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# Discussion on the Yin Yang Yi Disease and Burned Underpants Ashes in the Treatise on Typhoid Fever

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**Abstract:** The language of "Treatise on Cold Damage" is ancient and profound, and has been studied and used continuously from ancient times to the present day. After the Six Meridian Diseases and Cholera, there is a section on the treatment of diseases based on the differentiation of yin and yang and the recovery of symptoms and meridians through labor. The sections on the differentiation of yin and yang and the recovery of symptoms and meridians after labor are placed in the same section, with the word "typhoid fever" added. Because "typhoid fever and yin and yang are easily classified as diseases," it indicates that yin and yang are easily classified as typhoid fever, which is obviously different from the similar disease "cholera". Cholera is a completely different disease from typhoid fever, and because it is similar to typhoid fever, it has its own section. Yin Yang Yi belongs to a syndrome in the process of typhoid fever, and it is a transformation syndrome in the later stage of typhoid fever. Therefore, it is related to typhoid fever and labeled with the word "typhoid fever". Yin Yang Yi is definitely related to typhoid fever, but it is not "typhoid fever and labor recovery". This is why Yin Yang Yi is combined with typhoid fever and labor recovery.

**Keywords:** Yin and yang easy disease; Traditional Chinese Medicine; Treatise on typhoid fever

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There are two main views on the understanding of yin and yang. One is that "yin and yang" means male and female, while "yi" means mutual transmission and infection. Men and women engage in sexual activity when they have just recovered from a serious illness, and as a result, men transmit their illness to women, or women transmit the disease to men. (From the Chao Yuan Fang's "Disease Source Theory") It belongs to the transmission of diseases between males and females due to sexual intercourse. This is also a relatively mainstream viewpoint, which the teacher explained to us in class. According to the modern medical understanding of the category of sexually transmitted diseases, ancient typhoid fever was one of the diseases that were easily transmitted due to its yin and yang susceptibility. The second is that "yin and yang" means sexual intercourse, and "yi" means changes in diseases. Just after recovering from a serious illness, the disease relapses and worsens due to sexual activity. I think this statement is also quite reasonable, because there are many examples in medical books that use "yin and yang" to refer to sexual activity. The two characters "yin and yang" in Sun Simiao's "Qian Jin Yao Fang - Women's Formula" refer to sexual intercourse between men and women, including "excessive yin and yang," "pain in yin and yang," and "decreased yin and yang." The combination of "yin and yang" became a written language used by literati, scholars, or medical practitioners before the Sui and Tang dynasties to replace "sexual intercourse between men and women".

The main symptoms of yin yang yi disease include four aspects: 1. Systemic symptoms, including soreness, discomfort, or pain throughout the body, or feeling tired and unable to move, lacking energy, fatigue and desire to lie down, chest tightness, as well as rising heat and difficulty urinating; ("The person has a heavy body and lacks qi") 2. Symptoms of underbelly and reproductive organs, such as urgency or discomfort in underbelly, or discomfort in pulling the penis, scrotum, testicles, or vagina, or slight swelling of the glans; 3. Symptoms of lower limbs, including soreness or urgency in the knee and tibia, weakness and heaviness in the limbs, and reluctance to walk; ("Knee and tibia tightness") 4. Head symptoms, including heavy head, soft neck, reluctance to lift, and often accompanied by dizziness, dry eyes, reluctance to open or blossoming ("heavy head, reluctance to lift, blossoming in the eyes", meaning stars in the eyes).

Analyze its etiology and pathogenesis, This disease occurs after sexual intercourse, when men and women have ejaculation and the true essence is greatly lax. The main camp is empty, and the residual pathogenic factors of typhoid fever in the diseased person enter the yin organs from below, taking advantage of the deficiency in the yin pathway, unstoppable. The disease is inside but not on the surface, and inside but not inside the organs. The kidney is responsible for storing essence and contains true yin and yang. It is the foundation of the body's life activities and plays an extremely important role in various aspects of the human body. During sexual intercourse, the kidneys lose their sealing, and the pathogenic heat from typhoid fever can enter the yin organs directly due to deficiency. The pathogenic stagnation results in a lack of yin and yang qi, and the yang qi is not sufficient. Therefore, "the person's body is heavy and lacks qi." The pathogenic stagnation juxtaposes yin and

fire, causing stagnation and heat transformation, causing internal disturbance of toxic heat, damage to yin points, and loss of nourishment in the muscles and meridians. Therefore, "the abdomen is less urgent, or the yin and tibia are more constricted." The toxic heat attacks from bottom to top, and the heat rushes up to the chest. Therefore, "the head is heavy and does not want to lift, and the eyes are blossoming." Therefore, the susceptibility of yin and yang diseases is a special disease caused by dampness, toxin, and turbidity, with sexual dysfunction as the cause. A type of infectious disease that is a transmission route. The disease is located in the liver and kidney, characterized by depression and a mixed nature of cold and heat.

