

VENERATING THE ROOT

AN INTRODUCTION TO SUN SIMIAO'S TEACHINGS ON PEDIATRICS

SABINE WILMS, PH.D.
NATIONAL COLLEGE OF NATURAL MEDICINE
PORTLAND, OR, USA

PRESENTED MARCH 24, 2015, 3-7 PM
SIXTH INTERNATIONAL COMMUNITY OF CHINESE
MEDICINE CONGRESS IN TEL AVIV, ISRAEL



INTRODUCTION:

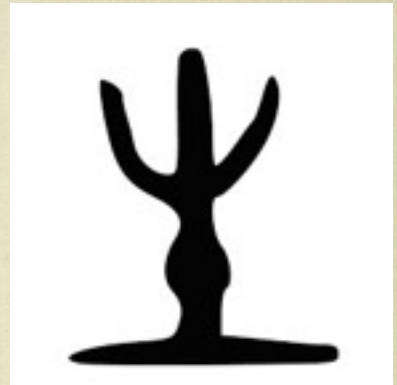
PETER FIREBRACE: "VENERATE THE ROOT!"

LECTURE OUTLINE

- **INTRO: “THE ART OF NURTURING THE SMALL” IN CLASSICAL CHINESE MEDICINE AND IN THE BEI JI QIAN JIN YAO FANG BY SUN SIMIAO**
- **CONTENT AND CLINICAL SIGNIFICANCE OF MASTER SUN’S PEDIATRICS:**
 - **NEONATAL DEVELOPMENT (“STEAMINGS”), CARE AND BREASTFEEDING**
 - **SEIZURES, “FRIGHT,” AND “INTRUSIVE UPSET”**
 - **COLD DAMAGE AND COUGH**
 - **DIGESTIVE PROBLEMS**
 - **ABSCESSSES, ITCHING, AND OTHER EXTERNAL PROBLEMS**
 - **MISCELLANEOUS OTHER TREATMENTS**

YANG SHENG 養生 (“NURTURING LIFE”)

- WHICH MEANS WHAT????? OR SHOULD IT BE YANG XING 養性 (“NURTURING THE INNER NATURE”)?



- 《說文解字》生，進也。（SHENG = “TO ENTER OR ADVANCE”） > BIRTH? SPRING? SPROUTING?
- SUWEN 5.5: 天有四時五行，以生長收藏，以生寒暑燥濕風。“HEAVEN HAS THE FOUR SEASONS AND FIVE DYNAMIC MOVEMENTS (“ELEMENTS”). BY MEANS OF THESE, IT GIVES BIRTH, CAUSES GROWTH, HARVESTS/ RECEIVES, AND STORES, AND BY MEANS OF THESE IT ENGENDERS COLD, SUMMER-HEAT, DRYNESS, DAMPNESS, AND WIND.”

YANGSHENG AS INDIVIDUAL CULTIVATION

- EXERCISES TO CULTIVATE QI: DAO YIN (“GUIDING AND PULLING”, STRETCHING), BREATHING, AND MEDITATION
- SEXUAL INTERCOURSE
- FOOD: DIET AND DRUGS
- CULTIVATING THE “INNER NATURE” (YANG XING 養性) >> ETHICS
- LIFELONG STUDIES
- RECLUSIVE LIFESTYLE OF MODERATION AND REGULARITY, AVOIDING TAXATION
- LIVING A LIFE IN HARMONY BETWEEN THE MICROCOSM OF THE BODY AND THE MACROCOSM OF THE UNIVERSE

THE LARGER CONTEXT: OUTLINE OF THE QIANJINFANG

- PREFACE
- WOMEN
- CHILDREN
- DISEASES OF THE SEVEN ORIFICES (I.E., HEAD CONDITIONS), WIND POISON AND LEG QI₄, WINDS, COLD DAMAGE, VISCERA AND BOWELS, THIRST AND URINARY PROBLEMS, ON ABSCESSSES, ON HEMORRHOIDS AND FISTULAS, ON RESOLVING TOXINS AND VARIOUS OTHER PROBLEMS, AND ON EMERGENCY TREATMENTS
- DIETARY THERAPY 食治
- 養性 (NURTURING THE INNER NATURE): CULTIVATING HEALTH AND PROLONGING LIFE, I.E. RECLUSIVE LIFESTYLE, MASSAGE, REGULATING QI, DIETARY METHODS, “THE VARIOUS PROHIBITIONS OF THE YELLOW EMPEROR” (I.E. SEXUAL TABOOS AND METHODS), AND “SUPPLEMENTING AND BOOSTING THROUGH SEXUAL INTERCOURSE”
- VESSEL THEORY AND PULSE DIAGNOSTICS, ACUPUNCTURE AND MOXIBUSTION

QJF, VOL. 26 (食治 DIETETICS)

- “ZHANG ZHONGJING SAID: ‘WHEN A PERSON’S BODY IS BALANCED AND HARMONIOUS, YOU MUST MERELY NURTURE IT WELL.’ DO NOT RECKLESSLY TAKE DRUGS, BECAUSE THE STRENGTH OF DRUGS ASSISTS ONLY PARTIALLY AND CAUSES THE PERSONS’ ZANG (“VISCERAL”) QI TO BE IMBALANCED, SO THAT THEY EASILY CONTRACT EXTERNAL TROUBLE.
- FOR THIS REASON, FOOD IS ABLE TO EXPEL EVIL AND SECURE THE VISCERA AND BOWELS, TO PLEASE THE SPIRIT AND CLEAR THE WILL, BY SUPPLYING BLOOD AND QI. IF YOU ARE ABLE TO USE FOOD TO STABILIZE CHRONIC DISEASE, RELEASE EMOTIONS, AND CHASE AWAY DISEASE, YOU CAN CALL YOURSELF AN OUTSTANDING CRAFTSPERSON. THIS IS THE SPECIAL METHOD OF LENGTHENING THE YEARS AND “EATING FOR OLD AGE” AND THE UTMOST ART OF NURTURING LIFE...
- ...ANY PRACTITIONER OF MEDICINE MUST FIRST THOROUGHLY UNDERSTAND THE SOURCE OF DISEASE AND KNOW WHAT HAS BEEN VIOLATED. THEN, USE FOOD TO TREAT IT, AND IF FOOD WILL NOT CURE IT, AFTERWARDS APPLY DRUGS.
- THE NATURE OF DRUGS IS HARSH AND UNYIELDING. THIS IS JUST LIKE MANAGING SOLDIERS. SOLDIERS BEING FIERCE AND VIOLENT, HOW COULD YOU ALLOW THEM TO RECKLESSLY SET OUT!”

故今斯方，先婦人、小兒，而後丈夫、耆老者，則是崇本之義也。

“NOW THE PRESENT COLLECTION OF TREATMENTS IS ARRANGED BY PLACING THE TREATMENTS FOR WOMEN AND CHILDREN FIRST, AND THOSE FOR HUSBANDS AND THE ELDERLY AFTERWARDS. THE SIGNIFICANCE OF [THIS STRUCTURE] IS THAT IT VENERATES THE ROOT.”

CHINESE MEDICINE PEDIATRICS

- HISTORICALLY, MUCH MORE IMPORTANT THAN IN EARLY WESTERN MEDICINE: HAN DYNASTY BIBLIOGRAPHY LISTS 19 VOLUMES FOR FORMULAS FOR WOMEN AND CHILDREN.
- WEST: FIRST TEXT ON PEDIATRICS BY HIERONYMUS IN 1583! BEFORE THAT ONLY INDIVIDUAL TREATMENTS AND SHORT COMMENTS.
- MODERN CLINICAL PRACTICE: LOOK AT CM PRACTICE IN THE WEST!
- IN TAIWAN IN 2012, 18% OF PEDIATRIC PATIENTS HAD USED CM PRACTITIONERS, EVEN THOUGH FULLY REIMBURSED BY INSURANCE. USAGE INCREASED SHARPLY WITH INCREASE IN AGE. ALSO, PARENTS' EXPERIENCE WITH CM. ISRAEL?
- AT LEAST IN THE US, CM FERTILITY IS NOW QUITE COMMON, SO ALL THOSE HAPPY PARENTS ARE LOOKING FOR PRACTITIONERS FOR THEIR BABIES > INCREASING DEMAND!

