



Institute of Classics
in East Asian Medicine

東亞醫學古籍研究所

Canonical Chinese Medicine Training™

Legal Disclaimer

By participating in this seminar, you irrevocably accept the following:

- Participant acknowledges that all information provided during this continuing education course training series is proprietary information and shall continue to be the exclusive property of Dr. Arnaud Versluys and ICEAM, LLC.
- Participant agrees not to disclose the proprietary information, directly or indirectly, under any circumstances or by any means, to any third person without the express written consent of Dr. Arnaud Versluys.
- Participant may use the proprietary information for their own personal practice, but shall not copy, transmit, teach, reproduce, summarize, quote, or make any commercial use whatsoever of proprietary information, with or without financial gain, without the express written consent of Dr. Arnaud Versluys.

經方醫藥學

Canonical Chinese Medicine Training™

An Introduction to the
Concept of Time and Chrono-Herbalism
of the Shanghan Lun

© Arnaud Versluys, PhD, MD (China), LAc

Examples of the Relation Between Time and
Disease in Han Dynasty Medical Literature

傷寒論

Concept of Time in Neijing Suwen, Chapter 31

- 伤寒一日，巨阳受之。故头项痛，腰脊强。
- On the first day of Cold Damage, Giant Yang receives it. And so there is pain of head and neck, and rigidity of lower back and spine.

Concept of Time in Neijing Suwen, Chapter 31

- 二日，阳明受之。阳明主肉，其脉挟鼻络于目，故身热目疼而鼻干，不得卧也。
- On the second day, Yangming receives it. Yangming governs the flesh, and its vessel runs alongside the nose and connects the eyes, and so there is fever, eye pain, and a dry nose, with inability to sleep.

Concept of Time in Neijing Suwen, Chapter 31

- 三日，少阳受之。少阳主胆，其脉循胁，络于耳，故胸胁痛而耳聋。
- On the third day, Shaoyang receives it. Shaoyang governs the gallbladder, its vessel follows the ribs, and connects with the ears, and so there is chest and rib pain along with deafness.

Concept of Time in Neijing Suwen, Chapter 31

- 四日，太阴受之。太阴脉布胃中，络于嗌，故腹满而嗌干。
- On the fourth day, Taiyin receives it. The Taiyin vessel distributes in the stomach, and connects with the throat, as such there is abdominal fullness and a dry throat.

Concept of Time in Neijing Suwen, Chapter 31

- 五日，少阴受之。少阴脉贯肾，络于肺，系舌本，故口燥舌干而渴。
- On the fifth day, Shaoyin receives it. The Shaoyin vessel strings the kidneys, connects with the lung and is attached to the root of the tongue, as such there is dryness of mouth and tongue, and thirst.

Concept of Time in Neijing Suwen, Chapter 31

- 六日，厥阴受之。厥阴脉循阴器而络于肝，故烦满而囊缩。
- On the sixth day, Jueyin receives it. The Jueyin vessel follows the genitals and connects with the liver, as such there is vexing fullness and retracted scrotum.

Concept of Time in Neijing Suwen, Chapter 31

- 七日，巨阳病衰，头痛少愈。
- On the seventh day, the disease of Giant Yang weakens, and the headache cures slightly.

Concept of Time in Neijing Suwen, Chapter 31

- 八日，阳明病衰，身热少愈。
- On the eight day, the disease of Yangming weakens, and the body fever cures slightly.

Concept of Time in Neijing Suwen, Chapter 31

- 九日，少阳病衰，耳聋微闻。
- On the ninth day, the disease of Shaoyang weakens, and the deaf ears start to hear slightly.

Concept of Time in Neijing Suwen, Chapter 31

- 十日，太阴病衰，腹减如故则思饮食。
- On the tenth day, the disease of Taiyin weakens, the abdomen decreases to as before and one thinks of food and drink again.

Concept of Time in Neijing Suwen, Chapter 31

- 十一日，少阴病衰，渴止，不满，舌干已而嚏。
- On the eleventh day, the disease of Shaoyin weakens, thirsts stops, there is no more fullness, the dry tongue has resolved, and there is sneezing.

Concept of Time in Neijing Suwen, Chapter 31

- 十二日，厥阴病衰，囊纵，少腹微下。
- On the twelfth day, the disease of Jueyin weakens, the scrotum relaxes and descends a bit from the lower abdomen.
- 大气皆去，病日已矣。
- As all the great qi has left, the days of sickness have ended.

