenLin		
#	12-66	12-67	12-68	12-69	12-70	12-71				
ID										
PY	dà	zǎo	shí	èr	méi	bò	bián bò bǎi			
Def.	big	date	ten	two	piece	break tear split				
Tr.	Jujube, 12 pieces, (break open, split)									

28 characters

# 太陽 *Tài Yáng* Chapter Excerpts

Tai Yang    Clause 13   Gui Zhi Tang    Young & Marchment p.26    Mitchell p.64    OHAI p.    Luo (1993) p.

13.	太	陽	病							
#	13-1	13-2	13-3							
ID										
PY	Tài	yáng	bìng							
Def.	greater	yang	disease							
Tr.	In a greater-yang disease with:									
	頭	痛		發	熱	汗	出		惡	風
#	13-4	13-5		13-6	13-7	13-8	13-9		13-10	13-11
ID										
PY	tóu	tòng		fā	rè	hàn	chū		wù	fēng
Def.	head	ache		effuse manifest show	heat	sweat	come out		averse to	wind
Tr.	headache, fever, sweating, and aversion to wind									
	桂	枝	湯	主	之				方	二
#	13-12	13-13	13-14	13-15	13-16				13-17	13-18
ID										
PY	guì	zhī	tāng	zhǔ	zhī				fāng	èr
Def.	cinnamon	twig	soup	govern	's			formula	two	
Tr.	Gui Zhi Tang / Cinnamon Twig Decoction is the key This is the second use of this formula.									

18 characters

# 太陽 *Tài Yáng* Chapter Excerpts

Tai Yang Clause 14 Gui Zhi Jia Ge Gen Tang

Young & Marchment p.33

Mitchell p.79

OHA1 p.

Luo (1993) p.

14.	太	陽	病		項	背	強	几	几	
#	14-1	14-2	14-3		14-4	14-5	14-6	14-7	14-8	
ID										
PY	Tài	yáng	bìng		xiàng	bèi	jiàng	jī shū	jī shū	
Def.	greater	yang	disease		neck/nape	back	stiff	almost nearly tight	almost nearly tight	
Tr.	In a greater-yang disease if/when the neck & back are stiff and tight (as if overstretched, hypertonic)									
	反	汗	出	惡	風	者				
#	14-9	14-10	14-11	14-12	14-13	14-14				
ID										
PY	fǎn	hàn	chū	wù	fēng	zhě				
Def.	opposite to	sweat	out	averse to	wind	when like this				
Tr.	and contrary to what one might expect [there is] sweating along with aversion to wind, [then]									
	桂	枝	加	葛	根	湯	主	之	方	三
#	14-15	14-16	14-17	14-18	14-19	14-20	14-21	14-22	14-23	14-24
ID										
PY	guì	zhī	jiā	gé	gēn	tāng	zhǔ	zhī	fāng	sān
Def.	cinnamon	branch twig	add plus	pueraria	root	soup	govern	's	formula	three
Tr.	Gui Zhi plus Ge Gen Tang / Cinnamon & Pueraria Decoction governs. This is Formula Three or the third formulation									

24 characters

# 太陽 *Tài Yáng Chapter Excerpts*

Tai Yang    Clause 31   Ge Gen Tang    Young & Marchment p.50    Mitchell p.109    OHAI p.    Luo (1993) p.

31.	太	陽	病			
#	31-1	31-2	31-3			
ID						
PY	Tài	yáng	bìng			
Def.	greater	yang	disease			
Tr.	Greater yang Disease: with					

31.	項	背	強	几	几	
#	31-4	31-5	31-6	31-7	31-8	
ID						
PY	xiàng	bèi	jiàng	jǐ shū	jǐ shū	
Def.	nape	back	stiff	almost nearly tight	almost nearly tight	
Tr.	stiffness & tightness of the back and nape					

	無	汗	惡	風	
#	31-9	31-10	31-11	31-12	
ID					
PY	wú	hàn	wù	fēng	
Def.	without	sweat	hate	wind	
Tr.	without sweating is Wu Feng = Wind Aversion				

	葛	根	湯	主	之	。	
#	31-13	31-14	31-15	31-16	31-17		
ID							
PY	gé	gēn	tāng	zhǔ	zhī		
Def.	pueraria	root	soup	govern	’s this		
Tr.	Ge Gen Tang / Pueraria Decoction governs this.						

17 characters

# 太陽 *Tài Yáng* Chapter Excerpts

Tai Yang      Clause 32   Ge Gen Tang      Young & Marchment p.175      Mitchell p.111      OHAI p.      Luo (1993) p.

32.	太	陽	與	陽	明	合	病	者	
#	32-1	32-2	32-3	32-4	32-5	32-6	32-7	32-8	
ID									
PY	Tài	yáng	yǔ	yáng	míng	hé	bìng	zhě	
Def.	greater	yang	and	yang	bright	unite combine	disease	is like this:	
Tr.	Tai-yang & Yang-ming united/together/combined disease is like this:								
	必	自	下	利					
#	32-9	32-10	32-11	32-12					
ID									
PY	bì	zì	xià	lì					
Def.	must be certainly might be, if	self natural spontaneous	downward	benefit disinhibit diarrhea					
Tr.	*if there is spontaneous downward diarrhea								
	葛	根	湯	主	之	。			
#	32-13	32-14	32-15	32-16	32-17				
ID									
PY	gé	gēn	tāng	zhǔ	zhī				
Def.	pueraria	root	soup	governs	this				
Tr.	Ge Gen Tang / Pueraria Decoction rules/governs (this).								
9	*The next line (33) discusses the case in which there is no diarrhea, but there is retching, use Ge Gen jia Ban Xia Tang instead. Therefore it would seem contradictory to translate <b>bì</b> in this line in its normal sense of ‘must’, necessarily be so’.								

17 characters



# 太陽 *Tài Yáng Chapter Excerpts*

Tai Yang      Clause 35   Ma Huang Tang      Young & Marchment p.42      Mitchell p.91      OHAI p.      Luo (1993) p.

35.1	太	陽	病		頭	痛		發	熱	
#	35-1	35-2	35-3		35-4	35-5		35-6	35-7	
ID										
PY	Tài	yáng	bìng		tóu	tòng		fā	rè	
Def.	greater	yang	disease		head	ache		show manifest effuse	heat	
Tr.	In a Tai-yang disease with head-ache & heat manifestations (fever),									
	身	疼	腰	痛		骨	節	疼	痛	
#	35-8	35-9	35-10	35-10		35-11	35-12	35-13	35-14	
ID										
PY	shēn	téng	yāo	tòng		gǔ	jié	téng	tòng	
Def.	body	pain	lumbar	ache		bone	joint	pain	ache	
Tr.	body (generalized) pain, lumbar ache, joint pain (bones ache & joints are painful), [and									
	惡	風		無	汗	而	喘	者		
#	35-15	35-16		35-17	35-18	35-19	35-20	35-21		
ID										
PY	wù	fēng		wú	hàn	ér	chuǎn	zhě		
Def.	hate	wind		without	sweat	and, but	wheeze pant dyspnea			
Tr.	[there is] aversion to wind, without [but no] sweat, or panting/wheezing/dyspnea, if like this, then									
	麻	黃	湯	主	之	。				
#	35-22	35-23	35-24	35-25	35-26					
ID										
PY	má	huáng	tāng	zhǔ	zhī					
Def.	hemp	yellow Ephedra	soup	governs	this					
Tr.	Ma Huang Tang / Ephedra Decoction governs (this).									

26 characters

# 太陽 *Tài Yáng Chapter Excerpts*

Tai Yang      Clause 35   Ma Huang Tang      Young & Marchmont p.42      Mitchell p.92      OHAI p.      Luo (1993) p.

35.2	麻	黃		三	兩		去	節	(joints)	
#	35-27	35-28		35-29	35-30		35-31	35-32		
ID										
PY	Má	Huáng		sān	liǎng		qù	jié		
Def.	hemp	yellow		three	unit of measure		remove	knot(s)		
Tr.	Ephedra, 3 liang, (remove nodes)									
	桂	枝		二	兩		去	皮		
#	35-33	35-34		35-35	35-36		35-37	35-38		
ID										
PY	Gùi	Zhī		èr	liǎng		qù	pí		
Def.	cinnamon	branch twig		two	unit of measure		remove	bark/skin		
Tr.	Cinammon twig, 3 liang, (remove bark)									
	甘	草		一	兩		炙			
#	35-39	35-40		35-41	35-42		35-43			
ID										
PY	Gān	Cǎo		yī	liǎng		zhì			
Def.	sweet	grass		one	unit of measure		fry			
Tr.	Licorice, one liang, prepared (fried)									
	杏	仁		七	十	個		去	皮	尖
#	35-44	35-45		35-46	35-47	35-48		35-49	35-50	35-51
ID										
PY	Xìng	Rén		qī	shí	gè		qù	pí	jiān
Def.	apricot	kernel		seven	ten	piece		remove	skin	tips
Tr.	Apricot kernel, 70 pieces, (remove skin & tips)									

25 characters

傷 Shāng

寒 Hán

論 Lùn

陽 Yáng

明 Míng

章 Zhāng

# 陽明 *Yáng Míng Chapter Excerpts*

Yang Ming Clause 179

Young & Marchmont p.190

Mitchell p.302

OHA1 p.

Luo (1993) p.

1.	問	曰		病	有	太	陽	陽	明	
#	179-1	179-2		179-3	179-4	179-5	179-6	179-7	179-8	
ID										
PY	wèn	yuē		bìng	yǒu	tài	yáng	yáng	míng	
Def.	ask question	speak say		disease	has exist	greater	yang	yang	bright	
Tr.	The question was asked: Disease exists as greater-yang and bright-yang A question is stated: There is a greater-yang bright-yang disease									
	有	正	陽	陽	明					
#	179-9	179-10	179-11	179-12	179-13					
ID										
PY	yǒu	zhèng	yáng	yáng	míng					
Def.	have is	correct proper upright	yang	yang	bright					
Tr.	there is a correct/proper i.e. direct-yang bright-yang									
	有	少	陽	陽	明					
#	179-14	179-15	179-16	179-17	179-18					
ID										
PY	yǒu	shǎo	yáng	yáng	míng					
Def.	have is	lesser	yang	yang	bright					
Tr.	there is a lesser-yang bright-yang									
	何	謂	也	。						
#	179-19	179-20	179-21							
ID										
PY	hé	wèi	yě							
Def.	what	called	period.							
Tr.	What does all this mean?									

21 characters

陽明 *Yáng Míng Chapter Excerpts*

Yang Ming Clause 179

Young & Marchmont p.190

Mitchell p.302

OHA! p.

Luo (1993) p.

2.	答	曰		太	陽	陽	明	者	
#	179-22	179-23		179-24	179-25	179-26	179-27	179-28	
ID									
PY	dá	yuē		tài	yáng	yáng	míng	zhě	
Def.	answer	say		greater	yang	yang	bright	is like this	
Tr.	The answer is: greater-yang bright-yang is like this								
	脾	約	是	也					
#	179-29	179-30	179-31	179-32					
ID									
PY	pí	yuē	shì	yě					
Def.	spleen	constraint	is	period					
Tr.	The spleen is constrained								
	正	陽	陽	明	者				
#	179-33	179-34	179-35	179-36	179-37				
ID									
PY	zhèng	yáng	yáng	míng	zhě				
Def.	proper	yang	yang	bright	is like this:				
Tr.	direct-yang, bright-yang is like this:								
	胃	家	實	是	也	。			
#	179-38	179-39	179-40	179-41	179-42				
ID									
PY	wèi	jiā	shí	shì	yě				
Def.	stomach	family home domain	excess full replete	is	period				
Tr.	The stomach (domain) is replete/hyper								

21 characters

陽明 *Yáng Míng Chapter Excerpts*

Yang Ming Clause 179

Young & Marchment p.190

Mitchell p.302

OHA1 p.

Luo (1993) p.

2.	少	陽	陽	明	者											
#	179-43	179-44	179-45	179-46	179-47											
ID																
PY	shǎo	yáng	yáng	míng	zhě											
Def.	lesser	yang	yang	bright	is like this											
Tr.	The lesser-yang bright-yang is like this:															
	發	汗	利	小	便	已										
#	179-48	179-49	179-50	179-51	179-52	179-53										
ID																
PY	fā	hàn	lì	xiǎo	biàn	yǐ										
Def.	effuse	sweat	benefit disinhibit	small	convenient		small convenience means to urinate									
Tr.	promote sweating and disinhibit urination promoting sweat and disinhibiting urination [may cause]															
	胃	中	燥	煩	實											
#	179-54	179-55	179-56	179-57	179-58											
ID																
PY	wèi	zhōng	zào	fán	shí											
Def.	stomach	middle	dry arid	vexed restless	excess full											
Tr.	the stomach is dry, restless & replete															
	大	便	難	是	也	。										
#	179-59	179-60	179-61	179-62	179-63											
ID																
PY	dà	biàn	nán	shì	yě											
Def.	big	convenient	difficult	this, that yes, right	period	big convenience means to defecate										
Tr.	defecation is definitely/sure to be difficult.															

21 characters

陽明 *Yáng Míng Chapter Excerpts*

Yang Ming Clause 180

Young & Marchment p.188

Mitchell p.301

OHA! p.

Luo (1993) p.

1.	陽	明	之	為	病		
#	180-1	180-2	180-3	180-4	180-5		
ID							
PY	Yáng	míng	zhī	wéi	bìng		
Def.	yang	bright	of	is	disease		
Tr.	In disease of Bright-yang/Yang-Ming,						
	胃	家	實	是	也	。	
#	180-6	180-7	180-8	180-9	180-10		
ID							
PY	wèi	jiā	shí	shì	yě		
Def.	stomach	home domain	replete	yes	period		
Tr.	the domain of the stomach is replete/hyperactive. (home = domain = ST, LI, SI)						

10 characters

陽明 *Yáng Míng Chapter Excerpts*

Yang Ming Clause 181

Young & Marchmont p.191

Mitchell p.304

OHA1 p.

Luo (1993) p.

1.	問	曰		何	緣	得	陽	明	病	
#	181-1	181-2		181-3	181-4	181-5	181-6	181-7	181-8	
ID										
PY	Wèn	yuē		hé	yuán	dé	yáng	míng	bìng	
Def.	question ask	say		what why	reason	get obtain	yang	bright	disease	
Tr.	<b>The question may be asked: Why does one get a/the bright-yang disease?</b>									
2.	答	曰	太	陽	病	若	發	汗	若	下
#	181-9	181-10	181-11	181-12	181-13	181-14	181-15	181-16	181-17	181-18
ID										
PY	Dá	yuē	tài	yáng	bìng	ruò	fā	hàn	ruò	xià
Def.	answer	say	greater	yang	disease	if	promote	sweat	if	down under purge
Tr.	<b>The answer is: In the greater yang stage, if one promotes diaphoresis, &amp;/or if precipitation is used</b>									
	若	利	小	便		此	亡	津	液	
#	181-19	181-20	181-21	181-22		181-23	181-24	181-25	181-26	
ID										
PY	ruò	lì	xiǎo	biàn		cǐ	wáng	jīn	yè	
Def.	if	benefit promote	small	convenient		this	lose	liquids	fluids	
Tr.	<b>or if one promotes urination this will cause the loss of body fluids</b>									
	胃	中	乾	燥		因	轉	屬	陽	明
#	181-27	181-28	181-29	181-30		181-31	181-32	181-33	181-34	181-35
ID										
PY	wèi	zhōng	gān	zào		yīn	zhuǎn	shǔ	yáng	míng
Def.	stomach	middle	dry	arid		thereby therefore	turns into	belong to	yang	bright
Tr.	<b>the stomach becomes dry &amp; arid and thereby turns into bright-yang.</b>									

35 characters



陽明 *Yáng Míng Chapter Excerpts*

Yang Ming Clause 181

Young & Marchmont p.191

Mitchell p.304

OHA! p.

Luo (1993) p.

3.	不	更	衣		內	實	
#	181-36	181-37	181-38		181-39	181-40	
ID							
PY	Bù	gēng	yī		nèi	shí	
Def.	no not	change  bowel	clothes  movement		inner internal	replete full	
Tr.	No change of clothes (i.e. no stool i.e. constipation),    inside replete (internal repletion)						
	大	便	難	者			
#	181-41	181-42	181-43	181-44			
ID							
PY	dà	biàn	nán	zhě			
Def.	big	convenient	difficult	is like this			
Tr.	or difficult defecation						
	此	名	陽	明	也	。	
#	181-45	181-46	181-47	181-48	181-49		
ID							
PY	cǐ	míng	yáng	míng	yě		
Def.	these	names signs	yang	bright	period		
Tr.	These are the signs of yang brightness/Yang-Ming Dz..						

14 characters

陽明 *Yáng Míng Chapter Excerpts*

Yang Ming Clause 182

Young & Marchment p.189

Mitchell p.308

OHA1 p.

Luo (1993) p.

1.	問	曰		陽	明	病	外	證	云	何
#	182-1	182-2		182-3	182-4	182-5	182-6	182-7	182-8	182-9
ID										
PY	Wèn	yuē		yáng	míng	bìng	wài	zhèng	yún	hé
Def.	ask question	say says said		yang	bright	disease	outside outer external	sign pattern		what
Tr.	The Question is: what are the [primary] signs/sx of Yang-Míng Dz?									
	答	曰		身	熱		汗	自	出	
#	182-10	182-11		182-12	182-13		182-14	182-15	182-16	
ID										
PY	Dá	yuē		shēn	rè		hàn	zì	chū	
Def.	answer	say says said		the body	heat hot		sweat perspire	self by itself spontaneously	leave depart go	
Tr.	The Answer is: the body is hot & sweaty, [the body is hot (subj. & obj.) and is sweating spontaneously (w/o provocation)]									
	不	惡	寒		反	惡	熱	也	。	
#	182-17	182-18	182-19		182-20	182-21	182-22	182-23		
ID										
PY	bù	wù	hán		fǎn	wù	rè	yě		
Def.	not	hate dislike averse avoid	cold		instead but rather	hate dislike aversion to avoid	heat hot			
Tr.	there is no aversion to cold, rather/but/instead there is aversion to heat.									

23 characters

陽明 *Yáng Míng Chapter Excerpts*

Yang Ming Clause 193

Young & Marchment p.252

Mitchell p.56

OHA1 p.

Luo (1993) p.

1.	陽	明	病	慾	解	時	
#	193-1	193-2	193-3	193-4	193-5	193-6	
ID							
PY	Yáng	míng	bìng	yù	jiě	shí	
Def.	yang	bright	disease	desire	resolve	time	
Tr.	Yang Míng disease wants to resolve during the time Yang Míng disease's natural resolution time is						
	從	申	至	戌	上	。	
#	193-7	193-8	193-9	193-10	193-11		
ID							
PY	cóng	shén	zhì	xū	shàng		
Def.	from	Branch 9 3–5 pm	to until	Branch 11 7–9 pm	above		
Tr.	from Branch 9 to 11 (Shen to Xu) (i.e. the six hrs from 3–9 pm)						

11 characters

陽明 *Yáng Míng Chapter Excerpts*

Yang Ming Clause 199

Young & Marchmont p.239

Mitchell p.367

OHA1 p.

Luo (1993) p.

1.	陽	明	病		無	汗	小	便	不	利
#	199-1	199-2	199-3		199-4	199-5	199-6	199-7	199-8	199-9
ID										
PY	Yáng	míng	bìng		wú	hàn	xiǎo	biàn	bù	lì
Def.	yang	bright	disease		lack	sweat	small	convenient	not	benefit disinhibit
Tr.	In a bright-yang disease without sweat, and urination is inhibited (not flowing freely or stops), along with									
	心	中	懊	懣	者					
#	199-10	199-11	199-12	199-13	199-14					
ID			M:47 156/16 Ht dark	simple 13 st ph = nong <sup>2</sup> = farm						
PY	xīn	zhōng	ào	náo nóng	zhě					
Def.	heart	center	regret, remorse annoy	panic panicky see p. 14						
Tr.	the heart center being/feeling anguished (agitated/anxious/apprehensive (panicky))									
	身	必	發	黃	。					
#	199-15	199-16	199-17	199-18						
ID										
PY	shēn	bì	fā	huáng						
Def.	body	must will definitely	emit show manifest	yellow						
Tr.	the body will turn yellow (become jaundiced).									

18 characters

*Notes and Comments*

The character 惛 pronounced **náo** or **nóng** is an obscure character that is used twice in these pages (see p. 52, 199-13 & p. 61, 238-9). It is the second word in the combination áo-náo, or ào-nóng. Mitchell uses the latter and translates the combination as ‘anguish’.

