

# Guidance of Six-meridian Theory in Treating Pediatric Diseases

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**Abstract:** *Zhang Zhongjing's Treatise on Febrile Diseases is the foundation work of the theoretical system of Chinese medicine, in which the six-meridian identification is the pioneer of identification theory. The six-meridians are mainly the solar meridian, the yangming meridian, the shaoyang meridian, the taiyang meridian, the taiyin meridian, the shaoyin meridian, and the jueyin meridian. The theory of the six-meridians is not only very effective in the treatment of adult diseases, but also can be a good guide for the treatment of pediatric diseases of the lung system, spleen system and other systems. This paper gives a review on the six-meridian theory of Treatise on Febrile Diseases to guide the treatment of pediatric diseases.*

**Keywords:** Six-meridian theory, Pediatric lung system diseases, Pediatric spleen system diseases, Six-meridian transmission, Treating the future disease.

## 1. Introduction

The Treatise on Typhoid Miscellaneous Diseases is one of the four major classics of traditional medicine in China, and its academic thinking is profound and profound, which has had a far-reaching impact on traditional medicine in China, including the idea of six-meridian syndrome identification. The six-meridian identification is the first of the identification theory, which is a method of identification of exopathogens created by Zhang Zhongjing on the basis of the six-meridian theory of Suwen - Heat Theory, which summarizes the intricacies of the symptoms and their evolutionary laws. Zhongjing gave a new content to the six-meridians, not only from the six meridians, but also included theories of internal organs and meridians, the eight principles, Ying and Wei, the San Jiao and other theories, making it richer and more complete, and able to better and more effective guide to clinical practice. For example, Zhongjing's article not only explains the disease mechanism, describes the symptoms, evaluates the signs, but also attaches importance to the dialectical treatment, after the specific text will be elaborated on the precautions to be taken to regulate, such as: Article 12, Gui Zhi Tang, after the article records suitable for the cold and warmth, serve one liter. Served in a moment, sip hot porridge more than a liter to help the medicine. Warm cover to make a moment, all over the body, slightly like sweat is good, can not make like water flow, the disease will not be removed. prohibit raw and cold, sticky and slippery, meat and noodles, five pungent, wine and cheese, stinking and evil and other things. Therefore, the six-meridian identification theory system in Chinese medicine is an important part of the diagnosis and treatment can not be ignored. In the field of Chinese medicine pediatrics, typhoid fever diagnosis and treatment is controversial, some scholars believe that, although children and adults are different, but the evil, the signs and symptoms of the return of the evidence are the same as adults, so there is no need to distinguish between adults and children, can be used to rule the rule of Zhongjing, while some scholars believe that children dirty gas light, for the Some scholars believe that children are light and agile, young yin and young yang of the body, which can also be called pure yang of the body, and Zhongjing in the treatment of typhoid

fever, more ginger, ephedra and other hot and Yang medicine, that although children are prone to typhoid fever, but do not apply to typhoid fever medicines. However, in modern times, a large number of clinical observation data show that the prescription of typhoid fever in pediatrics also has a contribution that is not inferior to that of adults.

## 2. Overview of the Six-meridian Theory of Typhoid Fever

The six-meridian theory of typhoid fever mainly includes two parts: the six meridians of the hands and feet and the three yin and three yang.

### 2.1 The Six Meridians of Six Meridians of the Hands and Feet

The six-meridian channels of the hands and feet are the twelve main meridians of the body, which are divided into the six-meridian channels: the jueyang meridian, the yangming meridian, the shaoyang meridian, the jueyin meridian, the shaoyin meridian, and the taiyin meridian, and the hands and feet each have a corresponding meridian of the same name, so the twelve main meridians are also known as the six meridian channels of the hands and feet. In the category of typhoid fever, the six-meridian is not just the twelve meridians, but is used as a proxy for the twelve meridians, which are the essence of the whole body.

Treatise on Febrile Diseases, on the one hand, because each of the twelve main meridians has its own circulation lines and parts of the network, so no matter whether it is an exogenous or internal injuries of the disease, can be from the internal organs of the evil offenders or show abnormal parts of the disease will be categorized, such as the Treatise on Febrile Diseases provisions of the sun water evidence, is not healed for a long time, or a serious shortage of positive qi, the disease of evil by the meridian of internal trapping of the hand solar bladder meridian, so that the water stored in the lower jiao, and therefore show a variety of bladder qi failure. Therefore, it shows various signs of bladder qi failure. Diseases with such characteristics can follow the six-meridian dialectic theory

and be categorized into solar water storage syndrome for identification and treatment.

