



San Diego Institute of Classics in East Asian Medicine

Canonical Chinese Medicine Training™
Shanghan Lun Training Sequence, San Diego 2012
Curriculum Description

Weekend 1

The Energetics of the Five Flavors and Zhang Zhongjing Formulas

Chinese herb actions are by no means arbitrary. The actions are rooted in the tastes and nature of the herbs as described in the materia medica classics and as proofed by centuries of clinical application. When herb classics like the *Divine Farmer's Materia Medica* recorded these basic qualities; and theoretical classics like the *Yellow Emperor's Internal Canon* instructed on their therapeutic indication and application, they came to clinical maturation in medical manuals like the *Treatise on Cold Damage*. From the architecture of the classical herbal formulas documented in the latter, we can observe how it is consistent with its theoretical predecessors.

The contemporary application of Chinese medicinals though, nowadays relies almost exclusively on the allopathic action an herb possesses. These actions may be superficially explained by the herb's flavor and nature, but in many scenarios, even the best contemporary herbalist cannot explain 'why' many an herb does what it does or why a certain herb is applied in the stead of another. Only when one takes the understanding of the subject back to the original energetics, can one gain insight into the infinite knowledge of materia medica and increase clinical effectiveness.

This course is intended to explore the profound mechanisms behind the workings of the most commonly used herbs. First there will be an in-depth explanation of the physiology of the flavors, followed by an explanation of their many pathological aspects. In the second part of the lecture, an detailed description will be given of the most common herbs' mechanism of action through an elaborate five phase model.

This seminar will allow both the beginning as well as the advanced herbalist to gain a deeper understanding of how the herbs work and through what pathway of action they achieve their therapeutic results. This knowledge will then directly contribute to a more

detailed prescription behavior, better understanding of formulas and overall enhanced clinical effectiveness.

Weekends 2+3+4

An Instruction in the Canonical Monographs: The Inner and Outer Circles of Zhang Zhongjing's Herb and Formula Archetypes

This two weekend course is the instruction of specialized Materia Medica and formula studies in the service of canonical Chinese medicine as practiced by Zhang Zhongjing in the *Shanghan Lun* and the *Jingui Yaolue*.

The Treatise on Cold Damage *shanghan lun* and the Essentials of the Golden Cabinet *jingui yaolue* are considered the ancestral books on formulaic science in Chinese medicine. The books written in Han dynasty (approx. 200 CE) by Zhang Zhongjing are the foundation of Chinese herbal medicine and the first clinical handbooks in the history of human medicine.

Canonical herbal medicine is practiced according the rules of the Yellow Emperor's Inner Classic *huangdi neijing*, the Divine Farmer's Materia Medica Classic *shennong bencao jing* and the Yiyin Decoction Classic *yiyin tangye jing*. They still function to this day as the foundation of all herbal formulas. It is widely considered that every herbal prescription to date can be traced back to its roots in one of these classics. As such, the importance of these single herb ingredients and the formulaic science of these prescriptions are to this day unrivalled.

Zhang Zhongjing did not use large amounts of different ingredients but rather employed a core selection of very simple and plain herbs, combined with the greatest scientific perfection to design the most efficacious and safe herbal prescriptions existing. The herbs used were all based on profound insights into the nature of our cosmos and showed explicit and implicit correlations with both nature and the universe. Both single herbs and formulas were seen as stars and constellations at an imaginary firmament and were often even named as such, thus producing the famous names of prescriptions such as the Black Warrior Decoction, or the Blue-green Dragon Decoction, to name but a few.

The first weekend is the authoritative introduction to the inner circle of Zhang Zhongjing's herbal world and introduces the participant to the core cabinet of the archetypical twenty-five single herbs and their representative prescriptions. The herbs and prescriptions will be introduced in a format of canonical monographs presenting much more than the conventional pieces of information of actions and indications. A monograph will instruct on the symbolism and star constellations related to the herb, the signature of the plant, its qi and flavors and their respective density, movement directionality and organ and channel affinity, herb actions and dosages, possible acupuncture point equivalents, disease indications and lastly representative formulas with their common modifications.

Sources referenced include the commanding Han dynasty Divine Farmer's *Materia Medica shennong bencao jing*, the Jin dynasty Records by Famous Physicians *mingyi bielu*, and Japanese Shanghan Lun and Kampo master Yoshimasu Todo's Herb Types *yakucho*, to name but a few.

