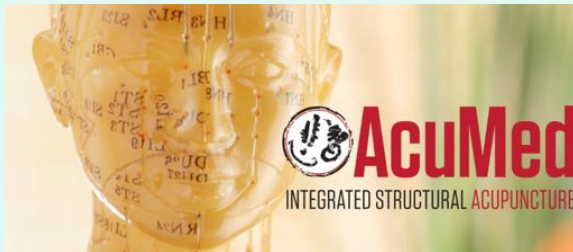


Pathogenic Factors in Chinese Medicine 中醫致病因素

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Part 1 & 2



The Idea of Treatment



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External Pathogenic Factors (6 Excesses)

cold



wind



fire



dampness



summer heat



dryness



Internal Pathogenic Factors (7 Emotions)

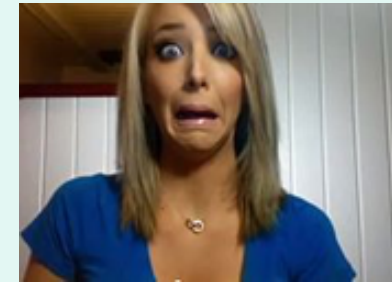
sorrow



joy



fright



pondering



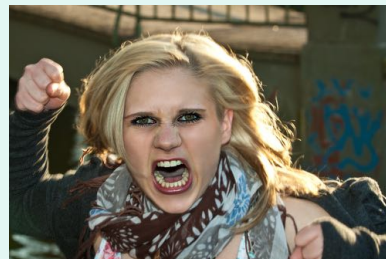
grief



fear



anger



The Six Excesses – Cold



- provoked by chills, cooling, frostbite
- aggravated by exposition to cold
- tightening and contracting
- alleviated by warmth
- illness in winter time

The Six Excesses – Fire (Heat)



- burn
- appearing like having been burnt or being burning
- local hyperthermia
- redness
- fever
- “inflammation”
- moving upward and outward

The Six Excesses – Summer Heat



- sunstroke
- sunburn
- summer flu
- illness in summer time

The Six Excesses – Dryness



- provoked by dry climate or lack of fluids
- appearing like being dried out or lacking fluids
- alleviated by fluid supply
- roughening
- illness in autumn

The Six Excesses – Wind



- provoked by draught
- appearing like wind moving through the body
- causing wryness, shaking and pain
- changing intensity, direction and place
- moving around, coming and going
- illness in spring time

The Six Excesses – Dampness



- provoked by humid atmosphere
- swelling or feeling of heaviness or toughness
- turbid or mucous discharge
- sensation like being trapped in a swamp
- meteorosensitivity
- moving downward or impeding movement
- illness in late summer

The (Seven) Emotions

"The heart manifests in the mood as joy."

"The liver manifests in the mood as anger."

"The spleen manifests in the mood as pondering."

"The lung manifests in the mood as sorrow."

"The kidney manifests in the mood as fear."

Direct Harm

“Anger affects the liver.”

”Joy affects the heart.“

”Pondering affects the spleen“

"Sorrow affects the lung“

”Fear affects the kidney“

Influencing the Flow of Qi in the Organs

”In anger Qi is rising.“

”In joy Qi is loosened.“

”In grief Qi is consumed.“

”In fear Qi is pushed downwards.“

”In fright Qi gets confused.“

”In pondering Qi becomes knotted.“

Emotional Antidotes

”Anger damages the liver, grief conquers anger.

Joy damages the heart, fear conquers joy.

Pondering damages the spleen, anger conquers pondering.

Sorrow damages the lung, joy conquers sorrow.

Fear damages the kidney, pondering conquers fear.“

The Way of the Sages

„The lessons delivered to us by the sages of ancient times are saying: by time one has to withdraw from the evil influences that make use of our weak points and from the larcenous winds in order to rest in oneself. Then, the true origins find their direction, the essences and the spirit are conserved inside. Where from could an illness then get hold of you ? With an unworried willing and an alleviated desire the heart calms down and becomes free of fears. Labour does not weary your body, and the Qi obeys its direction. Everything is in the demanded course and finds its fulfilment.“

The Way of the Sages

„Therefore, beautify your meals, ease your clothing, enrich your company with joy, do not strive for a high or low position. Such people may be called plain. In this way, your desires cannot weary your senses and evil influences cannot bewilder your heart. No matter if stupid, wise, virtuous or dishonourable, the fear against all matters is averted and the harmony with the right path (Dao) is established. Therefore, everybody is able to achieve an age of hundred years without exhaustion in movement. Thus, their virtue is complete and out of danger.“

Huang-di nei-jing su-wen: Shang-gu-tian zhen-lun pian di-yi
黃帝內經素問•上古天真論篇第一

Thank You for Your attention !



