

Medical History in Japan

Dosan Manase and his Medicine (2)

Hikomichi Yasui

Japan Institute of TCM Research

In the last issue I talked about the writings and medical theories of Dosan Manase (1507-1594), who introduced state-of-the-art Chinese medicine to Japan in the 16th Century. In this issue I will discuss the actual therapeutic methods used, based on specific cases described by Dosan in his writings.

Dosan Manase wrote few case studies. He left only a few examples of his clinical work in a book entitled *Shussho Haizai*. Among them, however, a considerable number can be regarded as suitable data from which to analyze his ideas and actual treatment methods. Several cases are presented below.

Case 1 : Shang han (Cold Injury)

A male, aged 40, suffering from Shang han (Cold Injury) for four days. A problem of the “yang minor channel”⁸⁾ was diagnosed by the pulse and accompanying symptoms: pain in the chest and side, deafness, bitterness in the mouth, a dry tongue, hot and cold sensations, vomiting, a taut and rapid pulse taken both at the “inch” and “cubit.”

Prescription (Seven herbs):

Bupleuri Radix

Scutellariae Radix

Pinelliae Tuber

Citri Unshiu Pericarpium

Paeoniae Radix

Peucedani Radix

Glycyrrhizae Radix¹⁵⁾

This case was not cured until four days after the onset of the disease. In cases of Shang han (Cold Injury), the fourth day is usually considered to be when the syndrome changes from a “yang major channel” to either a “splendid yang channel” or a “yang minor channel.” In fact Manase mentions that both the pulse and symptoms he describes are in accord with a

definition of a yang minor channel in the *Shokan-ron*¹⁶⁾.

What is of great interest is that Manase not only details every symptom and pulse pattern, but also the appropriate medicine. That is, he used a method in which he analyzed each symptom, and prescribed an appropriate medicine, instead of first taking a known prescription and more or less fitting it to the disease. This method can only be carried out by someone who is confident of his ability to understand the condition of the disease. In this particular case, the following process of relating symptoms to medication was established:

Pain in chest and side: *Scutellariae* Radix, *Bupleuri* Radix

Deafness: *Bupleuri* Radix, *Peucedani* Radix, *Glycyrrhizae* Radix

Bitterness in mouth: *Bupleuri* Radix

Dry tongue: *Paeoniae* Radix, *Scutellariae* Radix, *Glycyrrhizae* Radix

Alternating sensations of hot and cold: *Bupleuri* Radix, *Peucedani* Radix

Vomiting: *Citri Unshiu* Pericarpium, *Pinellia* Tuber

Taut and rapid pulse at both the inch and cubit: *Scutellariae* Radix, *Paeoniae* Radix, *Peucedani* Radix, *Bupleuri* Radix.

There is no indication from his writings that Manase had read the *Shang han lun*⁴⁾, but it is likely that he knew its outline through reading other books, and was aware of its applications. Therefore, he is likely to have thought of a prescription which includes saiko (bupleurum root) as main herb when symptoms of Shang han were apparent for a number of days. What is remarkable about Manase is that he could think of complex prescriptions such as those listed in the *Shang han lun*, while he analyzed each symptom and composed individual prescriptions, taking into consideration each separate ingredient. This resulted in selecting a prescription which was similar to *daisaikoto*⁶⁾. And this particular case reveals Manase's knowledge of *Shang han* very well.

Case 2: Palsy

A male, aged 50, viscera affected by “wind,” slack lips, no voice, nasal congestion, blindness, deafness, constipation, has normal urination, and a “forceful” and “slippery” pulse.