懊 Ào by itself means to feel regret or remorse, to be annoyed or irritated; vexed; literally the heart is/feels dark(ened).

農 nóng is the phonetic: meaning to farm, a farmer, agriculture/agricultural, as in Shen Nong.

懷 “Heart like a farmer’s” I take to mean: ‘be constantly worried’, panic/panicky.

A similar character 爇 nóng with the fire radical means: burnt, scorched’.

Another, 膿 nóng with the flesh radical means: pus, suppurate; an abscess

惱 nǎo is a common character that means vexed, irritated, angry; to be grieved, to dislike.

煩 fán is the term Wiseman et.al usually translate as “vexation”. Literally fire in the head, it is usually associated with heat in the heart or chest, and may be accompanied by 燥 zào/dryness, which in this context Wiseman translates as ‘agitation’. It may also be accompanied by 渴 kě/thirst.

陽明 *Yáng Míng Chapter Excerpts*

Yang Ming Clause 213

Young & Marchmont p.217

Mitchell p.331

OHA1 p.

Luo (1993) p.

1.	陽	明	病		其	人	多	汗		
#	213-1	213-2	213-3		213-4	213-5	213-6	213-7		
ID										
PY	Yáng	míng	bìng		qí	rén	duō	hàn		
Def.	yang	bright	disease		2nd person pronoun	person people	many much	sweat		
Tr.	In a bright yang disease if the/a person sweats / is sweated too much									
	以	津	液	外	出		胃	中	燥	
#	213-8	213-9	213-10	213-11	213-12		213-13	213-14	213-15	
ID										
PY	yǐ	jīn	yè	wài	chū		wèi	zhōng	zào	
Def.	because	liquids	fluids	outer, outside external	go out		stomach	middle	dry arid	
Tr.	because the body fluids go out [are expressed] the stomach center becomes dry [because of the loss of body fluids through sweating] the stomach becomes [too] dry									
	大	便	必	硬		硬	則	譫	語	
#	213-16	213-17	213-18	213-19		213-20	213-21	213-22	213-23	
ID										
PY	dà	biàn	bì	yìng		yìng	zé	zhān	yǔ	
Def.	big	convenient	must be definitely	hard, unyielding, firm; insistent		bound up constipated hard, like stone	then	gibberish nonsense	talk	
Tr.	defecation/stool is decidedly hard/constipated Once constipated, then get delirious (begin to talk gibberish)									
	小	承	氣	湯	主	之	。			
#	213-24	213-25	213-26	213-27	213-28	213-29				
ID										
PY	xiǎo	chéng	qì	tāng	zhǔ	zhī				
Def.	small minor	to align	qi	soup	governs rules	this				
Tr.	Xiao/Minor Cheng-Qi Tang/Decoction governs this.									

29 characters

陽明 *Yáng Míng Chapter Excerpts*

Yang Ming Clause 213

Young & Marchmont p.217

Mitchell p.331

OHAI p.

Luo (1993) p.

2.	若	一	服	謔	語	止	者	
#	213-30	213-31	213-32	213-33	213-34	213-35	213-36	
ID								
PY	Ruò	yī	fú	zhān	yǔ	zhǐ	zhě	
Def.	if	one	imbibe	gibberish nonsense	talk	to stop allay		
Tr.	If after taking [one time], the dilirium stops,							
	更	莫	復	服	。			
#	213-37	213-38	213-39	213-40				
ID								
PY	gèng	mò	fù	fú				
Def.	then	do not	again	imbibe				
Tr.	then do not take [the decoction] again.							

11 characters

陽明 *Yáng Míng Chapter Excerpts*

Yang Ming Clause 222

Young & Marchmont p.205

Mitchell p.324

OHA1 p.

Luo (1993) p.

1.	若	渴	慾	飲	水					
#	222-1	222-2	222-3	222-4	222-5					
ID										
PY	Ruò	kě	yù	yǐn	shuǐ					
Def.	if when	thirst	desire	drink	water					
Tr.	if/when there is thirst and the desire to drink water									
	口	乾	舌	燥	者					
#	222-6	222-7	222-8	222-9	222-10					
ID										
PY	kǒu	gān	shé	zào	zhě					
Def.	mouth	dried parch	tongue	dry						
Tr.	and the mouth is parched and the tongue is dry									
	白	虎	加	人	參	湯	主	之	。	
#	222-11	222-12	222-13	222-14	222-15	222-16	222-17	222-18		
ID										
PY	bái	hǔ	jiā	rén	shēn	tāng	zhǔ	zhī		
Def.	white	tiger	add plus	person	root	soup	govern rule master of	this		
Tr.	White Tiger plus Ginseng Decoction is the master of this									
	方	十	二	。						
#	222-19	222-20	222-21							
ID										
PY	fāng	shí	èr							
Def.	formula	ten	two							
Tr.	This is <b>Formula 12</b> .									

21 characters



陽明 *Yáng Míng Chapter Excerpts*

Yang Ming Clause 222

Young & Marchmont p.205

Mitchell p.317

OHA1 p.

Luo (1993) p.

2.	知	母		六	兩					
#	222-22	222-23		222-24	222-25					
ID										
PY	zhī	mǔ		liù	liǎng					
Def.	know Anemarrhena	mother		six	liang					
Tr.	Anemarrhena, 6 liang									
	石	膏		一	斤		碎			
#	222-26	222-27		222-28	222-29		222-30			
ID										
PY	shí	gāo		yī	jīn		sui			
Def.	stone gypsum	fat paste		one	jīn = a catty a pound		powder crushed			
Tr.	Gypsum, 1 jin (powdered)									
	甘	草		二	兩		炙			
#	222-31	222-32		222-33	222-34		222-35			
ID										
PY	gān	cǎo		èr	liǎng		zhì			
Def.	sweet licorice	grass		two	liang		prepared			
Tr.	Licorice root, 2 liang (prepared)									
	粳	米		六	合		人	參	三	兩
#	222-36	222-37		222-38	222-39		222-40	222-41	222-42	222-43
ID	M.3350									
PY	jīng gēng	mǐ		liù	gě		rén	shēn	sān	liǎng
Def.	ordinary rice vs. glutinous	hulled rice uncooked grain		six	measure unit for grain		person ginseng	root	three	liang
Tr.	Oryza/Rice seed/grain, 6 units    plus Ginseng, 3 liang									

22 characters

陽明 *Yáng Míng Chapter Excerpts*

Yang Ming Clause 236

Young & Marchment p.240

Mitchell p.369

OHAI p.

Luo (1993) p.

1.	陽	明	病		發	熱	汗	出	者	
#	236-1	236-2	236-3		236-4	236-5	236-6	236-7	236-8	
ID										
PY	Yáng	míng	bìng		fā	rè	hàn	chū	zhě	
Def.	yang	bright	disease		manifest	heat	sweat	out		
Tr.	Bright-Yang Dz manifests with [copius] heat & sweat(ing)									
	此	為	熱	越		不	能	發	黃	也
#	236-9	236-10	236-11	236-12		236-13	236-14	236-15	236-16	236-17
ID										
PY	cǐ	wéi	rè	yuè		bù	néng	fā	huáng	yě
Def.	this	is	heat	overtake spill out		not	able	effuse manifest	yellow	
Tr.	this is heat spillover/overtaking and therefore unable to produce yellowing									
2.	但	頭	汗	出		身	無	汗		
#	236-18	236-19	236-20	236-21		236-22	236-23	236-24		
ID										
PY	dàn	tóu	hàn	chū		shēn	wú	hàn		
Def.	only	head	sweat	out		body	not without	sweat		
Tr.	only the heads sweats – while the body itself does not/is without sweat									
	劑	頸	而	還		小	便	不	利	
#	236-25	236-26	236-27	236-28		236-29	236-30	236-31	236-32	
ID										
PY	jì	jǐng	ér	huán		xiǎo	biàn	bù	lì	
Def.	reach	neck	and but	return		small	convenient urination	not	benefit disinhibit	
Tr.	[sweat] stops at the neck, [meanwhile] urine is inhibited									

32 characters

陽明 *Yáng Míng Chapter Excerpts*

Yang Ming Clause 236

Young & Marchmont p.240

Mitchell p.369

OHA1 p.

Luo (1993) p.

2.	渴	飲	水	漿	者											
#	236-33	236-34	236-35	236-36	236-37											
ID																
PY	kě	yǐn	shuǐ	jiāng	zhě											
Def.	thirst	drink	water	liquid												
Tr.	[the person is] thirsty and drinks fluids															
	此	為	鬱	熱	在	里										
#	236-38	236-39	236-40	236-41	236-42	236-43										
ID																
PY	cǐ	wéi	yū	rè	zài	lǐ										
Def.			stuck	heat	at	inside interior										
Tr.	all this means the <b>heat is stuck in the interior</b>															
	身	必	發	黃												
#	236-44	236-45	236-46	236-47												
ID																
PY	shēn	bì	fā	huáng												
Def.	body torso	must will	emit	yellow												
Tr.	and the <b>body will turn yellow.</b>															
	茵	陳	蒿	湯	主	之	。									
#	236-48	236-49	236-50	236-51	236-52	236-53										
ID																
PY	yīn	chén	hāo	tāng	zhǔ	zhī										
Def.	mat, carpet, cushion	exhibit express old, stale	capillaris	soup	governs	this										
Tr.	<b>Yin-Chen-Hao Tang governs. Capillaris Decoction governs this.</b>															

21 characters

陽明 *Yáng Míng Chapter Excerpts*

Yang Ming Clause 236

Young & Marchmont p.240

Mitchell p.370

OHA1 p.

Luo (1993) p.

2.	茵	陳	蒿		六	兩				
#	236-54	236-55	236-56		236-57	236-58				
ID										
PY	yīn	chén	hāo		liù	liǎng				
Def.	name	of	herb		six	liang				
Tr.	Artemisia Capillaris, 6 liang									
	梔	子			十	四	枚		擘	
#	236-59	236-60			236-61	236-62	236-63		236-64	
ID										
PY	Zhī	Zǐ			shí	sì	méi		bò	
Def.	gardenia	seed			ten	four	piece		break	
Tr.	Gardenia seed, 14 pieces (broken/split/break-up)									
	大	黃			二	兩		去	皮	。
#	236-65	236-66			236-67	236-68		236-69	236-70	
ID										
PY	Dà	Huáng			èr	liǎng		qù	pí	
Def.	big	yellow			two	liang		remove	skin	
Tr.	Rhubarb root, 2 liang (bark/husk/outer skin removed)									

17 characters

陽明 *Yáng Míng Chapter Excerpts*

Yang Ming Clause 238

Young & Marchment p.220

Mitchell p.350

OHA1 p.

Luo (1993) p.

1.	陽	明	病		下	之				
#	238-1	238-2	238-3		238-4	238-5				
ID										
PY	Yáng	míng	bìng		xià	zhī				
Def.	yang	bright	disease		purge	of its of this				
Tr.	In yang ming disease, purge [when]									
	心	中	懊	懣	而	煩				
#	238-6	238-7	238-8	238-9	238-10	238-11				
ID			M:47 156/16 Ht dark	simple 13 st ph = nong <sup>2</sup> = farm						
PY	xīn	zhōng	ào	náo nóng	ér	fán				
Def.	heart	center	regret, remorse annoy	panic panicky see p. 14	and	vex agitated restless				
Tr.	Mitchell: translates ao-nong as anguish and ao-nong er fan as anguish and vexation the heart (center) is anguished and vexed									
	胃	中	有	燥	屎	者		可	功	。
#	238-12	238-13	238-14	238-15	238-16	238-17		238-18	238-19	
ID										
PY	wèi	zhōng	yǒu	zào	shǐ	zhě		kě	gōng	
Def.	stomach	center	has	dry	feces excrement discharge			can	attack i.e. purge	
Tr.	[and] the stomach (center) has dry stools for this one can [and should] attack/purge.									
2.	腹	微	滿		初	頭	硬			
#	238-20	238-21	238-22		238-23	238-24	238-25			
ID										
PY	fù	wēi	mǎn		chū	tóu	yìng			
Def.	belly abdomen	slightly mildly	fullness		beginning tip	head	hard firm			
Tr.	[If/When] the abdomen is slightly distended/abd. fullness and crown of the head is firm / the beginning of the stool is hard									

25 characters

陽明 *Yáng Míng Chapter Excerpts*

Yang Ming Clause 238

Young & Marchment p.220

Mitchell p.350

OHA1 p.

Luo (1993) p.

2.	後	必	溏		不	可	功	之	。	
#	238-26	238-27	238-28		238-29	238-30	238-31	238-32		
ID										
PY	hòu	bì	táng		bù	kě	gōng	zhī		
Def.	after later	must be	slop diarrhea		not	can	attack i.e. purge	period.		
Tr.	<b>but afterwards it [the stool] gets sloppy, [then one] cannot attack/purge but following that there is loose stool, one cannot attack/purge (i.e. do not use purging methods)</b>									
3.	若	有	燥	屎	者					
#	238-33	238-34	238-35	238-36	238-37					
ID										
PY	ruò	yǒu	zào	shǐ	zhě					
Def.	if	there is have	dry	stool	when like this:					
Tr.	<b>If there is dry feces/stool:</b>									
	宜	大	承	氣	湯	。	方	二	十	五
#	238-38	238-39	238-40	238-41	238-42		238-43	238-44	238-45	238-46
ID										
PY	yí	dà	chéng	qì	tāng		fāng	èr	shí	wǔ
Def.	appropriate should use	big	rectify align	energy	soup		formula	two	ten	five
Tr.	<b>[one] should use Major Qi-Rectification Decoction. Da Cheng Qi Tang is appropriate. This is Formula 25.</b>									

21 characters

陽明 *Yáng Míng Chapter Excerpts*

Yang Ming Clause 220 Da Cheng Qi Tang Young & Marchment p.223

Mitchell p.336-37

OHA1 p.

Luo (1993) p.

2.	大	黃		四	兩		酒	洗		
#	220-35	220-36		220-37	220-38		220-39	220-40		
ID										
PY	Dà	Huáng		sì	liǎng		jiǔ	xǐ		
Def.	big rhubarb	yellow		four	liang		wine	wash		
Tr.	Rhubarb (root), 4 liang (wash with wine)									
	厚	朴		半	斤		炙	去	皮	
#	220-41	220-42		220-43	220-44		220-45	220-46	220-47	
ID										
PY	Hòu	Pò		bàn	jīn		zhì	qù	pí	
Def.	magnolia	bark		half	pound		prepared	remove	skin bark	
Tr.	Magnolia bark, half jin/pound (prepare by removing bark)?									
	枳	實		五	枚		炙			
#	220-48	220-49		220-50	220-51		220-52			
ID										
PY	Zhǐ	Shí		wǔ	méi		zhì			
Def.	aurantium			five	pieces		prepared			
Tr.	Bitter Orange, 5 pieces (prepared/processed)									
	芒	硝		三	合	。				
#	220-53	220-54		220-55	220-56					
ID										
PY	Máng	Xiāo		sān	gě					
Def.	mirabilite			three	ge units					
Tr.	Mirabilite, 3 ge/units									

22 characters

陽明 *Yáng Míng Chapter Excerpts*

Yang Ming Clause 220 Da Cheng Qi Tang Young & Marchmont p.223

Mitchell p.336

OHA1 p.

Luo (1993) p.

3.	上	四	味		以	水	一	斗	
#	220-57	220-58	220-59		220-60	220-61	220-62	220-63	
ID	右								
PY	yòu shàng	sì	wèi		yǐ	shuǐ	yī	dǒu	
Def.	left above	four	flavors ingredient			water	one	unit	
Tr.	[place the] above four ingredients in one dou of water								
	先	煮	二	物		取	五	升	
#	220-64	220-65	220-66	220-67		220-68	220-69	220-70	
ID									
PY	xiān	zhǔ	èr	wù		qǔ	wǔ	shēng	
Def.	first	cook boil	two	substances things		obtain	five	measure unit	
Tr.	initially boil the [first] two ingredients down to five sheng (half a dou, 1000 milliliters)								
	去	滓		內	大	黃			
#	220-71	220-72		220-73	220-74	220-75			
ID									
PY	qù	zǐ		nà	dà	huáng			
Def.	remove	dregs		add	rhubarb				
Tr.	remove the dregs add the rhubarb								
	更	煮	取	二	升		去	滓	
#	220-76	220-77	220-78	220-79	220-80		220-81	220-82	
ID									
PY	gèng	zhǔ	qǔ	èr	shēng		qù	zǐ	
Def.	then	cook boil	obtain	two	sheng		remove	dregs	
Tr.	then boil down to get two sheng, remove the dregs								

26 characters



陽明 *Yáng Míng Chapter Excerpts*

Yang Ming Clause 220 Da Cheng Qi Tang Young & Marchmont p.223

Mitchell p.336

OHA1 p.

Luo (1993) p.

4.	內	芒	硝					
#	220-83	220-84	220-85					
ID								
PY	nà	máng	xiāo					
Def.	add	mirabilite						
Tr.	add the mirabilite							
	更	上	微	火	一	兩	沸	
#	220-86	220-87	220-88	220-89	220-90	220-91	220-92	
ID								
PY	gèng	shàng	wēi	huǒ	yī	liǎng èr	fèi	
Def.	then	above	mild slight	fire	once	twice	rolling boil	
Tr.	then on/above a mild flame/fire, once or twice bring to boil							
	分	溫	再	服				
#	220-93	220-94	220-95	220-96				
ID								
PY	fēn	wēn	zài	fú				
Def.	divide	warm	again	clothes take medicine				
Tr.	divide and take warm (2x)							
	得	下	餘	勿	服	。		
#	220-97	220-98	220-99	220-100	220-101			
ID								
PY	dé	xià	yú	wù	fú			
Def.	get	under down	leftover surplus	do not	clothes take medicine			
Tr.	once get downward movement (BM), do not take again							

19 characters

傷 Shāng

寒 Hán

論 Lùn

少 Shǎo

陽 Yáng

章 Zhāng

# 少陽 *Shǎo Yáng Chapter Excerpts*

Shao Yang Clause 263

Young & Marchment p.257

Mitchell p.407

OHA1 p.

Luo (1993) p.

1.	少	陽	之	為	病	
#	263-1	263-2	263-3	263-4	263-5	
ID						
PY	Shǎo	yáng	zhī	wéi	bìng	
Def.	lesser	yang	of	is	disease	
Tr.	Pertaining to the lesser-yang disease					
	口	苦				
#	263-6	263-7				
ID						
PY	kǒu	kǔ				
Def.	mouth	bitter				
Tr.	the mouth is bitter					
	咽	乾				
#	263-8	263-9				
ID						
PY	yān	gān				
Def.	throat	dry				
Tr.	the throat is dry					
	目	眩	也	。		
#	263-10	263-11	263-12			
ID						
PY	mù	xuàn	yě			
Def.	eye	blurry vision dizzy	period			
Tr.	the eyes are blurry					

12 characters

# 少陽 *Shǎo Yáng Chapter Excerpts*

Shao Yang Clause 264

Young & Marchmont p.258

Mitchell p.408

OHA1 p.

Luo (1993) p.

1.	少	陽	中	風						
#	264-1	264-2	264-3	264-4						
ID										
PY	Shǎo	yáng	zhòng	fēng						
Def.	lesser	yang	strike struck	wind						
Tr.	In lesser yang wind-strike:									
	兩	耳	無	所	聞		目	赤		
#	264-5	264-6	264-7	264-8	264-9		264-10	264-11		
ID										
PY	liǎng	ěr	wú	suǒ	wén		mù	chì		
Def.	couple two	ear	lack not	therefore	hear		eyes	red		
Tr.	both ears lack hearing acuity, the eyes are red									
	胸	中	滿	而	煩	者	不	可	吐	下
#	264-12	264-13	264-14	264-15	264-16	264-17	264-18	264-19	264-20	264-21
ID										
PY	xiōng	zhōng	mǎn	ér	fán	zhě	bù	kě	tù	xià
Def.	chest	center	fullness	and	vex vexed vexation		not	can	vomit	down
Tr.	the chest (center) feels full and anxious; [in these circumstances] it is not permissible to use emesis or purging									
	吐	下	則	悸	而	驚	。			
#	264-22	264-23	264-24	264-25	264-26	264-27				
ID										
PY	tù	xià	zé	jì	ér	jīng				
Def.	vomit	down	then	panic panicky panicked	and	fright frighten startle				
Tr.	[if] use emetics or purgatives then there will be panic and fright. [if] use emetics or purgatives then panic and fright will be the result.									

27 characters

# 少陽 *Shǎo Yáng Chapter Excerpts*

Shao Yang Clause 265

Young & Marchmont p.259

Mitchell p.409

OHA1 p.

Luo (1993) p.