On the other hand, the symptoms of the disease can be attributed to the corresponding viscera evil (functional or morphological changes), such as Yangming viscera solid evidence of the symptoms is clearly the stomach and large intestine to pass down the work of the evil for the containment, so that the dry feces blocked in the viscera, and so the Heat in the body burns the yin fluid, so see a variety of heat Yin injury. With such characteristics of the disease, can follow the six-meridian dialectic theory, into the yangming bowel solid evidence to be identified and treated.

## 2.2 The Six-meridian Three Yin and Three Yang

Three yin and three yang is the sun, yangming, shaoyang three yang and syncope, shaoyin, taiyin three yin, three yin and three yang is the yin and yang of heaven and earth, so the theory of the six-meridian of the three yin and three yang is the unity of heaven and man and the human body as a whole of the concept of the centralization of the manifestation of the concept of the six-meridian [1, 2].

In terms of disease mechanism, from its three yin and three yang this categorization can be seen, it attaches importance to a kind of antagonistic relationship, such as: Zhengqi's strength and weakness, the location of the disease of the surface and inside, the depth of the sense of the evil, the signs of cold and heat bias, and so on. Such as yangming meridian evidence, not all the hands and feet yangming meridian by the evil manifested in the yin fluid damage, but also have yangming cold and yangming deficiency. Therefore, the Yangming meridian evidence is the most intense and prominent state of positive and negative struggle, as if two yangs combined with the bright, so it is attributed to the Yangming evidence.

As for the guidance of treatment, Zhongjing pointed out from the subtle points of variable evidence and wrong treatment that the same disease or even the same symptom should be analyzed as a whole and should not be confined to the provisions, i.e., the idea of different treatments for the same disease. Therefore, the three yin and three yang theory is more focused on the overall macro-control, such as the original article 259 said typhoid fever sweating has been, the body and eyes for the yellow, so it is, to cold and dampness in the interior does not solve the reason is also thought to be unable to go down, in the cold and dampness in the search for, the focus of this article that is the later discussion of the treatment of the disease to seek the source! , that is, although at this time the performance of the body and eyes yellow, but can not be passed under the method of yellow, and to its mechanism is cold and dampness in the body did not get rid of, so when the cold and dampness of the body to be treated [3-6].

## 3. Etiology of Pediatric Diseases

The causes of pediatric diseases are mostly the same as those of adults, but the physiological characteristics of children's organs and organs are delicate, and the shape of the gas is not yet full, which determines the degree of susceptibility of children to different diseases is more pronounced than that of

adults. Pediatric etiology outside the sense (such as cold guest lungs of cold, cough, pneumonia, cough, etc.; guest offending the stomach and intestines of nausea, vomiting, diarrhea, etc.), food (such as abdominal pain, vomiting, stagnation, diarrhea, dysentery, etc.), congenital factors (such as fetal timidity, fetal weakness, fetal shock, congenital malformations, hereditary disease, etc.) and so on most often. In addition, emotional (e.g., night cries, palpitations, alarms, and psychiatric disorders triggered by stressed children) and accidental factors (e.g., poisoning, misplacement of foreign objects, trauma, drowning, etc.) also contribute to the pathogenesis of pediatric diseases [7].

The pathogenesis of pediatric diseases is mainly due to the above reasons, which lead to malfunctioning of the internal organs, imbalance of yin and yang, and imbalance of qi and blood causing the occurrence of pediatric diseases.

## 4. Application of the Six-meridian Theory in the Treatment of Pediatric Diseases

Children's lungs are delicate, the surface of the guard is not solid, the six evils from the mouth and nose or skin and hair into the lungs, are easy to offend, so pediatric diseases for the lungs are the most common diseases. Children's spleen is often insufficient, and then due to breastfeeding disorders, unclean food, spleen movement is not healthy and other diseases of the spleen and stomach, so the spleen system is second only to the incidence of lung system diseases; then other system diseases.