CLASSICAL CHINESE PEDIATRICS

- **SUN SIMIAO'S WORK IS NOT AN ISOLATED MASTERPIECE! QUOTES MANY OTHER TEXTS THAT ARE NOW LOST.**
- **IN THE SÒNG PERIOD (960-1279), IT BECAME A RESPECTED SPECIALIZATION, LIKE GYNECOLOGY! WITH MANY SPECIALIZED TEXTBOOKS, PHYSICIANS AND PROFESSORS SPECIALIZING IN PEDIATRICS, COURSE OF EDUCATION ETC.**
- **SEE THE FOLLOWING INTRODUCTION TO VOL. 5 OF THE QIANJINFANG:**

- “AMONG THE DAOS FOR ENGENDERING HUMANS (生人之道 SHĒNG RÉN ZHĪ DÀO), NONE FAIL TO PRODUCE THE BIG BY NURTURING THE SMALL (莫不以養小為大). WITHOUT ATTENTION TO THE SMALL, DEATH ENSUES BEFORE THE BIG IS COMPLETED. FOR THIS REASON, THE YÌ JĪNG 易經 (“CLASSIC OF CHANGES”) SAYS: ‘[ENABLE] THAT WHICH IS SMALL TO COME TOGETHER SO AS TO COMPLETE THAT WHICH IS BIG....’
- ...THE FORCE OF QÌ IS STILL FEEBLE IN SMALL CHILDREN, AND MEDICAL MASTERS (醫士) NEED TO TAKE GREAT CARE TO RESCUE AND CURE THEM AND MERITORIOUSLY OFFER THEIR SERVICES TO HELP THEM RECOVER FROM SERIOUS CONDITIONS.
- THE MAJORITY OF PRESENT-DAY STUDENTS FAIL TO HOLD ON TO THIS INTENTION. FOR THIS REASON, WHEN INFANTS IN SWADDLING CLOTHES ARE CONCERNED, SURROUNDED BY THE FOUL STENCH OF BREAST MILK, HOW DARE WE LOOK DOWN ON THOSE DOCTORS WHO PERFORM HEROIC ACTS?
- BUT IN REFERENCE TO [THOSE DOCTORS WHO] WITHDRAW [FROM CARING FOR BABIES], ALL I CAN DO IS SIGH DEEPLY!...

SUN SIMIAO'S SOURCES

- “THE CLASSICS RECORD NOTHING ON CHILDREN YOUNGER THAN SIX SUÌ. AS A RESULT, DISEASES OF BREASTFEEDING INFANTS THAT ARE DIFFICULT TO TREAT ARE NOWHERE RECORDED OR ATTESTED.
- IN MID ANTIQUITY, THERE WAS A PERSON NAMED WŪ FÁNG WHO WROTE THE LÚ XÌN JĪNG (“FONTANEL CLASSIC,” CA. 4TH-2ND C.BCE) FOR SMALL CHILDREN, TO DIVINE THEIR PREMATURE DEATH OR LONGEVITY, AND TO JUDGE WHETHER DISEASES WOULD END IN LIFE OR DEATH. PASSED DOWN TO POSTERITY, THIS IS THE FIRST TEXT TO CONTAIN TREATMENTS FOR SMALL CHILDREN.
- ARRIVING AT THE JÌN AND LIÚ-SÒNG PERIODS (3RD-5TH C.CE) THE REGION TO THE EAST OF THE YANGZI RIVER HELD THE VARIOUS MEMBERS OF THE SŪ CLAN IN HIGH ESTEEM, TRANSMITTING AND COLLECTING THEIR EXPERIENCES AND PASSING THEM ON AMONG THE POPULATION.
- THE STATE OF QÍ HAD KING XÚ (XU ZHICAI 徐之才, 492-572), WHOSE WRITINGS ALSO INCLUDE THREE VOLUMES OF TREATMENTS FOR SMALL CHILDREN.

- AS A CONSEQUENCE, TODAY'S SCHOLARS HAVE RECEIVED A FAIR NUMBER OF TEACHINGS. NEVERTHELESS, MASTER XÚ HAD A LOFTY SOCIAL STATUS, SO HOW COULD HE HAVE FOUND THE LEISURE TIME TO DEVOTE HIMSELF TO SMALL CHILDREN?
- WHEN I LOOK AT THE RATIONALES BEHIND HIS TREATMENTS IN DETAIL, [I REALIZE THAT] THEY ARE NOT VERY PROFOUND AND DETAILED AND THAT THERE ARE FEW THAT ARE WORTH SELECTING, AND NONE THAT ARE OF CONSUMMATE MYSTERY.
- AT PRESENT, I HAVE MADE ABUNDANT SELECTIONS FROM AMONG THE VARIOUS MASTERS WHILE ALSO INCLUDING EFFECTIVE TREATMENTS THAT I HAVE PERSONALLY EXPERIENCED, TO COMPOSE THIS CHAPTER.
- EACH AND EVERY HOUSEHOLD SHOULD MASTER THIS ART OF NURTURING THE SMALL, SO THAT IT WILL BE SPARED THE CALAMITY OF UNTIMELY DEATH..."

PEDIATRICS IN THE EARLY MEDICAL CLASSICS

- ALWAYS AT THE END AND IGNORED OR NOT MUCH CONTENT
- NOTHING IN ZHANG ZHONGJING'S 張仲景 JINGUI YAOLÜE 《金匱要略》 (“ESSENTIALS FROM THE GOLDEN CABINET”) FROM THE LATE HAN!
- WANG TAO'S 王燾 WAI TAI MI YAO 《外台秘藥》 (“ESSENTIAL SECRETS FROM THE PALACE LIBRARY”) FROM 752: VOLS. 35-36 OF 40 VOLS. WITH CA. 400 FORMULAS IN 86 CHAPTERS!
- CHAO YUANFANG'S 巢元方 ZHU BING YUAN HOU LUN 《諸病源候論》 (“TREATISE ON THE ORIGINS AND SYMPTOMS OF THE VARIOUS DISEASES”) FROM 610: FINAL 6 OF 50 VOLUMES > CA. 10% OF THE TOTAL!

QIÁN Yǐ 錢乙

- FAMOUS PEDIATRICIAN IN THE SÒNG DYNASTY
- 1119: XIǎO ÉR YÀO ZHÈNG ZHÍ JUÉ 小兒藥証直訣 (STRAIGHT TRICKS ON MEDICINALS AND SIGNS IN PEDIATRICS) IN THREE VOLUMES
- EXPRESSES 40 YEARS OF CLINICAL EXPERIENCE AND RESEARCH
 - VOL. 1: “PULSES, SIGNS, TREATMENTS” > PHYSIOLOGY, PATHOLOGY, DIAGNOSIS, AND TREATMENT PRINCIPLES
 - VOL. 2: 23 CASE HISTORIES
 - VOL. 3: FORMULAS: 23 OF QIAN YI’S OWN, PLUS OTHER BASIC FORMULAS.

DIFFICULTY OF TREATING KIDS

- NOT MUCH INFORMATION IN THE CLASSICS
- PULSES ARE DIFFICULT TO READ AND KIDS WAIL EASILY FROM FRIGHT.
- BONES, QI, OUTER BODY, AND VOICE ARE NOT FULLY DEVELOPED YET AND THEY OFTEN “BEHAVE ABNORMALLY”
- THEY CANNOT SPEAK OR THEIR WORDS ARE UNRELIABLE, SO QUESTIONING 問 DOES NOT WORK.
- THEIR INTERNAL ORGANS ARE WEAK AND THEY EASILY CONTRACT EXTERNAL EVILS OR SUFFER FROM VACUITY OR REPLETION
- OTHER PHYSICIANS PRESCRIBE SUBSTANCES THAT MAY HAVE COMPLICATED THE CONDITION
- >>THEREFORE: 4 PATIENTS OUT OF 10 DIE FROM IATROGENIC CAUSES!

YOU YOU XIN SHU

- “NEW WRITINGS ON EARLY CHILDHOOD” 幼幼新書
- PUBLISHED IN 1150 BY EDITORIAL TEAM UNDER
LIU FANG 劉昉
- 40 VOLUMES!!!
- AVAILABLE ON THEQI.COM: [HTTP://THEQI.COM/
CMED/OLDBOOK/BOOK172/INDEX.HTML](http://theqi.com/cmmed/oldbook/book172/index.html)

SUN SIMIAO'S WRITINGS
ON PEDIATRICS

孫思邈 《備急千金要方》卷五，少小嬰孺方
“ESSENTIAL TREATMENTS WORTH A THOUSAND IN
GOLD TO PREPARE FOR EMERGENCIES”, VOL. 5:
TREATMENTS FOR YOUTHS, CHILDREN, NEONATES,
AND BREASTFEEDING INFANTS.

PRELIMINARY DEFINITIONS

- THE XIǎO PǐN FāNG (“SKETCHED OUT FORMULAS”, LATE 5TH C.) STATES: ALL HUMANS ARE CONSIDERED “SMALL” 小 FROM THE AGE OF SIX SUÌ ON. FROM THE AGE OF SIXTEEN SUÌ ON, THEY ARE CONSIDERED “YOUNG” 少. FROM THE AGE OF THIRTY SUÌ ON, THEY ARE CONSIDERED “ADULT” 壯. FROM THE AGE OF FIFTY SUÌ ON, THEY ARE CONSIDERED “OLD.”
- 嬰 YĪNG: “SWADDLING: A SWADDLED BABY” > “NEWBORN” (說文：繞也)
- 孺 RÚ: “BREASTFEEDING” > NURSING BABY (“INFANT”?) (說文：乳子也)

GENERAL GUIDELINES

- “THE DISEASES OF SMALL CHILDREN ARE NO DIFFERENT FROM THOSE OF ADULTS. THE ONLY DIFFERENCE LIES IN THE QUANTITY OF MEDICINALS THAT ARE USED.
- THE EIGHT OR NINE CHAPTERS ON FRIGHT SEIZURES 驚癇, INTRUSIVE UPSET 客忤, SEPARATED SKULL 解顱, FAILURE TO WALK, ETC. ARE HERE COMBINED INTO THE PRESENT VOLUME.
- OTHER TREATMENTS FOR CONDITIONS LIKE DIARRHEA ETC. ARE SCATTERED THROUGHOUT THE VARIOUS OTHER VOLUMES [OF THE BÈI JÍ QIĀN JĪN YÀO FĀNG] AND CAN BE FOUND THERE.”

