

NOTES from SOUTH MOUNTAIN

A Guide to Concentrated Herb Granules



Andrew Ellis

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終南別業

中歲頗好道，晚家南山陲。
興來每獨往，勝事空自知。
行到水窮處，坐看雲起時。
偶然值鄰叟，談笑無還期。

王維

SOUTH MOUNTAIN COUNTRY HOME

*In the middle years, a fondness for the Way,
Later, a home beside South Mountain.
Setting out alone when the impulse arises,
Nature's beauty, received in solitude.
A walk to the water's source,
Sitting, watching, as clouds arise.
Perhaps, a chance meeting with an old neighbor,
Talking, laughing, no set return.*

- WANG WEI
translation by Andrew Ellis

CONTENTS

A | B | C | D | E | F | G | H | J | L | M | N | P | Q | R | S | T | W | X | Y | Z

Preface	xiii
Acknowledgments	xiv
Introduction.....	xv
USING THIS BOOK	xv
THE BOOK'S STRUCTURE.....	xv
TERMINOLOGICAL AND OTHER CONSIDERATIONS	xvii
HERB CONCENTRATES: HOW THEY ARE MADE	xvii
FREQUENTLY ASKED QUESTIONS	xviii
HOW TO USE HERB CONCENTRATES.....	xix
DOSAGE DETERMINATION.....	xxi

THE FORMULAS

Ai Fu Nuan Gong Wan • 1400	1
MUGWORT & CYPERUS COMBINATION	
An Zhong San • 1340	3
FENNEL & GALANGA FORMULA	
Ba Wei Dai Xia Fang • 0110A.....	5
TANGKUEI EIGHT HERB FORMULA	
Ba Wei Dai Xia Fang (w/o Da Huang) • 0110B	6
TANGKUEI EIGHT HERB FORMULA (MINUS RHUBARB)	
Ba Wei Di Huang Wan • 0100.....	7
REHMANNIA EIGHT FORMULA	
Ba Zhen Tang • 0090	9
TANGKUEI & GINSENG EIGHT COMBINATION	
Ba Zheng San • 0080A	11
DIANTHUS FORMULA	
Ba Zheng San (w/o Da Huang) • 0080B.....	12
DIANTHUS FORMULA (MINUS RHUBARB)	
Bai He Gu Jin Tang • 1350	13
LILY COMBINATION	
Bai Hu Jia Ren Shen Tang • 1100	15
GINSENG & GYPSUM COMBINATION	
Bai Hu Tang • 1090	17
GYPSUM COMBINATION	
Bai Tou Weng Tang • 1120	19
PULSATILLA COMBINATION	
Ban Xia Bai Zhu Tian Ma Tang • 1150.....	21
PINELLIA & GASTRODIA COMBINATION	
Ban Xia Hou Po Tang • 1130.....	23
PINELLIA & MAGNOLIA COMBINATION	
Ban Xia Xie Xin Tang • 1140	25
PINELLIA COMBINATION	
Bao Chan Wu You Fang • 2070	27
TANGKUEI & LIGUSTICUM COMBINATION	
Bao He Wan • 2060.....	28
RED TANGERINE PEEL & CRATAEGUS FORMULA	

Bei Xie Fen Qing Yin • 3320	30	Da Cheng Qi Tang • 0350	59
TOKORO COMBINATION		MAJOR RHUBARB COMBINATION	
Bu Fei Tang • 3670.....	31	Da Fang Feng Tang • 0380.....	60
GINSENG & ASTER COMBINATION		MAJOR SILER COMBINATION	
Bu Huan Jin Zheng Qi San • 0850.....	32	Da Huang Mu Dan Tang • 0390.....	61
PINELLIA, ATRACTYLODES, & AGASTACHE FORMULA		RHUBARB & MOUTAN COMBINATION	
Bu Yang Huan Wu Tang • 3680	33	Da Jian Zhong Tang • 0360	62
ASTRAGALUS & PEONY COMBINATION		MAJOR ZANTHOXYLUM COMBINATION	
Bu Zhong Yi Qi Tang • 3650.....	35	Da Qin Jiao Tang • 0370.....	64
GINSENG & ASTRAGALUS COMBINATION		MAJOR GENTIANA MACROPHYLLA ROOT COMBINATION	
Cang Er San • 3850	37	Da Qing Long Tang • 0340	66
XANTHIUM FORMULA		MAJOR BLUE DRAGON COMBINATION	
Chai Ge Jie Ji Tang • 1850.....	39	Dang Gui Bu Xue Tang • 3570	67
BUPLEURUM & PUERARIA COMBINATION		TANGKUEI & ASTRAGALUS COMBINATION	
Chai Hu Gui Zhi Gan Jiang Tang • 1890	41	Dang Gui Liu Huang Tang • 3550	69
BUPLEURUM, CINNAMON, & GINGER COMBINATION		TANGKUEI & SIX YELLOW COMBINATION	
Chai Hu Gui Zhi Tang • 1870	43	Dang Gui Long Hui Wan • 3560A	71
BUPLEURUM & CINNAMON COMBINATION		TANGKUEI, GENTIANA, & ALOE FORMULA	
Chai Hu Jia Long Mu Tang • 1860A	45	Dang Gui Nian Tong Tang • 3540	73
BUPLEURUM & DRAGON BONE COMBINATION		TANGKUEI & ANEMARRHENA COMBINATION	
Chai Hu Jia Long Mu Tang (w/o Da Huang) • 1860B.....	47	Dang Gui San • 3510	74
BUPLEURUM & DRAGON BONE COMBINATION (MINUS RHUBARB)		TANGKUEI FORMULA	
Chai Hu Qing Gan Tang • 1880	48	Dang Gui Shao Yao San • 3520	75
BUPLEURUM & REHMANNIA COMBINATION		TANGKUEI & PEONY FORMULA	
Chai Hu Shu Gan Tang • 1840	50	Dang Gui Si Ni Tang • 3530	77
BUPLEURUM & CYPERUS COMBINATION		TANGKUEI & JUJUBE COMBINATION	
Chai Ling Tang • 1910	52	Dang Gui Yin Zi • 3580	78
BUPLEURUM & PORIA COMBINATION		TANGKUEI & TRIBULUS COMBINATION	
Chai Xian Tang • 1900.....	53	Dao Chi San • 4010	79
BUPLEURUM & SCUTE COMBINATION		REHMANNIA & CLEMATIS ARMANDI FORMULA	
Chuan Xiong Cha Tiao San • 0590	55	Dao Shui Fu Ling Tang • 4020	81
LIGUSTICUM & TEA FORMULA		PORIA, ATRACTYLODES, & ARECA COMBINATION	
Da Bu Yin Wan • 0330	56	Ding Chuan Tang • 1740	82
REHMANNIA & TESTUDINIS COMBINATION		EPHEDRA & GINKGO COMBINATION	
Da Chai Hu Tang • 0320A	57	Ding Xian Wan • 1741	84
MAJOR BUPLEURUM COMBINATION		GASTRODIA & AMBER COMBINATION	
Da Chai Hu Tang (w/o Da Huang) • 0320B..	58	Du Huo Ji Sheng Tang • 4030	85
MAJOR BUPLEURUM COMBINATION (MINUS RHUBARB)		TUHUO & LORANTHUS COMBINATION	
		Dun Sou San • 3760	87
		MULBERRY BARK & PLATYCODON FORMULA	

