Jin Gui Yao Lue - 金匱要略
Essential Prescriptions of the Golden Cabinet
Chapter 5

Wind-Stroke and Joint- Running
This chapter discusses the etiology, pathomechanism, pattern identification and treatment of wind-stroke and joint-running disease.

The disease of wind-stroke and joint-running are both caused by contraction of wind evil in patients suffering from depletion of right qi.

The diseases also have similar manifestations in that they involve physical handicap. These similarities explain why they are discussed together in the same chapter.
Wind-stroke is a disease characterized by sudden clouding collapse and loss of consciousness, which leaves the patient with deviated eyes and mouth and hemiplegia. It corresponds to what modern medicine calls stroke, apoplexy, or now more commonly cerebrovascular accident.
In the Jīn Guì Yào Lüè (“Essential Prescriptions of the Golden Cabinet”) and in medical literature up until the Táng period, wind-stroke as attributed to “evil striking [patients with] internal vacuity” (nèi xū xié zhòng), in other words, contraction of external evil by patients suffering from depletion of right qi.

“Wind-stroke” has two different meanings in Chinese medicine, even as early as in the writings of Zhāng Jī. In the context of cold damage disease, it refers to “greater yang wind-strike”, which is an external contraction of wind evil giving rise to a condition characterized be heat effusion and sweating, aversion to wind, and a moderate floating pulse. In the context of miscellaneous disease, it refers to stroke or apoplexy.
Joint running is a disease characterized by pain and stiffness in multiple joints of the body. It is attributed to contraction of wind, cold, and dampness evil in patients suffering from internal damage of the liver and kidney. The evils invade the channels and lodge in the joints, causing obstruction of the channels and painful swelling of the joints.

Wind is considered the most important of the offending evils because wind is swift and changeable and in this disease swiftly spreads through the joints of the while body. For this reason, Cháo Yuán-Fāng, the author of the Zhū Bìng Yuán Hòu Lùn (“The Origin and Indicators of Disease”), called it “joint-running wind” (li jié fèng) the name more commonly used today.
Nowadays, joint-running (wind) falls within the scope of impediment patterns –Bi Syndrome (bì zhèng)

The word “bi”, translated as impediment, originally means obstruction. In the Jīn Guì Yáo Lüè (“Essential Prescriptions of the Golden Cabinet”), it appears in wind-stroke in this chapter (where it denotes a condition differentiated from wind-stroke). It also occurs in xuè bì, blood impediment (chapter 6) and xiōng bì, chest impediment (chapter 9). These latter two conditions involve obstruction, but not by wind-cold-damp.
SCHEMATIC OVERVIEW
Wind-Stroke

- Line 1 (Pulse and Pathomechanism)
  - Wind disease normally manifests with paralysis on one side of the body. When there is paralysis of only the arm, this is impediment. Faint and rapid pulses are causes by wind stroke.

- Analysis:
  - This line discusses the pulse and patterns associated with wind-stroke disease.
  - The pathomechanism involve exterior wind-cold-damp lodging internally and blocking the channels and collaterals. A faint pulse indicated insufficiency of Qi and blood and uprights qi deficiency. A rapid pulse indicates heat, which is a sign of excess. The etiology here involves an underlying insufficiency of Qi and Blood followed by the invasion of external evils.
Line 2 (Etiology and Pattern Differentiation )

When the pulse at the inching opening is floating and tight, tightness reflects cold and floating reflects deficiency. When cold contends with deficiency, the evil is located in the skin. A floating pulse reflects blood deficiency with emptiness and deficiency of the collaterals. If the bandit evil is not discharged, it will affect the left or right side. The evil qi is moderate in contract to the tension of the upright qi. The upright qi pulls the evil, deviation and paralysis of the face occurs.

Evil in the collaterals causes insensitivity of the skin; evil in the channels cause heaviness. Evil entering the bowels causes an inability to recognize people; evil entering the viscera causes difficult speech and drooling from the mouth.
Line 2  (Etiology and Pattern Differentiation )

Analyze:

This line discusses the etiology, pathomechanism, pulses and patterns of wind stroke.

