



Based on the Theory of “One Qi Circulation”, Explore the “Treatise on Typhoid Fever” Ma Ziren Pill

Yongshun Zhao¹, Jian Wang²

¹haanxi University of Chinese Medicine

*Author to whom correspondence should be addressed.

Abstract: *Ma Zi Ren Pill is Zhang Zhongjing’s representative prescription for the treatment of spleen contract, the main pathogenesis is stomach and intestine dryness, spleen and jin insufficiency, qi obstruction, and then the spleen and stomach do not move heat, resulting in “spleen contract”. In recent years, the value of this theory for the study and analysis of typhoid fever theory has been gradually explored, and now through the analysis of the pathogenesis and syndrome characteristics of Ma Zi Ren Pill with the theory of “One Qi Circulation”, it is concluded that the basic pathogenesis of Ma Zi Ren Pill in the theoretical system of “One Qi Circulation” is “the left side of the spleen cannot rise and the right side of the stomach is weak, the phase fire stasis turns into evil heat, and the heat evil turns into spleen covenant”. This paper enumerates the unique characteristics of Huang’s theory and verifies it in combination with modern clinical research, aiming to reveal the ideological connotation of Zhongjing’s theory of typhoid fever and contribute to the expansion of its application.”*

Keywords: Hemp seed pills; One gas circulation; HUANG Yuanyu.

Cited as: Zhao, Y., & Wang, J. (2024). Based on the Theory of “One Qi Circulation”, Explore the “Treatise on Typhoid Fever” Ma Ziren Pill. *Journal of Theory and Practice in Clinical Sciences*, 1, 7–10. Retrieved from <https://woodyinternational.com/index.php/jtpcs/article/view/36>.

1. Introduction

Huang Yuan Yu name Yu Lu, the word Yuan Yu, is a famous medical scientist in the Qianlong period of the Qing Dynasty, superb medical skills, quite a lot of writings, his academic ideas inherited the “Yellow Emperor Neijing” and “Treatise on Typhoid Fever”, and has a unique view on Chinese medicine, Huang’s works are quite abundant, among which “Four Sacred Heart Sources” is the work that can best reflect Huang’s unique Chinese medicine thoughts. Later generations of physicians summarized his thinking as the theory of “one qi circulation”. Ma Zi Ren Pill was first recorded in the “Treatise on Typhoid Fever”, and it was found that it has significant clinical efficacy after being used and verified by doctors throughout the ages. However, the use of this method is mostly limited to the spleen contract, so this paper intends to use the theory of “one qi circulation” to analyze its composition, and explore its essence from this perspective, so as to expand its scope of use.

2. The Theoretical Source of the Circulation

In the theoretical basis of traditional Chinese medicine, the “five elements of yin and yang” can be called the core concept. However, the discussion on the essence of the “five elements of yin and yang” has not stopped for thousands of years. Huang’s argument in the Four Sacred Hearts Origin · Heaven and Man Solution” is relatively clear: “Yin and Yang are not judged, one qi is confused, and qi contains yin and yang” [1] And this chaotic qi, the light rise is yang, the heavy turbidity descends is yin, and the confusion between the turbidity and the undifferentiated qi are the middle qi, and the middle qi mediates the turbidity, becoming the key pivot between the rise and fall of yin and yang. Huang uses this middle qi to rule the five elements, and he believes that when the vitality is circulating, the clear one rises, turns into wood fire, and the turbid one descends, turning into gold water, and the earth dwells in the center, and then belongs to the five internal organs of the human body, which is the basic connotation of Huang’s “one qi circulation”. Huang explained the underlying logic of Chinese medicine from the perspective of “one qi circulation”, linking the movement process of the human body’s qi and the