Er Chen Tang • 0060.....	88	Gua Lou Zhi Shi Tang • 2640	116
CITRUS & PINELLIA COMBINATION		TRICHOSANTHES & AURANTIUM COMBINATION	
Er Xian Tang • 0061	90	Gui Lu Er Xian Jiao • 4180.....	117
CURCULIGO & EPIMEDIUM COMBINATION		TESTUDINIS & ANTLER COMBINATION	
Er Zhi Wan • 0062	91	Gui Pi Tang • 4090.....	118
LIGUSTRUM & ECLIPTA COMBINATION		GINSENG & LONGAN COMBINATION	
Er Zhu Tang • 0050	92	Gui Qi Jian Zhong Tang • 4100	120
ATRACTYLODES & ARISAEMA COMBINATION		TANGKUEI, ASTRAGALUS, & PEONY COMBINATION	
Fang Feng Tong Sheng San • 1450	93	Gui Zhi Fu Ling Wan • 2220.....	121
SILER & PLATYCODON FORMULA		CINNAMON & PORIA FORMULA	
Fang Ji Huang Qi Tang • 1470.....	95	Gui Zhi Jia Long Gu Mu Li Tang • 2240....	122
STEPHANIA & ASTRAGALUS COMBINATION		CINNAMON & DRAGON BONE COMBINATION	
Fen Xiao Tang • 0840	96	Gui Zhi Jia Shao Yao Tang • 2230.....	123
PORIA & ALISMA COMBINATION		CINNAMON & PEONY COMBINATION	
Fu Ling Yin • 2390	97	Gui Zhi Ma Huang Ge Ban Tang • 2350	124
PORIA COMBINATION		CINNAMON & EPHEDRA COMBINATION	
Fu Tu Dan • 2400.....	98	Gui Zhi Ren Shen Tang • 2260	125
PORIA & CUSCUTA FORMULA		CINNAMON & GINSENG COMBINATION	
Fu Yuan Huo Xue Tang • 3590.....	100	Gui Zhi Shao Yao Zhi Mu Tang • 2370.....	126
TANGKUEI & PERSICA COMBINATION		CINNAMON & ANEMARRHENA COMBINATION	
Fu Zi Li Zhong Tang • 1760	101	Gui Zhi Tang • 2210	128
ACONITE, GINSENG, & GINGER COMBINATION		CINNAMON COMBINATION	
Gan Cao Xie Xin Tang • 1080	102	Guo Qi Yin • 3630	130
PINELLIA & LICORICE COMBINATION		CYPERUS & CARTHAMUS COMBINATION	
Gan Lu Xiao Du Dan • 1050	103	Hou Po Qi Wu Tang • 2010.....	132
FORSYTHIA & ACORUS FORMULA		MAGNOLIA SEVEN COMBINATION	
Gan Lu Yin • 1060	104	Hou Po Wen Zhong Tang • 2020.....	133
SWEET COMBINATION		MAGNOLIA & VLADIMIRIA COMBINATION	
Gan Mai Da Zao Tang • 1070	105	Hu Qian Wan • 1770.....	135
LICORICE & JUJUBE COMBINATION		PHELLODENDRON & TESTUDINIS FORMULA	
Ge Gen Huang Qin Huang		Hua Gai San • 3310	137
Lian Tang • 3700.....	106	EPHEDRA & MULBERRY BARK FORMULA	
PUERARIA, COPTIS, & SCUTE COMBINATION		Huai Hua San • 3820	138
Ge Gen Tang • 3690.....	108	SOPHORA FLOWER FORMULA	
PUERARIA COMBINATION		Huan Shao Dan • 4140	140
Ge Hua Jie Cheng San • 3710	110	LYCIUM FORMULA	
PUERARIA FLOWER FORMULA		Huang Lian Jie Du Tang • 3190	142
Ge Xia Zhu Yu Tang • 3830	112	COPTIS & SCUTE COMBINATION	
TANGKUEI & CORYDALIS COMBINATION		Huang Lian Shang Qing Wan • 3160	144
Gou Teng San • 3720	114	COPTIS, PHELLODENDRON, & MINT FORMULA	

Huang Lian Tang • 3180	146	Ju Pi Zhu Ru Tang • 3980	175
COPTIS COMBINATION		CITRUS & BAMBOO COMBINATION	
Huang Qi Jian Zhong Tang • 3170	147	Juan Bi Tang • 4260	177
ASTRAGALUS COMBINATION		NOTOPTERYGIUM & TURMERIC COMBINATION	
Huang Qi Wu Wu Tang • 3220	148	Li Zhong Tang • 2970	179
ASTRAGALUS & CINNAMON FIVE HERB COMBINATION		GINSENG & GINGER COMBINATION	
Huang Qin Tang • 3200	150	Liang Ge San • 2900A	180
SCUTE & LICORICE COMBINATION		FORSYTHIA & RHUBARB FORMULA	
Huo Xiang Zheng Qi San • 4200	151	Liang Ge San (w/o Da Huang) • 2900B	182
AGASTACHE FORMULA		FORSYTHIA FORMULA (MINUS RHUBARB)	
Ji Ming San • 4150	153	Ling Gui Zhu Gan Tang • 2000	183
ARECA SEED & CHAENOMELES FORMULA		PORIA & ATRACTYLODES COMBINATION	
Ji Sheng Shen Qi Wan • 4070	155	Liu He Tang • 0790	185
CYATHULA & PLANTAGO FORMULA		AMOMUM COMBINATION	
Jia Wei Ba Zheng San • 1020	157	Liu Jun Zi Tang • 0770	187
DIANTHUS PLUS FORMULA		MAJOR SIX HERB COMBINATION	
Jia Wei Ping Wei San • 1010	158	Liu Wei Di Huang Wan • 0780	188
MAGNOLIA & GINGER FORMULA MODIFIED		REHMANNIA SIX FORMULA	
Jia Wei Xiao Yao San • 1000	159	Liu Wei Gu Jing Wan • 0760	190
BUPLEURUM & PEONY FORMULA		REHMANNIA SIX & STAMEN FORMULA	
Jian Ling Tang • 2100	161	Long Dan Xie Gan Tang • 4060	191
DIOSCOREA & ACHYRANTHES COMBINATION		GENTIANA COMBINATION	
Jie Geng Tang • 2630	163	Ma Huang Tang • 2860	193
PLATYCODON COMBINATION		EPHEDRA COMBINATION	
Jin Fei Cao San • 1690	164	Ma Xing Gan Shi Tang • 2870	194
SCHIZONEPETA & PINELLIA FORMULA		EPHEDRA & APRICOT SEED COMBINATION	
Jin Jian Fei Er Wan • 1700	166	Ma Xing Yi Gan Tang • 2890	196
GINSENG & PORIA FORMULA		EPHEDRA & COIX COMBINATION	
Jin Suo Gu Jing Wan • 1680	168	Ma Zi Ren Wan • 2880	197
LOTUS STAMEN FORMULA		APRICOT SEED & HEMP SEED FORMULA	
Jing Fang Bai Du San • 2520	169	Mai Men Dong Tang • 2950	199
SCHIZONEPETA & SILER FORMULA		OPHIOPOGON COMBINATION	
Jing Jie Lian Qiao Tang • 2530	171	Mu Fang Ji Tang • 0810	201
SCHIZONEPETA & FORSYTHIA COMBINATION		STEPHANIA & GINSENG COMBINATION	
Jiu Wei Bing Lang Jia Wu Fu Tang • 0130 ...	172	Mu Xiang Bing Lang Wan • 0800	202
ARECA SEED COMBINATION		VLADIMIRIA & ARECA SEED FORMULA	
Jiu Wei Qiang Huo Tang • 0120	173	Ning Sou Wan • 3880	203
NOTOPTERYGIUM NINE HERB COMBINATION		FRITILLARIA & PLATYCODON FORMULA	
Ju He Wan • 3990	174	Nu Ke Bai Zi Ren Wan • 0570	204
CITRUS SEED FORMULA		BIOTA & CYATHULA FORMULA	

Pai Nong San • 2960	205	Qing Xin Lian Zi Yin • 2730.....	233
PLATYCODON & AURANTIUM IMMATURUS FORMULA		LOTUS SEED COMBINATION	
Ping Wei San • 1160	206	Qing Zao Jiu Fei Tang • 2770	235
MAGNOLIA & GINGER FORMULA		ERIOBOTRYA & OPHIOPOGON COMBINATION	
Pu Ji Xiao Du Yin • 3340	208	Ren Shen Bai Du San • 0020	237
SCUTE & CIMICIFUGA COMBINATION		GINSENG & MINT FORMULA	
Qi Bao Mei Ran Dan • 0190.....	209	Ren Shen Dang Shao San • 0070.....	239
SEVEN TREASURES FORMULA		GINSENG & TANGKUEI FORMULA	
Qi Ju Di Huang Wan • 1580	210	Ren Shen Ge Jie San • 0071.....	240
LYCIUM, CHRYSANTHEMUM, & REHMANNIA FORMULA		GINSENG & GECKO COMBINATION	
Qi Pi Wan • 3000	211	Ren Shen Xie Fei Tang • 0040.....	241
LOTUS & CITRUS FORMULA		GINSENG & SCUTE COMBINATION	
Qian Jin Nei Tuo San • 0530.....	213	Ren Shen Yang Ying Tang • 0030.....	242
ASTRAGALUS & PLATYCODON FORMULA		GINSENG & REHMANNIA COMBINATION	
Qiang Huo Sheng Shi Tang • 1780.....	214	Run Chang Wan • 3920	243
NOTOPTERYGIUM & TUHUO COMBINATION		HEMP SEED & RHubarB FORMULA	
Qin Jiao Bie Jia San • 2460	216	San Bi Tang • 0290.....	245
GENTIANA MACROPHYLLA ROOT & TURTLE SHELL FORMULA		TUHUO & ASTRAGALUS COMBINATION	
Qing Bi Tang • 2830	218	San Huang Shi Gao Tang • 0270.....	246
PUERARIA NASAL COMBINATION		GYPSUM, COPTIS, & SCUTE COMBINATION	
Qing Fei Tang • 2790	219	San Huang Xie Xin Tang • 0260.....	247
PLATYCODON & FRITILLARIA COMBINATION		COPTIS & RHubarB COMBINATION	
Qing Fei Yin • 2810.....	220	San Miao San • 0240.....	248
PLATYCODON & APRICOT SEED FORMULA		TRACTYLODES & PHELLODENDRON FORMULA	
Qing Hao Bie Jia Tang • 1790	222	San Ren Tang • 0230.....	249
ARTEMISIA & TURTLE SHELL COMBINATION		TRIPLE NUT COMBINATION	
Qing Liang Yin • 2720	224	San Wu Xiang Ru Yin • 0280.....	250
SCUTE & MINT COMBINATION		ELSHOLTZIA THREE COMBINATION	
Qing Qi Hua Tan Wan • 2840	225	San Zhong Kui Jian Tang • 3330	251
PINELLIA & SCUTE FORMULA		FORSYTHIA & LAMINARIA COMBINATION	
Qing Shang Fang Feng Tang • 2780.....	227	Sang Ju Yin • 2440	253
SILER COMBINATION		MULBERRY & CHRYSANTHEMUM COMBINATION	
Qing Shu Yi Qi Tang • 2760	229	Sang Piao Xiao San • 2450.....	254
ASTRAGALUS & TRACTYLODES COMBINATION		MANTIS COCOON FORMULA	
Qing Wei San • 2740	230	Sha Shen Mai Men Dong Tang • 1410.....	255
COPTIS & REHMANNIA FORMULA		GLEHNIA & OPHIOPOGON COMBINATION	
Qing Xin Li Ge Tang • 2750	232	Shang Zhong Xia Tong Yong Tong	
ARCTIUM COMBINATION		Feng Wan • 0550	256
		CINNAMON & ANGELICA FORMULA	
		Shao Fu Zhu Yu Tang • 0750.....	257
		FENNEL SEED & CORYDALIS COMBINATION	