SO WHY IS PEDIATRICS SO
IMPORTANT
(FOR SUN SIMIAO AND FOR YOU)
????

- QJF V.1 (AGAIN): “AMONG THE DAOS FOR ENGENDERING HUMANS (生人之道 SHĒNG RÉN ZHĪ DÀO), NONE FAIL TO PRODUCE THE BIG BY NURTURING THE SMALL (莫不以養小為大). WITHOUT ATTENTION TO THE SMALL, DEATH ENSUES BEFORE THE BIG IS COMPLETED. FOR THIS REASON, THE YÌ JĪNG 易經 (“CLASSIC OF CHANGES”) SAYS: ‘MAKE THAT WHICH IS SMALL COME TOGETHER SO AS TO COMPLETE THAT WHICH IS BIG....’
- 養小之術 >> CONNECTION TO 養生 “NURTURING LIFE” >> HIGH ESTIMATION OF PEDIATRICS AND GYNECOLOGY (INCLUDING FERTILITY AND PRENATAL AND POSTNATAL CARE) IN CHINESE MEDICINE TO THIS DAY!!!
- SUWEN 5: 治病必求于本。 ”TO TREAT DISEASE, WE MUST RETURN TO THE ROOT!”
- IMPORTANCE OF NURTURING PROCESSES AT THEIR INCEPTION, IN THE FORMATIVE STAGE!

QIANJINFANG, VOL. 5

- BALANCES HIS REPEATEDLY STATED PREFERENCE FOR “TREATING DISEASE BEFORE IT ARISES” (治未病 ZHÌ WÈI BÌNG) AND HIS DESIRE TO ADDRESS THE REAL PRACTICAL NEEDS OF HIS READERS TO “PREPARE FOR CRITICAL SITUATIONS” (備急 BÈI JÍ) > COMBINATION OF PREVENTATIVE CARE AND TREATMENT OF URGENT CONDITIONS!
- 13 ESSAYS, 289 FORMUALS, 39 MOXIBUSTION METHODS, 2 INCANTATIONS, AND SOME OTHER TECHNIQUES.
- MORE ESSAYS THAN IN OTHER VOLUMES WITH MOSTLY JUST LISTS OF FORMULAS >
 - GREATER FOCUS ON PREVENTION AND EARLY DIAGNOSIS?
 - FRAGILITY OF KIDS > ACTUAL MEDICAL TREATMENT TOO DANGEROUS AND HARSH?
- PERSONAL SPECIALITY OF SUN SIMIAO?

CONTENT OUTLINE

- 1: PREFACE, NEONATAL DEVELOPMENT, TRANSFORMATIONS AND STEAMINGS, SELECTING A WET NURSE
- 2: NEONATAL CARE: CUTTING THE CORD, SWADDLING, TREATING THE NAVEL, BREASTFEEDING, BATHING, THRUSH, SUDDEN NEONATAL DEATH, FORETELLING THE BABY'S LIFE.
- 3: FRIGHT SEIZURES (DIAGNOSIS + TREATMENT WITH FORMULAS AND MOXIBUSTION)
- 4: INTRUSIVE UPSET AND POSSESSION (DIAGNOSIS + TREATMENT WITH FORMULAS, MOXIBUSTION, AND SPELLS)
- 5 AND 6: COLD DAMAGE AND COUGH
- 7: ABDOMINAL ACCUMULATIONS (AGGREGATIONS, BINDS...)
- 8: SKIN CONDITIONS
- 9: MISCELLANEOUS OTHER TREATMENTS



CHAPTER 1: PREFACE

EVALUATING NEWBORN DEVELOPMENT

- SIXTY DAYS AFTER BIRTH THE PUPILS ARE COMPLETED AND [BABIES] ARE ABLE TO SMILE AND LAUGH AND RESPOND TO PEOPLE.
- A HUNDRED DAYS [AFTER BIRTH], THE RÈNMÀI IS COMPLETED AND BABIES ARE ABLE TO ROLL OVER ON THEIR OWN.
- A HUNDRED AND EIGHTY DAYS [AFTER BIRTH], THE BONES IN THE BUTTOCKS ARE COMPLETED AND BABIES ARE ABLE TO SIT UP ON THEIR OWN.
- TWO HUNDRED AND TEN DAYS [AFTER BIRTH], THE BONES IN THE PALM OF THE HAND ARE COMPLETED AND BABIES ARE ABLE TO CRAWL.
- THREE HUNDRED DAYS [AFTER BIRTH], THE KNEECAPS ARE COMPLETED AND BABIES ARE ABLE TO STAND ON THEIR OWN.
- THREE HUNDRED AND SIXTY DAYS [AFTER BIRTH], THE KNEES ARE COMPLETED AND BABIES ARE ABLE TO WALK.
- THIS IS THE METHOD TO DETERMINE [THE AGE-APPROPRIATE DEVELOPMENT OF SKILLS]. IF A BABY IS UNABLE TO ACCORD WITH THIS SCHEDULE, THERE MUST BE SOME PLACE THAT IS OUT OF BALANCE.

“TRANSFORMATIONS AND STEAMINGS”

(變蒸 BIÀN ZHĒNG)

■ 32 DAYS: TRANSFORMATION I

■ 64 DAYS: TRANSFORMATION II + STEAMING

■ 96 DAYS: TRANSFORMATION III

■ 128 DAYS: TRANSFORMATION IV + STEAMING

■ 160 DAYS: TRANSFORMATION V

■ 192 DAYS: TRANSFORMATION VI + STEAMING

■ 224 DAYS: TRANSFORMATION VII

■ 256 DAYS: TRANSFORMATION VIII + STEAMING

■ 288 DAYS: TRANSFORMATION IX

■ 320 DAYS: TRANSFORMATION X + STEAMING

- >> TEN TRANSFORMATIONS AND FIVE MINOR STEAMINGS.
- THEN THREE MAJOR STEAMINGS ON
- DAYS 384, 448, AND 576: SPACED 64 DAYS LATER, ANOTHER 64 DAYS, THEN 128 DAYS.
- “IN ALL CASES, THERE ARE TEN TRANSFORMATIONS AND FIVE MINOR STEAMINGS, AND THEN THREE MAJOR STEAMINGS, WHICH TAKE PLACE WITHIN A TOTAL OF 576 DAYS [AFTER BIRTH]. WHEN THE MAJOR AND MINOR STEAMINGS ARE ALL FINISHED, [THE BABY] HAS BECOME A HUMAN BEING.
- THE REASON WHY BABIES PASS THROUGH THESE TRANSFORMATIONS AND STEAMINGS IS SO AS TO MAKE THEIR BLOOD AND VESSELS THRIVE AND ALTER THEIR FIVE ZÀNG ORGANS. FOR THIS REASON, AS SOON AS THE FIRST TRANSFORMATION IS FINISHED, YOU CAN SENSE A DIFFERENCE IN THEIR CONDITION RIGHT AWAY.”

WHAT ARE THEY?

- **CHAO YUANFANG:** “THEY SIGNIFY THE GROWTH OF BLOOD AND QÌ. TRANSFORMATIONS MEANS THE ASCENT OF QI, WHILE STEAMING MEANS GENERALIZED HEAT. THE KEY SIGN BY WHICH TO DIFFERENTIATE TRANSFORMATIONS AND STEAMINGS FROM CONDITIONS OF HEAT OR COLD DAMAGE IS THAT THE BODY IS HOT BUT THE EARS AND BUTTOCKS ARE COLD.”
- **SUN SIMIAO QUOTES THIS, THEN CONTINUES:**
- **TRANSFORMATIONS AND STEAMINGS CAN BE MILD OR SEVERE.**
 - **MILD:** GENERALIZED HEAT WITH MILD FRIGHT, COLD EARS AND BUTTOCKS, WHITE BLISTERS BREAKING OUT ON THE UPPER LIP AND HEAD THAT RESEMBLE FISH EYES OR PEARLS, AND SLIGHT SWEATING.
 - **SEVERE:** VIGOROUS GENERALIZED HEAT WITH A DISORDERED PULSE, SWEATING OR NO SWEATING, LACK OF APPETITE, VOMITING RIGHT AFTER NURSING, AND SLIGHT REDNESS IN THE WHITE OF THE EYE AND SLIGHT WHITENESS IN THE BLACK OF THE EYES.
- **ALTERNATIVELY:** WHITENESS OF THE EYES SIGNIFIES SEVERITY, WHILE REDNESS OR BLACKNESS SIGNIFIES MILDNESS. WHEN THE TRANSFORMATIONS AND STEAMINGS ARE FINISHED, THE EYEBALLS BECOME BRIGHT! THIS IS THE EVIDENCE [THAT THIS STAGE IS OVER].