The first paragraph discuss etiology and pathomechanism. Floating and tights pulses indicated deficiency of Qi and blood as the internal cause, with exterior wind and cold as the external cause. Due to depletion of ying, wei, qi and blood, and emptiness of the collaterals, the pulse appear floating and forceless, where tight pulse result from cold evil fettering the fleshy exteriors. Upright qi deficiency results in an ability to expel evil from the body.
Line 2 (Etiology and Pattern Differentiation)

Analyze:

According to severity of obstruction and stasis, and the location of disease, wind stroke disease can be divided into:

1. wind stroke of the channels
2. wind stroke of the collaterals
3. wind stroke of the viscera
4. wind stroke of the bowels
Line 2 (Etiology and Pattern Differentiation)

Analyze:

Channels are large vessels that connect the sinews and bones. Evil attacking the channels will also block circulation of qi and blood. Without nourishment from qi and blood, cold evil qi lodges in the sinews and bones causing heaviness, with immobility of the arms and legs.

This condition called channel stroke.

Collaterals are located near the surface of the body, connecting the skin and muscles. Evil attacking the collaterals leads to stasis and stagnation that cause the skin and flesh to malnourished, causing numbness.

This relatively mild condition is called collateral stroke.
Line 3  (Pulse and Pathomechanism)

When the pulse at the inch opening is slow and moderate, slowness reflects cold, and the moderate quality reflects deficiency. Slackness of ying is associated with blood collapse; slackness of wei is associated with wind stroke.

Evil qi striking the channels causes generalized itching with dormant papules (maculopapular eruptions that remain dormant-wind lumps; like hives, urticaria); if heart qi is insufficient, and evil qi enters the middle, fullness in the chest and shortness of breath will occur.
Line 3 (Pulse and Pathomechanism)

Analysis:

This line discusses the pathomechanism and presenting signs of wind stroke and dormant papules.

The inch pulse position is associated the exterior, also reflecting the state of ying and wei. With slow and moderate inch pulses, the slow quality indicates internal cold, while the moderate pulse image reflects insufficiency of qi and blood. Furthermore, insecurity of wei qi causes a greater susceptibility to wind invasion. When ying, wei, qi and blood are all insufficient, invasion of wind and cold evils can cause wind stroke. In mild cases, dormant papules and generalized itching appear. This is a sign of wind evil being discharged. When uprights qi fails to combat evil, the evil will penetrate the exterior and affect yang qi in the chest. Manifestation then include fullness in the chest and shortness of breath.
1. Main Signs: hemiplegia, deviated face, faint and rapid pulse.
2. Differentiation from similar conditions:
   - Hemiplegia with pain sensation – wind stroke.
   - Local paralysis of arms without loss of pain sensation – impediment pattern.
3. Wind invited by vacuity
   a) Wind-stroke: Slow pulse – cold; Moderate pulse – vacuity
   b) Dormant papules: Insufficiency of channel qi, insufficiency of heart qi allowing evil qi to enter the center giving rise to itching and dormant papules, fullness in the chest and shortness of breath.
4. Signs:
   a) Mild Pattern: Main signs: deviated eyes and mouth
      Pulse: Floating and tight
      Pathomechanism: cold and vacuity contending with each other, evil in the skin, emptiness of the network vessels. Bandit evil failing to be discharged, either on the left or right. Evil qi causes slackness, while right qi causes tension, pulling the evil qi toward it.

   b) Severe wind-stroke
      Evil in the network vessels(Collateral Stroke). Insensitivity of the skin.
      Evil in the channels(Channel Stroke): body heavy and unwieldy.
      Evil in the bowels: failure to recognize people.
      Evil in the viscera: difficulty in speaking; drooling.
5. Principles of treatment

a) Wind-cold:

   Formula: Hou Shi Hei San (Hóu’s Black Powder)

b) Wind-heat

   Formula: Feng Yin Tang (Wind-Drawing Decoction)
c) Blood vacuity and wind-heat:
Formula: Fung Ji Di Huang Tang (Fangji and Rehmannia Decoction)

d) Topical treatment for head wind:
Tou feng Mo San (Head Wind Rubbing Powder)
Wind-Stroke: Pattern and Treatment

- Line (Wind entering the Heart and Spleen)
- Hou Shi Hei San (Hou’s Black Powder):
  - Indicated for great wind manifesting with vexation and heaviness in the limbs, aversion to cold and insufficiency of the HT.
- “Great Wind”
A. Wind entering the Heart and Spleen

- **Hou Shi Hei San (Hou’s Black Powder):**
  - Ju Hua
  - Xi Xin
  - Mu Li
  - Fang Feng
  - Fan Shi
  - Dang Gui
  - Chuang Xiong
  - Bai Zhu
  - Fu Ling
  - Jie Gen
  - Ren Shen
  - Huang Qin
  - Gan Jiang
  - Gui Zhi
Hou Shi Hei San (Hou’s Black Powder)