1.	傷	寒		脈	弦	細				
#	265-1	265-2		265-3	265-4	265-5				
ID										
PY	Shāng	hán		mài	xián	xì				
Def.	injury damage	cold		pulse	wiry	fine thready				
Tr.	In a cold damage [disorder], [if the] pulse is wiry and thready									
	頭	痛	發	熱	者		屬	少	陽	。
#	265-6	265-7	265-8	265-9	265-10		265-11	265-12	265-13	
ID										
PY	tóu	tòng	fā	rè	zhě		shǔ	shǎo	yáng	
Def.	head	ache	manifest show effuse	heat			belongs to	lesser	yang	
Tr.	[and there is a] headache [and / along with] heat effusion / fever [this] belongs to lesser yang.									
2.	少	陽	不	可	發	汗				
#	265-14	265-15	265-16	265-17	265-18	265-19				
ID										
PY	shǎo	yáng	bù	kě	fā	hàn				
Def.	lesser	yang	not	can	effuse manifest	sweat				
Tr.	In lesser yang [one] cannot/must not promote sweating									
	發	汗	則	譫	語		此	屬	胃	。
#	265-20	265-21	265-22	265-23	265-24		265-25	265-26	265-27	
ID										
PY	fā	hàn	zé	zhān	yǔ		cǐ	shǔ	wèi	
Def.	effuse	sweat	then	gibberish	talk		this	belongs to	stomach	
Tr.	[if one] promotes diaphoresis then [there will be] delirious speech, [which] pertains to the stomach.									

27 characters

# 少陽 *Shǎo Yáng Chapter Excerpts*

Shao Yang Clause 265

Young & Marchment p.259

Mitchell p.409

OHA! p.

Luo (1993) p.

3.	胃	和	則	愈				
#	265-28	265-29	265-30	265-31				
ID								
PY	wèi	hé	zé	yù				
Def.	stomach	harmony	then	cure recover				
Tr.	[if] the Stomach is harmonious/harmonized then [the patient will] recover/be cured.							
	胃	不	和	煩	而	悸	。	
#	265-32	265-33	265-34	265-35	265-36	265-37		
ID								
PY	wèi	bù	hé	fán	ér	jì		
Def.	stomach	not	harmony	vex	and	panic		
Tr.	[if] the Stomach is not harmonious/harmonized then [the patient will] become vexed and anxious/panicky.							

10 characters

# 少陽 *Shǎo Yáng Chapter Excerpts*

Shao Yang Clause 269

Young & Marchment p.287

Mitchell p.442

OHA1 p.

Luo (1993) p.

1.	傷	寒	六	七	日		無	大	熱	
#	269-1	269-2	269-3	269-4	269-5		269-6	269-7	269-8	
ID										
PY	Shāng	hán	liù	qī	rì		wú	dà	rè	
Def.	damage	cold	six	seven	day		not lack without	big	heat	
Tr.	A cold injury/disorder [lasting for] six or seven days,   without great heat/fever									
	其	人	躁	煩	者					
#	269-9	269-10	269-11	269-12	269-13					
ID										
PY	qí	rén	zào	fán	zhě					
Def.	his their	people	restless impatient	vex	is like this					
Tr.	these people are restless and agitated									
	此	為	陽	去	入	陰	故	也	。	
#	269-14	269-15	269-16	269-17	269-18	269-19	269-20	269-21		
ID										
PY	cǐ	wéi	yáng	qù	rù	yīn	gù	yě		
Def.	this	is	yang	go	enter into	yin	reason therefore			
Tr.	this is therefore deemed to be yang going into yin (tai yin).									

21 characters

# 少陽 *Shǎo Yáng Chapter Excerpts*

Shao Yang Clause 272

Young & Marchment p.288

Mitchell p.56

OHA1 p.

Luo (1993) p.

1.	少	陽	病	慾	解	時	
#	272-1	272-2	272-3	272-4	272-5	272-6	
ID							
PY	Shǎo	yáng	bìng	yù	jiě	shí	
Def.	lesser	yang	disease	desire	resolve	season time	
Tr.	A lesser yang disease wants to [will naturally] resolve in the time						
	從	寅	至	辰	上	。	
#	272-7	272-8	272-9	272-10	272-11		
ID							
PY	còng	yín	zhì	chén	shàng		
Def.	from	3rd branch hour	to	5th branch hour	up		
Tr.	from Yin to Chen (3rd to 5th hours/months). will improve between 3 and 9 am or during the spring and early summer.						

11 characters



少陽 *Shǎo Yáng Chapter Excerpts*

Shao Yang Clause 96 Xiao Chai Hu Tang Young & Marchment p.261

Mitchell p.410

OHA1 p.

Luo (1993) p.

1.	傷	寒	五	六	日		中	風		
#	96-1	96-2	96-3	96-4	96-5		96-6	96-7		
ID										
PY	Shāng	hán	wǔ	liù	rì		zhòng	fēng		
Def.	damage	cold	five	six	days		strike	wind		
Tr.	In cold damage lasting five or six days [this is] wind-strike									
	往	來	寒	熱		胸	脅	苦	滿	
#	96-8	96-9	96-10	96-11		96-12	96-13	96-14	96-15	
ID										
PY	wǎng	lái	hán	rè		xiōng	xié	kǔ	mǎn	
Def.	leave	come	cold	hot		chest	flank sides rib-side	bitter  suffer	fullness	
Tr.	chills & fever come and go the chest & sides are bitter and full / the chest & sides suffer from man/fullness									
	默	默	不	慾	飲	食	心	煩	喜	嘔
#	96-16	96-17	96-18	96-19	96-20	96-21	96-22	96-23	96-24	96-25
ID										
PY	mò	mò	bù	yù	yǐn	shí	xīn	fán	xǐ	ǒu
Def.	be silent	taciturn	not	desire	drink	food	heart	vex	to wish to like	vomit retch
Tr.	[the person/patient] is silent/taciturn, with no desire for food or drink their heart is vexed/anxious and they may wish to throw up									
	或	胸	中	煩	而	不	嘔	或	渴	
#	96-26	96-27	96-28	96-29	96-30	96-31	96-32	96-33	96-34	
ID										
PY	huò	xiōng	zhōng	fán	ér	bù	ǒu	huò	kě	
Def.	if, or perhaps	chest	center	vex	and	not	vomit	or	thirst	
Tr.	or the chest center is vexed, but there is no retching or thirst									

32 characters

# 少陽 *Shǎo Yáng Chapter Excerpts*

Shao Yang Clause 96 Xiao Chai Hu Tang Young & Marchment p.261

Mitchell p.410

OHA1 p.

Luo (1993) p.

2.	或	渴		或	腹	中	痛			
#	96-33	96-34		96-35	96-36	96-37	96-38			
ID										
PY	huò	kě		huò	fù	zhōng	tòng			
Def.	if	thirst		if	abdomen	center	ache			
Tr.	if there is thirst    and if there is achiness in the center of the abdomen									
	或	脅	下	痞	硬		或	心	下	悸
#	96-39	96-40	96-41	96-42	96-43		96-44	96-45	96-46	96-47
ID										
PY	huò	xié	xià	pǐ	yìng		huò	xīn	xià	jì
Def.	if	side	under	solar plexus epigastrium congestion	hard firm unyielding		if	heart	below	palps
Tr.	or/if the hypochondrium & solar plexus area are hard & unyielding,    and if the region below the heart is (visibly) pulsing    [i.e. one can see the apical heart beat]									
	小	便	不	利		或	不	渴		
#	96-48	96-49	96-50	96-51		96-52	96-53	96-54		
ID										
PY	xiǎo	biàn	bù	lì		huò	bù	kě		
Def.	small	convenient	not	advantage benefit disinhibit		if	not	thirsty		
Tr.	[and] urination is not advantageous [i.e. smooth & pain free] and/or if there is no thirst									
	身	有	微	熱		或	咳	者		
#	96-55	96-56	96-57	96-58		96-59	96-60	96-61		
ID										
PY	shēn	yǒu	wēi	rè		huò	ké	zhě		
Def.	body	has is	a little bit slight mild	hot		if	cough			
Tr.	and the body is a little bit / slightly hot [to the touch] and if there is a cough ... then									

29 characters

# 少陽 *Shǎo Yáng Chapter Excerpts*

Shao Yang Clause 96 Xiao Chai Hu Tang Young & Marchment p.261

Mitchell p.410

OHA1 p.

Luo (1993) p.

2.	小	柴	胡	湯	主	之	。			
#	96-62	96-63	96-64	96-65	96-66	96-67				
ID										
PY	xiǎo	chái	hú	tāng	zhǔ	zhī				
Def.	small minor	Bupluerum		soup	governs	this these				
Tr.	Minor Bupleurum Decoction governs [all] these:									
3.	柴	胡	半	斤		黃	芩	三	兩	
#	96-68	96-69	96-70	96-71		96-72	96-73	96-74	96-75	
ID										
PY	Chái	Hú	bàn	jīn		Huáng	Qín	sān	liǎng	
Def.			half	catty		yellow		three	liang	
Tr.	Bupleurum, one half jin/catty Scutellaria, 3 liang									
	人	參	三	兩		半	夏	半	升	洗
#	96-76	96-77	96-78	96-79		96-80	96-81	96-82	96-83	96-84
ID										
PY	Rén	Shēn	sān	liǎng		Bàn	Xià	bàn	shēng	xǐ
Def.	man	root	three	liang		half	summer	half	sheng	wash
Tr.	Ginseng, 3 liang; Pinellia, one half sheng (washed)									
	甘	草	炙		生	姜	切	各	三	兩
#	96-85	96-86	96-87		96-88	96-89	96-90	96-91	96-92	96-93
ID										
PY	Gān	Cǎo	zhì		Shēng	Jiāng	qiē	gè	sān	liǎng
Def.	sweet	grass	prepared		fresh	ginger	cut		three	liang
Tr.	Licorice, prepared/fried; fresh Ginger, (cut), 3 liang									

32 characters

# 少陽 *Shǎo Yáng Chapter Excerpts*

Shao Yang Clause 96 Xiao Chai Hu Tang Young & Marchment p.261

Mitchell p.410

OHA! p.

Luo (1993) p.

3.	大	棗	十	二	枚	擘	。	
#	96-94	96-95	96-96	96-97	96-98	96-99		
ID								
PY	Dà	Zǎo	shí	èr	méi	bò		
Def.	big	jubjube	ten	two	piece	break split		
Tr.	Jubjube, 12 pieces (break open / split)							

6 characters

# 少陽 *Shǎo Yáng Chapter Excerpts*

Shao Yang Clause 99 Xiao Chai Hu Tang Young & Marchment p.264

Mitchell p.418

OHA1 p.

Luo (1993) p.

1.	傷	寒	四	五	日		身	熱	惡	風
#	99-1	99-2	99-3	99-4	99-5		99-6	99-7	99-8	99-9
ID										
PY	Shāng	hán	sì	wǔ	rì		shēn	rè	wù	fēng
Def.	injury damage	cold	four	five	day		body	heat	aversion	wind
Tr.	When cold damage has lasted four or five days the body is hot, (there is generalized heat) and there is aversion to wind {TY {TY									
	頸	項	強		脅	下	滿			
#	99-10	99-11	99-12		99-13	99-14	99-15			
ID										
PY	jǐng	xiàng	jiàng		xié	xià	mǎn			
Def.	neck	nape	stiff		rib side	below	fullness			
Tr.	the back of the neck is stiff and/but there is fullness below the ribs / under lateral costal region {TY, {SY									
	手	足	溫	而	渴	者				
#	99-16	99-17	99-18	99-19	99-20	99-21				
ID										
PY	shǒu	zú	wēn	ér	kě	zhě				
Def.	hand	foot	warm	and	thirst	when like this this is so				
Tr.	hands & feet (arms & legs) [extremities] are warm and/but there is thirst {YM, heat extends to the extremities, but is mild {YM, heat has damaged fluids									
	小	柴	胡	湯	主	之	。			
#	99-22	99-23	99-24	99-25	99-26	99-27				
ID										
PY	xiǎo	chái	hú	tāng	zhǔ	zhī				
Def.	small minor			soup	governs	this, is				
Tr.	[when this is so] Minor Bupleurum Decoction governs it. i.e. when all 3 yang layers are involved									

27 characters

# 少陽 *Shǎo Yáng Chapter Excerpts*

Shao Yang Clause 101 Xiao Chai Hu Tang Young & Marchment p.266

Mitchell p.420

OHAI p.

Luo (1993) p.

1.	傷	寒	中	風		
#	101-1	101-2	101-3	101-4		
ID						
PY	Shāng	hán	zhòng	fēng		
Def.	injury damage	cold	central	wind		
Tr.	cold injury & wind strike					
	有	柴	胡	證		
#	101-5	101-6	101-7	101-8		
ID						
PY	yǒu	chái	hú	zhèng		
Def.	have there is			signs confirm pattern		
Tr.	there are Chai-Hu/Bupleurum signs					
	但	見	一	證	便	是
#	101-9	101-10	101-11	101-12	101-13	101-14
ID						
PY	dàn	jiàn	yī	zhèng	biàn	shì
Def.	only	see	one	signs confirm pattern	simply	
Tr.	only one sign need be present					
	不	必	悉	具	。	
#	101-15	101-16	101-17	101-18		
ID						
PY	bù	bì	xī	jù		
Def.	not	certain must be	all	complete inclusive		
Tr.	not all [to confirm].					

18 characters

少陽 *Shǎo Yáng Chapter Excerpts*

Shao Yang Clause 101 Xiao Chai Hu Tang Young & Marchment p.266

Mitchell p.420

OHA1 p.

Luo (1993) p.

2.	凡	柴	胡	湯	病	證	而	下	之	
#	101-19	101-20	101-21	101-22	101-23	101-24	101-25	101-26	101-27	
ID										
PY	Fán	chái	hú	tāng	bìng	zhèng	ér	xià	zhī	
Def.	all always if	bupleurum		soup	disease	pattern	and	down	of	
Tr.	If [Minor] Bupleurum Decoction disease patterns are treated with precipitation									
	若	柴	胡	證	不	罷	者			
#	101-28	101-29	101-30	101-31	101-32	101-33	101-34			
ID										
PY	ruò	chái	hú	zhèng	bù	bà	zhě			
Def.	if, when	bupleurum		pattern	not	go on strike disappear				
Tr.	if the Bupleurum pattern/signs & sx do not disappear/go away/resolve									
	復	與	柴	胡	湯	必	蒸	蒸	而	振
#	101-35	101-36	101-37	101-38	101-39	101-40	101-41	101-42	101-43	101-44
ID										
PY	fù	yǔ	chái	hú	tāng	bì	zhēng	zhēng	ér	zhèn
Def.	again repeat	to administer give to	bupleurum		soup	certain must be	to steam		and but	shake stir up
Tr.	[one can] adminster Bupleurum decoction again - the patient will steam and shake/tremble/quiver									
	卻	復	發	熱	汗	出	而	解	。	
#	101-45	101-46	101-47	101-48	101-49	101-50	101-51	101-52		
ID										
PY	què	fù	fā	rè	hàn	chū	ér	jiě		
Def.	then	repeat return of	show	heat	sweat	out	and	resolve		
Tr.	fu (46) is not included in the CHANT version, but the Mitchell text shows it in the Song version then upon the return of heat/fever & sweating, it will resolve.									

34 characters

# 少陽 *Shǎo Yáng Chapter Excerpts*

Shao Yang Clause 144 Xiao Chai Hu Tang Young & Marchment p.289

Mitchell p.445

OHA1 p.

Luo (1993) p.

1.	婦	人	中	風		七	八	日		
#	144-1	144-2	144-3	144-4		144-5	144-6	144-7		
ID										
PY	Fù	rén	zhòng	fēng		qī	bā	rì		
Def.	a woman	person	central	wind		seven	eight	day		
Tr.	A woman/female with Zhong Feng lasting 7 or 8 days									
	續	得	寒	熱		發	作	有	時	
#	144-8	144-9	144-10	144-11		144-22	144-13	144-14	144-15	
ID										
PY	xù	dé	hán	rè		fā	zuò	yǒu	shí	
Def.	to continue	to get obtain	cold	hot		show manifest	start	have is	time season month	
Tr.	who continues to have cold & heat (alternating chills & fever), starts to have her period									
	經	水	適	斷	者					
#	144-16	144-17	144-18	144-19	144-20					
ID										
PY	jīng	shuǐ	shì	duàn	zhě					
Def.	menses	water	suitable just; go, procede	finish						
Tr.	or [conversely] her menses/period just stops									
	此	為	熱	入	血	室	其	血	必	結
#	144-21	144-22	144-23	144-24	144-25	144-26	144-27	144-28	144-29	144-30
ID										
PY	cǐ	wéi	rè	rù	xuè	shì	qí	xuè	bì	jié
Def.	this	is	heat	entering	blood	chamber	her	blood	must be	knot congeal
Tr.	this is heat entering the blood chamber (uterus); and her blood is stagnant or will stagnate									

30 characters



# 少陽 *Shǎo Yáng Chapter Excerpts*

Shao Yang Clause 144 Xiao Chai Hu Tang Young & Marchment p.289

Mitchell p.445

OHA1 p.

Luo (1993) p.

1.	故	使	如	瘧	狀		
#	144-31	144-32	144-33	144-34	144-35		
ID							
PY	gù	shǐ	rú	nuè	zhuàng		
Def.				malaria	shape gestalt		
Tr.	this in turn leads to malaria like symptoms (alt chills & fever)						
	發	作	有	時			
#	144-36	144-37	144-38	144-39			
ID							
PY	fā	zuò	yǒu	shí			
Def.	effuse		have	time			
Tr.	that occur at fixed times/regularly(at fixed intervals),						
	小	柴	胡	湯	主	之	。
#	144-40	144-41	144-42	144-43	144-44	144-45	
ID							
PY	xiǎo	chái	hú	tāng	zhǔ	zhī	
Def.	minor	bupleurum		soup	rule govern	‘s, this	
Tr.	[this requires ]Minor Bupleurum Decoction to govern (this).						

15 characters

# 少陽 *Shǎo Yáng Chapter Excerpts*

Shao Yang Clause 266 Xiao Chai Hu Tang Young & Marchmont p.264

Mitchell p.417

OHA1 p.

Luo (1993) p.

1.	本	太	陽	病	不	解				
#	266-1	266-2	266-3	266-4	266-5	266-6				
ID										
PY	Běn	tài	yáng	bìng	bù	jiě				
Def.	root original	greater	yang	dz	not	resolve				
Tr.	An originally greater-yang disease that did not resolve									
	轉	入	少	陽	者		脅	下	硬	滿
#	266-7	266-8	266-9	266-10	266-11		266-12	266-13	266-14	266-15
ID										
PY	zhuǎn	rù	shǎo	yáng	zhě		xié	xià	yìng	mǎn
Def.	shift	enter	lesser	yang			rib-side	down	hard	fullness
Tr.	will shift and enter into the lesser-yang a person's sides will be hard and full									
	乾	嘔	不	能	食		往	來	寒	熱
#	266-16	266-17	266-18	266-19	266-20		266-21	266-22	266-23	266-24
ID										
PY	gān	ǒu	bù	néng	shí		wǎng	lái	hán	rè
Def.	dry	retch	not	able	eat		leave	come	cold	heat
Tr.	with dry retching and inability to eat alternating hot & cold/chills & fever									
	尚	未	吐	下		脈	沉	緊	者	
#	266-25	266-26	266-27	266-28		266-29	266-30	266-31	266-32	
ID										
PY	shàng	wèi	tù	xià		mài	chén	jǐn	zhě	
Def.	still, yet however	not yet	vomit	purge		pulse	deep	ropey tight		
Tr.	but have not [taken any] emetics or purgatives; their pulse is deep/sunken and tight									

32 characters

# 少陽 *Shǎo Yáng Chapter Excerpts*

Shao Yang Clause 266 Xiao Chai Hu Tang Young & Marchment p.264

Mitchell p.417

OHA1 p.

Luo (1993) p.

1.	與	小	柴	胡	湯	。	
#	266-33	266-34	266-35	266-36	266-37		
ID							
PY	yǔ	xiǎo	chái	hú	tāng		
Def.	should	minor	bupleurum		soup		
Tr.	One should use/administer Minor Bupleurum Decoction/Xiao Chai-Hu Tang.						

5 characters

少陽 *Shǎo Yáng Chapter Excerpts*

Shao Yang Clause 267 Xiao Chai Hu Tang Young & Marchment p.260

Mitchell p.428

OHA1 p.

Luo (1993) p.