The first four kinds of medicines work to make trapped wind circulate:

Notopterygii Rhizoma

Magnoliae Cortex

Rhei Rhizoma

Aurantii Fructus Immaturus

The next eleven normalize qi and blood and smooth the “meridians”:

Angelicae Radix

Paeoniae Radix

Cinnamomi Cortex

Rehmanniae Radix

Ginseng Radix

Citri Unshiu Pericarpium

Armeniaca Semen

Notopterygii Rhizoma

Arecae Semen

Astragali Radix

Four moxibustion points

Bai-hui(Du20)

Qu-chi(LI11),

Jian-Jing(GB21),

Zu-San-li(ST36)

This case is one of Chung-feng, in other words, stroke. Chung-feng means “to be affected by wind”, and is thought to be caused by a harmful wind invading the body. In such cases, the patient shows signs of being upset by a harmful wind influence. Clearly, Manase was well aware of pathogenic factors and internal injury. He determined how to drive away the pernicious influence, and regulate the internal condition in his treatment.

Manase states in the chapter on apoplexy in the Keiteki-shu: “Symptoms change depending on whether the wind affects the bowels, meridians, or viscera. In

cases where it affects the bowels, it is necessary to expel the ‘pernicious wind influence’ using diaphoretic recipes such as *shozokumeito*. This will cure it quite easily. In cases where it hits the meridians, it is necessary to supply the blood and nourish the muscles with tonifying recipes such as *daijingyoto*, which can also dispel pathogenic wind from the exterior of the body. And in cases where it affects the viscera, we must first get rid of any stagnation with *sankato*, and then adopt additional prescriptions with *juzentaihoto* and *shimotsuto*. However, cases such as this last one are very difficult to cure.”

Palsy caused by wind affecting the viscera indicates serious apoplexy, including, at times, bouts of fainting, hence it is extremely difficult to cure. Although the name of the prescribed medicine is not described in this case study, *sankato* was adopted as a prescription. It consists of four kinds of medicines which function to expel trapped wind. Using *shojyokito* plus *Notopterygii* Rhizoma¹⁾, pathogenic wind was dispelled from the exterior of the body, after having a bowel movement with the help of *sankato*. (At the same time, the fainting would probably have subsided.) Manase continued treating the patient this way. The medicines he used served to invigorate blood circulation, replenish “vital essence,” dispel pathogenic wind from the exterior of the body, and stimulate circulation in the meridians.

Manase also gave detailed advice on his treatment methods, including descriptions of palsy such as “one should not use *Aconiti* Radix²⁾ and *Aconiti* Radix Processa²⁾ without first smoothing the flow of vital energy and curing phlegm, and one should not depend only on medicine for dispelling pathogenic wind from the exterior of the body, and neglect the need to invigorate blood circulation.”(Keiteki-shu)

Manase also used moxibustion treatment for apoplexy. The moxibustion points used are exactly the same as those used in modern acupuncture and moxibustion.

This suggests Manase's self-confidence in treating apoplexy which, in those days when there were no mannitol, steroids, activation drugs for cerebral metabolism, and no hypotensive drugs, is impressive.

Case 3: Cough

When the patient's cough remains uncured and usually gets heavier in the afternoon, he has a deficiency of yin, a slight fever, rushes of blood to the head, a hoarse voice, is thirsty, has bloody phlegm, copious night sweats, weight loss, loss of taste, slight difficulty with bowel movements and urination, pain in the sides accompanied by a cough, a “taut, fine, sinking, hesitant pulse,” and “five beats in a breath.

Sixteen tastes :

Asteris Radix
Moutan Cortex
Bupleuri Radix
Angelicae Radix
Paeoniae Radix
Phellodendri Cortex
Fritillariae Bulbus
Asini Corii Collas
Trichosanthis Radix
Ophiopogonis Radix
Cinnamomi Cortex
Scrophulariae Radix
Gentianae Scabrae Radix
Polygoni Tinctorii Folium
Pogostemi Herba
Rehmanniae Radix

This case can be regarded as a disease which is similar to chronic bronchitis or bronchiectasia. It can be considered fundamentally to be a deficiency of lung yin, where the cough has stimulated the lung over a long period of time, causing an excess of yang, or heat, in the lung. At the same time, the symptoms of a deficiency of kidney and lung yin, such as a slight fever, a rush of blood to the head, night sweats, and thirst were present, and “the method of tonifying yin and

moisturizing the lung” would be expected to be adopted as the treatment.

