

## The Cinnamon Twig used by Zhang Zhong Jing and today's Cinnamon Bark

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The term Cinnamon Bark (Rou Gui) cannot be found anywhere in the Shang Han Lun and Jin Gui Yao Lue. All formulas including Gui Zhi Tang, Ma Huang Tang, Shen Qi Wan etc., make up 73 formulas that contain Cinnamon Twig (Gui Zhi) as an ingredient. Among the 43 Shang Han Lun formulas, only Gui Zhi Ren Shen Tang, Gui Zhi Fu Zi Qu Gui Jia Zhu Tang, Li Zhong Wan, and the three modifications of Si Ni San do not clearly and specifically state remove bark/peel qu pi. The remaining 39 formulas all indicate removal of the bark. In the Jin Gui 16 formulas state to remove the bark.

Even though that number is relatively small, since the Shang Han Lun and Jin Gui are originally actually one book, the Shang Han Za Bing Lun, and since the contents of the Shang Han Lun are placed at the beginning, and the Jin Gui with its miscellaneous diseases at the posterior section, the formulas in the first section are repeated in the second section and the removal of the bark is not repeated, such as in the Wu Mei Wan, Gui Zhi Jia Gui Tang and so forth. From this it is quite evident, that all of Zhang Zhong Jing's formulas containing Gui Zhi recommend removal of the bark. Most doctors and researchers opine, that in the old time an exterior layer of thick bark is removed, whereas the Cinnamon Twig that is used nowadays, are the tender twigs of Cinnamon Cassia. During spring time the small tender twigs are cut off, sun dried, or dried inside a warehouse, and then used as the medicinal substance. There is no removal of any thick bark, and there is no thick bark that can be removed. With other words, to

say this is the Cinnamon Twig used by the Shang Han Lun, is to just cursorily look at the text of the book without further investigation in the actual truth.



Mu Gui



Jun Gui

Most researches state that the Shen Nong Ben Cao Jing was written during the Han dynasty and that it predates the Shang Han Za Bing Lun. When the two texts are compared, it becomes evident that the substances used by Zhang Zhong Jing all basically correspond to the one's recorded by the Shen Nong Ben Cao Jing. Cinnamon Twig is recorded with two entries in the Shen Nong Ben Cao Jing. The first as Mu Gui, the second as Jun Gui. According to the textual research by Professor Zhang Ting Mo,

author of the national text book of the Chinese Materia Medica, he has come to the following conclusion: Mu Gui and Jun Gui are not derived from different sources, they are both derived from the same species, they are both named Gui, but they differ by their harvesting and processing methods as follows: The peel of the smaller branches (without the outer rough bark) roll up to be in the shape of a pipe; these are named Jun Gui. The dried peel is processed to form plates that are slightly rolled or bent, they are named Mu Gui, or simply Gui according to Tao Hong Jing. Both Mu Gui and Jun Gui regardless if derived from the peel of relatively tender branches or from the more aged branches or trunk of the tree, they all consist of the peel of the Cinnamon tree.



Notice how today's cinnamon twig is not peeled. The bark remains.

The Cinnamon Bark Rou Gui that the modern textbook Chinese Materia Medica Zhong Yao Xue refers to, is the bark of the Cinnamon tree, that is separated from the tree prior to the hot summer months and then peeled off towards autumn, at which stage the outer bark is removed and shade dried. From the above it is evident that the Gui Zhi used by Zhang Zhong Jing as well as

the Mu Gui and Jun Gui recorded by the Shen Nong's Herbal, are all what we nowadays refer to as Cinnamon Bark (Rou Gui). With the development of Chinese medicine throughout history, later medical practitioners progressively started to separate Cinnamon Twig and Cinnamon Bark as a medicinal substance. What we nowadays refer to as Cinnamon Twig consists of very small and tender twigs with thin bark, that are cut during spring time (also termed willow cinnamon liu gui), the nature of these twigs are said to be raising and dispersing, and they are used for the treatment of exogenous cold patterns. Cinnamon Bark has a thick bark, it is much more spicy/pungent, and is nowadays preferred for endogenous cold conditions. The Ben Cao Gang Mu refers to this as: "Cinnamon Twig is thin, white and of mild flavor, it is light in weight and travels upward" and "Cinnamon Bark travels downward, it has a vigorous ability to increase heat."