1.	若	已	吐	下		發	汗		溫	針
#	267-1	267-2	267-3	267-4		267-5	267-6		267-7	267-8
ID										
PY	Ruò	yǐ	tù	xià		fā	hàn		wēn	zhēn
Def.	if	already	vomit	down		effuse	sweat		warm	needle
Tr.	If one has already used emetics, purgatives, diaphoretics and warm needling									
	譫	語		柴	胡	證	罷			
#	267-9	267-10		267-11	267-12	267-13	267-14			
ID										
PY	zhān	yǔ		chái	hú	zhèng	bà			
Def.	gibberish	talk speech		chai	hu	pattern	stop cease			
Tr.	and delirium [presents / is still present]; [and/but the] chai hu pattern [of sx] has stopped									
	此	為	壞	病						
#	267-15	267-16	267-17	267-18						
ID										
PY	cǐ	wéi	huài	bìng						
Def.	this	is	aggravate	disease						
Tr.	this is an aggravated disease									
	知	犯	何	逆		以	法	治	之	。
#	267-19	267-20	267-21	267-22		267-23	267-24	267-25	267-26	
ID										
PY	zhī	fàn	hé	nì		yǐ	fǎ	zhì	zhī	
Def.	know	violate commit	what	counter-flow		reason	method technique	treat	of	
Tr.	try to know/understand what caused this contrary reaction, and then use an/the appropriate method to treat it.									

26 characters

傷 *Shāng*

寒 *Hán*

論 *Lùn*

太 *Tài*

陰 *Yīn*

章 *Zhāng*

# 太陰 *Tài Yīn Chapter Excerpts*

Tai Yin      Clause 273      Young & Marchmont p.295      Mitchell p.453      OHAI p.      Luo (1993) p.

1.	太	陰	之	為	病					
#	273-1	273-2	273-3	273-4	273-5					
ID										
PY	Tài	yīn	zhī	wéi	bìng					
Def.										
Tr.	In Greater-Yin/Tai-Yin disease(s)									
	腹	滿	而	吐		食	不	下		
#	273-6	273-7	273-8	273-9		273-10	273-11	273-12		
ID										
PY	fù	mǎn	ér	tù		shí	bù	xià		
Def.										
Tr.	[there is] abdominal fullness & vomiting food will not go/stay down									
	自	利	益	甚		時	腹	自	痛	
#	273-13	273-14	273-15	273-16		273-17	273-18	273-19	273-20	
ID										
PY	zì	lì	yì	shèn		shí	fù	zì	tòng	
Def.	self natural	advantage benefit disinhibit	benefit boost	severe		time	abdomen	self natural	ache	
Tr.	diarrhea is severe with periodic/intermittent stomach-ache/pain									
	若	下	之		必	胸	下	結	硬	。
#	273-21	273-22	273-23		273-24	273-25	273-26	273-27	273-28	
ID										
PY	ruò	xià	zhī		bì	xiōng	xià	jié	yìng	
Def.	if/when	purge purging method purgation	this, these		must	chest	under	knot	hard firm unyielding	
Tr.	if precipitation methods are used , this will result in binding & hard knotting below the chest									

28 characters

# 太陰 *Tài Yīn Chapter Excerpts*

Tai Yin      Clause 275      Young & Marchment p.305      Mitchell p.57      OHAI p.      Luo (1993) p.

1.	太	陰	病	慾	解	時	
#	275-1	275-2	275-3	275-4	275-5	275-6	
ID							
PY	Tài	yīn	bìng	yù	jiě	shí	
Def.	greater	yin	disease	wants to	resolve	time hour season	
Tr.	<b>Tai-Yin disease/symptoms want to resolve/natural resolution time</b>						
	從	亥	至	丑	上	。	
#	275-7	275-8	275-9	275-10	275-11		
ID							
PY	cóng	hài	zhì	chǒu	shàng		
Def.	from	Branch 12 9–11 pm	rules	Branch 2 1–3 am	above upper		
Tr.	<b>is from/between Branch 12 Hai to Br.2 Chou i.e. during the hours 9pm to 3am or months 12 to 2 [late winter thru spring].</b>						

11 characters

# 太陰 *Tài Yīn Chapter Excerpts*

Tai Yin      Clause 276      Young & Marchment p.297      Mitchell p.456      OHAI p.      Luo (1993) p.

1.	太	陰	病		
#	276-1	276-2	276-3		
ID					
PY	Tài	yīn	bìng		
Def.	greater	yin	disease		
Tr.	In a Tai-Yin Dz./Greater yin disease				
	脈	浮	者		
#	276-4	276-5	276-6		
ID					
PY	mài	fú	zhě		
Def.	pulse	float			
Tr.	[if/when] the pulse is floating				
	可	發	汗		
#	276-7	276-8	276-9		
ID					
PY	kě	fā	hàn		
Def.	can may	effuse issue	sweat		
Tr.	[one] may promote sweating/diaphoresis				
	宜	桂	枝	湯	。
#	276-10	276-11	276-12	276-13	
ID					
PY	yí	guì	zhī	tāng	
Def.	should	cinnamon	branch twig limb	soup	
Tr.	[one] should administer/use Cinnamon Twig Decoction/Gui-Zhi Tang.				

13 characters



# 太陰 *Tài Yīn Chapter Excerpts*

Tai Yin	Clause 277		Young & Marchmont p.297		Mitchell p.455		OHAI p.		Luo (1993) p.	
1.	自	利	不	渴	者		屬	太	陰	
#	277-1	277-2	277-3	277-4	277-5		277-6	277-7	277-8	
ID										
PY	Zì	lì	bù	kě	zhě		shǔ	tài	yīn	
Def.	self natural spont.	benefit	not	thirst			belongs to	greater	yin	
Tr.	spontaneous diarrhea, without thirst, belongs to/indicates Tai-Yin Dz.									
	以	其	臟	有	寒	故	也			
#	277-9	277-10	277-11	277-12	277-13	277-14	277-15			
ID										
PY	yǐ	qí	zàng	yǒu	hán	gù	yě			
Def.			viscera	have are	cold					
Tr.	this is because there is cold in the viscera/zang organs									
	當	溫	之							
#	277-16	277-17	277-18							
ID										
PY	dāng	wēn	zhī							
Def.		warm								
Tr.	therefore use warming treatment(s)									
	宜	服	四	逆	輩	。				
#	277-19	277-20	277-21	277-22	277-23					
ID										
PY	yí	fú	sì	nì	bèi					
Def.	should	take be used to	four	counter	long time life long generation					
Tr.	one should take Four Counterflow [remedies] for a long time one should be used to the four extremities being cold (for a long time)									

23 characters

# 太陰 *Tài Yīn Chapter Excerpts*

Tai Yin

Clause 279

Young & Marchment p.298

Mitchell p.457

OHA1 p.

Luo (1993) p.

1.	本	太	陽	病		醫	反	下	之	
#	279-1	279-2	279-3	279-4		279-5	279-6	279-7	279-8	
ID										
PY	Ben	tài	yáng	bìng		yī	fǎn	xià	zhī	
Def.	root origin	greater	yang	illness		doctor medicine treatment	opposite contrary turn around reverses	down		
Tr.	The root of / At the root is a Greater Yang illness if the doctor / medical treament can reverse the decline/descent									
	因	爾	腹	滿	時	痛	者			
#	279-9	279-10	279-11	279-12	279-13	279-14	279-15			
ID										
PY	yīn	ěr	fù	mǎn	shí	tòng	zhě			
Def.	cause reason etiology accordingly	you, your that time like this	abdomen	fullness	time season	pain, ache	the essence			
Tr.	with abdominal fullness and intermittent pain is the essence of this									
	屬	太	陰	也						
#	279-16	279-17	279-18	279-19						
ID										
PY	shǔ	tài	yīn	yě						
Def.	belongs to class category	greater	yin	period						
Tr.	belongs to Greater Yin!									
	桂	枝	加	芍	藥	湯	主	之	；	
#	279-20	279-21	279-22	279-23	279-24	279-25	279-26	279-27		
ID										
PY	guì	zhī	jiā	sháo	yào	tāng	zhǔ	zhī		
Def.	cinnamon	branch twig	add plus	Paeonia	medicinal	soup	rule govern	's this		
Tr.	Cinnamon and Peony Decoction rules/governs this.									

27 characters

# 太陰 *Tài Yīn Chapter Excerpts*

Tai Yin

Clause 279

Young & Marchment p.298

Mitchell p.457

OHA1 p.

Luo (1993) p.

2.	大	實	痛	者						
#	279-28	279-29	279-30	279-31						
ID										
PY	dà	shí	tòng	zhě						
Def.	big	full	ache, pain	at its essence						
Tr.	severe, excess pain is the essence of this									
	桂	枝	加	大	黃	湯	主	之	。	
#	279-32	279-33	279-34	279-35	279-36	279-37	279-38	279-39		
ID										
PY	guì	zhī	jiā	dà	huáng	tāng	zhǔ	zhī		
Def.	cinnamon	branch twig	add plus	big	yellow	soup	rule govern	's this		
Tr.	Cinnamon and Rhubarb Decoction rules over this.									

12 characters

# 太陰 *Tài Yīn Chapter Excerpts*

Tai Yin      Clause 280      Young & Marchment p.299      Mitchell p.460      OHAI p.      Luo (1993) p.

1.	太	陰	為	病		脈	弱			
#	280-1	280-2	280-3	280-4		280-5	280-6			
ID										
PY	Tài	yīn	wéi	bìng		mài	ruò			
Def.	greater	yin		disease		pulse	weak frail			
Tr.	In Greater/Tai-Yin disease the pulse is weak/frail,									
	其	人	續	自	便	利				
#	280-7	280-8	280-9	280-10	280-11	280-12				
ID										
PY	qí	rén	xù	zì	biàn	lì				
Def.		person		self naturally		benefit				
Tr.	such a person/these people will have/get spontaneous diarrhea									
	設	當	行	大	黃	芍	藥	者	。	
#	280-13	280-14	280-15	280-16	280-17	280-18	280-19	280-20		
ID										
PY	shè	dāng	xíng	dà	huáng	sháo	yào	zhě		
Def.	form establish arrange	be, act as manage, ought, should	step, walk, march, move; travel	big	yellow	peony	medicinal			
Tr.	[if one uses] Da-Huang & Shao Yao medicinals									

20 characters

# 太陰 *Tài Yīn Chapter Excerpts*

Tai Yin      Clause 280      Young & Marchment p.299      Mitchell p.460      OHAI p.      Luo (1993) p.

1.	宜	減	之							
#	280-21	280-22	280-23							
ID										
PY	yí	jiǎn	zhī							
Def.	should proper	deduct subtract; reduce	of							
Tr.	one needs to be careful and use a reduced amount									
	以	期	人	胃	氣	弱				
#	280-24	280-25	280-26	280-27	280-28	280-29				
ID										
PY	yǐ	qí	rén	wèi	qì	ruò				
Def.	because	this such a	person	stomach	energy vitality	weak frail				
Tr.	because such a person has a weak(ened) stomach qi									
	易	動	故	也	。					
#	280-30	280-31	280-32	280-33						
ID										
PY	yì	dòng	gù	yě						
Def.	change	active agitate	old ancient	period						
Tr.	which will/can be further aggravated [by these herbs] and diarrhea will become chronic.									

13 characters

傷 *Shāng*

寒 *Hán*

論 *Lùn*

少 *Shǎo*

陰 *Yīn*

章 *Zhāng*

少陰 *Shǎo Yīn Chapter Excerpts*

Shao Yin Clause 281

Young & Marchment p.310

Mitchell p.469

OHA1 p.

Luo (1993) p.

1.	少	陰	之	為	病	
#	281-1	281-2	281-3	281-4	281-5	
ID						
PY	Shǎo	yīn	zhī	wéi	bìng	
Def.	lesser	yin	of	do, act	disease	
Tr.	Lesser Yin disease looks like / behaves like this:					
	脈	微	細			
#	281-6	281-7	281-8			
ID						
PY	mài	wēi	xì			
Def.	pulse	faint	thready			
Tr.	the pulse is thready and faint					
	但	慾	寐	也	。	
#	281-9	281-10	281-11	281-12		
ID						
PY	dàn	yù	mèi	yě		
Def.	alone; only, solely	desire	sleep			
Tr.	[the person/patient] only wants to sleep.					

12 characters

# 少陰 *Shǎo Yīn Chapter Excerpts*

Shao Yin Clause 285 Young & Marchment p.352 Mitchell p.474 OHAI p. Luo (1993) p.

1.	少	陰	病			
#	285-1	285-2	285-3			
ID						
PY	Shǎo	yīn	bìng			
Def.	lesser	yin	disease			
Tr.	[In a] <b>Shao-Yin/Lesser yin disease</b> [wherein]					
	脈	細	沉	數		
#	285-4	285-5	285-6	285-7		
ID						
PY	mài	xì	chén	shuò		
Def.	pulse	thready	sunken deep	rapid		
Tr.	the pulse is thready, deep/submerged and rapid					
	病	為	在	里		
#	285-8	285-9	285-10	285-11		
ID						
PY	bìng	wèi	zài	lǐ		
Def.	disease	is	at	interior		
Tr.	[this means/indicates] the disease is [in the] interior [has penetrated into the interior]					
	不	可	發	汗	。	
#	285-12	285-13	285-14	285-15		
ID						
PY	bù	kě	fā	hàn		
Def.	not	can	effuse promote	sweat		
Tr.	[one] cannot/can no longer promote sweating					

15 characters



# 少陰 *Shǎo Yīn Chapter Excerpts*

Shao Yin    Clause 291    Young & Marchmont p.360    Mitchell p.57    OHAI p.    Luo (1993) p.

1.	少	陰	病	慾	解	時	
#	291-1	291-2	291-3	291-4	291-5	291-6	
ID							
PY	Shǎo	yīn	bìng	yù	jiě	shí	
Def.	lesser	yin	disease	desire	resolve	time season	
Tr.	A lesser yin disease will naturally resolve in the hours / season / time						
	從	子	至	寅	上	。	
#	291-7	291-8	291-9	291-10	291-11		
ID							
PY	cóng	zǐ	zhì	yín	shàng		
Def.	from	Branch 1 11pm– 1 am	to	Branch 3 3–5 am	above		
Tr.	From/during/between Branches 1. Zi to 3. Yin (i.e. from 11pm to 5am) from mid-winter to early spring						

11 characters

傷 *Shāng*

寒 *Hán*

論 *Lùn*

厥 *Jué*

陰 *Yīn*

章 *Zhāng*

厥陰 *Jué Yīn Chapter Excerpts*

Jue Yin		Clause 326		Young & Marchmont p.366		Mitchell p.526		OHAI p.		Luo (1993) p.	
1.	厥	陰	之	為	病		消	渴			
#	326-1	326-2	326-3	326-4	326-5		326-6	326-7			
ID											
PY	Jué	yīn	zhī	wéi	bìng		xiāo	kě			
Def.	lesser	yin	of	is	disease		disperse	thirst			
Tr.	Faint yin is disease with constant thirst (dispersion/dispersing/wasting thirst)										
	氣	上	撞	心		心	中	疼	熱		
#	326-8	326-9	326-10	326-11		326-12	326-13	326-14	326-15		
ID											
PY	qì	shàng	zhuàng	xīn		xīn	zhōng	téng	rè		
Def.	energy vitality	above up over	surge	heart		heart	center	pain	heat		
Tr.	qi surges up to the heart region in the heart region there is heat and pain										
	飢/饑	而	不	慾	食		食	則	吐	虯	
#	326-16	326-17	326-18	326-19	326-20		326-21	326-22	326-23	326-24	
ID											
PY	jī	ér	bù	yù	shí		shí	zé	tù	huí	
Def.	hunger starve famine	and, but	not	desire	food eat		food eat	then	vomit	worms	
Tr.	there is hunger / they are hungry, but no/without desire to eat [or] if/when one eats, they vomit worms (roundworms)										
	下	之	利	不	止	。					
#	326-25	326-26	326-27	326-28	326-29						
ID											
PY	xià	zhī	lì	bù	zhǐ						
Def.	below purging	of its	advantage disinhibit	not	stop						
Tr.	if purged the disinhibiton will not stop										

29 characters

厥陰 *Jué Yīn Chapter Excerpts*

Jue Yin      Clause 328      Young & Marchment p.408      Mitchell p.57      OHAI p.      Luo (1993) p.

1.	厥	陰	病	慾	解	時	
#	328-1	328-2	328-3	328-4	328-5	328-6	
ID							
PY	Jué	yīn	bìng	yù	jiě	shí	
Def.	lesser	yin	disease	desire	resolve	time season	
Tr.	A faint-yin/Jue-Yin disease will naturally resolve in/during the hours / season						
	從	子	至	寅	上	。	
#	328-7	328-8	328-9	328-10	328-11		
ID							
PY	cóng	chǒu	zhì	máo	shàng		
Def.	from	Branch 2 1–3 am	to	Branch 4 5–7 am	above		
Tr.	From/during/between Branch 2 to Branch 4 i.e. 1 to 7am or from mid-winter to spring						

11 characters

# *Appendix*

*A: Key Formulas*

*B: Weights & Measures*

*C: Writing Practice Blanks (5 sizes) for xeroxing*

*D: Pin-Yin / Wade-Giles Conversion Table*

*E: Pin-Yin Pronunciation Guide*

*F: Radical Index*

*G: Disease Resolution Times*

*H: 12 Earthly Branch Correlations Table*

***Synopsis and Progression of Stages***

		<u><i>% of life force (yang) in tact</i></u>
• <b>Tai-yang</b>	exterior cold pattern	90%
• <b>Yang-ming</b>	interior heat repletion pattern	75%
• <b>Shao-yang</b>	half exterior, half interior pattern	60%
• <b>Tai-yin</b>	interior cold pattern (Sp yang damage)	45%
• <b>Shao-yin</b>	general debilitation pattern (Ht & Kd depletion)	30%
• <b>Jue-yin</b>	interior depletion, cold-heat pattern	15%

***Key Formulas for Each Stage***

• <b>Tai-Yang Bing</b>	Gui-Zhi Tang	Cinnamon Twig Soup/Decoction
	Ge-Gen Tang	Puearia Decoction
	Gui-Zhi jia Ge-Gen Tang	Cinnamon + Puearia Decoction
	Ma-Huang Tang	Ephedra Decoction
	Da Qing Long Tang	Major Blue-green Dragon Decoction
	Xiao Qing Long Tang	Minor Blue-green Dragon Decoction
	Ma Xing Gan Shi Tang	Ephedra, Apricot, Licorice & Gypsum Decoction
• <b>Yang-Ming Bing</b>	Bai Hu Tang	White Tiger Decoction
	Da Cheng Qi Tang	Major ReOrder Qi Decoction
	Xiao Cheng Qi Tang	Minor ReOrder Qi Decoction
	Tiao Wei Cheng Qi Tang	Regulate Stomach & ReOrder Qi Decoction
• <b>Shao-Yang Bing</b>	Da Chai-Hu Tang	Major Bupluerum Decoction
	Xiao Chai-Hu Tang	Minor Bupluerum Decoction
• <b>Tai-Yin Bing</b>	Li Zhong Wan	Rectify Center Decoction
	Fu-Zi Li Zhong Wan	Aconite Rectify Center Decoction
• <b>Shao-Yin Bing</b>	Si Ni Tang	Four Counterflows Decoction
	Huang-Lian, E-Jiao Ji-Zi-Huang Tang	Coptis, Donkey-glue & Egg-yolk Decoction
• <b>Jue-Yin Bing</b>	Wu-Mei Wan	Black Plum Pill

**Traditional Measurements used in the Shāng Hán Lùn**

from p. 64 of the Mitchell-Wiseman text, based on Ke Xue-Fan's synopsis of research (see also p. 670)

The following terms refer to measuring **weight**

from larger to smaller:

<b><u>Char</u></b>	<b><u>Unit</u></b>	<b><u>~ Equivalent</u></b>	<b><u>Commonly translated as:</u></b>
斤	one jīn	= 250 grams, 1/2 lb.	catty
兩	one liǎng	= 15.6 grams	tael
銖	one zhū	= 1/24 of a liang	dram

The following terms refer to measuring **volume** (they can be used for dry or liquid)

from smaller to larger:

合	one gě	= 20 milliliters	dram
升	one shēng	= 200 milliliters	6.76 fluid oz.
斗	one dǒu	= 10 sheng	2 liters, a peck, (literally a dipper, it is more like a bucket)