Shao Yao Gan Cao Tang • 1530.....	259	
PEONY & LICORICE COMBINATION		
Shao Yao Tang • 1540.....	261	
PEONY COMBINATION		
She Gan Ma Huang Tang • 2680	263	
BELAMCANDA & EPHEDRA COMBINATION		
Shen Ling Bai Zhu San • 2920	264	
GINSENG & ATRACTYLODES FORMULA		
Shen Mi Tang • 2620.....	266	
EPHEDRA & MAGNOLIA COMBINATION		
Shen Su Yin • 2930.....	267	
GINSENG & PERILLA COMBINATION		
Shen Tong Zhu Yu Tang • 1480.....	268	
LIGUSTICUM & NOTOPTERYGIUM COMBINATION		
Shen Zhuo Tang • 3460	270	
PORIA, ATRACTYLODES, & GINGER COMBINATION		
Sheng Hua Tang • 1200	271	
TANGKUEI & GINGER COMBINATION		
Sheng Jiang Xie Xin Tang • 1210	272	
PINELLIA & GINGER COMBINATION		
Sheng Ma Ge Gen Tang • 0820.....	274	
CIMICIFUGA & PUERARIA COMBINATION		
Sheng Mai San • 1220	275	
GINSENG & OPHIOPOGON FORMULA		
Sheng Yang San Huo Tang • 0860.....	277	
BUPLEURUM & GINSENG COMBINATION		
Sheng Yu Tang • 3780	278	
TANGKUEI FOUR PLUS COMBINATION		
Shi Liu Wei Liu Qi Yin • 0140.....	280	
TANGKUEI SIXTEEN HERBS COMBINATION		
Shi Quan Da Bu Tang • 0160.....	281	
GINSENG & TANGKUEI TEN COMBINATION		
Shi Shen Tang • 0150	282	
EPHEDRA & CIMICIFUGA COMBINATION		
Shi Wei Bai Du Tang • 0180.....	284	
BUPLEURUM & SCHIZONEPETA FORMULA		
Shi Wei Xiang Ru Yin • 0170	285	
ELSHOLTZIA TEN COMBINATION		
Shu Gan Tang • 3240	286	
BUPLEURUM & EVODIA COMBINATION		
Shu Jin Li An San • 3250B	287	
CLEMATIS & CARTHAMUS COMBINATION		
Shu Jing Huo Xue Tang • 3250A	288	
CLEMATIS & STEPHANIA COMBINATION		
Shuang Jie Tong Sheng San • 1460.....	290	
SILER & PLATYCODON FORMULA (MINUS RHUBARB)		
Si Jun Zi Tang • 0960.....	291	
MAJOR FOUR HERB COMBINATION		
Si Ni San • 0970	292	
BUPLEURUM & AURANTIUM IMMATUS FORMULA		
Si Ni Tang • 0950	294	
ACONITE, GINGER, & LICORICE COMBINATION		
Si Sheng Wan • 0920	296	
REHMANNIA FOUR FORMULA		
Si Wu Tang • 0940	297	
TANGKUEI FOUR COMBINATION		
Su Zi Jiang Qi Tang • 4210	299	
PERILLA SEED COMBINATION		
Suan Zao Ren Tang • 3860	301	
ZIZYPHUS COMBINATION		
Tao Hong Si Wu Tang • 2550	303	
TANGKUEI FOUR, PERSICA, & CARTHAMUS COMBINATION		
Tao Ren Cheng Qi Tang • 2590	305	
PERSICA & RHUBARB COMBINATION		
Tian Ma Gou Teng Yin • 0880.....	306	
GASTRODIA & GAMBIR COMBINATION		
Tian Wang Bu Xin Dan • 0830	308	
GINSENG & ZIZYPHUS FORMULA		
Tiao Wei Cheng Qi Tang • 3890	310	
RHUBARB & MIRABILITUM COMBINATION		
Tong Qiao Huo Xue Tang • 2910	312	
PERSICA & LIGUSTICUM COMBINATION		
Tuo Li Xiao Du Yin • 1380	314	
GLEDTISIA COMBINATION		
Wan Dai Tang • 1570	315	
ATTRACTYLODES & DIOSCOREA COMBINATION		
Wei Ling Tang • 1980.....	316	
MAGNOLIA & PORIA COMBINATION		

Wen Dan Tang • 3480	318	Xiao Chai Hu Tang • 0430A.....	344
PORIA & BAMBOO COMBINATION		MINOR BUPLEURUM COMBINATION	
Wen Jing Tang • 3490.....	320	Xiao Chai Hu Tang (w/o Ginseng) • 0430B..	346
TANGKUEI & EVODIA COMBINATION		MINOR BUPLEURUM COMBINATION (MINUS GINSENG)	
Wen Qing Yin • 3500.....	322	Xiao Cheng Qi Tang • 0470	347
TANGKUEI & GARDENIA COMBINATION		MINOR RHUBARB COMBINATION	
Wu Ji San • 0720	323	Xiao Feng San • 2610	348
TANGKUEI & MAGNOLIA FIVE FORMULA		TANGKUEI & ARCTIUM FORMULA	
Wu Lin San • 0710.....	324	Xiao Huo Luo Dan • 0440	349
GARDENIA & PORIA FORMULA		MYRRH & ACONITE FORMULA	
Wu Ling San • 0700.....	325	Xiao Jian Zhong Tang • 0480.....	350
PORIA FIVE HERB FORMULA		MINOR CINNAMON & PEONY COMBINATION	
Wu Mei Wan • 2560	327	Xiao Luo Wan • 2611	352
MUME FORMULA		SCROPHULARIA & FRITILLARIA COMBINATION	
Wu Pi Yin • 0730	328	Xiao Qing Long Tang • 0460	353
PORIA & ARECA COMBINATION		MINOR BLUE DRAGON COMBINATION	
Wu Wei Xiao Du Yin • 0740.....	329	Xiao Xian Xiong Tang • 0490	354
DANDELION & WILD CHRYSANTHEMUM COMBINATION		MINOR TRICHOSANTHES COMBINATION	
Wu Yao Shun Qi San • 2600.....	330	Xiao Xu Ming Tang • 0520	355
LINDERA FORMULA		EPHEDRA & PEONY COMBINATION	
Wu Zhu Yu Tang • 1600.....	332	Xiao Yao San • 2940	356
EVODIA COMBINATION		TANGKUEI & BUPLEURUM FORMULA	
Xi Gan Ming Mu San • 2050.....	333	Xie Bai San • 4110.....	359
GARDENIA & VITEX COMBINATION		MULBERRY & LYCIUM FORMULA	
Xiang Ru Yin • 1960	334	Xie Huang San • 4120	361
ELSHOLTZIA COMBINATION		SILER & LICORICE FORMULA	
Xiang Sha Liu Jun Zi Tang • 1940.....	335	Xin Yi Qing Fei Yin • 1560.....	363
VLADIMIRIA & AMOMUM COMBINATION		MAGNOLIA & GYPSUM COMBINATION	
Xiang Sha Ping Wei San • 1930	337	Xin Yi San • 1550.....	364
CYPERUS, AMOMUM, & ATRACTYLODES FORMULA		MAGNOLIA FLOWER FORMULA	
Xiang Sha Yang Wei Tang • 1920	338	Xing Su Yin • 1520.....	365
CYPERUS & CARDAMON COMBINATION		APRICOT SEED & PERILLA FORMULA	
Xiang Sheng Po Di San • 4250.....	340	Xing Su Yin (Pediatric) • 1510.....	366
GASPING FORMULA		APRICOT SEED & PERILLA PEDIATRIC FORMULA	
Xiang Su San • 1950	341	Xiong Gui Jiao Ai Tang • 1490.....	367
CYPERUS & PERILLA FORMULA		TANGKUEI & GELATIN COMBINATION	
Xiao Ban Xia Jia Fu Ling Tang • 0500	343	Xiong Gui Tiao Xue Yin • 1500	369
MINOR PINELLIA & PORIA COMBINATION		LIGUSTICUM & REHMANNIA COMBINATION	