- TRANSFORMATIONS ARE MILD ON THEIR OWN BUT CAN BE MORE ACUTE WHEN COMBINED WITH STEAMINGS.
- STEAMINGS NORMALLY ABATE IN 5 DAYS BUT MAY LAST 10 DAYS.
- MAX. 5 DAYS BEFORE AND 5 DAYS AFTER (THE SPECIFIC DAY) > HEAT IS EXPELLED
- TIMING: MAY BE EARLY OR LATE.
- “FURTHERMORE, AT THE TIME OF THE ONSET OF TRANSFORMATIONS, THERE ARE SOME CASES WHERE THE HEAT IS SEVERE AND FAILS TO SUBSIDE, IN VIOLATION OF THE NUMBER OF DAYS. CALCULATE THE DAYS OF TRANSFORMATIONS AND STEAMINGS PRECISELY AS THE CORRECT TIMES WHEN YOU SHOULD SEE HEAT AND MILD FRIGHT. BEWARE: YOU MUST NOT TREAT [THIS WITH MEDICATIONS] OR APPLY MOXIBUSTION OR ACUPUNCTURE! ONLY KEEP THEM COMPANY AND OBSERVE THEM.”
- “DURING THIS TIME, PROTECT BABIES FROM FRIGHT, ACTIVITY, AND CROWDS OF PEOPLE.”

DIFFERENTIAL TREATMENT

- SEASONAL WARM DISEASE, WHETHER AS A COMPLICATION OF STEAMINGS OR ON ITS OWN, IS DISTINGUISHED BY PERVASIVE HEAT, INCLUDING IN THE EARS AND BUTTOCKS, AND THE ABSENCE OF WHITE BLISTERS ABOVE (OR “IN THE TOP OF”?) THE MOUTH.
- IN SUCH CASES, GIVE “BLACK POWDER” TO PROMOTE SWEATING AND ELIMINATE THE HEAT THROUGH DOWNWARD MOVEMENT (I.E., URINATION AND DEFECATION) WITH “PURPLE PILLS” (SEE BELOW).
- COMPLICATION WITH COLD: BENDING AND TWISTING AND INCESSANT CRYING. APPLYING A HOT COMPRESS WITH RESULT IN INSTANT RECOVERY.
- “TRANSFORMATIONS AND STEAMINGS ARE SIMILAR TO SEVERE WARMTH SEEN IN COLD DAMAGE. IF IT IS NOT A CASE OF A TRANSFORMATION OR STEAMING, YOU WILL SEE GENERALIZED HEAT WITH HEAT IN THE EARS AND ALSO IN THE BUTTOCKS. THIS SIGNIFIES THAT IT IS A DIFFERENT CONDITION, WHICH YOU MAY MANAGE WITH ADDITIONAL TREATMENT.
- IF YOU HAVE IDENTIFIED THE CONDITION AS A TRANSFORMATION OR STEAMING, YOU MAY NOT ADMINISTER ADDITIONAL TREATMENT.”

ADDITIONAL MARKERS

- DAY 64 (TRANSFORMATION 2): LYING PRONE (OR CROUCHED?) BUT WANTING TO BE STRAIGHT (OR UPRIGHT?)
- DAY 96 (T. 3): DRAINAGE FROM THE “CINNABAR HOLE” 丹孔. DAN “CINNABAR” = PEDIATRIC CONDITION OF RED MARKINGS ON THE SKIN AS ERUPTION OF FETAL TOXIN 胎毒. SIGNIFICANCE OF DAY 100, WHEN BABY IS INCORPORATED INTO THE FAMILY. CINNABAR HOLE AS MINGMEN “GATE OF LIFE” 命門 OR THE LOWER 丹田 “CINNABAR FIELD”? OR SIMPLY RELEASE OF DAMP HEAT?
- DAY 128 (T. 4): ABILITY TO COUGH AND LAUGH.
- DAY 160 (T. 5): MECHANISMS FOR OPENING AND CLOSING ARE COMPLETED.

- **DAY 192 (T. 6): FIVE MECHANISMS/ZANG ORGANS/KNEECAPS ARE MATURE.**
- **DAY 224 (T. 7): ABILITY TO CRAWL**
- **DAY 256 (T. 8): AWARENESS TO WANT TO LEARN TO SPEAK.**
- **DAY 288 (T. 9): ABILITY TO STAND ERECT.**

- REPEATED WARNINGS AGAINST RECKLESSLY MANAGING IT WITH MOXIBUSTION OR ACUPUNCTURE! “ON THE DAYS OF ANY STEAMINGS, BEWARE! YOU MAY NOT RECKLESSLY TREAT IT, OR YOU WILL ONLY ADD TO THE [CHILD’S] CONDITION.”
- STEAMING PRECISELY MEANS SEVERE HEAT WITH CHAOS IN THE VESSELS (I.E. CHAOTIC PULSE) AND SWEATING.
- TRANSFORMATIONS IN COMBINATION WITH STEAMINGS MEAN THAT THE CHILD IS SENDING OFF AND WELCOMING THE MOON. ???
- DR. BRENDA HOOD: BABIES ARE PURE YANG TRANSFORMING INTO A YIN BODY. MOON AS ULTIMATE REFERENCE TO YIN, SO PERHAPS THIS DESCRIBES THE PROCESS OF SPIRIT INCARNATING INTO FLESH?

PURPLE PILL 紫丸

- IF AFTER A GOOD LONG WHILE YOU ARE UNABLE TO STOP THE HEAT, GIVE A LITTLE BIT OF PURPLE PILL TO INDUCE A MILD DOWNWARD ACTION. THE HEAT WILL SUBSIDE AND THEN STOP.
- A FORMULA TO TREAT TRANSFORMATIONS AND STEAMINGS IN YOUNG CHILDREN WITH HEAT EFFUSION THAT FAILS TO RESOLVE, COMPOUNDED BY VIGOROUS WARMTH FROM COLD DAMAGE, HEAT THAT DOES NOT SUBSIDE AFTER SWEATING, AS WELL AS THE PRESENCE OF PHLEGM AGGREGATIONS IN THE ABDOMEN, INABILITY TO INGEST BREAST MILK OR OTHER FOODS, VOMITING UPON NURSING, FOOD SEIZURES, AND FIRST COLD AND THEN HEAT.

■ INGREDIENTS:

■ DÀIZHĚ 1 LIANG (HEMATITE)

■ CHÌSHÍZHĪ 1 LIANG (HALLOYSITE)

■ BĀDÒU 30 PIECES (CROTON SEED)

■ XÌNGRÉN 50 PIECES (APRICOT PIT)

■ PREPARATION: PULVERIZE. GRIND BADOU AND XINGREN INTO A PASTE, THEN MIX EVERYTHING. POUND 2000 TIMES, ADD HONEY IF NEEDED TO MAKE A PASTE. STORE IN A TIGHTLY SEALED JAR.

■ 1 HEMP-SEED SIZED PILL FOR A 30-DAY-OLD CHILD WITH BREAST MILK. WAIT HALF A DAY FOR A “DOWNWARD MOVEMENT” (I.E. DEFECATION) > HEAT PATHOGEN BEING ELIMINATED. IF NOT, GIVE ANOTHER PILL THE NEXT DAY.

■ 1 ADUKI-BEAN SIZED PILL FOR A 100-DAY-OLD CHILD.

■ IN SUMMER-HEAT, GIVE 1 DOSE EVERY 20-30 DAYS IF THERE IS A TENDENCY TO DEVELOP RASHES.

■ “THERE IS NOTHING THAT PURPLE PILL DOES NOT CURE. IN SPITE OF ITS DOWN-DRAINING EFFECT, IT DOES NOT MAKE THE PERSON VACUOUS.”

Yǎn Yì COMMENTARY (ZHANG LU, 1698)

- RATHER DRASTIC INGREDIENTS SO USE WITH CARE!
- THE SYMPTOM OF COLD AND THEN HEAT MUST INDICATE PHLEGM COLLECTING AND BINDING INTERNALLY.
- IF LEFT UNTREATED, FOOD WILL ROT IN THE DIGESTIVE SYSTEM AND BUILD UP AS PHLEGM, LEADING TO FRIGHT AND SEIZURES.
- CHISHIZHI: WARM AND NOURISH HEART AND SPLEEN.
- DAIZHE: ELIMINATE EVIL QI FROM THE ABDOMEN.
- XINGREN: MOVE QI DOWN AND OUT, DISSIPATE COLD/HEAT
- BADOU: FLUSH OUT AND SCOUR THE INTERNAL ORGANS.
- MINERALS PROTECT CENTER EARTH > NO DAMAGE!