physiological process of the viscera, not only explaining the generation of the five elements of yin and yang, but also explaining the characteristics of the human viscera and its various physiological and pathological changes with his theory, which has a great role in promoting the development of Chinese medicine theory. In the article “The Source of the Four Sacred Hearts· the Generation of Viscera and Viscera”, Huang mentioned that “among the five elements, each has yin and yang, yin and five viscera--- heart is Ding Huo, small intestine is C fire, liver is B wood, gall is Jia wood, lung is Xin Jin, and large intestine is Gengjin; The spleen is its own soil, the stomach is the earth, and the fire is divided into the king’s phase, the viscera has the yin of the heart and the fire, the intestines have the yang of the three scorched phases of fire, and the qi of the five elements is the change of vitality in the human body” [2]. “The Yellow Emperor’s Neijing · Su Wen” “There are five elements in the sky--- and the five qi are transformed into joy, anger, sorrow and fear” [3]. Man and heaven and earth are related, and this is also the reason. Although Huang’s theory is named after “one qi circulation”, it is not only “one qi”, but also has different functions in the physiological process of the human body’s internal organs. The most important part of this qi turnover is the central qi that dominates the circulation of the qi engine, which is why Huang attaches great importance to tonifying the spleen and stomach and regulating the qi engine.

3. Etiology and Pathogenesis of Ma Ziren Pills.

“Ma Zi Ren Pill” is Zhang Zhongjing’s classic prescription, which can be found in Article 247 of the “Treatise on Typhoid Fever”: “The Zhaoyang veins are floating and astringent, —— and its spleen is about it, and Ma Ziren Pill is the main one [4]. It is also seen in the article “Golden Deficiency to Slightly · the Five Organs Wind and Cold Accumulation Disease Pulse Evidence and Treatment”. In modern applications, there are several explanations for “spleen contract”, the first is that there are few of them, he believes that the spleen is constrained by stomach heat and cannot be transported, that is, the stomach is strong and the spleen is weak. Rucheng Wuji’s “Commentary on Typhoid Fever”: “The stomach is strong and the spleen is weak..... Bladder transfusion, resulting in a number of urination and difficulty in defecation [5].

Another explanation is that Yang Ming is dry and hot and hurts the spleen, and the spleen and Yin are poor and poor. Zhang Xiju’s “Treatise on Typhoid Fever Straightforward Explanation”: “Above the sun, dry qi cures, The two yangs burn each other, the yin fluid dies out, cannot be irrigated, and the trapped and poor covenant [6]. There is also Cheng Jiaoqian’s “Treatise on Typhoid Fever”: “Those who have a spleen covenant have extravasation of spleen and yin, and there is no liquid to nourish, The stomach is full of fire and the intestines are dry, the stool is firm and the feces are small, the spleen and yin are invariably extravasive, and the intestines are not wet [7].

Roughly speaking, the modern clinical application of Ma Zi Ren Pill is based on the development of these three streams. In general, the core of what they expressed is that the spleen is insufficient, and the spleen and stomach function of the spleen and stomach are impaired due to the dry and hot soil of the sun and brightness, which is due to the dry and hot soil of the yangming. Under the understanding of this pathogenesis, the analysis of the composition of Zhang Zhongjing Maziren Pill is as follows: firstly, hemp seeds: moisten the intestines and laxative, peony medicine: nourish yin and moisten dryness, citrus aurantium, rhubarb, magnolia bark, almond, and the four flavor medicines jointly exercise the effect of lower qi stagnation, the main purpose is to clear the heat of Yang Ming, strengthen the spleen and stomach, so as to achieve the treatment of the spleen, to moisten the intestines and relieve heat, and to promote the purpose of qi and laxative. Modern clinical application is also developed in this range, but for the Six Classics, Ma Zi Ren Pill does not have to be bound to the scope of the spleen. In the following article, we will use the theory of “one air circulation” to analyze its six air currents from this perspective to expand its clinical application.

4. Based on the Theory of “One Qi Circulation”, the Principle of Ma Zi Ren Pill was Analyzed

The research process of traditional Chinese medicine by generations of physicians is in the same line. In Huang’s era, the theory of four qi and five flavors, ups and downs of drugs has tended to be perfected, and Huang has brought forth the new, combining the characteristics of the four qi and five flavors of drugs and the ups and downs of the drugs with the circulation of qi and organs with the theory of “one qi circulation”, deepening the application of traditional Chinese medicine to the meridian circulation and incorporating it into the “one qi circulation” system, and at the same time, due to the importance of Zhongqi, Huang also pays more attention to “nourishing the spleen and stomach” when using medicine [8].