- Analyze:
  - Ju Hua+ Jie Gen+ Fang Feng + Gui Zhi and Xi Xin: to dispel wind and resolve the exterior.
  - Chuan Xiong+ Dang Gui: to nourish blood and free the collaterals.
  - Mu Li +Fan Shi: disperse phlegm.
  - Huang Qin: is used to preventive measures to suppress LU Heat, because of wind as a yang evil, easily transforms into internal heat.
Clinical application:

- High blood pressure
- Neurological disorders
B. Exuberant Heat Stirring Wind

- **Line (Exuberant Heat Stirring Wind)**
- **Feng Yin Tang (Wind-Inducing Decoction):** for heat paralysis and epilepsy
  - Dai Haung
  - Long Gu
  - Gan Cao
  - Han Shui Shi
  - Chi Shi Zhi
  - Zi Shi Ying
  - Gan Jiang
  - Gui Zhi
  - Mu Li
  - Hua Shi
  - Bai Shi Zhi
  - Shi Gao
B. Exuberant Heat Stirring Wind

- **Feng Yin Tang (Wind-Inducing Decoction):**
  - The treatment principle is to clear heat, calm the LV and extinguish wind.

- Analyze:
  - Long Gu+ Mu Li: subdue yang and quiet spirit.
  - Chi Shi Zhi+ Bai Shi Zhi+ Zi Shi Ying: settle fright and quiet the spirit.
  - Han Shui Shi+ Hua Shi+ Shi Gao: clear heat, disperse fire; + Dai Huang to downbears heat.
  - As the cold properties that cause damage to ST qi, so Gan Jiang, Gui Zhi also included.
Clinical application:

- Neurological disorders (epilepsy, neurosis, mania)

Modification:

- Phlegm-Damp: Chen Pi, Tian Nan Xing, Bai Jiang Can
- Phlegm heat: Hai Fu Shi, Meng Shi, Tian Zhu Huang
C. Blood deficiency with Wind Invasion

- **Line (Blood deficiency / Wind Invasion):**

- **Fang Ji Di Huang Tang (Stephania Root and Rehmannia Decoction):**

- treat diseases resembling mania that manifest with irrational behavior, incessant monologues, an absence of cold or heat, and floating pulses.

- Fung Ji
- Gui Zhi
- Fang Feng
- Gan Cao
- Shen Di Huang (Xian Di Huang)
C. Blood deficiency with Wind Invasion

- **Fang Ji Di Huang Tang (Stephania Root and Rehmannia Decoction):**

  - The line discuss the treatment of yin deficiency blood heat patterns that manifest with epileptic symptoms following the contraction of wind evil.
  - Floating pulse reflect an exterior pattern; but with an absence of heat or cold signs, floating and forceless pulses indicate patterns of blood deficiency with emptiness of the collaterals. The etiology involves upright qi deficiency with invasion of the exterior.
  - Treatment including blood nourishing, wind-dispelling and damp-expelling methods.
  - **Analyze:**
    - Xian Di Huang is the sovereign herb that enrich yin-blood and clear internal heat.
    - Gui Zhi + Fang Feng to disperse wind, and Fang Ji to eliminated dampness.
Clinical application:

- Mania or epileptic behavior (yin deficiency/ blood heat patterns)

Modification:

- Predominate yin deficiency with blood heat + Tian Men Dong, Zhi Mu
- Restlessness + Mu Li, Long Gu
- Liver Qi stagnation + Chai Hu, Yu Jin, Fo Shou Gan
D. Externally contracted Wind-Cold

- **Tou Feng Mo San (Headwind Massage Powder):**

- Fu Zi

- Yan (salt)

- Grind equal amounts into powder. After bathing, massage one square inch-spoon of the powder onto the affected area.

- Headwind is characterized by paroxysmal headache, dizziness or heaviness of the head usually caused by an invasion of wind-cold. External treatment is convenient.
Line 4:

The pulse on the inch opening is sunken and weak; the sunken quality reflects the bones and the weak reflects the sinews. The sunken also reflects the kidney while the weak reflects the liver. If the person exposes himself to water while sweating, water will damage the heart. Joint running with yellow sweat will occur. So, this is called joint-running.

Analyze:

This line discuss the etiology and pathomechanism of joint-running.

The inch opening is sunken and weak indicted that disease is interior and the weak pulse reflect deficiency.
Line 4:

Analyze:

- The KD stores essence and governs the bones, and it also reflects the state of original qi. Insufficiency of KD qi leads to depletion of yang qi; it therefore states that sunken pulses reflect the status of the bones and KD. The LV stores blood and governs the sinews, and in this case insufficient LV blood fails to fill the vessels causing weak pulse.