SELECTING A WETNURSE

- MODERN SIGNIFICANCE OF THIS INFO?
- HER BLOOD AND QÌ ARE WHAT MAKE THE BREAST MILK.
- THE FIVE EMOTIONS AND LIKES AND AVERSIONS ARE PRECISELY WHAT HER BLOOD AND QÌ ARE ENGENDERED FROM.
- WHEN NURSING A CHILD, BEWARE OF ANY JOY AND ANGER!...
- ...SELECT ONE WITHOUT STRONG BODY ODOR, GOITERS OR FISTULAS, COUGHING, SORES AND SCALY SKIN, A FEEBLE MIND OR DRIBBLING URINARY BLOCK, WHITE HAIR OR BALDNESS, SCROFULA, TIGHT LIPS, DEAFNESS, NASAL CONGESTION, AND SEIZURES. IF THE CANDIDATE IS FREE OF ALL OF THESE PROBLEMS, THEN YOU CAN LET HER NURSE THE CHILD.
- A TEACHER ONCE SAID THAT YOU CAN KNOW THE SOURCE OF PREVIOUS ILLNESSES BY LOOKING AT [THE PERSON'S] MOXIBUSTION SCARS.

CHAPTER TWO:
NEWBORN
EMERGING FROM
THE ABDOMEN
初生出腹



NEONATAL CARE

- WIPE THE MOUTH CLEAN OF “GREEN-BLUE MUD AND MALIGN BLOOD” WITH SILK FLOSS.
- IF BABY FAILS TO CRY:
 - POUR WARM WATER OVER THEM
 - STROKE THE UMBILICAL CORD BACK TOWARDS THE BODY TO MOVE QI INTO THE ABDOMEN AND BLOW ON THEM A HUNDRED TIMES.
 - WHIP VERY GENTLY WITH SCALLION STALK
- PICK THEM UP OFF THE GROUND IMMEDIATELY SO THEY DO NOT GET STRUCK BY COLD!

SEVERING THE CORD

- WASH THE BABY FIRST AND THEN SEVER THE CORD. OTHERWISE YOU MAY GET WATER INSIDE THE BABY'S NAVEL > ABDOMINAL PAIN.
- DON'T USE A KNIFE BUT CHEW IT OFF THROUGH A PIECE OF CLOTH AND BLOW ON IT SEVEN TIMES WITH WARM BREATH, THEN TIE IN A KNOT.
- HAVE THE REMAINING CORD REACH TO THE BABY'S INSTEP. TOO SHORT >COLD STRIKE > DISHARMONY IN THE STOMACH AND DIARRHEA.
- SEVER THE CORD AT 6 CUN. LONGER THAN THAT WILL DAMAGE THE FLESH, SHORTER WILL DAMAGE THE ZANG ORGANS.
- WAITING TOO LONG ALLOWS COLD TO ENTER, CAUSING UMBILICAL WIND. (TETANUS? GREEN-BLUE LIPS, CLENCHED TEETH, CONVULSIONS, ARCHED BACK RIGIDITY)

SWADDLING

- USE OLD CLOTH, NOT NEW SILK AND AVOID OVERHEATING THEM: “DO NOT LET THE CLOTHING BE TOO THICK BECAUSE THIS WILL DAMAGE THE CHILD'S SKIN AND HARM THE BLOOD AND VESSELS, CAUSING THE OUTBREAK OF MISCELLANEOUS SORES AND YELLOWING.
- IN ALL CASES, AT THE BEGINNING OF A BABY'S LIFE, THE SKIN IS NOT YET COMPLETED, AND YOU MUST NOT DRESS THEM IN WARM CLOTHES. WARM CLOTHING CAUSES THE SINEWS AND BONES TO BECOME SLACK AND WEAK.
- EXPOSE [BABIES] PERIODICALLY TO WIND AND SUN! IF THEY ARE NEVER EXPOSED TO WIND [OR SUN], THE SKIN WILL BRITTLE AND SOFT, AND THEY ARE THEN PRONE TO DAMAGE FROM [COLD OR WIND] STRIKE.
- WHENEVER THE WEATHER IS MILD AND WARM WITHOUT WIND, HAVE THE MOTHER TAKE THE BABY OUT INTO THE SUN TO PLAY. FREQUENT EXPOSURE TO WIND AND SUN CONGEALS THE BLOOD, FIRMS UP THE QÌ, AND MAKES THE FLESH STOUT AND TIGHTLY SEALED. [AS A RESULT, SUCH BABIES] ARE ABLE TO WITHSTAND WIND AND COLD INSTEAD OF FALLING ILL.
- IF THEY ARE CONSTANTLY KEPT BEHIND BED CURTAINS AND WARMED BY DOUBLE LAYERS OF CLOTHING, THEY ARE LIKE THE GRASSES AND TREES IN SHADY PLACES. NOT EXPOSED TO WIND AND SUN, THEY ARE SOFT AND BRITTLE AND [HENCE] UNABLE TO WITHSTAND WIND AND COLD.

CARE OF THE NAVEL

- COVER WITH A SMALL SQUARE OF UNDIED SILK FLOSS, TIE IT ON, AND LEAVE FOR 20 DAYS.
- IF THE NAVEL IS STRUCK BY WIND OR COLD, THIS WILL CAUSE THE BABY TO SUFFER FROM GRIPPING PAIN IN THE ABDOMEN, MANIFESTING WITH BENDING OVER AND CURLING UP, WAILING AND CRYING, AND A GREEN-BLUE OR BLACK COLOR IN THE FACE AND EYES. THIS IS PRECISELY THE TRANSGRESSION OF BEING STRUCK BY WATER. > INFANT COLIC?
- TREAT BY APPLYING A DAILY HOT COMPRESS OF BURNT AND PULVERIZED SILK WADDING.
- IN CRITICAL CASES, TREAT WITH MOXIBUSTION. YOU CAN BURN UP TO EIGHTY OR NINETY CONES OF MOXA.
- IN MILD CASES, WHEN THE NAVEL [MAY] NOT BE GREATLY SWOLLEN BUT ONLY OOZING LIQUID AND YET THE BABY IS CRYING CONSTANTLY, POUND DĀNGGUĪ INTO A POWDER, MIX IT WITH HÚFĚN AND SPREAD IT ON.

FEEDING BABIES

- AFTER SWADDLING, GIVE GANCAO TANG BY HAVING THE BABY SUCK ON SILK FLOSS DIPPED INTO A DECOCTION OF GANCAO IN WATER UNTIL THE BABY VOMITS. THIS “GETS RID OF THE MALIGN FLUID IN THE HEART AND CHEST.”
- IF YOU WERE ABLE TO INDUCE VOMITING AND GOT RID OF THE MALIGN FLUID, THIS CAUSES THE BABY’S HEART SHÉN TO BE FULL OF WISDOM AND INTELLIGENCE AND TO BE FREE FROM ILLNESS.
- IF A BABY HAS DRUNK A FULL GĚ (1/10 OF A SHĒNG “PINT”) AND STILL HAS NOT VOMITED AT ALL, THIS MEANS THAT HE OR SHE DOES NOT HARBOR ANY MALIGN BLOOD! DO NOT ADMINISTER ANY MORE GĀNCǎO TĀNG.
- NOW YOU MAY GIVE CINNABAR HONEY (CINNABAR MIXED INTO RED HONEY) TO SETTLE THE HEART SHÉN AND QUIET THE HÚN AND PÒ.
- A LOT [OF CINNABAR HONEY] WILL COOL THE BABY DOWN AND MAKE THE SPLEEN AND STOMACH COLD, CAUSING ABDOMINAL DISTENTION, A TENDENCY TO YĪN SEIZURES, AND RAPID BREATHING, [WHICH CAN] TRANSFORM INTO CLENCHED JAW AND TETANUS, FOLLOWED BY DEATH.
- GIVE A BEAN-SIZED AMOUNT IN 1 DAY.

- **3 DAYS AFTER BIRTH: “OPEN UP THE [NEWBORN CHILD’S] INTESTINES AND STOMACH TO ASSIST THE GRAIN SHÉN.**
- **YOU CAN GRIND [UNCOOKED] RICE TO MAKE A THICK DRINK WITH A CONSISTENCY LIKE CURDLED MILK, AND GIVE BEAN-SIZED AMOUNTS TO SWALLOW. REPEATEDLY MAKE THEM SWALLOW, TO AN AMOUNT EQUIVALENT TO ABOUT THREE BEANS, AND THEN STOP. GIVE THIS THREE TIMES A DAY. YOU CAN FEED THIS FOR A FULL SEVEN DAYS.**
- **10 DAYS AFTER BIRTH: BEGIN FEEDING AMOUNTS ABOUT THE SIZE OF A JUJUBE PIT. TWENTY DAYS AFTER BIRTH, DOUBLE [THE AMOUNT]. FIFTY DAYS AFTER BIRTH, FEED PELLET-SIZED AMOUNTS, AND A HUNDRED DAYS AFTER BIRTH, FEED JUJUBE-SIZED AMOUNTS.**