### 4.1 Application of the Six-meridian Theory in the Treatment of Lung Diseases

The sun is the main surface of the body, and the lungs are susceptible to external evils, so most of the lung diseases are related to the Taiyang meridian. The outline of solar disease is the disease of the sun, floating pulse, strong headache and cold. Taiyang meridian evidence is subdivided into solar stroke and solar typhoid. Solar stroke syndrome: fever, malignant wind, headache, spontaneous sweating, and floating pulse. Treatment is based on Gui Zhi Tang as the main formula, which can be used to treat children suffering from wind and fever, nasal congestion and runny nose. If the child's cough contains phlegm, it can be combined with Er Chen Tang. It can also be used to treat urticaria, itchy skin, rhinitis and other diagnoses of Ying-wei disharmony. Solar typhoid syndrome: malignant cold, fever, head and body pain, shortness of breath, floating and tight pulse. The treatment is based on the main formula of Ephedra Tang, which sweats and relieves the surface, promotes the lungs and calms asthma, and can be used to treat pediatric bronchitis or pneumonia.

Wang Lie [8], a master of national medicine, put forward his own theory of asthma in pulmonary diseases, namely, the theory of three phases of treatment - attack, remission and stabilization. Prof. Wang Lie [9] believed that asthma exacerbation is mainly in the lung guard, with the disease mechanism of evil entering from the surface and heat being transformed by prolonged depression, and thus formulated his own formula for clearing the pharynx (composed of Poria cocos, Chaihu, Scutellaria baicalensis, Lotus corniculatus, Chrysanthemum officinale, Artemisia annuus, Comfrey,

Chonglou, Dilong, Cicada metamorphosis and so on), calming the croup (composed of Quanchuan scorpion, Dilong, ZiSuZi, QianHu, Lateral cypress leaf, ephedra, BaiShanPi and so on), and diarrheal lungs (composed of Scutellaria baicalensis, ChuanbeiMu, BaBeiLi, loquat leaf, baiqiuqi, Qinghuanxia, gua vulgaris, etc.) were used to treat the disease with the Qing method.

Yuan Tao [10] believed that the acute attack of allergic rhinitis was a solar condition, which was categorized into the solar epidermal deficiency condition and the external cold and internal drinking condition. In the case of solar deficiency, the lung guards are not strong, and external evils enter into the lungs as the disease mechanism, and the formula is Gui Zhi Tang plus subtractions. External cold and internal drinking is characterized by weakness of spleen yang, loss of healthy transportation of water plus lack of solidity of lung guards, and combination of internal and external evils as the disease mechanism, and the formula is based on the addition and subtraction of Xiaoqinglong Tang.

Mr. Hu Xishu summarized his own set of six-meridian identification theory through his study, and believed that the disease of orifices and organs belonged to the Shaoyang meridian which was half-expression and half-li. Nasal orifices also belong to the orifices organs, so rhinitis should be treated from the Shaoyang meridian, and the formula is Xiao Chai Hu Tang and Ephedra Tang with subtractions [11,12].

#### 4.2 Application of the Six-meridian Theory in the Treatment of Diseases of the Spleen System

The syllabus of Yangming disease reads, Yangming is a disease, and the stomach family is real. Yangming disease is divided into Yangming meridian evidence and Yangming viscera evidence. Yangming Viscera Certificate: hot flashes on the day of Asr, sweaty hands and feet, constipation, abdominal distension, hard pain, yellow dryness of the moss, and a solid pulse. Most of the diseases of the spleen system are related to the Yangming Viscera syndrome. In the viscera, the evil heat and intestinal dregs wrestle, dry feces knot, viscera gas can not be, the treatment of Chengqi Tang - large Chengqi Tang, small Chengqi Tang, increase the liquid Chengqi Tang, Huanglong Tang, etc., can be used to treat children's epigastric distension, constipation and other internal solid heat evidence. It can also be used to treat acute appendicitis and intestinal obstruction by utilizing its effect of clearing down hot knots [13].

Taiyin disease, weak spleen yang, cold and dampness, abdominal distension, abdominal pain, vomiting, diarrhea, lack of warmth of the limbs, pale tongue with white slippery coating, and slow and weak pulse. Li Zhong Wan can be used to treat deficiency-cold pediatric diarrhea, pediatric gastritis, pediatric enteritis and other diseases.

In syncopal disease, yin and yang are confronted with each other, cold and heat are mixed, syncopal heat wins over and recovers, and the formula is Umei Pill. Children due to cold and heat due to prolonged diarrhea, dysentery, bite teeth can be used. It can also be used to treat biliary ascariasis.