Xuan Fu Dai Zhe Shi Tang • 3030	371	Zhen Wu Tang • 2580	404
INULA & HEMATITE COMBINATION		GINGER, ACONITE, PORIA, & PEONY COMBINATION	
Xue Fu Zhu Yu Tang • 1390	372	Zheng Gu Zi Jin Dan • 0990	406
PERSICA & CARTHAMUS COMBINATION		CALAMUS & CARTHAMUS FORMULA	
Yang Xin Tang • 3900	374	Zhi Bai Di Huang Wan • 1720	407
ASTRAGALUS & ZIZYPHUS COMBINATION		ANEMARRHENA, PHELLODENDRON, & REHMANNIA FORMULA	
Yi Gan San • 1610	376	Zhi Gan Cao Tang • 1750	408
BUPLEURUM FORMULA		LICORICE COMBINATION	
Yi Guan Jian • 0013	378	Zhi Sou San • 0870	410
LINKING DECOCTION		CITRUS & ASTER FORMULA	
Yi Qi Cong Ming Tang • 2540	380	Zhi Suo Er Chen Tang • 1820	411
GINSENG, ASTRAGALUS, & PUERARIA COMBINATION		AURANTIUM IMMATUS & AMOMUM COMBINATION	
Yi Yi Ren Tang • 4080	381	Zhi Zhuo Gu Ben Wan • 1730	412
COIX COMBINATION		PORIA & POLYPORUS FORMULA	
Yi Zi Tang • 0010	382	Zhi Zi Chi Tang • 3100	414
CIMICIFUGA COMBINATION		GARDENIA & SOJA COMBINATION	
Yin Chen Hao Tang • 2500	384	Zhu Ling Tang • 4000	415
CAPILLARIS COMBINATION		POLYPORUS COMBINATION	
Yin Chen Wu Ling San • 2510	385	Zhu Ru Wen Dan Tang • 1370	417
CAPILLARIS & PORIA FIVE FORMULA		BAMBOO & GINSENG COMBINATION	
Yin Qiao San • 3870	386	Zhu Ye Shi Gao Tang • 1360	418
RONCERA & FORSYTHIA FORMULA		BAMBOO LEAVES & GYPSUM COMBINATION	
You Gui Wan • 1260	388	Zi Cao Gen Mu Li Tang • 2980	420
EUCOMMIA & REHMANNIA FORMULA		ARNEBIA & OYSTER SHELL COMBINATION	
Yu Nü Jian • 1180	390	Zi Shen Ming Mu Tang • 3600	421
REHMANNIA & GYPSUM COMBINATION		CHRYSANTHEMUM COMBINATION	
Yu Ping Feng San • 1190	392	Zi Wan Tang • 2990	422
ASTRAGALUS & SILER FORMULA		ASTER COMBINATION	
Yu Quan Wan • 1170	393	Zi Yin Di Huang Wan • 3620	424
JADE SOURCE COMBINATION		REHMANNIA, BUPLEURUM, & SCUTE FORMULA	
Yue Bi Jia Zhu Tang • 3290	394	Zi Yin Jiang Huo Tang • 3610	425
ATRACTYLODES COMBINATION		PHELLODENDRON COMBINATION	
Yue Ju Tang • 3300	396	Zuo Gui Wan • 1250	426
CYPERUS & ATRACTYLODES COMBINATION		CYATHULA & REHMANNIA FORMULA	
Zhe Chong Yin • 1590	398	Bibliography	428
CINNAMON & PERSICA COMBINATION		Index of Formulas by Common Name	431
Zhen Gan Xi Feng Tang • 4130	400	Index of Common Disorders	437
HEMATITE & SCROPHULARIA COMBINATION		Index of Symptoms	445
Zhen Ren Huo Ming Yin • 2570	402		
ANGELICA & MASTIC COMBINATION			

PREFACE

Notes from South Mountain was originally written as a product handbook at the request of KPC Herbs, Inc. During the course of writing the book, however, it became clear that this work was more than simply a product guide and could benefit a wider audience. With KPC's permission, I decided to publish the text independently.

This book evolved to have some features and aspects not commonly found in English-language formula collections. First, the introduction includes both a section on how to prescribe and dose herb concentrates and a section that describes the production of herb concentrates. Further, the main formula section of the text takes a unique approach. The functions, indications, and ingredients for each formula are presented in the customary fashion, but the discussion and modification sections differ from those in the typical product handbook in their method and origin.

Each formula discussion focuses on how the formula is used in the clinic, based on the evolution of its use from the time of its source text to the present. The discussion and modifications sections include both classical and modern uses and seek to show the relationship between the two. Where relevant, the formula under discussion is compared with similar formulas, and guidelines for determining the correct formula for a given situation are provided.

The material in the discussion and modifications sections is drawn from the author's experience, the experience of the practitioners with whom he has studied, the source texts (when available to the author), and commentaries by modern authors.

This book emphasizes clinical usage and is not a replacement for texts such as *Formulas and Strategies* (by Bensky and Barolet, published by Eastland Press). Rather, it is an ideal companion text that can give a slightly different view of formulas and supply additional information about their clinical applications. Also, we present here several formulas that are not included in any presently published English sources.

Notes from South Mountain evolved from its simple beginnings owing to a belief that the modern practitioner needs educational material that not only includes indications and functions of the formulas but also ties that information to the roots of Chinese medicine and the real world of the clinic. To that end, this work attempts to help students and practitioners see classic formulas not as archaic and static fossils of intellectual dogma but as living, changeable expressions of a natural philosophy. My hope is that the deeper understanding of Chinese medicine gained from appreciation of the formulas' origins and evolution will help practitioners successfully treat the complex and varied patterns that present in their practices. I also hope that the reader gains as much from reading this book as I have gained from writing it.

In any work of this size numerous errors of omission and commission inevitably occur. The author has reviewed the text several times to limit the extent of such errors. Nonetheless, I am certain that mistakes remain, and I would appreciate the readers' help in correcting them. Please contact the publisher with comments and corrections.

Andrew Ellis
Berkeley, California
February 14, 2003

ACKNOWLEDGMENTS

This work was accomplished with the assistance of many people. Of these, my wife, Sheng-Ching Hwang, deserves first mention simply because of the amount of work that fell to her in the four-year period during which I was engrossed in this project. She also deserves thanks for all her help in the research of obscure questions that arose in the process of translating the names of formulas and source texts.

The assistance of the staff at KPC was invaluable. Special thanks to Diane Wong, Julie Liu at KPC, who aided by inputting volumes of information and finding answers to various production questions. I would also like to express thanks to Thomas Tsay, who first asked me to take on this project and trusted that I would indeed finish it in this lifetime.

Editorial assistance was given by Carolyn Bond, Kaz Wegmuller, Jennifer Strange, and Marcie Zellner. In addition, Chris Molé and Arrowyn Craban at Chris Molé Design caught errors in the text while at the same time producing this book. These people have all helped to make the reader's experience considerably more pleasant.

The staff at the KPC production facility in Taiwan was of invaluable help with various technical issues regarding specific formulas, product production, and herb identification. Special thanks also to the Tsay family – Steve, Anthony, David, and Charles – for their support of this work and to their mother for several delicious, home-cooked meals when I was in Taiwan.

Other folks who helped, perhaps unbeknownst to them, include: Bob Felt, Nigel Wiseman, Dan Bensky, Sheng-Lin Huang, Kathryn Loomis, and the crew at Spring Wind Herbs (Bill, Sydnie, Dawa, Bo Fun, Leonard, Betsy, and Terry).

Lastly, contributing to this book, through me, are my teachers: Shi Neng-Yun, Zhang Guang-Cai, Dr. James Tin Yau So, Chen Jun-Ming, Hsu Fu-Su, Gan Zu-Wang, and Zhou Sen.

INTRODUCTION

Though concentrated granules have been used for almost a half century in Taiwan and Japan, their use in the West is still in its infancy. For that reason, this introduction not only discusses the structure and use of *Notes from South Mountain*, but also contains sections describing the production and clinical application of concentrated granules.

USING THIS BOOK

Notes from South Mountain can be accessed differently depending on the goals of the reader. By displaying the formulas in Pinyin alphabetical order, the book makes it easy for the reader to find a desired formula quickly, without stopping at the table of contents. For the practitioner searching for a formula that treats a specific symptom or pattern, the detailed symptom index should be the first stop. For suggestions on treatment of common disorders the index of common disorders may prove a good starting place. Lastly, the reader may simply stroll through the book at random, taking delight in the discovery of unfamiliar formulas or interesting historical or clinical tidbits found in the discussion of well-known combinations.

THE BOOK'S STRUCTURE

Formula Name and KPC Number

Because this book was originally intended to be a product handbook for KPC products, it is based on a database of ingredient information, formula names, and so on, provided by KPC. We have left the KPC product numbers in the text because the formulas presented match those products.

The formula name is given in both Pinyin and common name nomenclature, accompanied by the KPC number.

Ingredients

Ingredients are listed in order according to their percentage in the formula. I have made efforts to insure that the listed herb name corresponds to the herb used in the KPC product.

There is considerable confusion in Chinese medicine about the common names of herbs. I have attempted to correct many mistakes by using the name of the plant that is employed in production and updating antiquated common names. Both the formula common names and the common names in the ingredients lists reflect these changes.