Both for beginners of herbal medicine as for advanced and seasoned practitioners, this seminar is the gateway into herbal medicine practiced along the tenets of the Han dynasty classics and doorway into canonical Chinese herbal medicine as practiced by Zhang Zhongjing in the Shanghan Lun and Jingui Yaolue. The seminar introduces the participant to Zhang Zhongjing's inner circle of herbs and is prerequisite to the second weekend follow-up course instructs The Outer Circle of Zhang Zhongjing's Herb and Formula Archetypes which is a selection of another 75 of the most important secondary herbs of the Zhang Zhongjing universe.

Weekend 5

Shanghan Lun Pathophysiology and Core Patterns

The Treatise on Cold Damage or Shanghan Lun is one of the most prominent Eastern Han-dynasty (circa CE 200) classics in Chinese medicine and the first clinical handbook in China's medical history. It is also the center of the Canonical Chinese Medicine Training.

The differentiation system and consequent text is outlined along a grid of six channels or confirmations. This course aims to provide an in-depth understanding into the nature of six confirmation pathologies as well as their systematic treatment.

The introduction will present the book and its author in the social and geo-political setting of the Eastern Han dynasty. The concept of Cold Damage *shanghan* will be explained from the Inner Classic of the Yellow Emperor *huangdi neijing* and the Classic of Difficulties *nanjing* perspective as a class of externally triggered illnesses of potentially contagious and lethal nature.

The second part of the instruction will focus on providing clear insight in the core physiological functioning of the confirmations. Various models from the Neijing will be used to analyze and explain the physiology and consequent pathology of the six conformations.

Following, the instruction will focus on the understanding of the conformation pathologies at hand. Insight will be acquired into the sequential time-based nature of the confirmation pathologies and their passage patterns including pathological progression and therapeutic regression possibilities.

The remainder focuses on the core conformation pathologies. First we will study the standard or straight-up zheng patterns of all six conformations. The collective of these patterns forms the complete outline of the Shanghan Lun and its system of six

conformation differentiation. The yang conformation patterns will be presented categorized as surface patterns *biaozheng*, conformation or channel patterns *jingzheng* and bowel or internal hollow organ patterns *fuzheng* along with their standard treatment scenarios as embodied by the archetypical formulas. The straight-up yin conformation patterns will be categorized according the nature of their presentation. The aforementioned patterns will be taught in the form of formula patterns *tangzheng* which will correspond to the pulse patterns *maizheng* as taught in the pulse weekend and the abdominal patterns *fuzheng* as taught in the abdominal diagnosis weekend. Each pattern will be presented from the perspective of its hallmark symptoms.

Lastly, the combined diseases *hebing* and co-existing patterns *jianzheng*, often identified as diseases due to mistreatment *huaibing* will be presented. Regardless of how the illnesses came about, the combined diseases will be categorized as yang conformation combined patterns, yin conformation combined patterns, and lastly yin-yang conformation combined patterns. In total, the sixty core conformation patterns, both simplex and complex, of the whole Shanghan Lun will be covered.

Weekend 6

Shanghan Lun Pulse Diagnosis from the Tian-Zeng Lineage

The Treatise on Cold Damage *shanghan lun* is the oldest surviving clinical handbook in the history of Chinese medicine. Written by Eastern Han dynasty (circa 200 CE) imperial envoy Zhang Zhongjing, it is an integral part of his collective writings once labeled the Treatise on Cold Damage and Complex Diseases *shanghan zabing lun*. But the contents of the Shanghan Lun as we know it in current day is far from complete. The present versions studied in Chinese medical schools as well as in the West, do not include the original first three chapters of Rules for Pulse Differentiation *bianmai fa*, Rules on Pulse Assessment *pingmai fa* and Cold Damage Outline *shanghan li*. Regardless whatever motivation was behind the historical deletions of these passages, of the aforementioned chapters, the chapters on pulse instructions are crucial for anyone desiring to fully grasp Zhang Zhongjing's clinical instructions. Especially since the pulse patterns *maizheng* form the core diagnostic parameters in the establishment of the formula patterns *fangzheng* by which the canonical clinician categorizes disease and therapy.