Concepts of Time in the Shanghan Lun



Time and Prognosis in the Shanghan Lun

- 七、病有发热恶寒者，发于阳也。无热恶寒者，发于阴也。When the disease shows fever and aversion to cold, it has arisen from yang. No fever with aversion to cold, means it has arisen from yin.
- 发于阳，七日愈。发于阴，六日愈。以阳数七阴数六故也。
- If arisen from yang, it cures in seven days. If arisen from yin, it cures in six days. Because the yang number is seven, and the yin number is six. (SHL 7)

Examples of Timing of Disease Progression in the Shanghan Lun

- 四、伤寒一日，太阳受之。脉若静者，一为不传；颇欲吐，若躁烦脉数急者，为传也。
- On the first day of Cold Damage, Taiyang receives it. If the pulse is quiet, it indicates there is no passage; if there is a strong desire to vomit, or restlessness and vexation with a rapid urgent pulse, there is passage. (SHL 4)

Examples of Timing of Disease Progression in the Shanghan Lun

- 五、伤寒二、三日，阳明少阳证不见者，为不传也。
- On day two or three of Cold Damage, if there are no Yangming or Shaoyang symptoms to be seen, it means there is no passage. (SHL 5)

Examples of Timing of Disease Progression in the Shanghan Lun

- 二七〇、伤寒三日，三阳为尽，三阴当受邪；其人反能食而不呕，此为三阴不受邪也
- After three days of Cold Damage, the three Yang have ended, and the three Yin should receive the evil; but if the person is able to eat and does not retch, it means the three Yin are not receiving the evil. (SHL 270)

Summary of Timing of Disease Progression in the Antique Guilin Edition

- 尺寸俱浮者，太陽受病也，當一二日發。
- When chi to cun pulses are floating, taiyang has received the illness, for it must have started since one or two days.
- 尺寸俱長者，陽明受病也，當二三日發。
- When chi to cun pulses are long, yangming has received the illness, for it must have started since two or three days.
- 尺寸俱弦者，少陽受病也，當三四日發。
- When chi to cun pulses are wiry, shaoyang has received the illness, for it must have started since three or four days.

Summary of Timing of Disease Progression in the Antique Guilin Edition

- 尺寸俱沉濡者，太陰受病也，當四五日發。
- When chi to cun pulses are deep and soggy, taiyin has received the illness, for it must have started since four or five days.
- 尺寸俱沉細者，少陰受病也，當五六日發。
- When chi to cun pulses are deep and thin, shaoyin has received the illness, for it must have started since five or six days.
- 尺寸俱弦微者，厥陰受病也，當六七日發。
- When chi to cun pulses are wiry and faint, jueyin has received the illness, for it must have started since six or seven days.

Timing of a Disease Running Its Course

- 一〇、風家，表解而不了了者，十二日愈。
- In Wind Patients, when the surface releases but [the disease] has not fully ended, it will cure in twelve days. (SHL 10)

The Shanghan Lun Concept of Auto-Resolution and the Timing Thereof



Timing of Spontaneous Disease Resolution in the Shanghan Lun

- Taiyang disease desires to resolve in the time from si to wei. (SHL9)
- 太阳病，欲解时，从巳至未上。
- Yangming disease desires to resolve in the time from shen to xu. (SHL193)
- 阳明病，欲解时，从申至戌上。
- Shaoyang disease desires to resolve in the time from yin to chen. (SHL 272)
- 少阳病，欲解时，从寅至辰上。

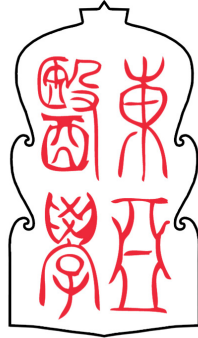
Timing of Spontaneous Disease Resolution in the Shanghan Lun

- Taiyin disease desires to resolve in the time from the hai to chou. (SHL275)
- 太阴病，欲解时，从亥至丑上。
- Shaoyin disease desires to resolve in the time from zi to yin. (SHL292)
- 少阴病，欲解时，从子至寅上。
- Jueyin disease desires to resolve in the time from chou to mao. (SHL328)
- 厥阴病，欲解时，从丑至卯上。

Conformation Resolution Times in Hours of the Day

- Taiyang disease desires to resolve in the time from 9 AM to 3 PM.
- Yangming disease desires to resolve in the time from 3 PM to 9 PM.
- Shaoyang disease desires to resolve in the time from 3 AM to 9 AM.
- Taiyin disease desires to resolve in the time from the 9 PM to 3 AM.
- Shaoyin disease desires to resolve in the time from 11 PM to 5 AM.
- Jueyin disease desires to resolve in the time from 1 AM to 7 AM.

Thank You!



ICEAM.ORG

ONLINE CEU courses available at
www.iceam.org