The reader may be unfamiliar with some of the common names that are used in this text. For example, Sha Ren (*Amomum villosum*) is denoted with the common name “Amomum” and not the frequently seen common name of “Cardamom.” “Cardamom” is reserved for Bai Dou Kou (*Amomum cardamomum*). Mu Xiang, which is often given the common name of “Saussurea,” is listed in this text as “Vladimiria” because the botanist at KPC has determined that this is the plant used in production. *Saussurea* is an endangered species and its trade is restricted under the Convention on International Trade of Endangered Species (CITES). Another example is that of Mu Tong. Since the plant used as a source for Mu Tong is *Clematis armandi*, we have replaced the common name, “Akebia,” with “*Clematis armandi*.” Note that Ba Yue Zha is called “Akebia Fruit” because the fruit of the Akebia plant is used to produce that herb concentrate. While in the West the plant used to represent Huo Xiang is most often *Pogostemon* (*Guang Huo Xiang*), the botanical experts at KPC have determined that KPC uses Agastache. Thus we have used that name when Huo Xiang is an ingredient in a KPC formula. An example of an updated common name is Fu Ling, for which we have replaced the antiquated name, “Hoelen,” in both formula names and ingredient lists with the more accepted name, “Poria.” We hope that these changes do not cause undue confusion and that they help to bring attention to the work that remains to be done on the complex issue of herb identification and common name standardization.

The ingredients and their percentages in the formulas KPC produces do not necessarily match absolutely those found in source texts. I have tried to point out any meaningful discrepancies. All formula ingredients and ingredient percentages are dictated by the Taiwan government so it is difficult to determine the exact reason for ingredient differences. The government seeks control of ingredients in order to provide uniformity of product constituents for products which are reimbursed under Taiwanese national health insurance.

Source

The source text for many formulas is not easy to ascertain. I have done my best to find the earliest mention of the version of each formula that is discussed in this book. The names of the texts are provided in both Pinyin and English. Many of the English renderings come from a list provided by Nigel Wiseman. Several others were taken from the bibliography in Bensky and Barolet's *Formulas and Strategies*. The remainder were translated by the present author. Whenever I could find reference to the original author's intended meaning for a title, I have done my best to represent this in English.

For a deeper understanding of the clinical applications of a formula and how those applications relate to the formulator's intentions, familiarity with the assumptions and theoretical underpinnings of the source text can be very useful. Where clinically relevant, I have included introductory information about the source texts in the discussion section.

Functions

Most of the functions listed are taken from modern Chinese medical books. For formulas for which no functions were available I have taken the liberty to derive them from the ingredients' functions and the formula's implied goal as expressed by the originator.

Indications

The indications are based on the uses mentioned in the source text, amended to include later uses.

The list includes the most common uses of the formula, but the symptoms and patterns are explained and expanded upon in the discussion section. Since most formulas have multiple uses, the reader should not take the indication section as a complete list of symptoms or patterns to which the formula can be applied. Note that symptoms listed in this and other sections of the text would be most accurately presented with an "or" between each item. Since this is grammatically awkward, we have used the standard punctuation for lists, which uses a series of commas along with a final "and." Thus, a list such as "headache, runny nose, aversion to cold, and fear of bats" really means that the patient has one or more of these symptoms and not necessarily the entire list.

Discussion

The discussion section expands upon the indications and functions sections; thus the discussion will be more enlightening if the functions and indications are studied first. This section examines the originator's intended use of the formula and then illustrates how other uses have developed from the original reasoning.

Where relevant, we have included comparisons with similar formula to provide insight into the strengths and weaknesses of formulas of similar ilk. These comparisons are generally drawn from modern Chinese sources.

We have provided a translation of those Chinese formula names that are not a simple statement of the main herb or herbs in the formula. (Formula names such as Bai Tou Weng Tang are self-explanatory.) Some cases include an explanation of the name that considers the originator's reason for so naming the formula. The research for this portion of the text was considerable, as the meanings of formula names, like acupuncture point names, are often intentionally esoteric or are obscured by the centuries.

Modifications

The modifications section is based on sources similar to those for the discussion section; that is,

they are heavily influenced by classical literature, my experience, and the experience of my teachers. To provide a well-rounded approach, I have included modifications suggested by well-known modern practitioners such as Jiao Shu-De.

TERMINOLOGICAL AND OTHER CONSIDERATIONS

The field of Chinese medicine in the West is mired in a translation bog. The multitudes of English translations available for a given term provide entertainment for academics and headaches for students. Choosing a functional approach to this situation, I have used *A Practical Dictionary of Chinese Medicine* (by Wiseman and Feng, Paradigm Publications) for translations of terminology. This is partly because the present author was involved in the development of the system employed in that reference, and partly because linking to a dictionary obviates the need to explain each term used in the text or add an extensive glossary. If the reader comes upon an unfamiliar term, he or she can consult that dictionary and find not only the original Chinese expression but also a comprehensive definition. This said, I have made some choices that differ from the *Practical Dictionary*. For example, I do not use the word “panting” for the Chinese “chuan” rather I have chosen either “gasping” or “asthmatic breathing” depending on the context. These variations are few, however, and should present no terminological dilemmas for the reader.

In translating the formula names I have played with two systems and am not convinced that either is preferable. For example, *Bu Zhong Yi Qi Tang* could be translated as Decoction to Supplement the Center and Boost Qi, or as Center-Supplementing, Qi-Boosting Decoction. You will see both systems used in this text.

Notes from South Mountain is a bit of an oddity. It is not a scholarly work, nor is it a simple handbook. It evolved to fall somewhere between the two. For reasons of practicality, we have not footnoted the text, nor have we provided the

other niceties of an academic work. On the other hand, a bibliography is provided for those interested in researching the sources for this book.

HERB CONCENTRATES: HOW THEY ARE MADE

The author has visited the KPC production facility in Taiwan several times. The following information was gathered during those visits.

Inspection of Incoming Medicinals

Each lot of incoming herbs is quarantined, inspected, and assigned a source herb number upon arrival. After passing inspection for herb quality, herb identification, heavy metal levels, presence of bugs and other contaminants – and in specific instances, active constituents – the items are removed from quarantine and allowed to enter the storage facility. Agents are then cleaned by hand, and all extraneous material is removed in preparation for further processing. Where needed, herbs are then wine-fried, dry-fried, and so on, according to the tenets of traditional medicine.

Extraction

The ingredients for a formula are gathered together and placed in a large stainless-steel vat filled with water that is treated in an on-site water purification unit. The herbs are soaked for a determined amount of time and then the water is heated to a set temperature. The herbs are cooked for an optimal length of time to extract the most ingredients without overcooking and destroying the constituents. Cooking duration and temperatures are thus unique to each product. At various intervals the volume and temperature of the solution are recorded in the batch record. In the beginning of the heating process, volatile oils are collected by a volatile oil retrieval system installed on each extraction vat. These oils are reintroduced into the product during the granulation process.

Concentration

When the optimal extraction strength is reached, the herbs are removed from the extraction vat

and the liquid is piped directly into the condensing vat. Here it is condensed through evaporation in a relative vacuum under low temperature.

Flow Coating

After vacuum evaporation, the thickened liquid is piped into a vacuum dryer and flow-coating chamber. At this time a base powder of either potato starch (non-GMO) or a powder of the raw herbs is sprayed into the chamber. This material mixes with the liquid spray (along with the addition of methylcellulose) to form granules. Toward the end of this process the volatile oils collected in the extraction phase are introduced into the chamber and are absorbed into the granules.

Packaging

The granules are then packaged and sealed in plastic (recyclable) bottles by modern machinery. The labels for each lot are accounted for and printed with the expiration date and lot number. All of the procedures that take place after extraction are done in a clean-room atmosphere where all employees adhere to clean-room requirements and the air is filtered and conditioned to approved standards.

Tracking

Each step of production is tracked through meticulous bookkeeping. For example, batch numbers of the source herbs are recorded in the batch record so each final product can be traced back to its source material. Because of these strict operating and tracking measures, one can quickly see the details of each procedure applied to a product during the production process.

Testing

The goal of testing is to insure the quality, purity, and consistency of each product. Samples from each lot are kept on site so that any lot can be checked at a later time. Each lot is checked to insure that it meets the manufacturer's acceptable levels for heavy metals and plate count. Thin-layer chromatography and HPLC are

performed on products for which those tests are appropriate and meaningful. Further, each lot is tested to make certain it contains no E. coli or salmonella. KPC sends products intended for export to an independent laboratory in Europe to be tested for pesticides, alfatoxins, and certain heavy metals.

FREQUENTLY ASKED QUESTIONS ABOUT HERB CONCENTRATES

1. What is the concentration ratio of herb concentrates?

There are several ways to answer this question. The simplest is to reply that 250 – 500 grams of raw herbs are used to produce 100 grams of concentrate. This yields a concentration ratio of 2.5:1 to 5:1 depending on the specific formula or single herb. Most formulas are in the range of 3:1 to 4:1. Formulas of a very glutinous nature require more starch in order to be prepared into a dry form and thus tend to lower concentration.

These figures are misleading, however, because the highly controlled environment in which the concentrates are produced and the reintroduction of captured volatile oils result in a product superior to what would be produced on one's kitchen stove. Thus the 250 – 500 grams of herbs produce a more potent product than they would if cooked in a less efficient method. For this reason, it is not accurate to think that 10 grams of a raw herb equals 2 – 4 grams of a concentrate. See the section "How to Use Herb Concentrates" for more information on dosing herb concentrates.

2. Are all single-herb products concentrates?

No, it is not possible to concentrate minerals, saps, or most animal products since their constituents are not very soluble in water. These items are sold as ground powders when in single-herb form. In formulas, they are generally cooked with the rest of the herbs and are part of the base onto which the concentrate is sprayed in the flow-coating process.