The importance of the pulse instructions is best illustrated with the words of the late Beijing Shanghan Lun scholar Liu Duzhou: "The Treatise on Cold Damage comprises of one scroll on Rules of Pulse Differentiation and Rules on Pulse Assessment, which shows that the study of Zhongjing puts great emphasis on regular pulses and pulse differentiation. This needs no further elaboration. The pulse methods of Zhongjing originate from the Inner Classic *neijing* and the Classic on Difficulties *nanjing*, while it also has its proper areas of innovation. It uses yin and yang as basic statutes for the classification of the pulse's floating or sinking; strong or weak; and slow or fast qualities; as well as the [pulse's] changes through the chi and cun positions. It uses five element theory to assess lengthwise *zong* and transverse *heng*, compliant shun or adverse *ni* [passage] of unseasonal *feishi* pulses. It stresses that it is imperative to feel chi when

feeling cun, and to feel the foot as well as the hand as diagnostic methods. It indicates the importance of the integrated assessment of the radial *cunkou*, instep *fuyang* and carotid *renying* pulse divisions, and especially stresses the ultimate truth that the pulse is rooted in stomach qi and that the presence of stomach qi leads to prosperity, while the absence of stomach qi leads to death. In the discourse on pulse assessment, emphasis is placed on the relationship of nutritive and protective with the abundance or demise of the three burners, spleen, stomach and ancestral qi to indicate that the strength or weakness of the person, and the presence or absence of disease is always intimately linked with nutritive and protective. Therefore, the use of Zhongjing's rules on pulses rests on the understanding of disease and the decision between life and death. Hence, for mastery of the theory behind the six conformations differentiation, one must imperatively study the pulse differentiation methods for the benefit of one's six conformation differentiation."

In the practice of Shanghan Lun medicine according to the lineage of master Tian Heming and his disciple Dr. Zeng Rongxiu, diagnosis is performed with the greatest emphasis on pulse differentiation. Every prescription answers to a limited number of pulse patterns. These pulse patterns *maizheng* thus form the basis for the identification of the formula patterns *fangzheng* in a lock-and-key fashion. As such the actual steps taken by the classical clinician to move from clinical differential diagnosis to treatment is always and exclusively decided by the pulse. This is a process for which profound understanding of the pulses becomes a crucial prerequisite of preceding importance over the eventual in-depth mastery of the classical formulas.

Weekend 7

Shanghan Lun Abdominal Diagnosis *Fukushin*

Japanese abdominal diagnosis or *Fukushin* is the diagnostic art developed in medieval Japan based on the canonical writings by Zhang Zhongjing. Careful inspection of the Shanghan Zabing Lun reveals countless references to abdominal conditions that could only have been diagnosed by actual palpation of the abdomen. The skill however never fully developed in China but flourished in Japan. Throughout history, two major trends and types of abdominal diagnosis developed, being the Nanjing and Shanghan Lun schools, which respectively diagnose the abdomen in service of either acupuncture or meridian treatment, and herbal treatment. *Fukushin* refers specifically to Shanghan Lun style of abdominal diagnosis developed by Japanese scholars during Edo period (1603-1867 CE) for the purpose of prescribing the Han dynasty formulas of Zhang Zhongjing.

Japanese herbal medicine or *Kampo* translates as 'the Han Method'. Of the two main schools in *Kampo*, the *Kohoha* or School of the Ancient Method, teaches the medical practice exclusively based on the Han Dynasty formulas of the Shanghan Lun and the *Jingui Yaolue*. The *Kohoha* instructs on abdominal patterns and findings for virtually every Zhang Zhongjing formula.

As an integral part of the Canonical Chinese Medicine Training™ of Dr. Arnaud Versluys, *Fukushin* is taught to match the abdominal patterns with formula methods and

formula families. The pulse diagnosis seminar introduces a lock-and-key system for recognizing pulses as herb methods. The Fukushin part of the canonical training introduces the second leg of Zhang Zhongjing's original diagnostic methods as a mirror to the practice of pulse diagnosis, allowing for a failsafe system of diagnostic checks and balances.

Through this training, the participant will learn the theory behind abdominal diagnosis including an in-depth understanding of the pathomechanism of the abdominal patterns, as well as the interpretation of these actionable findings and their direct translation into herbal treatment with classical formulas. The second part of the course will instruct in the hands-on procedure of the abdominal examination.