4.1 Nourish the Spleen and Stomach, Moisten the Intestines----- Hemp Seeds, Peony, Almonds

In Huang's "Changsha Medicinal Solution" [9], it is recorded that hemp seeds: it can moisten the stomach and intestines, and pass through the meridians. Peony: cleanses the liver and cleanses the heat. Adjustable upset throbbing, dissipate abdominal pain and dissipate chest and hypochondria fever. Almonds: Lowering the rush and opening the blockage, diarrhea and obstruction and asthma, moistening the boredom of the lungs and intestines. In order to strengthen the spleen, restore the central focus pivot. The combination of the three medicines can jointly moisturize the spleen, stomach, qi and blood, moisten the intestines, so that the stomach and intestines will not lose yin fluid, nourish the damp soil of Taiyin, and help the spleen and stomach to function, especially for the spleen and stomach heat.

4.2 Qingyangming, Leading Stasis ----- Rhubarb, Citrus Aurantium, Magnolia

Rhubarb: Diarrhoea heat and stasis, breaking the blockage, Xia Yang Ming cures dryness, removes the damp steaming of Taiyin, breaks the scab through the meridians, eliminates carbuncle and discharges pus and blood. Citrus aurantium: Diarrhea is full and damp, and decay is eliminated and paid off. Magnolia: Drop the rush and stop the cough, break the barrier and stop the breath, stop the pain, and reduce the fullness the most. The use of these three medicines can clear the gastrointestinal tract, help the gastrointestinal tract to be released, and merge with the gastrointestinal tract to help the central focus transport qi and blood subtly.

According to the "Typhoid Fever Suspense" [10], Huang believes that Ma Ziren Pill is: floating and astringent, the soil is dry and the water is dry, and the stool is difficult, and its spleen is about to be tight and the fecal particles are small. This proof of the sun's brightness is also. The sun is bright, and the spleen is about to be. It is advisable to have hemp seed pills, hemp seeds, almonds moisten dry and slippery intestines, peony, rhubarb breeze and diarrhea heat, magnolia bark, citrus aurantium to implement stagnation and open knots. Together, we can eliminate the stagnation of Yang Ming in order to achieve the therapeutic effect. After that, honey was used as a pill in the formula, which was used to replenish the deficiency of qi and blood, which showed the fineness of Zhongjing's formula and the meticulous observation of the changes in the body's qi and blood.

5. Clinical Application

Ma Zi Ren Pill is a commonly used prescription for spleen and stomach diseases, mostly used for spleen syndrome, and the pathogenesis is mainly caused by stomach dryness, lack of spleen and jin, and obstruction of qi. Based on the theory of "one qi circulation", the spleen and stomach are the core of the central focal pivot, and it should be understood that the human body is a closely connected whole, and the spleen and stomach as the core produce spleen contract, which will lead to various pathological manifestations and is not limited to the spleen and stomach system. For example, the study of Zhang Qifan [11] shows that Ma Zi Ren Pill also has a good effect on the treatment of insomnia caused by spleen contraction. Neijing says: If the stomach is not in harmony, you will be restless. For elderly insomnia, due to the poor physical condition of elderly patients, the positive manifestations of spleen and stomach diseases may not be obvious. Therefore, for some hypothetical spleen syndromes, it is also the application direction of Ma Ziren Pills. Another example: Zhang Peijiang [12] 's research on thirst-quenching disease used pock-quenching pills to apply to thirst-quenching diseases with strong stomach and weak spleen and dry liquid. Remarkable results have been obtained, and the clinical manifestations of thirst disease are not mainly spleen-based, but its pathogenesis is still Zhongjiao, and good results can be achieved by dredging Zhongjiao Qi with Maziren Pills. In addition, when Liu Huaping studied chronic obstructive pulmonary disease, he concluded that Ma Zi Ren Pill can also obtain a good effect when it is a lung disease involving spleen and stomach disease, and that the lung qi needs to be lowered in the process of "one qi circulation", and its reduction requires the help of stomach qi, and with the help of Ma Ziren Pill to regulate the spleen and stomach, it can also have a good effect on this disease [13]. Therefore, the clinical use of Ma Zi Ren pills does not have to be confined to diseases of the spleen and stomach system. That is, if you see that the stomach is hot and dry, the spleen is insufficient, the qi is blocked, and the central axis is not lucky, it is within the scope of use of Ma Zi Ren Pill.