The following terms refer to measuring **distance or length**

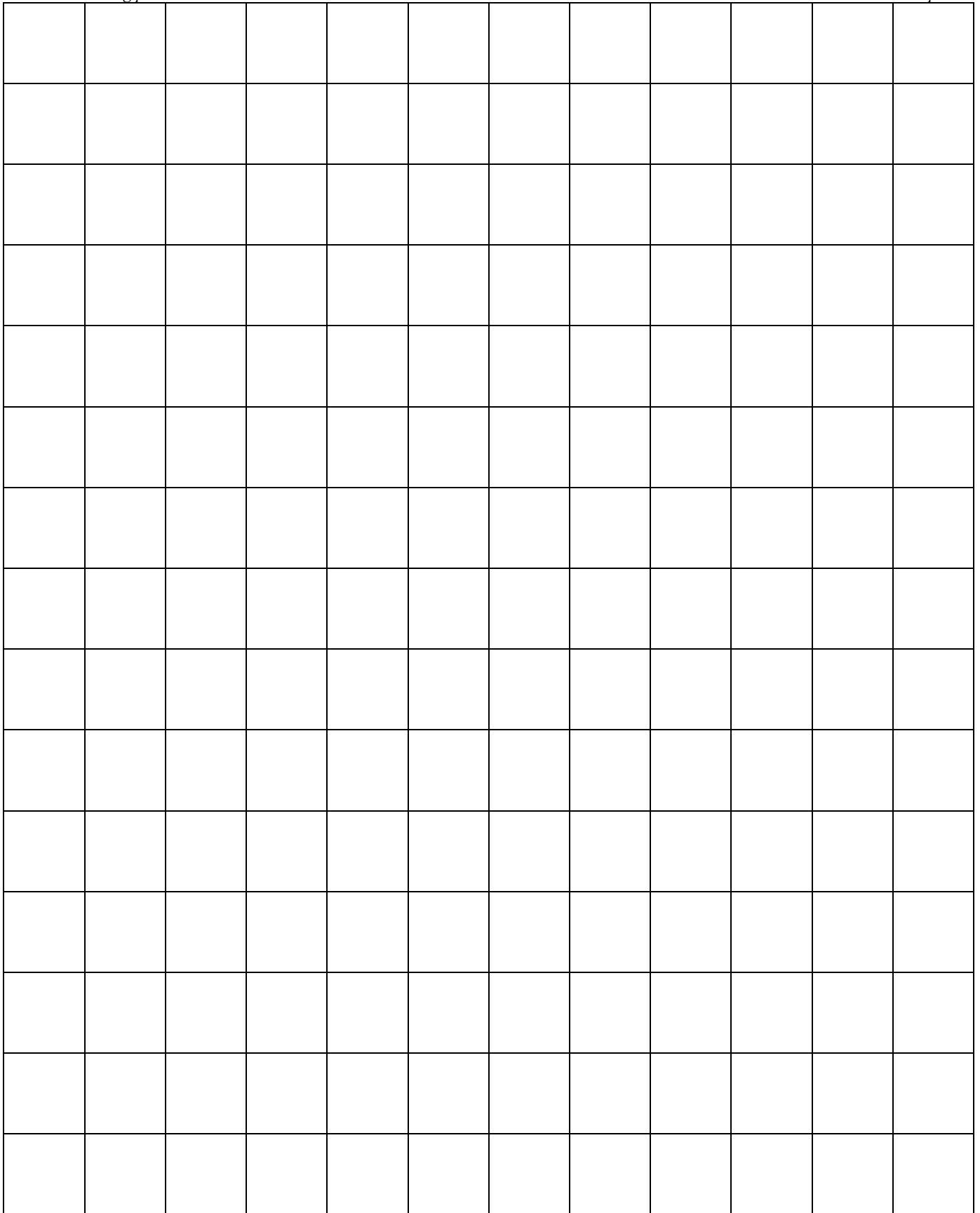
from larger to smaller:

尺	one chǐ	~ 1/3 of a meter	cubit or foot (distance from the wrist to the elbow/cubital crease)
寸	one cùn	= 1/10 of a chi	inch (the width of a thumb)
分	one fēn	= 1/10 of a cun	or whatever, it is a generic sub-division of 1/10th

## Appendix C: Writing Practice Blanks

character writing practice blanks

0.6 inch squares



15 rows x 12 columns

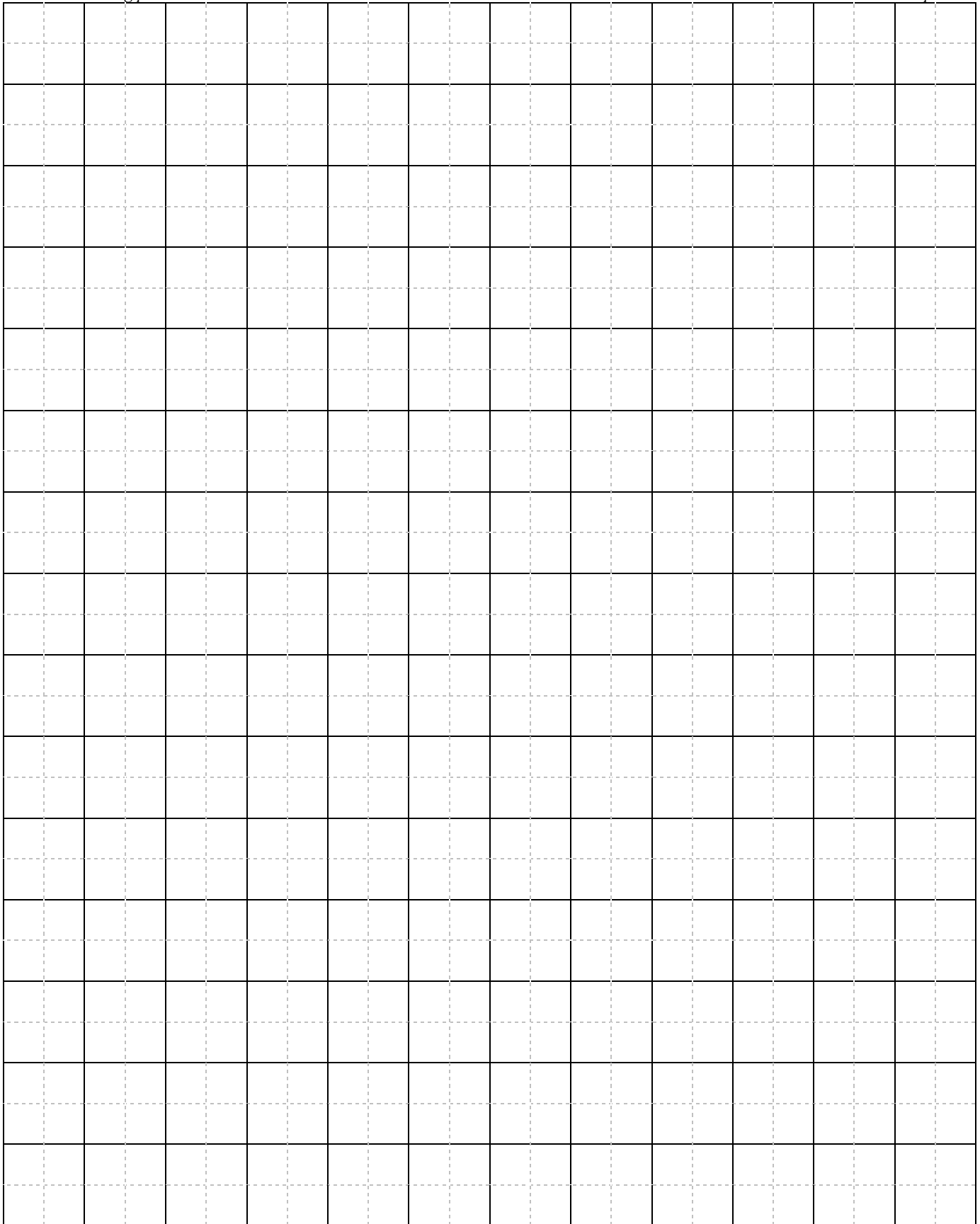
April 2008 version



## Appendix C: Writing Practice Blanks

character writing practice blanks

0.3 inch within 0.6 inch squares

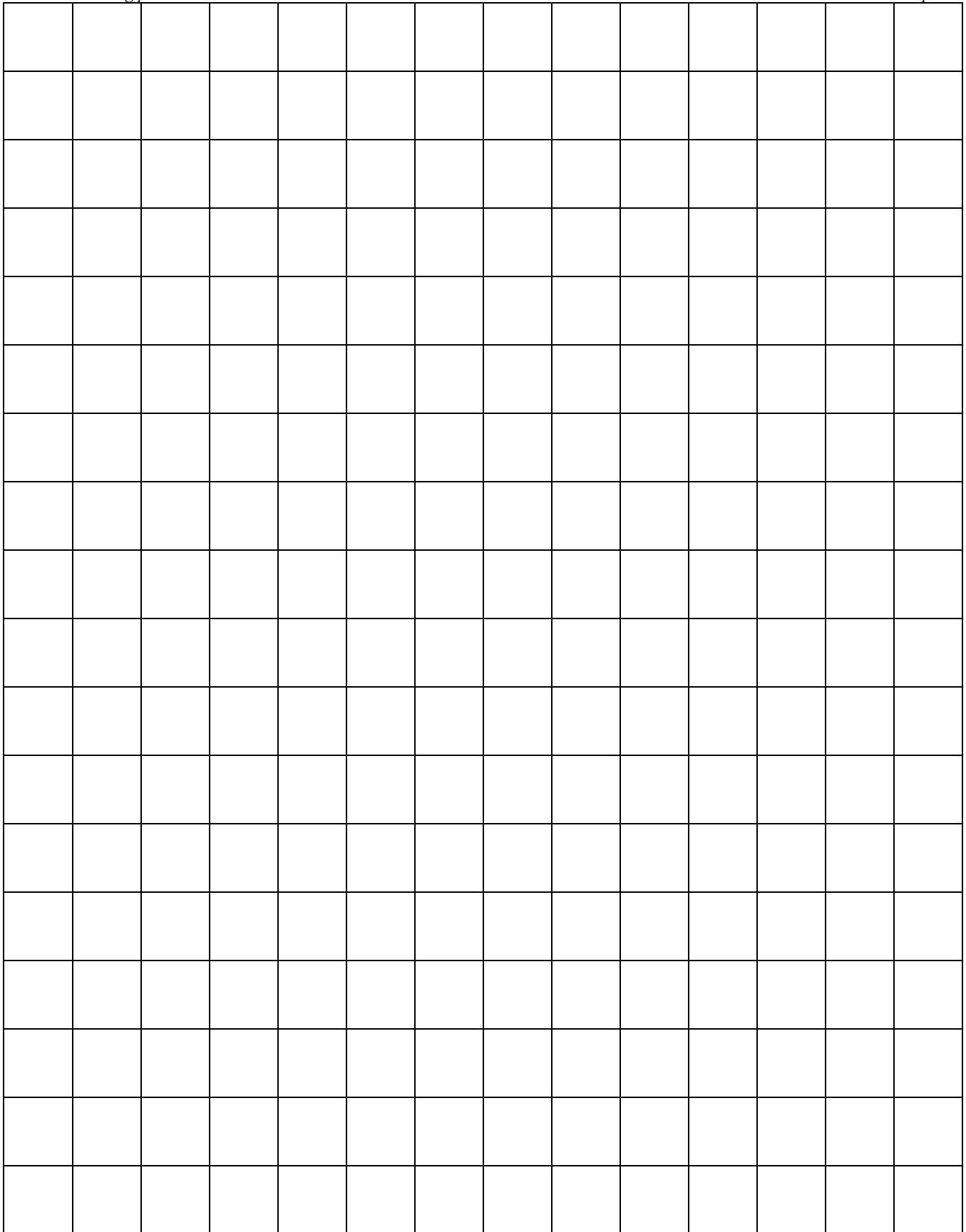


15 rows x 12 columns

## Appendix C: Writing Practice Blanks

character writing practice blanks

0.5 inch squares

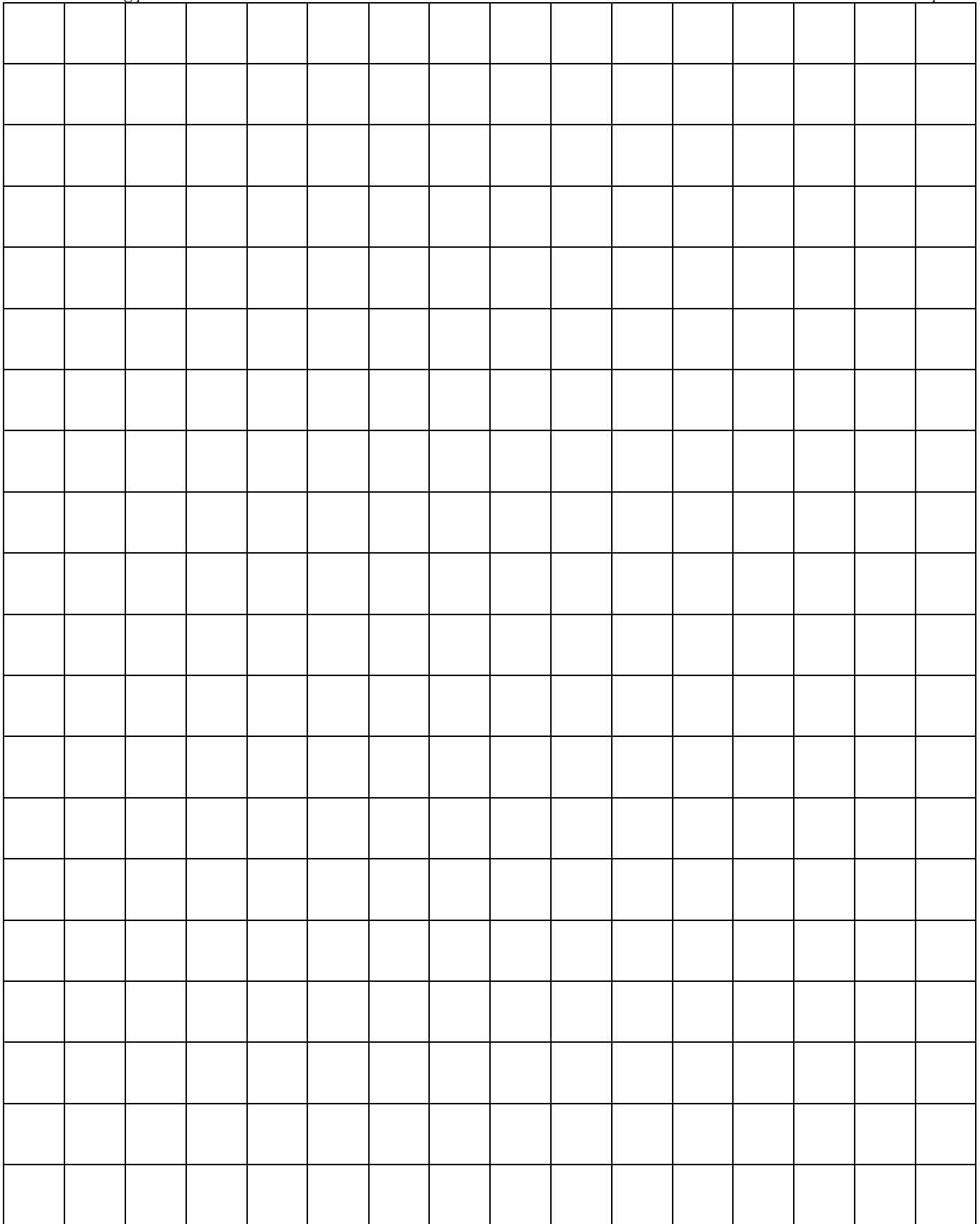


18 rows x 14 columns

## Appendix C: Writing Practice Blanks

character writing practice blanks

0.45 inch squares

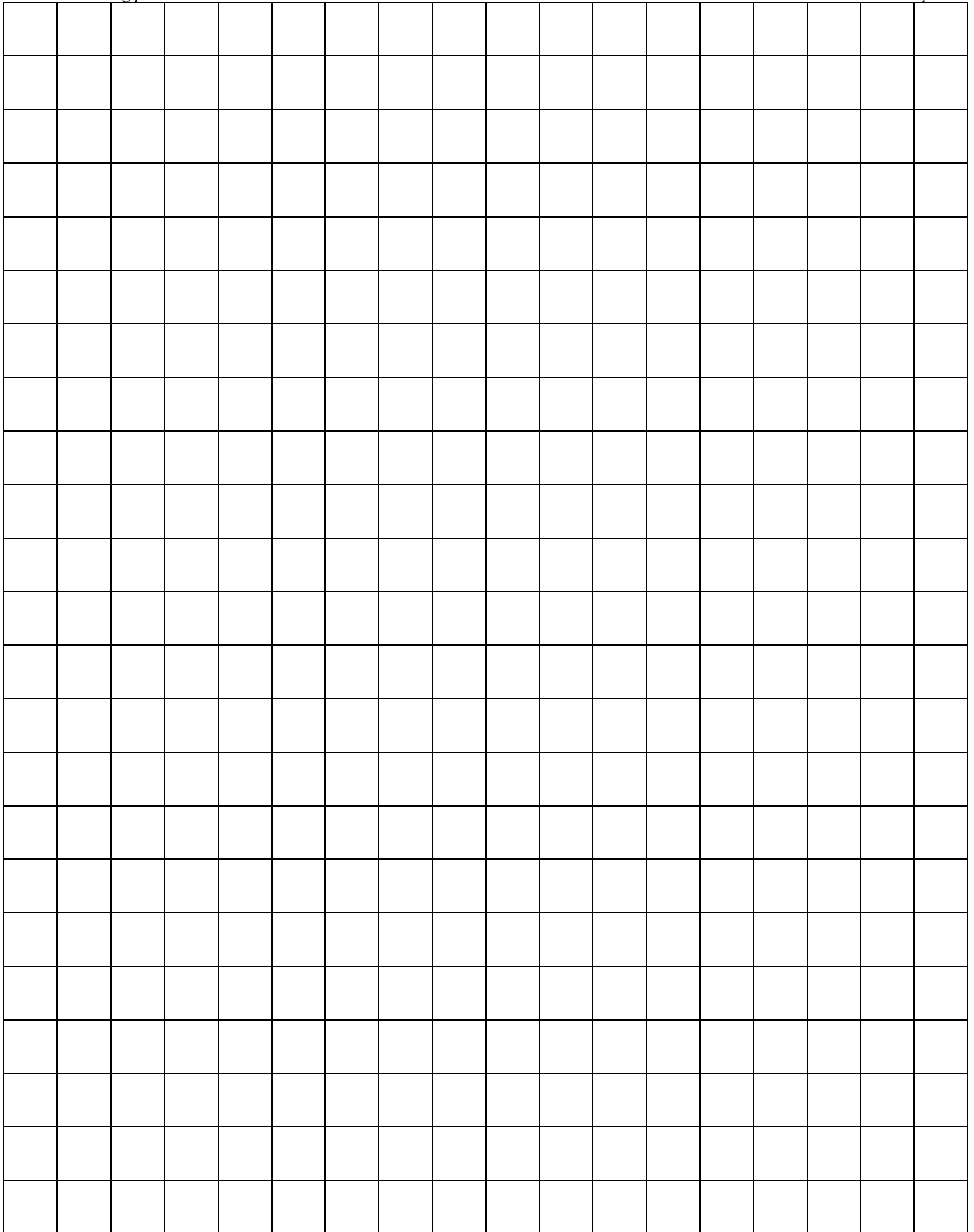


20 rows x 16 columns

## Appendix C: Writing Practice Blanks

character writing practice blanks

0.4 inch squares

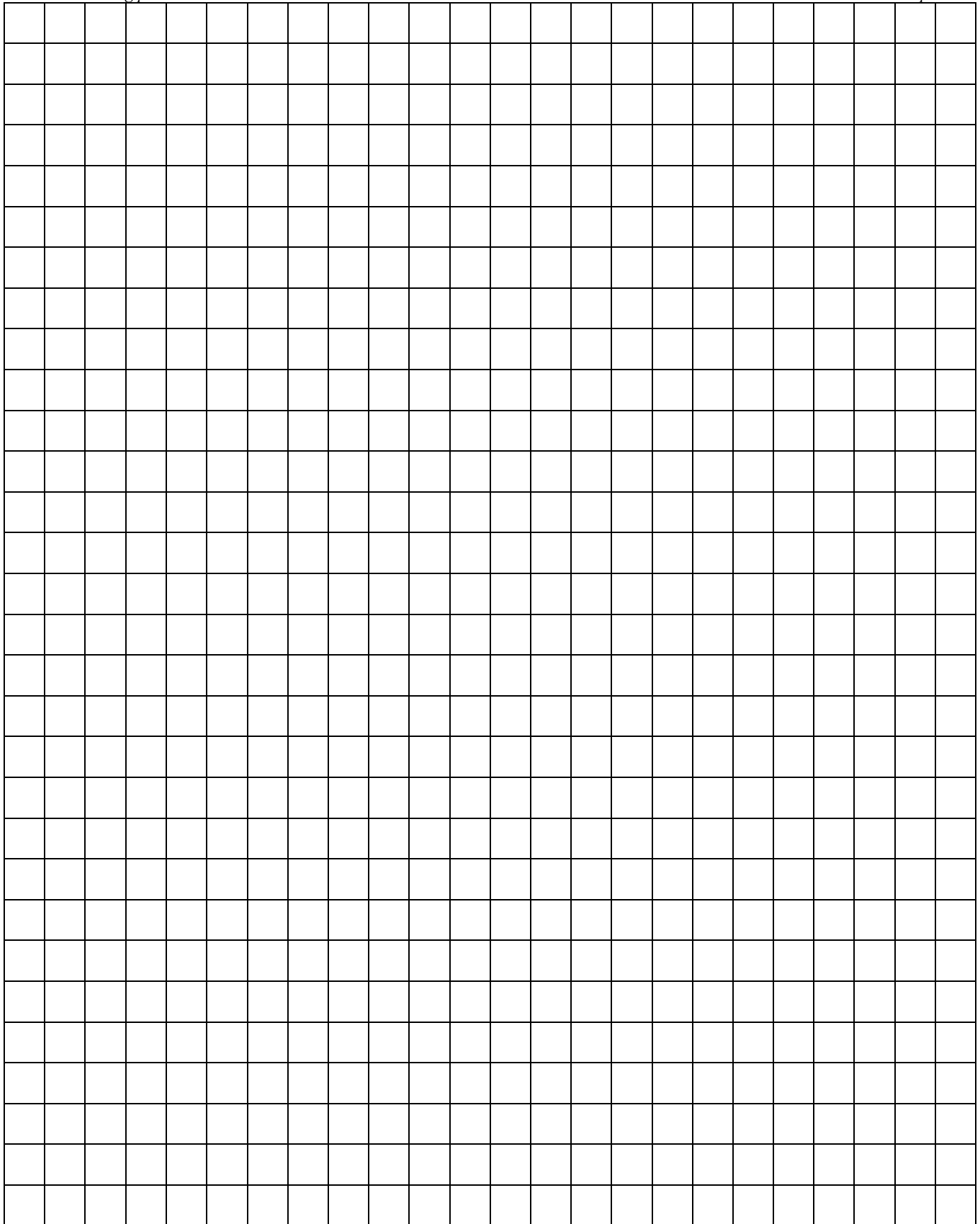


23 rows x 18 columns

## Appendix C: Writing Practice Blanks

character writing practice blanks

0.3 inch squares



30 rows x 24 columns

# Appendix D: Jim's Pin-Yin – Wade-Giles Conversion Table

Both sides **Bold** = different spelling – One side **bold** = difference is the apostrophe