The instructor Kumiko Shirai grew up in Kobe, Japan, but has been living in the USA for more than ten years. Influenced by her mother, a Taiji master, she learned to appreciate Asian medical and martial arts from an early age and has been practicing Aikido for almost twenty years. Kumiko majored in Chinese Studies (BSc) and attended the School of Classical Chinese Medicine at the National College of Natural Medicine in Portland, OR, USA where she graduated with a Masters of Oriental Medicine (MSOM). Kumiko trained in discipleship with Dr. Arnaud Versluys and is now a junior instructor at ICEAM responsible for abdominal diagnosis courses.

Weekend 8

Shanghan Zabing Lun Formula Families

The Shanghan Zabing Lun or the Treatise on Cold Damage and Complex Diseases is considered the forefather of all formula books. The original work was lost to the tooth of time, but most of its contents are preserved in two extant works called the Treatise on Cold Damage *shanghan lun* and the Concise Essentials of the Golden Cabinet *jingui yaolue*. The first work primarily addresses externally triggered disorders while the latter work describes the pathology and treatment of complex diseases generated internally.

The herbal prescriptions or formulas recorded in this work form the basis for the practice of Chinese herbal medicine. And only in-depth understanding of the architecture of these formulas will ensure their effective and safe use in clinic. Furthermore, only an encompassing insight in the inter-connectedness of the formulas and their modular nature will allow a practitioner to expand on their clinical application in modern clinic settings. As such, when studying these formulas, it is imperative to cross-reference the aforementioned two works because only cross-reference will allow the practitioner to see the greater picture and reveal the full application context of a prescription. Since complex diseases are often compounded versions of simplex conformation illnesses, Jingui formulas are often hybrid modifications of the Shanghan formulas and vice-versa.

The course will instruct on the architecture of the classical herbal formulas of the Shanghan Lun and the Jingui Yaolue in cross-reference, demonstrating how they relate to each other and illustrating the full breadth of their clinical indications. The Shanghan Lun

and Jingui Yaolue formulas are related like family members and their architectural characteristics will be taught in a modular pedigree fashion. As a starting point, the formulas will be categorized in formula families which will show their mutual relationships. The very concept of formula families was introduced by Zhang Zhongjing in the taiyin chapter of the Shanghan Lun, and was greatly expanded upon by two Qing dynasty Shanghan Lun specialists and commentators, Xu Lingtai in China and Todo Yoshimasu of Japan.

Practically the course will provide an in-depth discussion on a core selection of formulas, including both formulas for external invasion, as well as internal damage, all categorized along core formula families. The familial affinity of formulas revolves around shared herb methods. Herb methods represent the full spectrum functions of an herb in different formulaic contexts. The course will instruct on the formula families of some of the most central herbs methods of the Zhang Zhongjing universe. The families are: Guizhi family, Mahuang Family, Fuling family, Shigao Family, Dahuang Family, Huanglian Family, Chaihu Family, Ganjiang Family, Renshen Family, Banxia Family, Fuzi Family, Shengdihuang Family, and the Danggui Family, etc. These are the very herb methods whose diagnostic parameters were taught in the pulse and abdomen seminars. In total around 200+ prescriptions will be discussed, which is approximately 60% of the Zhang Zhongjing formula collective.

Weekend 9, Day 1

Zhongjing Formula Modification Method

During this day, a strict system of clinical modification will be taught. The system was developed by Dr. Versluys over the course of the last ten years by analyzing both Zhang Zhongjing's prescriptions as well as the characteristics of the Tian-Zeng lineage's clinical practice. It is fully grounded and based in the classical writings of the original designer of the formulas, Zhang Zhongjing. The system is organized along a hierarchical system of formula modifications and provides a failsafe method for modification to adapt to a broader collection of complex clinical manifestations as often encountered in Chinese medicine clinic in the West. A waterproof modification system forms the basis of classical herbal practice and the elimination of random clinical variables which are the greatest cause for failure in clinic.

Weekend 9, Day 2

Shanghan Lun Acupuncture

The six confirmations grid along which the Shanghan Lun is outlined, lends itself remarkably as a clinical guide for acupuncture and moxibustion treatment. The six channels or confirmations are the physical representations of the six climate influences or six qi *liu qi* in nature. In the body they form the six pairs of hand and foot channels directly linked to these six qi. Zhang Zhongjing, though being an ardent herbalist and

protagonist of the Shennong lineage in Chinese medicine, recommends acupuncture protocols throughout the *Shanghan Lun* and *Jingui Yaolue*. He is the first historical physician to actually recommend the integrated and streamlined use of herbal medicine and acupunctum.