6. Summary

The theory of "one qi circulation" is the essence of Huang Yuanyu's academic thought, and its theory is deeply integrated with the theory of yin and yang and the five elements of traditional Chinese medicine, but it is simple and easy to understand, which can be a starting point for the analysis and study of traditional Chinese medicine theory, just as the analysis of the etiology, pathogenesis and composition of the famous formula of typhoid fever

Ma Zi Ren Pill has made it clear that Ma Zi Ren Pill is mainly due to the dry and hot stomach of the intestines, the lack of spleen and jin, the obstruction of qi and organs, and the failure of the spleen and stomach to transport heat, resulting in the “spleen contract” [14]. In the framework of “one qi circulation”, the analysis shows that the left side of the spleen cannot rise and the right side of the stomach is weak, the phase fire stasis turns into evil heat, and the heat evil turns into spleen contraction. This paper expounds the idea of the formula of Ma Zi Ren Pill to nourish the spleen and stomach, moisten the intestines, clear the yang and bright, and guide stasis, and lists the application of this formula in modern clinical research to insomnia, diabetes, and lung diseases to confirm Huang’s theory. Expanding the scope of application of Ma Zi Ren Pill is of great significance to the research, promotion and application of typhoid theory.

References

- [1] Huang Yuanyu. The Complete Works of Huang Yuanyu’s Medicine[M]. Beijing: Ancient Books of Traditional Chinese Medicine Publishing House, 2016: 1135.
- [2] Huang Yuanyu. The Complete Works of Huang Yuanyu’s Medicine[M]. Beijing: Ancient Books of Traditional Chinese Medicine Publishing House, 2016: 1136.
- [3] Huangdi Neijing · Suwen [M]. Tian Daihua, Collation. Beijing: People’s Medical Publishing House, 2005.(19):128.
- [4] Zhang Zhongjing. Theory of typhoid fever[M]. Beijing: People’s Medical Publishing House, 2013.
- [5] Cheng Wu Ji. Annotation on Typhoid Fever[M]. Beijing: People’s Medical Publishing House,2016:138-139.
- [6] Zhang Xiju. Straightforward Explanation of Typhoid Fever[M]. Beijing: China Publishing House of Traditional Chinese Medicine,2015: 138.
- [7] Cheng Yingxuan. Treatise on Typhoid Fever Later Article, Vol. VII[M]. Japan: Hakudo. The first year of this Baoyong (1704): 39.
- [8] Shi Hongyun, Wang Zhenguo. Analysis of the Theory of Huangyuan Imperial Medicinal Properties from “The Medicinal Solution of *C. japonica*” _Shi Hongyun [J]. Chinese Journal of Traditional Chinese Medicine, 2022, 37(04): 1886-1889.
- [9] Huang Yuanyu. The Complete Works of Huang Yuanyu’s Medicine[M]. Beijing: Ancient Books of Traditional Chinese Medicine Publishing House, 2016
- [10] Huang Yuanyu. The Complete Works of Huang Yuanyu’s Medicine[M]. Beijing: Ancient Books of Traditional Chinese Medicine Publishing House, 2016
- [11] Zhang Qifan, Chen Diyi, Guo Yiting, et al. Journal of Traditional Chinese Medicine,2024,39(05):939-942.
- [12] Zhang Peiji. Henan Journal of Traditional Chinese Medicine,2009,29(01):9-10.
- [13] Liu Huaping, Li Zhaorong. Liujunzi Tang and Maziren decoction in the treatment of chronic obstructive pulmonary disease complicated with spleen and stomach diseases[J]. Journal of Traditional Chinese Medicine,2012,27(12):1560-1561.
- [14] Shi Renjie. Jiangsu Journal of Traditional Chinese Medicine,2008,(05):12-14.

Disclaimer/Publisher’s Note: The statements, opinions and data contained in all publications are solely those of the individual author(s) and contributor(s) and not of Woody International Publish Limited and/or the editor(s). Woody International Publish Limited and/or the editor(s) disclaim responsibility for any injury to people or property resulting from any ideas, methods, instructions or products referred to in the content.