April 08

<u>Pin-Yin 1</u>	<u>Wade-Giles</u>	<u>Pin-Yin 2</u>	<u>Wade-Giles</u>	<u>Pin-Yin 3</u>	<u>Wade-Giles</u>
a	a	chui	ch'ui	fu	fu
ai	ai	chun	ch'un	ga	ka
an	an	chuo	ch'o	gai	kai
ang	ang	ci	tz'u / ts'u	gan	kan
ao	ao	cong	ts'ung	gang	kang
<b>ba</b>	<b>pa</b>	cou	ts'ou	<b>gao</b>	<b>kao</b>
<b>bai</b>	<b>pai</b>	cu	ts'u	ge	ke, ko
<b>ban</b>	<b>pan</b>	cuan	ts'uan	gei	kei
<b>bang</b>	<b>pang</b>	cui	ts'ui	gen	ken
<b>bao</b>	<b>pao</b>	cun	ts'un	geng	keng
<b>bei</b>	<b>pei</b>	cuo	ts'o	<b>gong</b>	<b>kung</b>
<b>ben</b>	<b>pen</b>	da	ta	<b>gou</b>	<b>kou</b>
<b>bang</b>	<b>peng</b>	dai	tai	gu	ku
<b>bi</b>	<b>pi</b>	dan	tan	<b>gua</b>	<b>kua</b>
<b>bian</b>	<b>pian</b>	dang	tang	<b>gaur</b>	<b>kuai</b>
<b>biao</b>	<b>piao</b>	dao	tao	<b>guan</b>	<b>kuan</b>
<b>bie</b>	<b>pieh</b>	de	te	<b>guang</b>	<b>kuang</b>
<b>bin</b>	<b>pin</b>	deng	teng	<b>gui</b>	<b>kui</b>
<b>bing</b>	<b>ping</b>	di	ti	<b>gun</b>	<b>kun</b>
<b>bo</b>	<b>po</b>	dian	tien	<b>guo</b>	<b>kuo</b>
<b>bu</b>	<b>pu</b>	diao	tiao	ha	ha
<b>ca</b>	<b>ts'a</b>	die	tieh	hai	hai
<b>cai</b>	<b>ts'ai</b>	ding	ting	han	han
<b>can</b>	<b>ts'an</b>	diu	tiu	hang	hang
<b>cang</b>	<b>ts'ang</b>	dong	tung	hao	hao
<b>cao</b>	<b>ts'ao</b>	dou	tou	he	he, ho
<b>ce</b>	<b>ts'e</b>	du	tu	hei	hei
<b>cen</b>	<b>ts'en</b>	duan	tuan	hen	hen
<b>ceng</b>	<b>ts'eng</b>	dui	tui	heng	heng
cha	ch'a	dun	tun	hong	hung
chai	ch'ai	duo	to	hou	hou
chan	ch'an	e	e	hu	hu
chang	ch'ang	e	eh	hua	hua
chao	ch'ao	ei	ei	huai	huai
che	ch'e	en	en	huan	huan
chen	ch'en	eng	eng	huang	huang
cheng	ch'eng	er	erh	hui	hui
<b>chi</b>	<b>ch'ih</b>	fa	fa	hun	hun
<b>chong</b>	<b>ch'ung</b>	fan	fan	huo	huo
chou	ch'ou	fang	fang	<b>ji</b>	<b>chi</b>
chu	ch'u	fei	fei	<b>jia</b>	<b>chia</b>
chua	ch'ua	fen	fen	<b>jian</b>	<b>chien</b>
chuai	ch'uai	feng	feng	<b>jiang</b>	<b>chiang</b>
chuan	ch'uan	fo	fo	<b>jiao</b>	<b>chiao</b>
chuang	ch'uang	fou	fou	<b>jie</b>	<b>chieh</b>

# Appendix D: Jim's Pin-Yin – Wade-Giles Conversion Table

Both sides **Bold** = different spelling – One side **bold** = difference is the apostrophe

<u>Pin-Yin 4</u>	<u>Wade-Giles</u>	<u>Pin-Yin 5</u>	<u>Wade-Giles</u>	<u>Pin-Yin 6</u>	<u>Wade-Giles</u>
jin	chin	lu	lu	nü	nü
jing	ching	lǔ	lǔ	nuan	nuan
jiong	chiung	luan	luan	<b>nüe</b>	<b>nüeh</b> , nüo, nio
jiu	chiu	<b>lüe</b>	<b>lüeh, lǔo, lio</b>	<b>nuo</b>	<b>no</b>
ju	chü	lun	lun	o	o
juan	chüan	luo	luo	ou	ou
jue	chüeh, chüo	ma	ma	pa	<b>p'a</b>
jun	chün	mai	mai	pai	<b>p'ai</b>
ka	k'a	man	man	pan	<b>p'an</b>
kai	k'ai	mang	mang	pang	<b>p'ang</b>
kan	k'an	mao	mao	pao	<b>p'ao</b>
kang	k'ang	me	me	pei	<b>p'ei</b>
kao	k'ao	mei	mei	pen	<b>p'en</b>
ke	k'e, k'o	men	men	peng	<b>p'eng</b>
ken	k'en	meng	meng	pi	<b>p'i</b>
keng	k'eng	mi	mi	pian	<b>p'ien</b>
kong	k'ung	<b>mian</b>	<b>mien</b>	piao	<b>p'iao</b>
kou	k'ou	miao	miao	pie	<b>p'ieh</b>
ku	k'u	<b>mie</b>	<b>mieh</b>	pin	<b>p'in</b>
kua	k'ua	min	min	ping	<b>p'ing</b>
kuai	k'uai	ming	ming	po	<b>p'o</b>
kuan	k'uan	miu	miu	pou	<b>p'ou</b>
kuang	k'uang	mo	mo	pu	<b>p'u</b>
kui	k'ui	mou	mou	<b>qi</b>	<b>ch'i</b>
kun	k'un	mu	mu	<b>qia</b>	<b>ch'ia</b>
kuo	k'uo	na	na	<b>qian</b>	<b>ch'ien</b>
la	la	nai	nai	<b>qiang</b>	<b>ch'iang</b>
lai	lai	nan	nan	<b>qiao</b>	<b>ch'iao</b>
lan	lan	nang	nang	<b>qie</b>	<b>ch'ieh</b>
lang	lang	nao	nao	<b>qin</b>	<b>ch'in</b>
lao	lao	ne	ne	<b>qing</b>	<b>ch'ing</b>
le	le, lo	nei	nei	<b>qiong</b>	<b>ch'iong</b>
lei	lei	nen	nen	<b>qiu</b>	<b>ch'iu</b>
leng	leng	neng	neng	<b>qu</b>	<b>ch'ü</b>
li	li	ni	ni	<b>quan</b>	<b>ch'üan</b>
lia	lia	<b>nian</b>	<b>nien</b>	<b>que</b>	<b>ch'üeh, ch'üo</b>
lian	lian	niang	niang	<b>qun</b>	<b>ch'ün</b>
liang	liang	niao	niao	<b>ran</b>	<b>jan</b>
liao	liao	<b>nie</b>	<b>nieh</b>	<b>rang</b>	<b>jang</b>
<b>lie</b>	<b>lieh</b>	nin	nin	<b>rao</b>	<b>jao</b>
lin	lin	ning	ning	<b>re</b>	<b>je</b>
ling	ling	niu	niu	<b>ren</b>	<b>jen</b>
liu	liu	<b>nong</b>	<b>nung</b>	<b>reng</b>	<b>jeng</b>
<b>long</b>	<b>lung</b>	nou	nou	<b>ri</b>	<b>jih</b>
lou	lou	nu	nu	<b>rong</b>	<b>jung</b>

# Appendix D: Jim's Pin-Yin – Wade-Giles Conversion Table

Both sides **Bold** = different spelling – One side **bold** = difference is the apostrophe

<u>Pin-Yin 7</u>	<u>Wade-Giles</u>	<u>Pin-Yin 8</u>	<u>Wade-Giles</u>	<u>Pin-Yin 9</u>	<u>Wade-Giles</u>
rou	jou	tao	t'ao	ying	ying
ru	ju	te	t'e	yo (iu)	yo (io)
ruan	juan	teng	t'eng	yong	yung
rui	jui	ti	t'i	you	yu
run	jun	tian	t'ien	yu	yü
ruo	jo	tiao	t'iao	yuan	yüen
sa	sa	tie	t'ieh	yue	yüeh
sai	sai	ting	t'ing	yun	yün
san	san	tong	t'ung	za	tsa
sang	sang	tou	t'ou	zai	tsai
sao	sao	tu	t'u	zan	tsan
se	se	tuan	t'uan	zang	tsang
sen	sen	tui	t'ui	zao	tsao
seng	seng	tun	t'un	ze	tse
sha	sha	<b>tuo</b>	<b>t'o</b>	zei	tsei
shai	shai	wa	wa	zen	tsen
shan	shan	wai	wai	zeng	tseng
shang	shang	wan	wan	<b>zha</b>	<b>cha</b>
shao	shao	wang	wang	<b>zhai</b>	<b>chai</b>
she	she	wei	wei	<b>zhan</b>	<b>chan</b>
shei	shei	wen	wen	<b>zhang</b>	<b>chang</b>
shen	shen	weng	weng	<b>zhao</b>	<b>chao</b>
sheng	sheng	wo	wo	<b>zhe</b>	<b>che</b>
<b>shi</b>	<b>shih</b>	wu	wu	<b>zhei</b>	<b>chei</b>
shou	shou	<b>xi</b>	<b>hsi</b>	<b>zhen</b>	<b>chen</b>
shu	shu	<b>xia</b>	<b>hsia</b>	<b>zheng</b>	<b>cheng</b>
shua	shua	<b>xian</b>	<b>hsien</b>	<b>zhi</b>	<b>chih</b>
shuai	shuai	<b>xiang</b>	<b>hsiang</b>	<b>zhong</b>	<b>chung</b>
shuan	shuan	<b>xiao</b>	<b>hsiao</b>	<b>zhou</b>	<b>chou</b>
shuang	shuang	<b>xie</b>	<b>hsieh</b>	<b>zhu</b>	<b>chu</b>
shui	shui	<b>xin</b>	<b>hsin</b>	<b>zhua</b>	<b>chua</b>
shun	shun	<b>xing</b>	<b>hsing</b>	<b>zhuai</b>	<b>chuai</b>
<b>shuo</b>	<b>sho</b>	<b>xiong</b>	<b>hsiung</b>	<b>zhuan</b>	<b>chuan</b>
<b>si</b>	<b>su, szu, ssu</b>	<b>xiu</b>	<b>hsiu</b>	<b>zhuang</b>	<b>chuang</b>
<b>song</b>	<b>sung</b>	<b>xu</b>	<b>hsü</b>	<b>zhui</b>	<b>chui</b>
sou	sou	<b>xuan</b>	<b>hsüan</b>	<b>zhun</b>	<b>chun</b>
su	su	<b>xue</b>	<b>hsüeh, hsüo</b>	<b>zhuo</b>	<b>chuo</b>
suan	suan	<b>xun</b>	<b>hsün</b>	<b>zi</b>	<b>tsu, tsu</b>
sui	sui	ya	ya	<b>zong</b>	<b>tsung</b>
sun	sun	yan	yan	<b>zou</b>	<b>tsou</b>
<b>suo</b>	<b>so</b>	yang	yang	<b>zu</b>	<b>tsu</b>
ta	<b>t'a</b>	yao	yao	<b>zuan</b>	<b>tsuan</b>
tai	<b>t'ai</b>	<b>ye</b>	<b>yeh</b>	<b>zui</b>	<b>tsui</b>
tan	<b>t'an</b>	<b>yi</b>	<b>i</b>	<b>zun</b>	<b>tsun</b>
tang	<b>t'ang</b>	yin	yin	<b>zuo</b>	<b>tso</b>

April 2008 version



## Appendix E: Jim's Pin Yin Pronunciation Guide

Aug 2007 Version: added spit it out for 'c' and hiss it out bold for 'x' (updated from Summer 2005 version)

### Pinyin Practice – Using English Examples

- This list provides approximate English equivalents for each pinyin letter/sound.
- Only three are a bit awkward, until one gets used to them. **Pay special attention to: c, q, & x**
- (Parentheses) show the letter/spelling used in the Wade-Giles system.
- **Bold** indicates differences in spelling between the two systems. (pronunciation is the same)
- *Note the use and importance of the apostrophe in the Wade system.*

### Initial Sounds – Consonants

<u>PY</u>	<u>WG</u>			
<b>b</b>	<b>(p)</b>	= <i>b</i> as in bog		
<b>c</b>	<b>(ts'/tz')</b>	= like the <i>ts</i> in its	(spit it out) <b>(never like the c in cat)</b>	
<b>ch</b>	<b>(ch')</b>	= <i>ch</i> as in church	(strongly aspirated, with the tongue on the palate)	[compare with q]
<b>d</b>	<b>(t)</b>	= <i>d</i> as in door		
<b>f</b>	<b>(f)</b>	= <i>f</i> as in fun		
<b>g</b>	<b>(k)</b>	= <i>g</i> as in girl	<b>(never like the g in germ)</b>	
<b>h</b>	<b>(h)</b>	= <i>h</i> as in her	(strongly aspirated, more like the ch in chutzpah)	
<b>j</b>	<b>(ch)</b>	= <i>j</i> as in jeep	(but with the tip of the tongue against the lower teeth)	[compare with zh]
<b>k</b>	<b>(k')</b>	= <i>k</i> as in kite	(strongly aspirated)	
<b>l</b>	<b>(l)</b>	= <i>l</i> as in like		
<b>m</b>	<b>(m)</b>	= <i>m</i> as in mother		
<b>n</b>	<b>(n)</b>	= <i>n</i> as in none		
<b>p</b>	<b>(p')</b>	= <i>p</i> as in park	(strongly aspirated)	
<b>q</b>	<b>(ch')</b>	= like the <i>ch</i> in cheek	(but with the tip of the tongue against the lower teeth) <b>(never like k, as in the English q)</b>	[compare with ch]
<b>r</b>	<b>(j)</b>	= <i>r</i> as in rapid	(but with the tongue on the palate)	
<b>s</b>	<b>(s/ss/sz)</b>	= <i>s</i> as in sister		
<b>sh</b>	<b>(sh)</b>	= <i>sh</i> as in shine		
<b>t</b>	<b>(t')</b>	= <i>t</i> as in ton	(strongly aspirated)	
<b>w</b>	<b>(w)</b>	= <i>w</i> as in won	(functions as an initial in syllables without an initial consonant that begin with u)	
<b>x</b>	<b>(hs)</b>	= like <i>sh</i> in sheet	(with the tip of the tongue against the lower teeth, <b>hiss it out – like hsss, but short</b> )	
<b>y</b>	<b>(i/y)</b>	= as in English	but softer, like the <i>y</i> in young <b>(never like why)</b> (functions as an initial in syllables without an initial consonant that begin with i or ü)	
<b>z</b>	<b>(ts/tz)</b>	= <i>z</i> as in English	but more like the <i>ds</i> in pads, or just try to say 'dz'	
<b>zh</b>	<b>(ch)</b>	= like the <i>j</i> in jump	(but with the tongue on the palate)	[compare with j]

***Finals – (Vowels and Diphthongs)***

- Among vowel sounds, the unlauted **ü**, and the 3 variations of **i** require the most attention.