- **OR: WAIT 30 DAYS BEFORE FEEDING ANYTHING OTHER THAN BREASTMILK, OTHERWISE “THEY CANNOT OVERCOME THE QÌ OF GRAIN, WHICH WILL CAUSE THE FORMATION OF DISEASES. ON THE HEAD, FACE, AND BODY, THEY WILL HAVE A TENDENCY TO ENGENDER SORES THAT WILL HEAL AND THEN ERUPT AGAIN. THIS MAKES BABIES SMALL AND WEAK AND DIFFICULT TO NOURISH.”**
- **AFTER 30 DAYS: DO NOT FEED THEM A LOT. IF THEY DO NOT HAVE A STRONG DESIRE FOR FOOD, DO NOT FORCE IT ON THEM.**
- **DO NOT OVERFEED. 4 TIMES A DAY, FEED THEM ON AN EMPTY BREAST.**
- **DISPOSE OF HOT BREASTMILK (IN SUMMER) OR COLD MILK (IN WINTER), OR IT WILL CAUSE RETCHING/COUNTERFLOW OR COUGH/DYSENTERY.**

■ **DO NOT NURSE**

■ **IN A NEW BUILDING (EMACIATION, CROSSED SHINBONES)**

■ **WHEN HEAT IN THE BONES (JAUNDICE)**

■ **WHEN ANGRY (> FRIGHT/SHAN HERNIA OR QI ASCENT AND WITHDRAWAL OR MANIA.**

■ **WHEN DRUNK (GENERALIZED HEAT, ABDOMINAL FULLNESS)**

■ **RUB BREASTS BEFORE NURSING, DISCARD OLD MILK, FEED IN MODERATION, HOLD THE BABY WITH BREAST AND BABY'S HEAD LEVEL TO PREVENT HICCUPING.**

- **BATHE BABIES IN A DECOCTION OF WATER WITH GOLD AND A TIGER SKULL TO PROTECT AGAINST MALIGN QI AND TREAT FRIGHT.**
- **WIPE THRUSH SORES IN THE MOUTH WITH HUMAN HAIR WRAPPED AROUND A CHOPSTICK AND DIPPED IN A CHESTNUT SKIN OR BARK DECOCTION.**
- **WHEN BABIES FIRST EMERGE FROM THE [MOTHER'S] ABDOMEN, THE BONES AND FLESH ARE NOT YET DRAWN IN. THE FLESH IS STILL JUST BLOOD. AS THE BLOOD CONGEALS, IT BECOMES FIRM AND FORMS FLESH.**
- **IF THIS BLOOD SPOILS INSTEAD OF FORMING FLESH, IT CAUSES THOROUGH YELLOWING IN THE FACE AND EYES, ENCIRCLING THE NOSE, AND TO BOTH SIDES OF THE MOUTH, ACCOMPANIED BY WAILING, CLOSED EYES, A PUCKERED MOUTH AND PINCHED FACE, DRYNESS IN THE MOUTH, AND INABILITY TO EXTEND OR CONTRACT THE FOUR LIMBS. ALL [THESE SYMPTOMS] MEAN THAT THE BLOOD IN THE VESSELS HAS FAILED TO BE DRAWN IN AND THAT THERE IS A TENDENCY TO DIE PREMATURELY.**

- SITTING UP EARLY, WALKING EARLY, TEETHING EARLY, AND SPEAKING EARLY, THESE ALL [INDICATE] A MALICIOUS NATURE. SUCH BABIES WILL NOT BECOME GOOD PERSONS.
- IF THE HAIR ON THE HEAD IS SCANT, THEY WILL BE FORCEFUL AND NOT LISTEN TO OTHERS. THE PRESENCE OF TWIRLING HAIRS ON TOP OF THE FOREHEAD MEANS EARLY RICHES BUT A HINDRANCE TO THE PARENTS....
- THIS IS JUST LIKE THE EARLY BLOSSOMING OF THE PLUM FLOWERS, WITHOUT REGARD FOR THE HARSHNESS OF WINTER. [BY CONTRAST,] THE SWEET CHRYSANTHEMUM MATURES LATE, AT THE VERY END OF ITS LIFE. THIS IS HOW YOU KNOW THAT MATURING LATE IS A PREDICTOR OF LONGEVITY.



SEIZURES

ETIOLOGY

- **IN CHILDHOOD:** 臟氣不平 “VISCERAL QI IS NOT EVEN/LEVEL/BALANCED.”
- **RIGHT AT BIRTH:** 五臟不收斂，血氣不聚，五脈不流，骨怯不成也。 “THE FIVE ZÀNG ORGANS FAIL TO CONTRACT, THE BLOOD AND QI DO NOT GATHER, THE FIVE VESSELS DO NOT FLOW, AND THE BONES ARE TIMID AND INCOMPLETE.”
- **SUWEN 3:** WHEN YANG IS TOO STRONG AND CANNOT BE KEPT CLOSE TOGETHER, YIN QI IS CUT OFF. WHEN YIN IS LEVEL AND YANG IS HELD BACK, THE JĪNGSHÉN (“ESSENCE AND SPIRIT”) CAN BE TREATED. WHEN YIN AND YANG DISSOCIATE, JĪNG AND QÌ ARE CUT OFF.”
- **CHILDREN ARE PURE YÁNG.** IF THE YÁNG ASPECT OF THEIR ZÀNG QÌ (QÌ ALSO BEING YÁNG) IS NOT CONSOLIDATED, IT CAN FLOW IN FITS.
- **TIMID BONES:** TIMIDITY IS ASSOCIATED WITH THE GALLBLADDER. FOOT SHAOYANG GB CHANNEL IS ASSOCIATED WITH THE BONES. SUWEN 25: “EARTH OBTAINS WOOD AND THEREBY BREAKS THROUGH TO THE SURFACE” (土得木而達). HERE: YÁNG WOOD IS NOT FUNCTIONING RIGHT (“TIMID BONES”) > ASSOCIATION WITH LIVER, WOOD, SPRING/GENERATION ETC, AND ALSO WITH WIND!

- FROM MONTH 1 TO FIRST BIRTHDAY: CAN ALSO BE DUE TO UNSTRUCTURED BREASTFEEDING OR CARE, DISHARMONY OF QI AND BLOOD, OR BEING STRUCK BY WIND EVIL!
- YÁNG SEIZURES: GENERALIZED HEAT, THEN TUGGING AND SLACKENING, FRIGHT WITH WAILING AND CRYING, AND THEN OUTBREAK OF SEIZURES > STILL IN THE FU ORGANS AND SKIN > EASY TO TREAT.
- YĪN SEIZURES: GENERALIZED COLD, NO FRIGHT, TUGGING, OR CRYING, THEN OUTBREAK WITH SUNKEN PULSE > PROGRESSED TO ZÀNG ORGANS, BONES AND MARROW > DIFFICULT TO TREAT.

DIFFERENTIATING 癇 AND 瘳

- XIÁN: “SEIZURES”, OFTEN TRANSLATED AS “EPILEPSY,” BUT THAT SHOULD BE 癲癇 DIĀN XIÁN.
- JÌNG: “TETANY”
- XIÁN: WHEN THE BODY GOES LIMP AND THE PATIENT REGAINS CONSCIOUSNESS IN DUE TIME (時醒).
- JÌNG: WHEN THE PATIENT DOES NOT REGAIN CONSCIOUSNESS IN DUE TIME (不時醒) > ARCHED-BACK RIGIDITY, BODY RIGID AND STRAIGHTENED.
- IN JÌNG, IF THE SPINE IS LIFTED SO FAR OFF THE FLOOR THAT YOU CAN PLACE A HAND SIDWAYS IN ADULTS OR 3 FINGERS IN KIDS > UNTREATABLE.
- DIFFERENTIATE:
 - PULSE: FLOATING VS. SUNKEN AND THEN LARGE VS. SMALL, SLIPPERY VS. ROUGH, VACUOUS VS. REplete, SLOW VS. RAPID.
 - DISEASE LOCATION: YIN VS. YANG, EXTERIOR VS. INTERIOR

ADDITIONAL COMMENTS

- 120 TYPES OF “FRIGHT SEIZURES” IN SMALL CHILDREN. “ONLY SLIGHTLY DIFFERENT FROM NORMAL HEALTH” BUT STILL ESSENTIAL TO DIAGNOSE CORRECTLY!
- “WHEN BABIES FIRST EMERGE FROM [THE MOTHER'S] ABDOMEN, THE BLOOD VESSELS FAIL TO DRAW IN AND THE FIVE ZÀNG ORGANS ARE NOT YET MATURED. [AT THIS POINT, EVEN] SLIGHTLY INAPPROPRIATE CARE AND NURTURANCE IMMEDIATELY CAUSES DISEASE. FREQUENTLY, [SUCH BABIES] WILL NOT REACH ADULTHOOD.
- IF IT IS AFTER THEY HAVE PASSED THROUGH THE TRANSFORMATIONS AND STEAMINGS THAT THEY HAVE THIS DISEASE, ALL THE OTHER RESIDUAL SIGNS LESSEN IN SEVERITY, AND IT IS ONLY WIND STRIKE THAT LEADS TO THE MOST SUDDEN OF DEATHS.”