In this case, Manase's thought processes and the linking of symptoms to medication were as follows:

Cough habitually gets heavier in the afternoon:

Bupleuri Radix, Moutan Cortex

Deficiency of yin, slight fever : Chinese angelica root, *Rehmanniae Radix, Paeoniae Radix*¹⁸⁾, *Moutan Cortex*

Rush of blood to the head: *Phellodendri Cortex, Pogostemi Herba*

Hoarse voice: *Fritillariae Bulbus, Asini Corii Collas*

Thirst: *Trichosanthis Radix, Ophiopogonis Radix*

Bloody phlegm: *Asteris Radix, Fritillariae Bulbus*

Night sweats: *Trichosanthis Radix, Ophiopogonis Radix, Paeoniae Radix, Cinnamomi Cortex*

Loss of taste: *Scrophulariae Radix, Cinnamomi Cortex, Angelicae Radix*

Slight difficulty with bowel movements and urination: *Angelicae Radix, Moutan Cortex, Paeoniae Radix, Ophiopogonis Radix, Pogostemi Herba*

Chest pain: *Bupleuri Radix*

As shown above, Manase logically chose and prescribed medicines which facilitated a supply of yin and cooled the extra heat stored in the lung. It is easy to understand Manase's basic method if we consider this prescription to be removing something from, and then adding something to, the prescription of *hyakugokokinto*.

Case 4: Sterility

A female in her early thirties. Qi in the liver and gallbladder is excessive, she is irritable, and therefore her blood “stagnates,” and is unable to nourish the meridians and their collaterals. Because of a uterine hypoplasia and a lack of “sex-stimulating essence” in the kidney, she is unable to conceive. She has an oppressed feeling in the chest, an angry look, dysmenorrhea, tennesmus, and her pulse is slightly

“taut and hesitant.”

After administering ten kinds of compound medicines, with some additions and subtractions depending upon the symptom variation over time, the patient was able to become pregnant.

Bupleuri Radix

Cyperi Rhizoma

Rehmanniae Radix

Cnidii Rhizoma

Citri Unshiu Pericarpium

Moutan Cortex

Arecae Semen

Glycyrrhizae Radix

Angelicae Dahuricae Radix

For this case of sterility, Manase analyzed the symptoms and prepared a prescription to counteract the deficiency of liver blood and the stagnant liver qi, which was the original condition of the patient. The name of the prescription is not clear, however, it was probably a combination of *kyukichoketuin* and *shoyosan*, with some variations. Even today similar prescriptions are sometimes used.

I have investigated Manase's treatment methods by examining a few cases recorded by him. This has brought to light his own characteristic methods, which formed the roots of the Gosei school¹³⁾. However, Manase's method disappeared due to the sudden rise of the Koho school¹⁴⁾ in the middle of the Edo period. Nevertheless, it remains important because it is remarkably similar to modern traditional Chinese medicine, and so it is essential that we understand it if we aspire to a synthesis of Japanese Kampo Medicine and TCM.

Prescriptions: Pinyin · Chinese Character · Japanese
daisaikoto · Da-Chai-Hu-Tang · 大柴胡湯
shozokumeito · Xiao-Xu-Ming-Tang · 小續命湯
daijingyoto · Da-Qin-Qiu-Tang · 大秦芩湯
shojokito · Xiao-Cheng-Qi-Tang · 小承氣湯
sankato · San-Hua-Tang · 三化湯
juzentaihoto · Shi-Quan-Da-Bu-Tang · 十全大補湯
shimotsuto · Si-Wu-Tang · 四物湯
hyakugokokinto · Bai-He-Gu-Jing-Tang · 百合固金湯
kyukichoketuin · Xiong-Gui-Tao-Xue-yin · 芎歸調血飲
shoyosan · Xiao-Yao-San · 逍遙散