<b><u>PY</u></b>	<b><u>WG</u></b>		
a	(a)	= like the <i>a</i> in father	<b>(never like hay, never like yank)</b>
-ai		= like the <i>ai</i> in Thailand	or <i>ie</i> in tie or the <i>ye</i> in rye
-ao		= like the <i>ow</i> in how, or cow, or the <i>ou</i> in ouch	
-an		= like the <i>ohn</i> in John	
-ang		= like the <i>ang</i> in angst	
e	(e)	= like the <i>a</i> in sofa	<b>(never like <i>e</i> in elongate, or the <i>e</i> in men)</b>
-ei		= like the <i>ay</i> in bay	
-en		= like the <i>un</i> in fun	
-eng		= like the <i>ung</i> in lung or hung	
er		= like the <i>ar</i> in far	
-i	(i)	= like the <i>ee</i> in bee	<b>(never like the <i>i</i> in high)</b>
-i	(e)	= short 'i' like the <i>i</i> in it	very clipped <b>(only follows c, s, z, or r)</b>
-i	(ih)	= like the <i>urr</i> in burr,	or the <i>ir</i> in sir <b>(only follows ch, sh, or zh)</b>
-ia		= <i>ee-ah</i> , but slurred like <i>ya</i>	
-ian	(ien)	= <i>ee-an</i> (like the name Ian, but less of the long e sound) slurred as in yen)	
-iao		= like the <i>eow</i> in meow, but more slurred like yeow	
-ie		= <i>ee-eh</i> , like the <i>ie</i> in experience, but more fused like the <i>ye</i> in yet	
-in		= like the <i>een</i> in sheen	
-ing		= like the <i>ing</i> in ring	
-iang		= <i>ee-ang</i> or yang	
-iong		= <i>ee-ong</i> or yong	
-iu		= like the <i>yo</i> in yoyo, or yolk	
-o	(o)	= like <i>aw</i> in paw, or <i>au</i> in maudlin, or <i>ou</i> in ought	<b>(never like <u>o</u>ver or <u>o</u>f)</b>
-ong	(ung)	= like the <i>ong</i> in gong	
-ou		= like the <i>ou</i> in though,	or <i>ow</i> in low, or the <i>oe</i> in toe
-u	(u)	= like the <i>oo</i> in too or boo	<b>(never like <u>u</u>nit)</b> <i>becomes a 'w' as an initial sound</i>
-ua		= like <i>wa</i> , or the <i>ua</i> in guava	
-uai		= like the <i>ui</i> in quiet,	or like <i>why</i>
-uan	(uen)	= like the <i>uan</i> in quantify,	or like <i>wan</i>
-uang		= as <i>uan</i> above, but with a <i>g</i> ending, like wang	
-ui		= like <i>way</i>	(sometimes like whee, but clipped)
-un		= like the <i>one</i> in done,	or the <i>on</i> in won
-uo		= <i>oo+aw</i> , but slurred like the <i>wa</i> in war	
-ü	(ü)	= like yew (lips very pursed)	<b>(only follows j, q, x, y, l, or n)</b> <i>becomes a 'y' as an initial</i>
-üe		= like yew-eh, slurred together	
-üan		= like yew-an, slurred together	
-ün		= like yew-n, slurred together	

# Appendix F: Jim's Radical Index – Pinyin & English with Character Variants

214 Kang Xi Radicals

Version: 9-1-08

Kang Xi R #	Radical	Pīnyīn	Meaning
– 1 –	Stroke	6 Radicals	
1	一	yī	one; horizon(tal), bar
2	丨	gěǎn, gǔn	down, vertical
3	丶	zhǔ diǎn	• teardrop, flame • spot, dot
4	丿	piē, piě	left sweep, slash; to cut
5	乙 乚 乚	yǐ	2nd Stem, twisted, bent (the effort of sprouting)
6	乚	juē, jué	hook, barb
– 2 –	Strokes	23 Radicals	
7	二	èr	two; polarity
8	宀	tóu	lid (handle on top)
9	人 亻	rén	person; human being
10	儿	rén	legs, support; person
11	入	rù	enter
12	八 ㄨ 八	bā	eight; divide, separate
13	冂 冂	jiǒng, jiōng	borders, boundaries
14	冂	mì	cover (with rim)
15	冫	bīng	ice
16	几	jī	stool; small table
17	凵	kǎn	pit, hole; bowl, basin
18	刀 刂	dāo	knife, sword
19	力	lì	strength, power, force
20	勹	bāo	wrap, embrace, enfold
21	匕	bǐ	spoon, ladle
22	匚	fāng	crate, chest, trunk, casket
23	匚	xǐ	to conceal, hide
24	十	shí	ten
25	卜	bǔ	to divine, divination
26	卩 卩	jié	official seal, stamp; badge
27	厂	hǎn, hàn	cliff, slope, elevated
28	勹	sī gōng	• cocoon; private, selfish • bent arm
29	又	yòu	right hand; again, also
– 3 –	Strokes	31 Radicals	
30	口	kǒu	mouth; opening
31	囗	wéi	enclosure, surround
32	土	tǔ	earth, soil, topsoil
33	士	shì	scholar, literati, knight
34	攴	zhǐ	follow footprints, pursue
35	夊	suī	shackled; walk slowly
36	夕	xì	dusk, evening, night
37	大	dà	arms outstretched, big

Kang Xi R #	Radical	Pīnyīn	Meaning
38	女	nǚ	girl, woman, female
39	子 孑	zǐ	1st Branch; child, infant
40	宀	mián	roof
41	寸	cùn	thumb, inch
42	小	xiǎo	small
43	尢	wāng	lame, limp
44	尸	shī	corpse
45	屮	chè	a sprout
46	山	shān	mountain
47	川 川	chuān	river
48	工	gōng	work
49	己 巳 巳	jǐ sì yǐ	• 6th Stem; oneself • 6th Br. snake; embryo • exhale; finish, already
50	巾	jīn	sash, head-scarf; turban
51	干	gān	shield; pestle; offend; dry
52	么	yāo	threads; slender, delicate
53	广	yǎn guǎng	• lean-to, shed; shelter • wide, broad, vast
54	辶	yǐn	stride; march
55	扌	gǒng	2 hands folded; clasp
56	弋	yì	dart, arrow; shoot; stake
57	弓	gōng	bow (archer's bow)
58	豕 彘 彘	jì	pig/boar's head or snout
59	彡	shān	hair, feathers; bristles streaks, stripes, markings
60	彳	chì	step (small step), walk
– 4 –	Strokes	34 Radicals	
61	心 忄	xīn	heart/mind
62	戈	gē, guō	lance, halberd
63	户 户	hù	door, doorway; household
64	手 扌	shǒu	hand (see 29/right hand)
65	支	zhī	branch
66	攴 攴	pū	tap, rap, knock, beat
67	文	wén	character; write, script
68	斗	dǒu	a peck, bushel; a dipper, the dipper (constellation)
69	斤	jīn	axe, hatchet
70	方	fāng	square; place
71	无 无	wú	lacking, without, not
72	日	rì	sun; day
73	曰	yuē	say, speak, speech
74	月	yuè	moon, month

# Appendix F: Jim's Radical Index – Pinyin & English with Character Variants

214 Kang Xi Radicals

Kang Xi R #	Radical	Pinyin	Meaning
75	木 朮	mù	tree, wood
76	欠	qiàn	yawn, exhausted; owe
77	止	zhǐ	foot & toes; stop, limit
78	歹 殳	dǎi dǎi	• break, fragment, chip • skeletal remains; death
79	攴	shū	strike; a stick, staff, club
80	毋 毋	wú	don't, useless; nothing
81	比	bǐ	compare, confront
82	毛	máo	fur, hair, body hair
83	氏	shì	clan, family, tribe
84	气	qì	vapors, mist, steam
85	水 氺	shuǐ	water
86	火 灬	huǒ	fire
87	爪 爪	zhǎo, zhuǎ	claw, talon; paw
88	父	fù	father
89	爻	yáo	crisscrossing, interacting
90	片 𠂇	qiáng	L plank = thick & strong
91	片	piàn	R plank = thin & weak aka slice, sliver
92	牙	yá	tooth, fang
93	牛 牛	niú	cow, ox/oxen, cattle
94	犬 犾	quǎn	dog
- 5 -	Strokes	23 Radicals	
95	玄	xuán	dark (mysterious; profound)
96	玉	yù	jade
97	瓜	guā	melon, gourd
98	瓦	wǎ	tile, (roof tiles)
99	甘	gān	sweet
100	生	shēng	give birth/life, engender
101	用	yòng	use, useful, usefulness
102	田	tián	field; cultivated land
103	疋	pǐ	roll up, a bolt of cloth
104	疒	chuáng	sick, ill, illness, disease
105	夨	bò	spread out, separate
106	白	bái	white
107	皮	pí	the skin, hide, peel, bark
108	皿	mǐn	serving dish, plate
109	目	mù	eye, see
110	矛	máo	spear, lance
111	矢	shǐ	arrow
112	石	shí	rock, stone, mineral
113	示 礻	shì	to show, reveal; sign

Kang Xi R #	Radical	Pinyin	Meaning
114	内	róu	tracks (animals tracks)
115	禾	hé	grain, corn; cereal, crops
116	穴	xué	cave, hole
117	立	lì	stand up; erect, establish
- 6 -	Strokes	29 Radicals	
118	竹 𥵹	zhú	bamboo
119	米	mǐ	rice
120	糸 纟 𣎵	mì	fiber (fine thread) 絲 sī = silk
121	缶	fǒu	earthenware, crockery, pottery
122	网 𦉳 𦉴	wǎng	net; ensnare; entangle
123	羊 𦍋	yáng	sheep, ram; goat
124	羽	yǔ	wings; feathers
125	老 耂	lǎo	old, venerable
126	而	ér	beard; hanging
127	耒	lěi	harrow, rake
128	耳	ěr	ear, hearing
129	聿 聿	yǔ	a writing brush; to write
130	肉 月	ròu	meat, flesh
131	臣	chén	servant; vassal, minister
132	自	zì	small nose; self, oneself
133	至	zhì	to reach, arrive
134	臼	jiù	mortar; pit
135	舌	shé	tongue
136	舛	chuǎn	discord, oppose, contradict
137	舟	zhōu	boat
138	艮	gěng, gèn	defy, resist, stubborn
139	色	sè	color
140	艸 艹 𦰩	cǎo	grass, plants, herbs
141	虍	hū	tiger
142	虫	huǐ, chóng	insect, worm, bug
143	血	xiě, xuè	blood
144	行	xíng	go, march, travel
145	衣 衤	yī	clothes, garments
146	西 𠂔 𠂕	xià	cover w/ <b>stopper</b>
- 7 -	Strokes	20 Radicals	
147	見 见	jiàn	look, see, view; observe
148	角	jiǎo	horn; angle, corner
149	言 讠	yán	word, speech
150	谷	gǔ	valley
151	豆	dòu	• platter, serving dish • beans, peas, legumes

# Appendix F: Jim's Radical Index – Pinyin & English with Character Variants

214 Kang Xi Radicals

Kang Xi R #	Radical	Pīnyīn	Meaning
152	豕	shǐ	pig, hog, boar; swine
153	豸	zhì	cat/feline; snake/reptile
154	貝 贝	bèi	cowrie shell; money
155	赤	chì	red; bare, naked; blush
156	走 走	zǒu	walk quickly, go, leave
157	足 足	zú	• heel, foot & leg • enough, sufficient
158	身	shēn	body, torso
159	車 车	chē	vehicle, cart
160	辛	xīn	8th Stem; hardship, harsh, suffer bitterly; acid/pungent
161	辰	chén	5th Branch; menses; time; early; morning
162	辵 之 之	chuò, zhuò	steps, step by step; toes & heel, footprints walk & stop, halt
163	邑 阝	yì	city (a walled city) (on R)
164	酉	yǒu	10th Branch; amphora, wine jug; alcohol/wine
165	采	biàn	differentiate, distinguish; sort out, sift
166	里	lǐ	village, hamlet
- 8 -	Strokes	9 Radicals	
167	金 金 钅	jīn	metal, gold
168	長 长 长	cháng zhǎng	• a long time or distance • grow older; elder
169	門 门	mén	gate
170	阜 阬	fù	mound, hill (on L)
171	隶	dài	grab, grasp, seize
172	隹	zhuī	short-tail birds; dove
173	雨	yǔ	rain
174	青 青	qīng	blue, azure; blue-green
175	非	fēi	wrong
- 9 -	Strokes	11 Radicals	
176	面 面	miǎn	face; to face; a surface
177	革	gé	hide, rawhide
178	韋 韦	wéi	tanned leather; soft, pliant
179	韭	jiǔ	leeks, chives; alliums
180	音	yīn	sound, tone
181	頁 页	yè	the head; a page, or sheet
182	風 风	fēng	wind
183	飛 飞	fēi	fly, flight
184	食 食 饣	shí	to eat, food
185	首	shǒu	chieftain, leader
186	香	xiāng	fragrant, aromatic; scent

Kang Xi R #	Radical	Pīnyīn	Meaning
- 10 -	Strokes	8 Radicals	
187	馬 马	mǎ	horse
188	骨	gǔ	bone
189	高 高	gāo	tall, high; lofty, noble
190	髟	biāo	hairy, bushy, long hair
191	鬥	dòu	fight, quarrel, struggle
192	鬯	chàng	fermenting spirits; rice-wine; ritual liqueur
193	鬲	lì, gé	cooking pot, urn
194	鬼	guǐ	ghost, demon
- 11 -	Strokes	6 Radicals	
195	魚 鱼	yú	fish
196	鳥 鸟	niǎo	long-tail birds; pheasant
197	鹵	lǔ	salt, rock salt
198	鹿 鹿	lù	deer, stag (deer antlers)
199	麥 麦	mài	wheat; barley (corn)
200	麻	má	hemp; flax; fiber, fibrous
- 12 -	Strokes	4 Radicals	
201	黃 黄	huáng	yellow, brown, tan
202	黍	shǔ	millet
203	黑 黑	hēi	black, dark; sinister
204	黹	zhǐ	embroidery
- 13 -	Strokes	4 Radicals	
205	黽 黽	mǐn	tadpole; toad, frog
206	鼎	dǐng	caldron (bronze w/ 3 legs)
207	鼓 鼓	gǔ	drum
208	鼠 鼠	shǔ	rat, mouse, rodent
- 14 -	Strokes	2 Radicals	
209	鼻	bí	(big) nose
210	齊 齐	qí	even(ly), align(ed), equal
- 15 -	Strokes	1 Radical	
211	齒 齿 齿	chǐ	teeth (mouth full of teeth)
- 16 -	Strokes	2 Radicals	
212	龍 龙	lóng	dragon
213	龜 龟	guī	tortoise, turtle
- 17 -	Strokes	1 Radical	
214	龠	yuè	panpipes, flute

0.5 0.7 0.9 1.5 = 3.6 total

Version: 4-20-08

revised Fixed Columns: 9-1-08

from Radicals Workbook – 2 column tables

Basic 10 pt font some at 9 & (8 pt)

Characters are PMingLiU

Exceptions: Song Pro: 58, 118

Pro W3: 122, 123, 157, 198

*Appendix G: Grammatical Vocabulary – Sorted by Part of Speech*

**A Vocabulary of Common Words**  
(Pronouns, Particles, Conjunctions, Prepositions etc.)

學/学

xué: to learn, study originally meant to imitate (like a child)

**Radical** = bù shǒu 部首

**Phonetic** = shēng/sound 聲/声 (四聲 sì shēng = the four tones)

There are ~19,000 characters in the SHL, but a vocabulary of only 150 accounts for roughly 80%.

*Following Mitchell, Ye, & Wiseman SHL p. 661-663*

pīnyīn	character	simplified	Part of speech: meaning/definition
yǒu	有		basic verb: there is, are, be, have
wéi	為	为	basic verb: act, be
shǔ	屬	属	basic verb: belong to, be
zài	在		basic verb: be located in, on, at etc.
sì	似		basic verb: to resemble, be like
rú	如		basic verb: to be like, as if
xiàng	象		basic verb: resemble, is like
rán	然		basic verb: to be so
jù	具		basic verb: to be present
kě	可		aux verb: may, can
néng	能		aux verb: can, be able to
dé	得		aux verb: may, can, able to
dāng	當	当	aux verb: should, ought to
yīng	應	应	aux verb: ought
bì	必		aux verb: will be, bound to be
yí	宜		aux verb: to be appropriate

*Appendix G: Grammatical Vocabulary – Sorted by Part of Speech*

pīnyīn	character	simplified	Part of speech: meaning/definition
yù	欲		<i>aux verb:</i> desire to, want to, about to
xū	須	须	<i>aux verb:</i> need to, to wait
shǐ	使		<i>aux verb:</i> cause to
lìng	令	令	<i>aux verb:</i> cause to
zhì	致		<i>aux verb:</i> cause to
nǎi	乃		<i>adv:</i> in fact, precisely, then, thereupon. consequently
zé	則	则	<i>adv:</i> then
yì	亦		<i>adv:</i> also
yòu	又		<i>adv:</i> again, further
zài	再		<i>adv:</i> again, then, twice
zhèng	鄭	郑	<i>adv:</i> again, repeatedly
què	卻	却	<i>adv:</i> then
jí	即		<i>adv:</i> then, immediately
réng	仍		<i>adv:</i> still
yóu	猶	犹	<i>adv:</i> still
dōu	都		<i>adv:</i> all, both
jiē	皆		<i>adv:</i> all, both
jù	俱		<i>adv:</i> all, both
xī	悉		<i>adv:</i> all, entirely, totally
quán	全	全	<i>adv:</i> all, entirely

*Appendix G: Grammatical Vocabulary – Sorted by Part of Speech*

pīnyīn	character	simplified	Part of speech: meaning/definition
piàn	遍		adv: whole, entirely
zhà	乍		adv: suddenly
yān	奄		adv: suddenly
zhuó	卓		adv: suddenly
huò	霍	霍	adv: rapidly, suddenly, quickly
qù	趣		adv: rapidly
jiàn	漸	漸	adv: gradually, little by little
hù	互		adv: mutually, reciprocally, each other
xiāng	相		adv: mutually, reciprocally, each other
yīn	因		adv: so, accordingly, thereby, as a result
shàng	尚		adv: still
dàn	但		adv: only
pō	頗	颇	adv: very fairly, rather, somewhat, pretty (much)
zàn	暫	暫	adv: for a short time, for the time being
dì	諦	諦	adv: truly
chū	初		adv: at the beginning
jīn	今	今	adv: now
xiān	先		adv: first of all
hòu	後	后	adv: afterwards
jiǔ	久		adv: for a long time



*Appendix G: Grammatical Vocabulary – Sorted by Part of Speech*

pīnyīn	character	simplified	Part of speech: meaning/definition
cháng	常		<i>adv</i> : often, constantly
jiāng	將	将	<i>derived adv</i> : (intend to), about to
fù	復	复	<i>derived adv</i> : (return, restore), again, then
gèng	更	更	<i>derived adv</i> : (change), again, then
fǎn	反		<i>derived adv</i> : (turn over), but, instead
yì	益	益	<i>derived adv</i> : (increase), more
mí	彌	弥	<i>derived adv</i> : (fill), more
yǐ	已		<i>derived adv</i> : finish, already
shèn	甚		<i>derived adv</i> : (very, marked, pronounced) markedly
jí	極	极	<i>derived adv</i> : (ridgepole), extremely
wēi	微		<i>derived adv</i> : (faint, slight), slightly
tài	太		<i>derived adv</i> : (great, supreme); too, very
shǎo	少		<i>derived adv</i> : (little, few), less; to a small/lesser extent
xiǎo	小		<i>derived adv</i> : (small), a small amount, to a small extent
shì	適	适	<i>derived adv</i> : (appropriate, right, just), just, coincidentally (happen to)
guò	過	过	<i>derived adv</i> : (cross, pass, exceed), excessively
suì	遂		<i>derived adv</i> : (pursue), then
shāo	稍		<i>derived adv</i> : (little), in little amounts, to a small extent
bào	暴		<i>derived adv</i> : (fulminant), suddenly and violently
běn	本		<i>derived adv</i> : (root), originally

*Appendix G: Grammatical Vocabulary – Sorted by Part of Speech*

pīnyīn	character	simplified	Part of speech: meaning/definition
zì	自		<i>derived adv:</i> (self), spontaneously, of itself
sù	素	素	<i>derived adv:</i> (plain), usually
bìng	並	并	<i>derived adv:</i> (side by side), together
fēi	非	非	<i>negation:</i> not (in nominal sentences)
wú	無	无	<i>negation:</i> negative of yǒu (to be); have not/none
bù	不		<i>negation:</i> not, un-
wèi	未		<i>negation:</i> not yet
wù	勿		<i>negation:</i> negative in the imperative
mò	莫	莫	<i>negation:</i> not at all, negative in the imperative
yú	於	于	<i>preposition:</i> to, at
cóng	從	从	<i>preposition:</i> from
zhì	至		<i>preposition:</i> to
rú	如		<i>preposition:</i> like, as
gòng	共		<i>preposition:</i> with
zhōng	中		<i>locative:</i> in, within (in the middle of)
nèi	內		<i>locative:</i> in, inside, inner
wài	外		<i>locative:</i> outside, outer
shàng	上		<i>locative:</i> over, above
xià	下		<i>locative:</i> under, below
qián	前		<i>locative:</i> in front of, before

*Appendix G: Grammatical Vocabulary – Sorted by Part of Speech*

pīnyīn	character	simplified	Part of speech: meaning/definition
hòu	後	后	locative: behind, after
wǒ	我		pronoun: 1st person: singular: I, me; my plural: we, us; our
wú	吾		pronoun: 1st person: I
ěr	爾		pronoun: 2nd person: you
ěr	而		pronoun: 2nd person: your
qí	其		pronoun: 3rd person genitive: its, ones; his, her; their, theirs specifier: the demonstrative: this, that
jué	厥		pronoun: his, their
zhī	之		pronoun: him, her, it, them, their
zì	自		pronoun: self
shì	是		demonstrative pronoun: this
cǐ	此		demonstrative pronoun: this
ěr	而		conjunction: and, but
huò	或		conjunction: or
suī	雖	虽	conjunction: although, even though
ruò	若		conjunction: if
shè	設	设	conjunction: if, supposing
jiǎ	假		conjunction: if, supposing (combines with next)
lìng	令	令	conjunction: if, supposing
yǐ	以		conjunction: because, in order to

*Appendix G: Grammatical Vocabulary – Sorted by Part of Speech*

pīnyīn	character	simplified	Part of speech: meaning/definition
yīn	因		conjunction: because
gù	故		conjunction: therefore, that's why
zé	則	则	conjunction: then
jí	即		conjunction: then immediately
jì	既		conjunction: both ... and
qiě	且		conjunction: and
bìng	并		conjunction: and
jí	及		conjunction: and
hé	何		particle: what
zhě	者		particle: nominalizing particle
yě	也		particle: final particle indicating statement of fact
ěr	爾	尔	particle: final particle indicating affirmation or sureness
ěr	耳		particle: final particle indicating limitation or finality
yǐ	矣		particle: final indicating affirmation or exclamation
yǐ	已		particle: final particle indicating perfective
yǐ	以		particle: multiple uses
suǒ	所		particle: subordinating particle
fū	夫		particle: introduces a statement of commonly known fact