3. Do herb concentrates contain corn products?

KPC stopped using corn starch as a carrier several years ago. Nowadays, KPC uses only potato starch (non-GMO) or raw herb powder as a carrier for the herb concentrate. We have not inquired with other manufacturers about their choice of carrier.

4. What dose of concentrated granule should I give a patient per day?

Most practitioners in Taiwan, where concentrated granules have been in use for over forty years, give between 10 and 12 grams per day. Naturally, children get considerably less (about half) and infants and toddlers are usually given about one-half gram or less per dose, four to five times a day.

5. What is the best way to take the granules?

Most patients mix the granules with warm water and drink this between meals. For children, it is sometimes best to mix the granules with a food such as apple sauce.

6. Is it better to use a pre-made formula or to mix single ingredients oneself?

The advantages to a pre-made formula are that the herbs are cooked together and that some non-soluble items such as saps and minerals are included in both the carrier and the concentrate. Also, most formulas are made with raw herb powder as a base, and many single herbs are made with starch as a base.

On the other hand, making a formula from scratch allows one to tailor it to the exact needs of the patient. This issue is discussed below.

HOW TO USE HERB CONCENTRATES

Prescribing and dosing granular herb concentrates requires a slightly different reasoning process and different mathematics from those used for crude herbs for two reasons. First, the concentrated herb granules are available in both formula and single-herb form. Thus one must consider how to combine and dose these two forms. Second, experience has shown that, for herb concentrates, 10 grams per day

(approximately three grams, three times a day) is generally an effective dose. Thus, the prescribed herbs and formulas must be fit into a 10-grams-per-day dose.

When prescribing an unmodified formula, dosing 10 grams per day is simple and straightforward. However, if more than one formula is used, or if single herbs are added to the prescription, there are three possible strategies.

1. One or two formulas with or without single herbs
2. Three or more formulas with or without single herbs
3. Combining only single herbs

We discuss each of these strategies in the section following including case studies.

One or Two Formulas with or without Single Herbs

This strategy uses one or two classical formulas as the base for treatment and adds single herbs to meet the exact needs of the patient or offset an aspect of the base formula that is contrary to the needs of the patient. This is the most common way of prescribing herb concentrates. For example:

A patient suffers from blood vacuity as evidenced by scant menstrual flow, pale tongue, fine pulse, and dizziness. She complains of restless sleep and waking during the night. The prescription aims to treat blood vacuity with the classic formula for that pattern, Si Wu Tang (Tangkuei Four Combination). Herbs are added to address the patient's specific sleep disorders. A ten-day formula is prescribed.

- Si Wu Tang..... 75 g
 - Ye Jiao Teng
(Polygonum multifloru Vine)..... 15 g
 - Suan Zao Ren (Zizyphus)..... 10 g
- Total 100 g

A six-year-old boy presents with chronic nasal congestion. The practitioner determines from the boy's pulse, tongue, and other signs and

symptoms that his constitution is one that would benefit from Bu Zhong Yi Qi Tang (Ginseng & Astragalus Combination). Because the boy's nasal discharge is slightly yellow, Cang Er San (Xanthium Formula) and Huang Qin (Scute) are added to address branch symptoms. A ten-day formula is prescribed as follows (2 grams, three times per day is a typical child's dose):

- Bu Zhong Yi Qi Tang 25 g
- Cang Er San 30 g
- Huang Qin 5 g

Total 60 g

After ten days the discharge has decreased markedly and the following ten-day formula is prescribed:

- Bu Zhong Yi Qi Tang 35 g
- Cang Er San 20 g
- Huang Qin 5 g

Total 60 g

This formula modification shows that the treatment principle is shifted from one that emphasizes the branch disorder to one that emphasizes the root constitutional imbalance. By utilizing one formula for root and one for branch it is relatively simple to implement a gradual shift from treatment of branch to treatment of root as symptoms improve.

Three or More Formulas with or without Single Herbs

This method is most frequently used to treat a complex disorder for which a classic formula is unavailable. In the following example we take the same six-year-old boy as in the previous example. In this case, however, he also presents with heat at night, restless sleep (with tossing and turning and discarding of blankets), thirst, and a fine, rapid pulse. Thus, the practitioner wishes to nourish yin and reduce the drying nature of the formula. This can be accomplished by adding Liu Wei Di Huang Wan (Rehmannia Six Combination) to the above prescription and making other modifications. The ten-day formula

is as follows (2 grams, three times per day is a typical child's dose):

- Bu Zhong Yi Qi Tang 15 g
- Cang Er San 7 g
- Huang Qin 5 g
- Liu Wei Di Huang Wan 15 g
- Qing Bi Tang
(Pueraria Nasal Combination) 8 g
- Shi Hu (Ephemerantha Fimbriata) 5 g
- Ge Gen (Pueraria Root) 5 g

Total 60 g

In this case the dose of Cang Er San is reduced because it is considered too drying. The treatment of the branch symptom of nasal congestion is amended by including Qing Bi Tang (Pueraria Nasal Combination), which is less damaging to the yin and fluids than Cang Er San. Agents to address yin-fluid vacuity and thirst are also added.

Combining Only Single Herbs

This strategy is employed when no formula can be found that meets the patient's disease pattern or when one needs to limit the number of herbs used, for instance, to determine if a patient has a reaction to specific herbs. It is best to keep the number of herbs in the formula to below ten so that enough of each herb can be put into a 10-gram-per-day dose. An example of this type of formula follows:

A fifty-year-old woman is diagnosed with heart disease by her Western medical practitioner. She presents with chest pain, bouts of weakness, and dizziness and shortness of breath. Chinese medicine sees this as a combination of blood stasis and qi vacuity. The following formula is prescribed:

- San Qi (Pseudoginseng) 15 g
- Dan Shen (Salvia) 20 g
- Ren Shen (Ginseng) 17 g
- Xue Jie (Dragon's Blood) 8 g

Total 60 g

Since this formula consists of only four herbs it is not necessary to prescribe 10 grams per day. In this case, 2 grams per dose, three times per day is sufficient. Note that the amount of Xue Jie (Dragon's Blood) is kept small because that herb is difficult to digest.

DOSAGE DETERMINATION

Concentrates are vacuum-dried granules of a decocted herb or formula. As discussed above, the efficient extraction process used in producing concentrates differs considerably from the process of decocting crude herbs in the patient's home. Thus, calculating the dosage of herb concentrates demands a unique method, quite unlike that used for crude herbs. The system described here is based on observation of prescription methods in Taiwan, where concentrated granules have long been an accepted form of herbal therapy.

The usual adult dose of concentrates is 3 grams, three times per day. To simplify calculations one can round this off to 10 grams per day. Appropriate dosages of each component of combinations, such as those discussed above, can be determined through a four-step process.

Step 1. Calculate the total number of grams to be dispensed by multiplying the grams per day times the number of days the formula will be taken. For example, if 10 grams of herbs per day are to be prescribed for a ten-day period, the total amount of herbs to be dispensed is 100 grams.

Step 2. Dose the single herbs in the prescription at 0.5 to 2 grams per day. Herbs typically given in small doses such as Yuan Zhi (Polygala) and Fu Zi (Aconite) should be dosed at about 0.5 grams per day; herbs which are typically prescribed in large doses such as Ye Jiao Teng (*Polygonum multifloru* Vine) and Yi Yi Ren (Coix) should be prescribed at 1.5 to 2 grams per day. Most herbs should be dosed at about 1 gram per day.

Step 3. After dosing the single herbs, find the sum of all single-herb dosages and deduct that number from the total grams to be dispensed as determined in step 1. This is the number of grams left for formulas in the prescription.

Step 4. Divide the amount determined in step 3 among the formulas in the prescription, giving a larger amount to the formula or formulas that you wish to emphasize.

To take the formula prescribed in the first strategy discussion above as an example:

• Si Wu Tang	75 g
• Ye Jiao Teng	15 g
• Suan Zao Ren (Zizyphus).....	10 g
Total 100 g	

Here is the thinking behind the dosage assignments in this prescription.

Step 1. The prescription is for ten days at 10 grams per day. Thus, the total number of grams that will be dispensed is 100.

Step 2. The prescription has two single herbs. Since Ye Jiao Teng is commonly given in large doses (especially when being used to treat insomnia), assign it a dosage of 1.5 grams per day, totaling 15 grams for a ten-day period. Suan Zao Ren (Zizyphus) is assigned the normal daily dose for herb concentrates of 1 gram per day, totaling 10 grams for a ten-day period.

Step 3. The total number of grams assigned to single herbs is 25 (10 for Suan Zao Ren and 15 for Ye Jiao Teng). Subtracting this from the total number of grams to be dispensed (100) leaves 75 grams for formulas.

Step 4. Since there is only one formula in this prescription all 75 grams are assigned to it. If there is a need for an additional formula, the 75 grams can be divided between the two formulas, giving a larger percentage to the formula that needs to be emphasized.

THE FORMULAS



Ai Fu Nuan Gong Wan • 1400

MUGWORT & CYPERUS COMBINATION

<i>Cyperus</i>	
XIANG FU	25.5%
<i>Artemisia argyi</i>	
AI YE	12.8%
<i>Tangkuei</i>	
DANG GUI	12.8%
<i>Astragalus</i>	
HUANG QI	8.5%
<i>Evodia</i>	
WU ZHU YU	8.5%
<i>Ligusticum</i>	
CHUAN XIONG	8.5%
<i>White Peony</i>	
BAI SHAO	8.5%
<i>Dipsacus</i>	
XU DUAN	8.5%
<i>Rehmannia (Fresh)</i>	
SHENG DI HUANG	4.3%
<i>Cinnamon Bark</i>	
ROU GUI	2.1%

SOURCE: *Ren Zhai's Direct Guide (Ren Zhai Zhi Zhi)*

FUNCTIONS: Warm the uterus, regulate menses, and relieve pain.

