

## Research Article

# Annotation of the Meanings of “Jing” in the Treatise on Cold Damage

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The original meaning of “Jing” in “Shuowen-Jiezi” is the vertical thread on the loom. It can be extended to refer to governance, guiding actions, following, weaving, paths, pathways, fundamental principles, classics, and other meanings. And some of these extended meanings are also applied to the original text of “Treatise on Cold Damage”. Throughout the 398 original clauses in the “Treatise on Cold Damage”, there are a total of 12 clauses that involve the word “Jing”. The main words are “complete the Jing (8)” “repeat the Jing (8)” “not pass on the Jing (8)” “move the Jing when sweating (67)” “Jing Shui (143,144,145)” “follow the Jing (124)” “doesn't heal to the Jing (114)” “go through the Jing (103,123,217)” and “meridian restlessness (160)”.

## Analysis of the Meaning of the Word “Jing” in the Original Text of “Treatise on Cold Damage”

- a. The words “complete the Jing (8)” “repeat the Jing (8)” “follow the Jing (124)” “doesn't heal to the Jing (114)” go through the Jing (103,123,217): These “Jing” refer to the process and stages. The unique process recorded in the “Treatise on Cold Damage” at that time was that six days were a period, which served as the basic stage for the occurrence and development of diseases. The end of the first process is called “the end of the Jing”, and the beginning of the second process is called “repeat the Jing (8)” (Li Keshao, the founder of the Qilu Cold Damage School).
- b. “not pass on the Jing (8)”: Here, “Jing” refers to the six meridians in the Treatise on Cold Damage, namely the Sun Meridian, Yangming Meridian, Shaoyang Meridian, Taiyin Meridian, Shaoyin Meridian, and Jueyin Meridian. Li Keshao believed that the emergence of San Yang diseases has a prodromal period of fever and chills, while the emergence of San Yin diseases has a prodromal period of no heat and chills. The symptom period that enters each meridian from the prodromal phase is called “transmission”. In addition, there may also be transmission between the symptom periods of the six meridians, or following the universal transmission rhythm of the six meridians, that is, “typhoid

fever occurs in the sun for one day, in Yangming for two days, in Shaoyang for three days, in Taiyin for four days, in Shaoyin for five days, and in Jueyin for six days” (Su Wen · Re Lun), or surpassing this rhythm to form a transmission of the meridians. The transmission and transformation of six meridian diseases should be based on the pulse pattern, and should not be limited to the number of days and the order of the six meridians.

- c. “move the Jing when sweating (67)” “meridian restlessness (160)”: The “Jing” here refer to the “Jing qi” flowing in the meridians, that is the “nutrient qi” circulating in the meridians. The use of sweating as a treatment method may cause the nutrient qi in the meridians to shake and not function properly, resulting in nutrient deficiency in the meridians and disease progression, which may prolong the recovery time of the disease. In severe cases, it may lead to bad diseases.
- d. “Jing Shui (143, 144, 145)” refers to the menstrual cycle of women. Cold fever during menstruation may be difficult to treat.

## The Extended Meanings of “Jing” in “Treatise on Cold Damage”

### a. Classic

Firstly, “Treatise on Cold Damage” is a classic writing in the history of traditional Chinese medicine. It pioneered the diagnosis and treatment based on syndrome differentiation, and established the Six Classics Dialectics, which made significant contributions to the development of traditional Chinese medicine. Emphasis on integrity and advocating for “observing the pulse and syndrome, knowing where the main problem lies, and treating according to the pulse and the syndrome”, and it have laid the foundation for traditional Chinese medicine's syndrome differentiation and treatment. Besides, It also suggests that “living, moving, and changing” is the fundamental thinking of traditional Chinese medicine's syndrome differentiation

and treatment (Jiang Jianguo, descendant of the Qilu School of Cold Damage), so the theory of Cold Damage in the basic theory of traditional Chinese medicine is also known as the “classics”.

## **b. Classical Formula**

The complete prescription in “Treatise on Cold Damage” consists of 112 formulas, which are renowned both domestically and internationally for their short and concise nature, concise medication, strict laws, and effectiveness like a drum. They are highly praised by traditional Chinese medicine experts and students. The main characteristics of its formula include corresponding prescription and syndrome, unique clinical thinking, rigorous drug combination, significant therapeutic effect, and high clinical and reference value. Therefore, the prescriptions in the “Treatise on Cold Damage” in traditional Chinese medicine clinical practice are also known as “classical prescriptions”.

## **c. Experience**

“The Treatise on Cold Damage” is a clinical writing of traditional Chinese medicine, and its four parts of disease, pulse, syndrome, and treatment are actually the inheritance of clinical experience in traditional Chinese medicine. Studying “Treatise on Cold Damage” is to learn the experience of “disease, pulse, syndrome, and treatment” of “Cold Damage Treatise”, and using it as a fundamental and effective clinical guidance rule. We should actively learn and apply it in our clinical practice, gradually improve our clinical skills, and increase clinical efficacy.

## **Summary**

Whether it is the original or extended meanings of the character “Jing” in “Treatise on Cold Damage”, it is a reference for our younger generations to learn. The extended meanings of the word “Jing” is “classics, classical prescriptions, and experiences”. The inheritance has always been practiced by the team of the Qilu School of Febrile Diseases, and relevant academic conferences are organized every year for learning (The Team of Si Guomin, descendant of the Qilu School of Cold Damage). From “Shuowen Jiezi” to “Treatise on Cold Damage”, the meanings of Jing characters are broad and rich. Through detailed analysis and study of them, we not only deepen our understanding of words, but also improve our academic level to a certain extent, as well as enhance our academic and professional literacy.

## **Author Contributions**

CCY/QT: designed this work of article; XZW/SXS: wrote the manuscript of this paper; CCY/QT: revised the manuscript; All authors approved the paper for publication.

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