- Therefore it said that LV/KD is the main internal cause of joint running disease.
Line 4:
Analyze:

Insufficiency of qi and Blood means that ying and wei are deprived, causing the interstices to remain open. So cold and damp can penetrate the body when working in water or rain, especially when sweating.

Internally evil then transforms to damp-heat, causing damage to blood vessels, also affecting the sinews, bones and joints. As the circulation of qi and blood becomes obstructed, the joints become swollen and aching, associated with yellow sweat. It is due to damp-heat constrained in the fleshy interstices, and is therefore characterized by generalized sweating and swelling of the limbs and face.
Joint-Running Disease

- a) Entering water while sweating, in liver-kidney vacuity.
- Pulse: at the inch opening, sunken (bones, kidney) and weak (sinew, liver)
- Signs: joint-running pain and yellow sweat
2. Treatment:

a) Wind-damp pattern

Formula: Gui Zhi Shao Yao Zhi Mu Tang (Cinnamon Twig, Peony, and Anemarrhena Decoction)

b) Cold-damp pattern:

Formula: Wu Tou Tang (Aconite Main Root Decoction)
Joint Running: Wind-damp pattern
Gui Zhi Shao Yao Zhi Mu Tang

- Gui Zhi
- Shao Yao
- Gan Cao
- Ma Huang
- Sheng Jiang
- Bai Zhu
- Zhi Mu
- Fung Feng
- Fu Zi

- Gui Zhi Tang: harmonize ying & wei
- Ma Huan+Fu Zi: warm yang, disperse stagnation, check pain
  - Fang Feng: dispel external wind
  - Bai Zhu: dispel internal damp
  - Zhi Mu: clear heat
  - Sheng Jiang: checks vomiting
Clinical application:

- Rheumatoid arthritis

Modification:
- Cold+ Xi Xin, Dang Gui, Qiang Huo, Chuan Xiong
- Dampness + Ban Xia, Cang Zhu, Bai Jie Zi
- Damp/Heat: Yi Yi Ren, Huang Bai
Joint Running: **Cold - damp pattern: Wu Tou Tang**

- Ma Huang
- Shao Yao
- Huang Qi
- Gan Cao
- Chuan Wu

- Chuan Wu and Fu Zi are toxic if unprocessed
## SUMMARY

### Wind Stroke

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<td>Wind entering the heart and spleen, insufficiency of qi and blood, phlegm damp accumulation</td>
<td>Vexation, heaviness of the four limbs, aversion to cold</td>
<td>Dispel wind, boost qi, nourish blood, transform phlegm</td>
<td>Hóu Shì Hēǐ San (Hou’s Black Powder)</td>
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<td>Wind entering the channels and collaterals, exuberant heat stirring liver wind</td>
<td>Paralysis, epilepsy</td>
<td>Cleat heat, calm the liver, extinguish wind</td>
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<td>Blood deficiency with wind invasion</td>
<td>Upright qi or yin deficiency with blood heat with exterior wind invasion</td>
<td>Epileptic symptoms, mania, irrational behavior, incessant</td>
<td>Nourish yin-blood, dispel wind, expel damp</td>
<td>Fáng Ji Dì Huáng Tāng (Stephania Root and Rehmannia Decoction)</td>
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<td>Qi and blood deficiency with wind-cold invasion</td>
<td>Qi and blood deficiency, exterior wind-cold striking the bowels and blocking the orifices</td>
<td>Inability to speak, Immobility</td>
<td>Dispel wind, dissipate cold, boost qi, nourish blood</td>
<td>Xù Mìng TĀng (Life-Sustaining Decoction)</td>
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<td>Paroxysmal headache, dizziness, heaviness of the head</td>
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<td>Wind-damp predominant</td>
<td>Wind-cold-damp transforming into heat damaging yin, evil lodging in the sinews and joints</td>
<td>Swelling and numbness of the feet, joint pain, dizziness, shortness of breath</td>
<td>Dispel wind, eliminate dampness, warm the channels, nourish yin, clear heat</td>
<td>Guì Zhī Sháo Yào Zhī Mu Tāng (Cinnamon twig, White Peony, and Anemarrhena Decoction)</td>
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<td>Exuberant internal cold-damp</td>
<td>Cold-damp lodging in the sinews and joints, stagnation of qi and blood</td>
<td>Acute joint pain, inability to bend and stretch</td>
<td>Warm the channels, dissipate cold, eliminate dampness</td>
<td>Wū Tóu Tāng (Aconite Main tuber Decoction)</td>
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