INDICATIONS: Treats vacuity cold in the uterus with vaginal discharge (white), a sallow complexion, fatigue, diminished appetite, irregular menses, painful menstruation, and infertility.

Large doses of Xiang Fu (Cyperus) and Ai Ye (Artemisia argyi) define this formula. It clearly aims to disperse cold accumulation and move qi in the lower burner. Yang-vacuity cold accumulation can give rise to white vaginal discharge, menstrual block, infertility, delayed menses, and dull abdominal pain that is relieved by warmth or pressure. These symptoms are accompanied by loose stools, clear urine, a deep slow or weak pulse, and a pale tongue with a white fur.

By including agents to supplement blood and qi such as Dang Gui (Tangkuei) and Huang Qi (Astragalus), the formulator intended to simultaneously treat root and branch. This approach allows the formula to be given for a longer period of time than formulas that simply dispel cold and disperse accumulation.

This formula and [Wen Jing Tang](#) (Tangkuei & Evodia Combination) both address cold-accumulation menstrual disorders, each with its own emphasis. Ai Fu Nuan Gong Wan concentrates on dispersing cold and attendant qi accumulation while mildly supplementing qi and blood. Wen Jing Tang is very similar, but more powerfully treats blood-yin vacuity. This makes Wen Jing Tang especially suitable for cold accumulation in menopausal women or others who may suffer from dual vacuity of qi and blood. Naturally, because it includes thick agents to supplement blood, it is less effective for dispersing cold accumulation than Ai Fu Nuan Gong Wan.

[Shao Fu Zhu Yu Tang](#) (Fennel Seed & Corydalis Combination) also disperses cold accumulation in the lower burner and treats disorders similar to Ai Fu Nuan Gong Wan. It, however, puts a much stronger emphasis on moving blood, dispersing accumulation, and relieving pain. It is used for palpable lumps in the abdomen or for severe blood-stasis pain. It lacks the qi- and blood-supplementing strength of Ai Fu Nuan Gong Wan, as it aims to treat the branch (cold accumulation) only and not the root (yang qi vacuity).

In Chinese medicine the uterus is known as the Child Palace. This formula's name, which translates as *Mugwort and Cyperus Pills to Warm the Palace*, alludes to this term as it indicates the formula's function.

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MODIFICATIONS

- For menstrual pain, add Wu Ling Zhi (Pteropus) and Pu Huang (Bulrush).
- For delayed menses, add Liu Ji Nu (Artemisiae anomalaе).
- For menstrual block, add Ma Bian Cao (Verbena) and Su Mu (Sappan Wood).
- For abdominal masses, add Shan Zha (Crataegus), E Zhu (Zedoaria), and San Leng (Scirpus).

An Zhong San • 1340

FENNEL & GALANGA FORMULA [AVAILABLE IN TABLETS]

<i>Licorice</i>	
GAN CAO	25.6%
<i>Corydalis</i>	
YAN HU SUO	12.8%
<i>Fennel Seed</i>	
XIAO HUI XIANG	12.8%
<i>Galanga</i>	
GAO LIANG JIANG	12.8%
<i>Dried Ginger</i>	
GAN JIANG	12.8%
<i>Cinnamon Bark</i>	
ROU GUI	12.8%
<i>Oyster Shell</i>	
MU LI	10.4%

SOURCE: *Imperial Grace Formulary of the Tai Ping Era*
(He Ji Ju Fang)

FUNCTIONS: Warm the center, dispel cold, transform accumulation, fortify the spleen, and harmonize the center.

INDICATIONS: For chronic spasmodic epigastric pain due to spleen vacuity, effulgent cold, and qi stasis. The pain occurs when the stomach is empty. The patient will usually present with a moist tongue with a white fur, and a vacuous pulse. Gynecological uses include abdominal masses and cold-stasis menstrual pain.

This formula is for chronic disorders that result from cold and stasis. It is most commonly used to treat stomach pain (excess stomach acid, duodenal ulcers, chronic gastritis, duodenal spasms, etc.). It has, however, become a popular gynecological formula as well. In this field, An Zhong San is used to treat cold stasis that gives rise to abdominal masses, menstrual pain, or morning sickness.

There are many formulas that treat cold in the central burner. Of these, the most commonly used are [Li Zhong Tang](#) (Ginseng & Ginger Combination), [Hou Po Wen Zhong Tang](#) (Magnolia & Vladimiria Combination), [Da Jian Zhong Tang](#) (Major Zanthoxylum Combination), and An Zhong San. Each of these has its strengths. Li Zhong Tang not only dispels central burner cold but also supplements the spleen and mildly dispels damp. [Fu Zi Li Zhong Tang](#) (Aconite, Ginseng, & Ginger Combination) has an even stronger ability to dispel cold. Hou Po Wen Zhong Tang is much less supplementing than Li Zhong Tang but has a greater capability to dispel damp and rectify qi. Thus we find that Hou Po Wen Zhong Tang is more often used if abdominal distention and fullness are prominent and spleen vacuity signs are not. Li Zhong Tang (or Fu Zi Li Zhong Tang) is most used when spleen vacuity and central burner cold coexist and cold diarrhea and other spleen vacuity signs are present. An Zhong San is the best of these formulas for cold pain. It is less able to transform damp than Hou Po Wen Zhong Tang but is far better at warming the center and relieving pain. On the other hand, An Zhong San is less supplementing than Li Zhong Tang and is best for cold abdominal pain without strong signs of spleen vacuity (e.g., diarrhea). Da Jian Zhong Tang both warms and supplements the center, but it is used primarily for abdominal pain accompanied by upward ascent of cold qi that manifests as nausea,

CONTINUED

vomiting of clear fluid, and cold pain in the upper abdomen and chest. An Zhong San can also address this syndrome but provides less qi supplementation while doing so.

The inclusion of Mu Li (Oyster Shell) in An Zhong San is one of the first examples of the use of Mu Li's acid-neutralizing function. Modern practitioners often add Mu Li to formulas for that reason, but classical formulas that display that usage are rare.

An Zhong San translates into English as *Center-Quieting Powder*. The name reflects the formula's ability to quiet pain and discomfort in the central burner.

MODIFICATIONS

- For vacuity-cold morning sickness, add Ban Xia (Pinellia) and Sheng Jiang (Fresh Ginger).
- For abdominal masses, add San Leng (Scirpus) and E Zhu (Zedoaria).
- For vacuity-cold stomach pain that is worse with stress, add Ba Yue Zha (Akebia Fruit) and Mai Ya (Barley Sprout).

Ba Wei Dai Xia Fang • 0110A**TANGKUEI EIGHT HERB FORMULA [AVAILABLE IN TABLETS]**

<i>Tangkuei</i>	SOURCE: <i>Selected Formula of Famous Physicians (Ming Jia Fang Xuan)</i>
DANG GUI	22.7%
<i>Smilax</i>	FUNCTIONS: Clear heat, resolve toxin, dispel damp, and relieve vaginal discharge.
TU FU LING	18.2%
<i>Ligusticum</i>	INDICATIONS: Soreness in the lower back, abdominal pain, vaginal discharge that is red, white, or yellow, seminal emissions, prolapse, itching of the genitalia, and vaginal sores.
CHUAN XIONG	13.6%
<i>Poria</i>	_____
FU LING	13.6%
<i>Clematis armandi</i>	This formula is from a Japanese source text that recommends it for treatment of damp-heat vaginal discharge. It also treats damp-heat genital sores.
MU TONG	13.6%
<i>Citrus Peel</i>	The unique aspect of this formula is that it is aimed at a patient whose spleen vacuity gives rise to water collection or in whom a long-standing damp condition has depleted the spleen qi. In either case, the result is spleen vacuity and interior collection of damp. In addition, the stagnation associated with the failure of the spleen to move qi and transform water-damp gives rise to heat. This combination of events results in damp-heat vaginal discharge. For this type of patient follow-up treatment is necessary once the initial symptoms have abated. A formula to supplement the spleen such as Shen Ling Bai Zhu San (Ginseng and Atractylodes Formula) or Si Jun Zi Tang (Major Four Herb Combination) may be suitable.
CHEN PI	9.1%
<i>Lonicera Flower</i>	The Chinese name of this formula translates as <i>Eight Ingredient Vaginal Discharge Formula</i> . Thus the appellation conveys the major indication.
JIN YIN HUA	4.6%
<i>Rhubarb</i>	
DA HUANG	4.6%

MODIFICATIONS

- For acute damp-heat vaginal discharge or turbid discharge in men, combine with [Long Dan Xie Gan Tang](#) (Gentiana Combination).
- For toxic sores in the genital region, combine with [Huang Lian Jie Du Tang](#) (Coptis & Scute Combination).
- For copious white vaginal discharge, add Chun Gen Pi (Ailanthus Bark).