Professor Wu Wenyao [14] adheres to the academic thinking

of the Spleen and Stomach School, which believes that the spleen and stomach are the foundation of the latter day, and that the spleen and qi are healthy by ascending, and emphasizes the importance of the normal physiological function of the spleen and stomach to the human body. According to Wu, the six-meridian diagnosis is not only of general guidance in the diagnosis and treatment of exogenous diseases, but is also applicable to the diagnosis and treatment of internal injury diseases. Therefore, Prof. Wu has always used the six-meridian approach in the treatment of spleen and stomach diseases, and believes that spleen and stomach diseases are mainly caused by syncopal syndrome, i.e., liver depression and spleen deficiency, and the treatment should be based on dredging the liver and strengthening the spleen [15,16].

Li Yuqi [17], a master of state medicine, has his own unique insights into the treatment of pediatric anorexia, which is attributed to pediatric chancre in traditional Chinese medicine, and its pathogenesis is caused by dietary or emotional injuries to the spleen, and the spleen's failure to transport and digest, and he has formulated his own chancre removing soup, which is made from 10g of hu huanglian, 6g of houxiang, 6g of cangzhu, 6g of saren, 10g of yam, 10g of jiannijin, 10g of maitake, 10g of hawthorn, and 10g of clinically. The addition and subtraction of this formula has achieved good therapeutic effect.

Liu Liuqiao [18], an important representative of the Gui school of Chinese medicine, believed that violent diarrhea and prolonged diarrhea should be treated from the theory of Taiyin disease. Dropping profits is one of the main symptoms of Taiyin disease, Zhongjing believes that when the warmth, with four against the Tang main. Liu Liuqiao believes that violent diarrhea and prolonged diarrhea first injures the spleen yang, or even the kidney yang, the treatment of red ginseng three money, charcoal, to take its astringent properties of astringency, with warm rice soup, to take its warmth to the spleen and stomach of the meaning.

#### 4.3 Embodiment of Six-meridian Transmission in Pediatric Diseases

Most of the solar diseases are superficial, and the treatment is based on sweating. However, Zhang Zhongjing also pointed out in his book that those who are late in the ulnar center and micro in the ulnar center should not sweat. For example, Article 82 of Treatise on Febrile Diseases suggests that wrong sweating in Sun disease leads to kidney deficiency and does not control water, thus leading to flooding of water-dampness. Children with symptoms of kidney yang deficiency such as swollen face and feet or swelling of the whole body, decreased or increased urine output, dizziness and dizziness, cold and soreness of the waist, etc. can be treated with Zhenwu Tang plus subtractions [19].

The evil of Taiyang meridian is not resolved, and it enters into the internal organs through the meridian, and the bladder qi is out of order, which leads to the evidence of water retention in the Sun. Children with generalized edema, taut and shiny skin, fullness of the abdomen, urination can be referred to the evidence of the treatment, the formula to the five ling san plus subtraction of the main.

Yangming disease, in the meridian, the evil heat pervades the whole body, but the dry heat has not yet connected with the dregs in the intestines, and it can be seen that there is a great heat all over the body, the face is red and disturbed, there is a great sweating, the mouth is very thirsty and likes to drink, the tongue is yellow and dry and the pulse is large, and so on, and the formula can be used to add subtractions to Baihu Tang. For sepsis, epidemic hemorrhagic fever and other acute infectious diseases in the early stage of the onset of the disease, as well as non-infectious acute febrile diseases in the early stage of the onset of the disease can be used to add and subtract treatment [20].

Shaoyin disease is a generalization of the symptoms of systemic yin and yang exhaustion in the later stages of the course of exogenous diseases. Shaoyin disease is divided into Shaoyin Cold and Shaoyin Heat. If the child is suffering from deficiency of spleen and kidney yang, and the deficiency of cold is internalized, resulting in shaoyin discharging, if the child is suffering from face 晄 white color, sunken orbits, lack of spirit and desire to sleep, cold limbs, and thin and feeble pulse, etc., then the treatment can refer to the shaoyin cold syndrome and use the Si-Reversing Tang, Tong Wei Si-Reversing Tang, and Baitong Tang to treat the disease. Children's vomiting and diarrhea with slow startle can also be referred to. Shaoyin is mainly characterized by deficiency heat. Symptoms include dry mouth and pharynx, restlessness of the heart and mind, disturbed sleeplessness, red tongue with little fluid, and fine pulse. The formula is Huanglian and Agaricus soup. Children with fever for a long time, the loss of kidney water, can not converge on the heart fire and heart fire or pediatric pneumonia, strong heat irritability, wheezing nose fan, want to cry without tears, etc. can be used to Huanglian and Agaricus soup plus subtractions [21].