THREE TYPES OF SEIZURES

■ FRIGHT SEIZURES:

- MOXA ACCORDING TO A CHART AND MASSAGE. DO NOT INDUCE A BOWEL MOVEMENT!!! “BECAUSE THE HEART QI IS NOT SETTLED” AND YOU WOULD ONLY INCREASE THE INTERNAL VACUITY.
- BEGIN WITH PATIENT EXPERIENCING “FRIGHT” AND CRYIGN LOUDLY. WHEN STILL MILD, HOLD THE BABY TIGHTLY AND PREVENT FURTHER FRIGHT.
- BEWARE OF FRIGHT IN SMALL CHILDREN! THEY ARE PARTICULARLY HARD TO TREAT!

■ WIND SEIZURES:

- TREAT BY ADMINISTERING “PIG HEART DECOCTION” (???).
- CAUSE: BEING DRESSED TOO WARMLY AND SWEATING, ALLOWING WIND TO ENTER.
- FIRST MANIFESTS WITH “FINGERS BENDING AS IF COUNTING, THEN FULL-BLOWN SEIZURES.”

FOOD SEIZURES

- COLD FIRST AND THEN HEAT ERUPTING. BUT NOT COMMON: “NOT EVEN ONE OR TWO OUT OF TEN CASES”. VOMITING PRIOR TO SEIZURES, WITHOUT HAVING NURSED BEFOREHAND.
- TREAT BY INDUCING A DOWNWARD (I.E. BOWEL) MOVEMENT BY MEANS OF “PURPLE PILL” (SEE ABOVE) OR “RED PILL” (FOR CRITICAL CONDITIONS AND IF PURPLE PILL DOESN'T WORK.
- IMPORTANT TO TREAT URGENTLY WITHOUT “MAKING THE PATIENT VACUOUS/DEFICIENT.”
- WHENEVER SMALL CHILDREN ARE UNABLE TO GET FOOD OR MILK DOWN, TREAT WITH PURPLE PILLS. GET THE “MINOR MALIGNITY” OUT, WHATEVER IT IS, TO PREVENT IT FROM BECOMING A MAJOR ILLNESS.



“FRIGHT” 驚 JĪNG

- DO NOT LET THEM HEAR LOUD NOISES AND, WHEN HOLDING THEM IN YOUR ARMS, BE STILL AND GENTLE. DO NOT LET THEM BE FRIGHTENED OR STARTLED!

- MOREOVER, WHEN THERE IS THUNDER IN THE SKY, PLUG THE CHILDREN'S EARS AND AT THE SAME TIME MAKE SOME OTHER SUBTLE NOISES IN ORDER TO DISTRACT THEM.

- WHENEVER YOU ARE REARING SMALL CHILDREN, ALWAYS EXPOSE THEM TO MILD FRIGHT, IN ORDER TO LENGTHEN THEIR BLOOD VESSELS, BUT YOU DO NOT WANT TO EXPOSE THEM TO GREAT FRIGHT.

- [IF THEY HAVE BEEN EXPOSED TO] GREAT FRIGHT, APPLY MOXIBUSTION TO THE FRIGHT VESSELS.
 - > SUWEN 28: "NEEDLE SEIZURES WITH FRIGHT IN THE VESSELS IN FIVE PLACES: NEEDLE THE HAND'S TÀIYĪN FIVE TIMES, NEEDLE THE TÀIYÁNG CHANNEL FIVE TIMES, NEEDLE ONCE TO THE SIDE OF THE HAND'S SHÀOYĪN CHANNELS AND NETWORK VESSELS, NEEDLE ONCE ON THE FOOT'S YÁNGMÍNG, AND NEEDLE THREE TIMES BY THE ANKLE, FIVE CÙN ABOVE."???

INDUCING A BOWEL MOVEMENT

- IF BABIES REFUSE ALL SUPPLEMENTAL FOOD > INDICATES AGGREGATIONS > MUST BE TREATED URGENTLY BY INDUCING A BOWEL MOVEMENT! CAN OTHERWISE CAUSE SEIZURES.
- DISEASES HAVE TO BE ELIMINATED VIA BOWEL MOVEMENTS URGENTLY! BE PROACTIVE INSTEAD OF WAITING UNTIL IT IS TOO LATE!
- INDUCING BOWEL MOVEMENTS IN THE WINTER IS FINE BUT DANGEROUS IN THE SUMMER.
- MODERATE FEEDING AND NURSING AFTER THE TREATMENT AND ADJUST THE DOSAGE CAREFULLY.
- DO NOT GIVE ANYTHING BESIDES BREAST MILK FOR 5-10 DAYS IF YOU INDUCE A BOWEL MOVEMENT BECAUSE THEY HAVE REDUCED APPETITE.
- DO NOT APPLY MOXIBUSTION OR INDUCE BOWEL MOVEMENTS AT THE BEGINNING OF SUMMER BUT ONLY ELIMINATE HEAT BY MEANS OF EXTERNAL APPLICATIONS (WASH, POWDER, SALVE)

INSTABILITY OF THE HEART

- IN ALL CASES OF SMALL CHILDREN SUFFERING FROM ANY ILLNESSES FORMING IN THE ABDOMEN, GENERALIZED COLD AND HEAT RESULT. AS THE RESULT OF THE COLD AND HEAT, THE BLOOD STIRS IN THE VESSELS, AND AS THE RESULT OF THIS STIRRING, THERE IS INSTABILITY IN THE HEART.
- INSTABILITY OF THE HEART THEN RESULTS IN A TENDENCY TO CONTRACT FRIGHT, AND THE FRIGHT THEN RESULTS IN THE SPEEDY OUTBREAK OF SEIZURES.
- SEIZURES ARE MALIGN AND MEAN DISASTER IF THE DOCTOR IS NOT CALLED IN IN TIME. BUT “FOR QI TO ERUPT ON THE INSIDE, THERE MUST BE [EXTERNAL] SIGNS BEFOREHAND. SO “CONSTANTLY SCRUTINIZE THE JINGSHEN AND PICK UP ON THE SIGNS”!
- BLACK COLORING IN THE VESSEL IN THE WHITE FLESH OF THE HAND AT YUJI (LU-10) > SEIZURES
- RED VESSEL AT YUJI > HEAT
- GREEN-BLUE AND ENLARGED > COLD. GREEN-BLUE AND FINE > HEALTH!

SIGNS TO FORETELL SEIZURES

- GREEN-BLUE NOSE AND MOUTH, BEHIND THE EARS, AND AROUND THE EYES
- UPWARD STARING EYES AND YAWNING
- GENERALIZED HEAT WITH SWEATING FROM THE FOREHEAD, VOMITING AND PANTING, STRAIGHT-STARING EYES, DIFFICULT URINATION, OR UNFOCUSED VISION
- FITFUL SLEEP, FLAILING OR LAUGHING IN DREAMS
- BELCHING AND FLATULENCE OR INHIBITED NURSING
- SUDDENLY ENLARGED AND DARKENED PUPILS
- STICKING OUT THE TONGUE AND SHAKING THE HEAD

EARLY TREATMENT

- “IF YOU SEE THESE SIGNS, SCRAPE THE BABY’S YÁNG VESSELS AT THE PLACE WHERE YOU SHOULD APPLY MOXIBUSTION.” > YANGMING OR TAIYANG VESSEL OR DAZHUI, DU-14, MEETING PLACE OF ALL YANG CHANNELS?
- WHEN SCRAPING, ALWAYS DO SO WITH A HEAVY HAND SO YOU MAKE THE CHILD CRY ABRUPTLY, AND SUFFICIENT[LY STRONG] TO CUT OFF THE VESSELS. ALSO ADMINISTER DECOCTIONS IN ACCORDANCE WITH THE FORMULAS.
- IF SEIZURES ARE BEYOND THE MILD STAGE, APPLY MOXIBUSTION!
- IF A MASTER PHYSICIAN SEES THE PATIENT AT FIRST ONSET, THEY CAN CREATE A DETAILED DIAGNOSIS AND TREATMENT PLAN FOR TREATMENT.
- IMPORTANCE TO FULLY ELIMINATE HEAT!!! “TRACK IT DOWN AND SHOOT IT”
- PURPLE PILL (FOR PHLEGM AGGREGATIONS DUE TO MOTHER SUFFERING FROM VACUITY COLD) AND GENTIAN DECOCTION (LONGDAN TANG, FOR EXUBERANCE IN THE BLOOD VESSELS)

MOXIBUSTION

- TREATMENT OF CHOICE FOR YIN-TYPE SEIZURES WITH CLENCHED JAW AND TETANY, IN CRITICAL STAGE ONLY!
- DO NOT USE MOXIBUSTION DURING TRANSFORMATIONS AND STEAMINGS. IT WILL “STIR THE HUNDRED VESSELS.”
- ALWAYS INDUCE A BOWEL MOVEMENT FIRST TO MAKE THE PATIENT EMPTY.
- DIFFERENTIATE BY TIMING (> CHANNEL TO TREAT), ZANG ORGANS, SIX DOMESTIC ANIMALS, AND WHETHER ON THE EXTREMITIES OR IN THE ABDOMEN.