When using six confirmations in diagnosis and differentiation, the identified pattern dictates the treatment by stipulating a narrow selection of herbal formulas to be used. These herbal formulas can then be extrapolated into an acupuncture model that follows the same aforementioned physiological and pathological differentiation models, to obtain ultimate consistency between herbal and acupuncture treatment for mutual enhancement and increased clinical results. All this happens while eliminating the use of random arbitrary point selections out of symptomatic considerations.

The goal of this course is to provide a framework for acupuncture and moxibustion therapy based on *Shanghan Lun* rationale of the six confirmations. Specific point prescriptions will be discussed, but even more importantly a methodology for point selection that can be applied to any *Shanghan Lun*-based herbal therapy will be taught. The methodology for point selection will consider the same many factors that the original author has considered in the design of his herbal formulas.

The extrapolation process into a point prescription evidently considers the specific attributes of point qualities as a basis for their selection. But the point selection goes far beyond individual, sometimes symptomatic, actions and delves deeply into the realm of channel specificity, *yuan* and *luo* qualities, transport point actions, back *shu* and front *mu* points, channel intersections, local and distal combinations, hand and foot channel connections, specific functions of points, and needling versus moxibustion, etc. As in an herbal formula, the single ingredient is subordinate to the whole and the goal of the acupuncture prescriptions is to employ the points as a balanced team on a joint mission. Point selections for the discussed disorders are further influenced by the three conditions of biao-ben-zhongqi physiology of the affected channel within the six confirmations, the control *ke* cycle of the five elements as part of the pathomechanism, and the patterns of disease progression in six confirmation pathology as outlined in chapter 31 of the *Internal Classic of the Yellow Emperor huangdi neijing*. The point prescriptions become simulations or holograms of the herbal prescriptions, though not necessarily in number of ingredients/ points, but by all means in over-all therapeutic action and channel affinity.

This course instructs the participant in acupuncture point protocols to match the core archetypical formulas of the *Shanghan Lun*. These very protocols have been developed by Dr. Versluys and have been effectively used in clinic for many years, thus demonstrating a solid track record. Upon completion, the participant will have mastered a methodology to translate or extrapolate any classical herbal formula into an acupuncture and moxibustion prescription, thus allowing for greater consistency in clinic, increased efficacy and full herb-needle integration.

Weekend 10

Shanghan Lun Case Studies

The Shanghan Zabing Lun is the first historical manual to teach the treatment of both acute and chronic complex diseases that have been triggered externally or have arisen from internal damage. Though a classical work, it is of great clinical value for modern day practice.

During this seminar, Dr. Versluys will provide a case-based instruction on the pathomechanism and herbal treatment of a core selection of modern diseases as analyzed and regarded through the classical lens of Zhang Zhongjing. The cases all come from Dr. Versluys' personal clinic and are of great relevance in modern Chinese medicine clinic in the West. Dr. Versluys has for years exclusively been practicing the classical style of internal medicine as instructed in the Shanghan and the Jingui, and has amassed a great amount of experience in this field.

The lectures are divided in clinical specialties such as Respiriology, contagious illnesses, gastroenterology, etc. [fill in all specialties here]. And some of the diseases discussed will be: Hypertension, Meniere's Disease, Crohn's Disease, Depressive Disorder, Insomnia, Coronary Heart Disease, Emphysema, Chronic Fatigue Syndrome, Hemophilia, Cerebrovascular Accident, Rheumatoid Arthritis, Asthma, Cancer (benign and malignant tumors), Arrhythmia, Infertility, Dysmenorrhea, Amenorrhea, etc.

These will correspond to the classical diseases of: Taiyang disease, Yangming disease, etc, and combinations thereof, as well as more complex disorders such as Glomus *pi*, Running Piglet *bentun qi*, Water Qi *shuiqi*, Chest Bind *jiexiong*, Phlegm Rheum *tanyin*, etc.

The lecture will provide the student with an in-depth and advanced instruction on how to effectively treat common disorders with herbal medicine. Insight in the pathomechanism of the disorders will be obtained through case analysis and herbal formulas will be explained and discussed with practical examples from clinic.

To register, or for more information on the courses please email aplichta@sandiego.iceam.org or visit <http://sandiego.iceam.org/>

Thank you,

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