Fever is very common in pediatric clinics, and in the Suwen-heat theory, exogenous fever is generally transmitted in the order of sun, yangming, shaoyang, taiyin, shaoyin, and syncopal yin. Prof. Wang Songling [22] used the six-meridian theory to treat exogenous fever from the sun, yangming, and shaoyang, and the treatments were sweating to remove the surface and clear the heat, clearing and relieving the yangming and benefiting the qi and yin, and reconciling and reconciling the shaoyang to strengthen the spleen and stomach, and the prescriptions were Chai-Ge-Resolving-Myosotropic Tang with additions and subtractions, Bai-Hu-Tang with additions and subtractions, and Xiao-Chai-Hu-Tang with additions and subtractions, respectively.

#### **4.4 Guidance of the Six-meridian Theory on Treating the Disease Before It is Diagnosed for Pediatric Patients.**

The idea of treating the future illnesses was first mentioned in Su Wen - The Great Treatise on the Regulation of the Four Airs and the Divine, The sage does not treat the future illnesses, and he does not treat the future chaos, which is the same thing, which explains that the core of the idea of treating the future illnesses lies in the precautionary approach. There are two aspects: preventing illness before it occurs and preventing changes in the event of illness.

Children are young yin and young yang body, yin and yang is

not yet full, the form of gas is not yet full, so it should be prevented before the disease. The six-meridian theory system has some guidance significance on this, such as: Wei Yang weakness of children susceptible to sun evidence, so should pay attention to the wind and cold, to avoid such children feel the wind and cold disease, in winter and spring to pay attention to the protection of Wei Yang; spleen and stomach weakness of children susceptible to taiyin, so should pay attention to the dietary aspects of the care, to avoid the improper diet leads to children's chancre, diarrhea, and other diseases [23-26].

The theory of the six-meridians describes the law of development of exogenous evils from the surface to the interior, with transmission through the meridians, across the meridians, and between the surface and the interior, as well as combined, concurrent, and direct-medium modes of transmission. Children's organs are light and agile, and they are quick to feel external evils and quick to change, so it is especially important to pay attention to preventing the disease from changing and preventing the disease from sinking in. The six-meridian theory of the transmission of ideas can be used for reference, such as: typhoid fever one day, the sun received, the pulse if the quiet, for the non-transmission. If you want to vomit, if you are irritable, and if your pulse is rapid, you will be infected. In pediatrics, there are a few people who want to vomit when they have an external infection, which suggests that we should pay attention to the possibility that the child's disease may be further transmitted to the yangmings and the shaoyangs, and that the treatment should take into account the need to protect the righteousness of the qi at the same time as the expulsion of the evils so as to prevent the disease from developing towards the yangmings and the shaoyangs.

Since the Treatise on Febrile Diseases was introduced, Zhongjing's method of treating typhoid fever is the treatment of exogenous diseases, and children are often seen in exogenous diseases, so pediatric diseases are closely related to typhoid fever, since modern times, with the development of medical treatment, many of the prescriptions of typhoid fever are not limited to exogenous diseases in the application of pediatrics. The six-meridian theory is the core of the dialectic of Treatise on Febrile Diseases, and its significance in guiding the treatment of pediatrics is self-evident [27,28].

A large number of clinical observations have confirmed the outstanding contribution of the six-meridian theory in pediatrics, such as the prevention of respiratory diseases, the prevention and treatment of common upper respiratory diseases, the treatment of digestive diseases, the treatment of urinary diseases, the treatment of rare diseases, the treatment of endocrine diseases, the prevention of respiratory diseases, the treatment of neurological diseases, and the treatment of epidemic diseases. diseases, etc [29-32].

In conclusion, the six-meridian theory system of typhoid fever plays an important role in the treatment of pediatric diseases, which can guide the clinic in the long run and has remarkable efficacy, so it is worthwhile to apply it in the clinic more widely and skillfully.

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