Throughout history, medical experts have also provided many explanations on the yin and yang yi disease. The "Treatise on the Origins of Various Diseases" written by Chao Yuanfang of the Sui Dynasty explains that "Yin Yang Yi refers to a new generation of typhoid fever in men and women, which has not yet been cured and has been passed on to others, known as Yin Yang Yi." Medical experts such as Cheng Wuji from the Jin Dynasty and Yu Jiayan from the Qing Dynasty also have a similar understanding of the etiology and pathogenesis of typhoid fever Yin Yang Yi. Wu Kun, a medical expert from the Ming Dynasty, discussed in his "Medical Prescription Examination" that the taste of the loin and crotch is salty and rotten, so it can enter the Shaoyin area; When burned, it is warm, so it is sufficient to dissolve qi; The law of ash is sufficient to drown the bladder. In the Selected Annotations of Ancient Prescriptions, it is said that wearing the crotch for a long time is good. Yin and Yang are originally devoid of external evil, but after the patient recovers, the accumulated heat can take advantage of the deficiency and invade the body, stirring up the three jiao, and still taking impurities and impurities to guide them back to the Yin orifices, also seeking them to belong to. Burn to clean its dirt, and remove its color from the ash. "The waist and crotch are close to the Yin area, where the Yin and Yang energies converge. They are easy to use for men and women, and each object belongs to its own origin."

The diagnosis and treatment of Yin Yang Yi disease is highly controversial. Traditional Chinese medicine scholar Hu Xishu said in a lecture on the theory of typhoid fever that Yin Yang Yi "has no basis for this disease and is somewhat elusive," or that the formula was added by later generations and not the original formula of Zhang Zhongjing. Especially this burnt loin is most easily criticized as feudal superstition. But some people also believe that it is effective. For example, Liu Duzhou once went to the Provincial Institute of Traditional Chinese Medicine in Taiyuan, Shanxi and consulted with the director of the institute named Li Hanqing. He once wrote a poem in Cao Yingfu's "Experimental Records of Classic Prescriptions", which belongs to the School of Classic Prescriptions. Liu Dulao asked him two questions about the Yi of Yin and Yang and the scattered burning loins. Firstly, can we talk about the Yi of Yin and Yang and the scattered burning loins? Secondly, do they have clinical value? Li Hanqing believes that it should be said that no medical expert from the Later Han Dynasty to modern times has denied this; In clinical practice, there is indeed a disease of Yin Yang Yi, and Shao Luo San is indeed effective. He has cured seven cases. And the specific use of burning loincloth powder is as follows: in the original text, "women's loincloth, near the hidden area, should be burned and turned into ash," "loincloth" refers to pants, "middle loincloth" refers to underwear, and "near the hidden area" refers to the contaminated area of underwear that cannot be eaten directly, and should be "burned and turned into ash." "Right one flavor, take a square inch dagger in water, take it three times a day." It is necessary to mix water and take it together. Drinking this dry cloth ash alone can easily choke the throat and be difficult to swallow." Urination is easy, and the head of the vagina is slightly swollen, which is healing Eating this food will make urine flow smoothly, the glans will become slightly swollen, and the weakened sexual function will be restored. This is a sign of the smooth flow of the lower jiao yang qi, and the disease will be cured.