*Grammatical Vocabulary – Sorted Alphabetically by Pinyin*

Pīnyīn	character	simple	part of speech: meaning/definition
bào	暴		<i>derived adv:</i> (fulminant), suddenly and violently
běn	本		<i>derived adv:</i> (root), originally
bì	必		<i>aux verb:</i> will be, bound to be
bìng	並	并	<i>derived adv:</i> (side by side), together
bìng	并		<i>conjunction:</i> and
bù	不		<i>negation:</i> not, un-
cháng	常		<i>adv:</i> often, constantly
chū	初		<i>adv:</i> at the beginning
cǐ	此		<i>demonstrative pronoun:</i> this
cóng	從	从	<i>preposition:</i> from
dàn	但		<i>adv:</i> only
dāng	當	当	<i>aux verb:</i> should, ought to
dé	得		<i>aux verb:</i> may, can, able to
dì	諦	谛	<i>adv:</i> truly
dōu	都		<i>adv:</i> all, both
ěr	爾		<i>pronoun:</i> 2nd person: you
ěr	而		<i>pronoun:</i> 2nd person: your
ěr	而		<i>conjunction:</i> and, but
ěr	爾	尔	<i>particle:</i> final particle indicating affirmation or sureness
ěr	耳		<i>particle:</i> final particle indicating limitation or finality

*Grammatical Vocabulary – Sorted Alphabetically by Pinyin*

Pīnyīn	character	simple	part of speech: meaning/definition
fǎn	反		<i>derived adv:</i> (turn over), but, instead
fēi	非	非	<i>negation:</i> not (in nominal sentences)
fū	夫		<i>particle:</i> introduces a statement of commonly known fact
fù	復	复	<i>derived adv:</i> (return, restore), again, then
gèng	更	更	<i>derived adv:</i> (change), again, then
gòng	共		<i>preposition:</i> with
gù	故		<i>conjunction:</i> therefore, that's why
guò	過	过	<i>derived adv:</i> (cross, pass, exceed), excessively
hé	何		<i>particle:</i> what
hòu	後	后	<i>adv:</i> afterwards
hòu	後	后	<i>locative:</i> behind, after
hù	互		<i>adv:</i> mutually, reciprocally, each other
huò	霍	霍	<i>adv:</i> rapidly, suddenly, quickly
huò	或		<i>conjunction:</i> or
jí	即		<i>adv:</i> then, immediately
jí	極	极	<i>derived adv:</i> (ridgepole), extremely
jí	即		<i>conjunction:</i> then immediately
jí	及		<i>conjunction:</i> and
jì	既		<i>conjunction:</i> both ... and
jiǎ	假		<i>conjunction:</i> if, supposing (combines with next)

**Grammatical Vocabulary – Sorted Alphabetically by Pinyin**

<b>Pīnyīn</b>	<b>character</b>	<b>simple</b>	<b>part of speech: meaning/definition</b>
jiàn	漸	渐	<i>adv:</i> gradually, little by little
jiāng	將	将	<i>derived adv:</i> (intend to), about to
jiē	皆		<i>adv:</i> all, both
jīn	今	今	<i>adv:</i> now
jiǔ	久		<i>adv:</i> for a long time
jù	具		<i>basic verb:</i> to be present
jù	俱		<i>adv:</i> all, both
jué	厥		<i>pronoun:</i> his, their
kě	可		<i>aux verb:</i> may, can
lìng	令	令	<i>aux verb:</i> cause to
lǐng	令	令	<i>conjunction:</i> if, supposing
mí	彌	弥	<i>derived adv:</i> (fill), more
mò	莫	莫	<i>negation:</i> not at all, negative in the imperative
nǎi	乃		<i>adv:</i> in fact, precisely, then, thereupon. consequently
nèi	內		<i>locative:</i> in, inside, inner
néng	能		<i>aux verb:</i> can, be able to
piàn	遍		<i>adv:</i> whole, entirely
pō	頗	颇	<i>adv:</i> very fairly, rather, somewhat, pretty (much)
qí	其		<i>pronoun: 3rd person genitive:</i> its, ones; his, her; their, theirs <i>specifier:</i> the <i>demonstrative:</i> this, that
qián	前		<i>locative:</i> in front of, before

*Grammatical Vocabulary – Sorted Alphabetically by Pinyin*

Pīnyīn	character	simple	part of speech: meaning/definition
qiě	且		conjunction: and
qù	趣		adv: rapidly
quán	全	全	adv: all, entirely
què	卻	却	adv: then
rán	然		basic verb: to be so
réng	仍		adv: still
rú	如		basic verb: to be like, as if
rú	如		preposition: like, as
ruò	若		conjunction: if
shàng	尚		adv: still
shàng	上		locative: over, above
shāo	稍		derived adv: (little), in little amounts, to a small extent
shǎo	少		derived adv: (little, few), less; to a small/lesser extent
shè	設	设	conjunction: if, supposing
shèn	甚		derived adv: (very, marked, pronounced) markedly
shǐ	使		aux verb: cause to
shì	適	适	derived adv: (appropriate, right, just), just, coincidentally (happen to)
shì	是		demonstrative pronoun: this
shǔ	屬	属	basic verb: belong to, be
sì	似		basic verb: to resemble, be like



**Grammatical Vocabulary – Sorted Alphabetically by Pinyin**

Pīnyīn	character	simple	part of speech: meaning/definition
sù	素	素	<i>derived adv:</i> (plain), usually
suī	雖	虽	<i>conjunction:</i> although, even though
suì	遂		<i>derived adv:</i> (pursue), then
suǒ	所		<i>particle:</i> subordinating particle
tài	太		<i>derived adv:</i> (great, supreme); too, very
wài	外		<i>locative:</i> outside, outer
wēi	微		<i>derived adv:</i> (faint, slight), slightly
wéi	為	为	<i>basic verb:</i> act, be
wèi	未		<i>negation:</i> not yet
wǒ	我		<i>pronoun: 1st person:</i> <i>singular:</i> I, me; my <i>plural:</i> we, us; our
wú	無	无	<i>negation:</i> negative of yǒu (to be); have not/none
wú	吾		<i>pronoun: 1st person:</i> I
wù	勿		<i>negation:</i> negative in the imperative
xī	悉		<i>adv:</i> all, entirely, totally
xià	下		<i>locative:</i> under, below
xiān	先		<i>adv:</i> first of all
xiāng	相		<i>adv:</i> mutually, reciprocally, each other
xiàng	象		<i>basic verb:</i> resemble, is like
xiǎo	小		<i>derived adv:</i> (small), a small amount, to a small extent
xū	須	须	<i>aux verb:</i> need to, to wait

*Grammatical Vocabulary – Sorted Alphabetically by Pinyin*

Pīnyīn	character	simple	part of speech: meaning/definition
yān	奄		<i>adv:</i> suddenly
yě	也		<i>particle:</i> final particle indicating statement of fact
yí	宜		<i>aux verb:</i> to be appropriate
yǐ	已		<i>derived adv:</i> finish, already
yǐ	以		<i>conjunction:</i> because, in order to
yǐ	矣		<i>particle:</i> final indicating affirmation or exclamation
yǐ	已		<i>particle:</i> final particle indicating perfective
yǐ	以		<i>particle:</i> multiple uses
yì	亦		<i>adv:</i> also
yì	益	益	<i>derived adv:</i> (increase), more
yīn	因		<i>adv:</i> so, accordingly, thereby, as a result
yīn	因		<i>conjunction:</i> because
yīng	應	应	<i>aux verb:</i> ought
yóu	猶	犹	<i>adv:</i> still
yǒu	有		<i>basic verb:</i> there is, are, be, have
yòu	又		<i>adv:</i> again, further
yú	於	于	<i>preposition:</i> to, at
yù	欲		<i>aux verb:</i> desire to, want to, about to
zài	在		<i>basic verb:</i> be located in, on, at etc.
zài	再		<i>adv:</i> again, then, twice

**Grammatical Vocabulary – Sorted Alphabetically by Pinyin**

Pīnyīn	character	simple	part of speech: meaning/definition
zàn	暫	暂	adv: for a short time, for the time being
zé	則	则	adv: then
zé	則	则	conjunction: then
zhà	乍		adv: suddenly
zhě	者		particle: nominalizing particle
zhèng	鄭	郑	adv: again, repeatedly
zhī	之		pronoun: him, her, it, them, their
zhì	致		aux verb: cause to
zhì	至		preposition: to
zhōng	中		locative: in, within (in the middle of)
zhuó	卓		adv: suddenly
zì	自		derived adv: (self), spontaneously, of itself
zì	自		pronoun: self

**Grammatical Vocabulary – Sorted by Stroke Count**

pīnyīn	Character	simple	part of speech: meaning/definition
	<b>2 strokes</b>		
nǎi	乃		adv: in fact, precisely, then, thereupon. consequently
yòu	又		adv: again, further
	<b>3 strokes</b>		
xià	下		locative: under, below
shàng	上		locative: over, above
jiǔ	久		adv: for a long time
yě	也		particle: final particle indicating statement of fact
xiǎo	小		derived adv: (small), a small amount, to a small extent
yǐ	已		derived adv: finish, already
yǐ	已		particle: final particle indicating perfective
bù	不		negation: not, un-
zhōng	中		locative: in, within (in the middle of)
zhī	之		pronoun: him, her, it, them, their
	<b>4 strokes</b>		
hù	互		adv: mutually, reciprocally, each other
réng	仍		adv: still
jīn	今	今	adv: now
nèi	內		locative: in, inside, inner
wù	勿		negation: negative in the imperative

**Grammatical Vocabulary – Sorted by Stroke Count**

pīnyīn	Character	simple	part of speech: meaning/definition
jí	及		conjunction: and
fǎn	反		derived adv: (turn over), but, instead
fū	夫		particle: introduces a statement of commonly known fact
tài	太		derived adv: (great, supreme); too, very
shǎo	少		derived adv: (little, few), less; to a small/lesser extent
	<b>5 strokes</b>		
qiě	且		conjunction: and
zhà	乍		adv: suddenly
yǐ	以		conjunction: because, in order to
yǐ	以		particle: multiple uses
lìng	令	令	aux verb: cause to
lìng	令	令	conjunction: if, supposing
kě	可		aux verb: may, can
wài	外		locative: outside, outer
bì	必		aux verb: will be, bound to be
běn	本		derived adv: (root), originally
wèi	未		negation: not yet
	<b>6 strokes</b>		
yǒu	有		basic verb: there is, are, be, have
yì	亦		adv: also

**Grammatical Vocabulary – Sorted by Stroke Count**

pīnyīn	Character	simple	part of speech: meaning/definition
xiān	先		adv: first of all
quán	全	全	adv: all, entirely
gòng	共		preposition: with
zài	再		adv: again, then, twice
yīn	因		adv: so, accordingly, thereby, as aa result
yīn	因		conjunction: because
zài	在		basic verb: be located in, on, at etc.
rú	如		basic verb: to be like, as if
rú	如		preposition: like, as
bìng	并		conjunction: and
cǐ	此		demonstrative pronoun: this
ěr	而		pronoun: 2nd person: your
ěr	而		conjunction: and, but
ěr	耳		particle: final particle indicating limitation or finality
zì	自		derived adv: (self), spontaneously, of itself
zì	自		pronoun: self
zhì	至		preposition: to
	<b>7 strokes</b>		
hé	何		particle: what
sì	似		basic verb: to resemble, be like

**Grammatical Vocabulary – Sorted by Stroke Count**

pīnyīn	Character	simple	part of speech: meaning/definition
dàn	但		adv: only
jí	即		adv: then, immediately
jí	即		conjunction: then immediately
wú	吾		pronoun: 1st person: I
wǒ	我		pronoun: 1st person: singular: I, me; my plural: we, us; our
gèng	更	更	derived adv: (change), again, then
yǐ	矣		particle: final indicating affirmation or exclamation
bìng	並	并	derived adv: (side by side), together
shǐ	使		aux verb: cause to
jù	具		basic verb: to be present
qí	其		pronoun: 3rd person genitive: its, ones; his, her; their, theirs specifier: the demonstrative: this, that
zhuó	卓		adv: suddenly
yān	奄		adv: suddenly
yí	宜		aux verb: to be appropriate
shàng	尚		adv: still
huò	或		conjunction: or
suǒ	所		particle: subordinating particle
yú	於	于	preposition: to, at
zhě	者		particle: nominalizing particle
chū	初		adv: at the beginning

*Grammatical Vocabulary – Sorted by Stroke Count*

pīnyīn	Character	simple	part of speech: meaning/definition
fēi	非	非	negation: not (in nominal sentences)
	<i>8 strokes</i>		
qián	前		locative: in front of, before
zé	則	则	adv: then
zé	則	则	conjunction: then
què	卻	却	adv: then
hòu	後	后	adv: afterwards
hòu	後	后	locative: behind, after
gù	故		conjunction: therefore, that's why
jì	既		conjunction: both ... and
shì	是		demonstrative pronoun: this
wéi	為	为	basic verb: act, be
shèn	甚		derived adv: (very, marked, pronounced) markedly
jiē	皆		adv: all, both
xiāng	相		adv: mutually, reciprocally, each other
zhì	致		aux verb: cause to
ruò	若		conjunction: if
	<i>9 strokes</i>		
jù	俱		adv: all, both
yì	益	益	derived adv: (increase), more



*Grammatical Vocabulary – Sorted by Stroke Count*

pīnyīn	Character	simple	part of speech: meaning/definition
sù	素	素	derived adv: (plain), usually
néng	能		aux verb: can, be able to
	<b>10 strokes</b>		
jiǎ	假		conjunction: if, supposing (combines with next)
jiāng	將	将	derived adv: (intend to), about to
cháng	常		adv: often, constantly
dōu	都		adv: all, both
	<b>11 strokes</b>		
dé	得		aux verb: may, can, able to
cóng	從	从	preposition: from
xī	悉		adv: all, entirely, totally
yù	欲		aux verb: desire to, want to, about to
mò	莫	莫	negation: not at all, negative in the imperative
shè	設	设	conjunction: if, supposing
	<b>12 strokes</b>		
jué	厥		pronoun: his, their
fù	復	复	derived adv: (return, restore), again, then
wú	無	无	negation: negative of yǒu (to be); have not/none
rán	然		basic verb: to be so
yóu	猶	犹	adv: still

**Grammatical Vocabulary – Sorted by Stroke Count**

pīnyīn	Character	simple	part of speech: meaning/definition
shāo	稍		<i>derived adv:</i> (little), in little amounts, to a small extent
xiàng	象		<i>basic verb:</i> resemble, is like
xū	須	须	<i>aux verb:</i> need to, to wait
wēi	微		<i>derived adv:</i> (faint, slight), slightly
jí	極	极	<i>derived adv:</i> (ridgepole), extremely
	<b>13 strokes</b>		
dāng	當	当	<i>aux verb:</i> should, ought to
suì	遂		<i>derived adv:</i> (pursue), then
guò	過	过	<i>derived adv:</i> (cross, pass, exceed), excessively
piàn	遍		<i>adv:</i> whole, entirely
	<b>14 strokes</b>		
jiàn	漸	渐	<i>adv:</i> gradually, little by little
ěr	爾		<i>pronoun:</i> 2nd person: you
ěr	爾	尔	<i>particle:</i> final particle indicating affirmation or sureness
zhèng	鄭	郑	<i>adv:</i> again, repeatedly
pō	頗	颇	<i>adv:</i> very fairly, rather, somewhat, pretty (much)
	<b>15 strokes</b>		
zàn	暫	暂	<i>adv:</i> for a short time, for the time being
bào	暴		<i>derived adv:</i> (fulminant), suddenly and violently
qù	趣		<i>adv:</i> rapidly

**Grammatical Vocabulary – Sorted by Stroke Count**

pīnyīn	Character	simple	part of speech: meaning/definition
shì	適	适	<i>derived adv:</i> (appropriate, right, just), just, coincidentally (happen to)
	<b>16 strokes</b>		
dì	諦	谛	<i>adv:</i> truly
huò	霍	霍	<i>adv:</i> rapidly, suddenly, quickly
	<b>17 strokes</b>		
mí	彌	弥	<i>derived adv:</i> (fill), more
yīng	應	应	<i>aux verb:</i> ought
suī	雖	虽	<i>conjunction:</i> although, even though
	<b>21 strokes</b>		
shǔ	屬	属	<i>basic verb:</i> belong to, be

## *Appendix H: Disease Resolution*

### Natural Resolution Times

Each of the six disease states is said to naturally resolve at a certain time of day, or in a particular season. I've charted this as follows: (see also Mitchell/Wiseman p. 55-57)

<b>Clause</b>	<b>Division</b>	<b>Branches:</b> Names: Numbers:	Quarter: <b>Hours:</b> (6 hrs) <b>Organs:</b>	<b>Season:</b> (1/4 Yr.) <b>Months:</b> #'s: Names:
<b>9</b>	<b>Tai Yang</b>	Si to Wei Br.-6-7-8	mid-day <b>9 am – 3 pm</b> SP-HT-SI	<b>Summer</b> 4-5-6 May–Jun–Jul
<b>193</b>	<b>Yang Ming</b>	Shen to Xu Br.-9-10-11	dusk <b>3–9 pm</b> BL-KD-PC	<b>Fall</b> 7-8-9 Aug–Sep–Oct
<b>272</b>	<b>Shao Yang</b>	Yin to Chen Br.-3-4-5	dawn <b>3–9 am</b> LU-LI-ST	<b>Spring</b> 1-2-3 Feb–Mar–Apr
<b>275</b>	<b>Tai Yin</b>	Shen to Xu Br.-12-1-2	mid-night <b>9 pm – 3 am</b> TB-GB-LR	<b>Winter</b> 10-11-12 Nov–Dec–Jan
<b>291</b>	<b>Shao Yin</b>	Zi to Yin Br.-1-2-3	late evening <b>11 pm – 5 am</b> GB-LR-LU	late winter 11-12-1 Jan–Feb–Mar
<b>328</b>	<b>Jue Yin</b>	Chou to Mao Br.-2-3-4	early morning <b>1–7 am</b> LR-LU-LI	early spring 12-1-2 Feb–Mar–Apr

*Graph this as a clock in the space below:*

*Appendix I: Twelve Earthly Branches*

Terrestrial Branch Correlations (Dì Zhī) 地支												
Br.#	Char.	Branch Name	Hour	Organ	Hex.#	Character	Hexagram Name	Lines	Month	Animal	Pinyin	Char.
1	子	Zǐ	11 pm – 1 am	GB	#24	復	Fù Return (light returns)	1 yg bottom	11th Dec-Jan	mouse rat	shǔ	鼠
2	丑	Chǒu	1-3 am	Lr	#19	臨	Lín Approach (Spring approaches)	2 yg	12th Jan-Feb	cow ox	niú	牛
3	寅	Yín	3-5 am	Lu	#11	泰	Tài Flowing (Vernal Equinox)	3 yg	1st Feb-Mar	tiger	hǔ	虎
4	卯	Mǎo	5-7 am	LI	#34	大壯	Dà Zhuàng (yang is) Robust	4 yg	2nd Mar-Apr	hare rabbit	tù	兔
5	辰	Chén	7-9 am	ST	#43	夬	Guài Resolutely (Expel the yin)	5 yg	3rd Apr-May	dragon	lóng	龍
6	巳	Sì	9-11 am	Sp	#1	乾	Qián Vigorously Active (Summer Solstice)	6 yg	4th May-Jun	snake	shé	蛇
7	午	Wǔ	11 am – 1 pm	Ht	#44	姤	Gòu Re-Enter (yin returns)	1 yn bottom	5th Jun-Jul	horse	mǎ	馬
8	未	Wèi	1-3 pm	SI	#33	遯	Dùn Retreat (yang/light retreats)	2 yn	6th Jul-Aug	sheep goat ram	yáng	羊
9	申	Shēn	3-5 pm	BL	#12	否	Pǐ Standstill (Autumnal Equinox)	3 yn	7th Aug-Sep	monkey	hóu	猴
10	酉	Yǒu	5-7 pm	Kd	#20	觀	Guān Contemplate (look inward as winter approaches)	4 yn	8th Sep-Oct	chicken rooster	jī	雞
11	戌	Xū	7-9 pm	Pc	#23	剝	Bō Fall/Peel-Away (trees stripped bare) Collapse (of yang)	5 yn	9th Oct-Nov	dog	quǎn	犬
12	亥	Hài	9-11 pm	TB	#2	坤	Kūn Quietude (Winter Solstice)	6 yn	10th Nov-Dec	pig boar	zhū	豬