INTRUSIVE UPSET

客忤 KÈ WŨ

- WISEMAN “VISITING HOSTILITY”. “KE” = GUEST, A STRANGER COMING FROM OUTSIDE, OFTEN IMPLYING HOSTILE. 客氣 vs. 主氣 IN THE 五運六氣 DOCTRINE. Wŭ = REBELLION, INSUBORDINATION. GOING AGAINST HIERARCHICAL ORDER.
- COMMON PEDIATRIC CONDITION! SYNONYM FOR “SUDDEN UPSET”, A SUBCATEGORY OF 中惡 “MALIGNITY STRIKE” (BINGYUANLUN).
- CAUSED BY EXPOSURE TO STRANGERS OR EVEN QI OF ANIMALS OR DEMONS THAT WAS BROUGHT INSIDE BY THE WETNURSE OR PARENT.
- DUE TO WEAKNESS OF JINGSHEN SO EVIL QI FROM OUTSIDE CAN STRIKE AND INTRUDE. > DEMONIC POSSESSION!
- DANGER TO NEWBORNS: LACK OF PROTECTIVE QI SO THEY ARE SENSITIVE TO EXTERNAL QI. ALSO, IF THE BREASTFEEDING WOMAN IS INTOXICATED OR TAXED AND PANTING FROM RECENT SEXUAL INTERCOURSE...
- MODERN APPLICATION?



COLD DAMAGE

- PROTECT NEWBORNS FROM EXPOSURE TO DRASTIC COLD!
- BUT EVEN SO, THEY CAN CONTRACT UNSEASONAL COLD QI.
- TREAT SEASONAL EPIDEMICS, WHICH MANIFEST IN MACULES IN NEWBORN BABIES, AS YOU WOULD ADULTS
- “THE ONLY DIFFERENCE IS THAT THE USAGE AND DOSAGE OF THE MEDICINE DIFFERS SLIGHTLY AND THAT THE MEDICINES ARE SLIGHTLY COOLER.”
- EXAMPLE: MÀIMÉNDŌNG TĀNG (OPHIOPOGON DECOCTION)
麥門冬湯
- A FORMULA FOR SMALL CHILDREN LESS THAN A HUNDRED DAYS OLD, TO TREAT COLD DAMAGE WITH NOSEBLEEDS, GENERALIZED HEAT [EFFUSION], AND COUNTERFLOW RETCHING.

INGREDIENTS

- MAIMENDONG (OPHIOPOGON), 18 ZHŪ (1/24TH OF A LIANG)
- SHIGAO (GYPSUM), 0.5 LIǎNG
- HANSHUISHI (GLAUBERITE), 0.5 LIǎNG
- GANCAO (LICORICE), 0.5 LIǎNG
- GUIXIN (CINNAMON BARK), 8 ZHŪ
- >> POUND AND DECOCT UNTIL REDUCED FROM 2.5 SHENG (“PINT”) OF WATER TO 1 SHENG. TAKE IN DOSES OF 1 GE (1/10 OF A SHENG), 3 TIMES A DAY.

YANYI INTERPRETATION

- ETIOLOGY: WEAKNESS OF ENDOWED CONSTITUTION, ALLOWING COLD EVIL TO ENTER > ACCUMULATED HEAT!
- IDENTICAL TO CONDITIONS OF LATENT HEAT IN ADULTS.
- >> BAIHUTANG PLUS ZHUYETANG, SHIGAOTANG, ZHIGANCAOTANG!
- HANSHUISHI INSTEAD OF ZHIMU, TO TRANSFORM HEAT IN THE KIDNEY, AND MAIMENDONG INSTEAD OF JINGMI, TO ENRICH THE LUNG AND KIDNEY.
- GUIXIN: SAFEGUARDS NEWBORN YANG QI, HARMONIZES THE OTHER MEDICINALS, DISPERSES HEAT AND GUIDES IT OUT.

SHAOYAO SI WU JIEJI TANG

芍藥四物解肌湯

- “PEONY FOUR-INGREDIENT FLESH-RESOLVING DECOCTION”
- TO TREAT COLD DAMAGE IN CHILDHOOD
- DECOCTION OF 0.5 LIANG EACH OF SHAOYAO, HUANGQIN, SHENGMA, GEGEN.
- >> COMBINATION OF SHENGMATANG AND HUANGQINTANG, TO ADDRESS THE YANGMING AND SHAOYANG LEVELS AND RESOLVE WIND HEAT IN BOTH OF THESE CHANNELS.

MAHUANG TANG 麻黃湯

- INDICATION: COLD DAMAGE THAT PRESENTS WITH FEVER, COUGHING, AND HEAT IN THE HEAD AND FACE.
- 1 LIANG EACH OF MAHUANG, SHENGJIANG, AND HUANGQIN
- 0.5 LIANG EACH OF GANCAO, SHIGAO, SHAOYAO
- XINGREN (TEN PCS) AND GUIXIN (0.5 LIǎNG)
- COMBINATION OF MAHUANGTANG WITH MAHUANGSHIGANTANG, YUEPITANG, GUIZHIMAHUANGGEBANTANG.
- DAZAO IS LEFT OUT HERE (LIKE GANCAO IN THE PREVIOUS FORMULA) BECAUSE THE ZANGFU ORGANS ARE TOO CONSTRICTED IN SMALL CHILDREN, SO THERE'S A DANGER OF ADHERING TO THE DIAPHRAGM AND CAUSING PATHOLOGICAL FULLNESS.

AGGREGATIONS AND GATHERINGS

- IMPORTANCE TO ENSURE SMOOTH DIGESTION TO PREVENT BREASTMILK FROM SMOLDERING AND CAUSING DAMP HEAT.
- BREAK UP AND FLUSH OUT ACCUMULATIONS OF FOOD THAT ARE FAILING TO DISPERSE AND OF HEAT AND PHLEGM BINDING IN THE ABDOMEN (BADOU, GANSUI, MULI, DAHUANG, XINGREN...). MOVE THINGS DOWN AND OUT!
- FETAL TOXIN (TAIDU 胎毒) CAN BE CONTRACTED IN UTERO AND SMOLDER IN THE BODY > NEED TO ELIMINATE HEAT. CAN MANIFEST IN CRIMSON MARKINGS ON THE BODY. MEASLES? LOTS OF HEAT-CLEARING MEDICINALS.
- DIFFERENTIATE BY WHETHER YOU ARE TREATING BINDING COLD OR BINDING HEAT ETC.
- PRESENCE OF PHLEGM > PERIODIC SYMPTOMS BECAUSE EATING FOOD STIRS UP THE PHLEGM WHICH RISES TO THE STOMACH CAUSING NAUSEA, FULLNESS ETC, UNTIL THE SPLEEN CAN TRANSFORM THE PHLEGM. SO THE PATIENT RECOVERS, EATS AGAIN, AND THE CYCLE STARTS AGAIN.

GENERAL OBSERVATIONS

- ADJUST DOSAGE TO AGE AND SIZE OF THE CHILD
- WATCH OUT FOR PATHOLOGICAL HEAT AND FULLNESS.
- IMPORTANCE TO QUICKLY GET RID OF THE PATHOGEN BY “PRECIPITATION” (WISEMAN) 下, BY MOVING SUBSTANCES DOWN AND OUT BY INDUCING A BOWEL MOVEMENT.
- DANGER OF INCOMPLETE RECOVERY WHICH CAN CAUSE WARMTH TO TRANSFORM INTO FIRE GETTING TRAPPED INSIDE.
- TREAT THE CONSTITUTIONAL WEAKNESS THAT IS ALLOWING THE EVIL TO ENTER.
- IF TOO SICK TO TAKE MEDICINES INTERNALLY, TREAT WITH COOLING WASHES OR SPRINKLE MEDICINAL POWDER ON THEM, TO “FLUSH OUT EVIL HEAT AND EXPEL TOXIC QI” (YANYI COMMENTARY).

SABINE'S CONCERNS

- SUN SIMIAO MENTIONS OVER AND OVER THE NEED TO AVOID DRASTIC MEASURES, TO UPSET THE BODY'S BALANCE, THE DANGER OF CAUSING DEATH BY WRONG TREATMENT!
- 35 FORMULAS ON COUGH ALONE > NEED FOR VERY CAREFUL DIFFERENTIAL TREATMENT.
- NO MENTION OF ACUPUNCTURE WHATSOEVER, BUT SOME MOXIBUSTION AND MANY WASHES AND SOME MASSAGE PASTES.
- ELIMINATE PATHOGENS, ESPECIALLY HEAT AND RETAINED FOOD, BUT WITHOUT WEAKENING A VERY FRAGILE AND EXTREMELY VULNERABLE NEWBORN BODY.
- DANGERS OF EXTERNAL INTRUSION DUE TO WEAKNESS OF EXTERNAL DEFENSES.
- >>> NEED FOR PROTECTIVE MEASURES, PREVENTATIVE CARE, CAREFUL AND EARLY DIAGNOSIS, AND IMMEDIATE ACTION.
- THE FORMULAS HERE ARE "EMERGENCY FORMULAS" SO DON'T USE UNLESS YOU HAVE TO!