On some platforms, there are indeed many people discussing why the medical sage Zhang Zhongjing believes that eating someone else's worn crotch can cure illness. Personally, I believe that I still have too little understanding and some of my own biases. Firstly, the teacher talked about the tradition that Nanyang has continued for over 1000 years, which is a common method in the folk culture of "using turbidity to induce turbidity, so that diseases come from where they come from". For example, if a certain food is consumed excessively and causes illness, it is treated by boiling it in charcoal and soaking it in water. Its own repair ability and the linkage mechanism between the mind and body play a decisive role. I just want to eat too many peaches and feel uncomfortable, so I eat peach charcoal to treat my illness; It is reasonable and reasonable to take Shaolou San to treat diseases caused by sexual activity. Some theories suggest that this is a folk spiritual therapy that uses the underwear of the patient to burn ashes near the hidden area, letting the patient know that it is caused by sexual activity at the beginning of the recovery from a serious illness. They use the other person's private belongings as spiritual comfort. Although burning ashes has the purpose of disinfection and decontamination, almost all ingredients are completely eliminated. The true reason for its effectiveness is that it is originally in the early recovery stage of typhoid fever, and the body's yin, yang, qi, and blood are in the recovery stage. The body's repair ability is restored, and it can repair itself; The second is the psychological comfort of traditional Chinese medicine, which stimulates the body's mind body coordination mechanism and promotes the development of diseases in a positive direction.

In Li Shizhen's "Compendium of Materia Medica", he emphasized the need to "burn ashes with long-term stains on clothes", indicating that the medicinal effect of "burned underpants ashes" is not on its burned underpants ashes itself, but on the residue it adheres to. Analyze the

composition of its residues, which are nothing more than male semen, female vaginal secretions, and urine residues. These residues are key to treating diseases, and this is also a possibility.

In fact, there have been some clinical cases in the past few decades. For example, in 1983, the Journal of Shaanxi University of Traditional Chinese Medicine recorded an effective case. Patient Zhang, female, 28 years old. Her face was pale, and she was sweating profusely. Despite covering herself with a leather coat, she continued to tremble, emitting screams of fear and desolation every 2-3 minutes. Inquiring about Yin, there is a hot breath rushing directly into the heart, feeling like dying and screaming. Her legs are sore and tired, her neck is soft and her head is heavy and she don't want to lift. She have a short breath, her eyes are tightly closed, and when she open them, she feel dizzy. After three days of urination, she haven't cleared my bladder, and there is a moldy and rotten mucus flowing out of her vagina. The tongue is light, the coating is thin and white, and the veins are thin and slightly numbered. Due to the strange condition of the illness, I asked her husband again and confirmed that she had just recovered from a cold three days ago. After sexual intercourse, she immediately felt unwell and was unable to recover until dawn. She was urgently sent to the hospital. After checking the body temperature, blood pressure, and blood count, no abnormalities were found, and symptomatic treatment with Western medicine was ineffective for three days. This disease is consistent with the diseases of yin and yang, causing her husband to take Shaohui Powder (the burned underpants ashes.) as if burning. After about 30 minutes of taking the medicine, the sense of confinement in the yin disappears, and her mind gradually calms down and she falls asleep. There were also successful cases published in the 9th issue of Sichuan Traditional Chinese Medicine in 1998 and the 7th issue of Liaoning Traditional Chinese Medicine in 2005.

Due to the current health laws and regulations, as well as changes in people's hygiene concepts, it may not be convenient to use burnt underpants ashes now. But it is still possible to follow the method of Zhongjing without sticking to it, using Zhongjing's formula instead of sticking to it. Some people have used Shengwulingzhi powder in clinical practice to treat the acute phase of yin and yang diseases (using Shengwulingzhi powder as the final ingredient, mixed with water, 3g per dose, 3 times a day, with excellent therapeutic effects). Sheng Wulingzhi is the dry feces of the compound toothed flying squirrel, which is a turbid substance. If treated with this medicine, it can lead to turbidity and evil spirits to go out. The "Materia Medica Huayi" states: "Wulingzhi, a bitter cold and fire relieving medicine, is used to promote blood circulation without being pushed or shaken. It is not as fast as the power of rhubarb and does not adhere to it. It is used to promote blood circulation and promote the return of turbid yin." The "Compendium of Materia Medica" also states: "Wulingzhi, a medicine that can block the Yin and liver meridians, has a thick odor, and the Yin in the Yin is divided into blood." If it is in the later stage of yin yang yi disease, one can "observe its pulse symptoms, know what is wrong, and treat it according to the symptoms."

In summary, some seemingly superstitious clinical symptoms recorded in the theory of typhoid fever actually exist in reality, and have been validated and proven to be true and effective through thousands of years of clinical practice in traditional Chinese medicine. With the development of modern medicine, many therapeutic prescriptions may gradually be phased out in clinical practice due to various reasons. However, as a part of traditional Chinese medicine culture, they still have some inspiration for the development of traditional Chinese medicine.

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