Ba Wei Dai Xia Fang (w/o Da Huang) • 0110B

TANGKUEI EIGHT HERB FORMULA (MINUS RHUBARB)

<i>Tangkuei</i>	SOURCE: <i>Selected Formula of Famous Physicians</i> <i>(Ming Jia Fang Xuan)</i>
DANG GUI	23.8%
<i>Smilax</i>	FUNCTIONS: Clear heat, resolve toxin, dispel damp, and relieve vaginal discharge.
TU FU LING	19.0%
<i>Ligusticum</i>	INDICATIONS: Soreness in the lower back, abdominal pain, vaginal discharge that is red, white, or yellow, seminal emissions, prolapse, itching of the genitalia, and vaginal sores.
CHUAN XIONG	14.3%
<i>Poria</i>	—————
FU LING	14.3%
<i>Clematis armandi</i>	This formula treats the same condition as the unmodified version. The omission of Da Huang (Rhubarb) makes this variant more suitable for weaker patients and for those with loose stools. Note that the small amount of Da Huang in the original formula will seldom cause loose stools except in those who are exceptionally sensitive to purgatives.
MU TONG	14.3%
<i>Citrus Peel</i>	
CHEN PI	9.5%
<i>Lonicera Flower</i>	
JIN YIN HUA	4.8%

Ba Wei Di Huang Wan • 0100

REHMANNIA EIGHT FORMULA [AVAILABLE IN TABLETS]

<i>Rehmannia (Cooked)</i>	SOURCE: <i>Essential Prescriptions of the Golden Coffer (Jin Gui Yao Lie)</i>
SHU DI HUANG 29.6%	
<i>Dioscorea</i>	FUNCTIONS: Warm and supplement kidney yang, enrich yin of the liver and kidney.
SHAN YAO 14.8%	
<i>Cornus</i>	INDICATIONS: Kidney yang vacuity with pain in the lower back and weakness in the legs, sensation of cold in the lower half of the body, tension in the abdomen, and either inhibited or frequent urination.
SHAN ZHU YU 14.8%	
<i>Poria</i>	
FU LING 11.1%	
<i>Moutan</i>	
MU DAN PI 11.1%	This formula treats kidney yang vacuity. It is frequently given to older patients because the passage of years wears away the body's yang qi. In China, the formula is used to treat such varied disorders as hypothyroid, diabetes, chronic nephritis, general debility and weakness, water swelling, and bronchial asthma.
<i>Alisma</i>	
ZE XIE 11.1%	
<i>Cinnamon Bark</i>	
ROU GUI 3.7%	This formula is based on a principle later described by Zhang Jing-Yue as <i>rescuing the yang from within the yin</i> . It implies that yang supplementation is best accomplished if one remembers the intimate relationship of yin and yang by including yin agents in formulas that supplement yang.
<i>Aconite (Prepared)</i>	
FU ZI 3.7%	

Note that *Liu Wei Di Huang Wan* (Rehmannia Six Formula) was derived from this formula through the removal of the two yang-supplementing agents, Rou Gui (Cinnamon Bark) and Fu Zi (Prepared Aconite). Liu Wei Di Huang Wan was originally intended to address yin vacuity in children, but its application later grew in scope to treat a large variety of yin-vacuity disorders in persons of all ages.

The version of this formula found in the *Essential Prescriptions of the Golden Coffer (Jin Gui Yao Lie)* contains Sheng Di Huang (Fresh Rehmannia) instead of the wine-steamed herb (Shu Di Huang) that is in this version. Ba Wei Di Huang Wan is also known as Shen Qi Wan (*Kidney Qi Pills*). A version presented in the *Life-Enhancing Formulary* adds Che Qian Zi (Plantago Seed) and Chuan Niu Xi (Cyathula) and is known as *Ji Sheng Shen Qi Wan* (*Cyathula and Plantago Seed Formula*). That formula has a similar function, but is more specifically directed at water swelling that results from kidney yang vacuity. Lastly, there is a version of Ba Wei Di Huang Wan from *Fu Qing-Zhu's Gynecology (Fu Qing Zhu Nü Ke)* that is intended for postpartum spontaneous sweating; it differs substantially from the version presented here.

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MODIFICATIONS

- For pain and weakness in the low back or knees, add Du Zhong (Eucommia) and Xu Duan (Dipsacus).
- For urinary incontinence due to kidney vacuity, add Fu Pen Zi (Rubus), Yi Zhi Ren (Alpinia Fruit), and Sang Piao Xiao (Mantis Cocoon).
- For kidney-vacuity impotence, add Yin Yang Huo (Epimedium), Tu Si Zi (Cuscuta), and Gou Qi Zi (Lycium Fruit).
- To treat asthmatic breathing owing to kidney vacuity, add Wu Wei Zi (Schizandra) and Ge Jie (Gecko), or combine with [Ren Shen Ge Jie San](#) (Ginseng & Gecko Combination).
- For dispersion thirst (diabetic-like disorders) characterized by kidney yang vacuity, add Tai Zi Shen (Pseudostellaria), Niu Xi (Achyranthes), and Che Qian Zi (Plantago Seed), or combine with [Yu Quan Wan](#) (Jade Source Combination).

Ba Zhen Tang • 0090**TANGKUEI & GINSENG EIGHT COMBINATION**

<i>Tangkuei</i>		SOURCE: Catalogued Essentials for Correcting the Body (<i>Zheng Ti Lei Yao</i>)
DANG GUI	10.9%	
<i>Ginseng</i>		FUNCTIONS: Supplement qi and nourish blood.
REN SHEN	10.9%	
<i>Ligusticum</i>		INDICATIONS: Treats dual vacuity of qi and blood. Common symptoms
CHUAN XIONG	10.9%	of this pattern include somber-white or withered-yellow facial complexion, dizziness, visual dizziness, palpitations, racing heartbeat, reduced appetite, shortness of breath, laconic speech, and fatigued limbs. These symptoms are typically accompanied by a fine and vacuous pulse and a pale tongue with a thin white fur. The formula is often used to treat postpartum, post-surgical, or post-illness vacuities.
<i>White Peony</i>		
BAI SHAO	10.9%	
<i>Rehmannia (Cooked)</i>		
SHU DI HUANG	10.9%	
<i>Atractylodes (Alba)</i>		
BAI ZHU	10.9%	Ba Zhen Tang is the classic formula one for treatment of dual vacuity of qi and blood. Its components are Si Wu Tang (Tangkuei Four Combination), which is the classic blood-supplementing formula, and Si Jun Zi Tang (Major Four Herb Combination), which is the most commonly used formula for supplementing qi.
<i>Poria</i>		
FU LING	10.9%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	10.9%	
<i>Jujube</i>		There are a host of formulas that treat dual vacuity of qi and blood. The two main categories are those that are pure supplementing formulas and those that add a specific function to supplementation of qi and blood.
DA ZAO	7.3%	
<i>Licorice</i>		
GAN CAO	5.5%	Ba Zhen Tang belongs to the pure supplementing group because it does not include agents that address specific disorders or add functions. It differs from other pure supplementing formulas because of its balanced approach. It equally supplements qi and blood. Other formulas in this group, such as Dang Gui Bu Xue Tang (Tangkuei & Astragalus Combination), emphasize supplementation of either qi or blood (in this case, qi). Clinically, Dang Gui Bu Xue Tang is best for situations where qi vacuity gives rise to blood vacuity. In cases where the dual vacuity is equal and it is not clear that one vacuity is the direct cause of the other, Ba Zhen Tang is more suitable.
		Formulas such as Gui Pi Tang (Ginseng & Longan Combination) and Zhi Gan Cao Tang (Licorice Combination) also address dual vacuity of qi and blood. They, however, have additional functions primarily attending to the heart and spirit. In addition, while Zhi Gan Cao Tang emphasizes blood supplementation and Gui Pi Tang emphasizes qi supplementation, Ba Zhen Tang gives equal weight to both vacuities.

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Since women are especially susceptible to vacuity directly after their period, this formula is commonly given at that time. This is referred to as “filling that which is empty.”

The title Ba Zhen Tang, or *Eight Pearls Decoction*, is a reference to the formula's eight ingredients. It is a decidedly feminine appellation which may be related to the formula's frequent use in gynecology.

MODIFICATIONS

- For insomnia stemming from dual vacuity of qi and blood, add Suan Zao Ren (Zizyphus Seed) and Bai Zi Ren (Biota Seed).
- For vacuity of qi and blood with signs of kidney vacuity such as low back pain and seminal loss, add Du Zhong (Eucommia), Bu Gu Zhi (Psoralea), and Jin Ying Zi (Rosa laevigata).
- For vacuity of qi and blood with cough, add Xing Ren (Apricot Seed) and Zi Wan (Aster).
- For functional uterine bleeding owing to dual vacuity of qi and blood, add A Jiao (Gelatin) and Ai Ye (Artemisia argyi).
- If constipation is part of the picture, add Huo Ma Ren (Hemp Seed).
- The addition of Yi Mu Cao (Leonurus) to the formula creates Ba Zhen Yi Mu Tang (Dangkuei & Ginseng Eight Combination Plus Leonorus). This is a common formula for the treatment of irregular menses or postpartum bleeding when these are owing to vacuity of qi and blood, and blood stasis.

Ba Zheng San • 0080A

DIANTHUS FORMULA [AVAILABLE IN TABLETS]

<i>Dianthus</i>		SOURCE: <i>Precious Mirror of Health (Wei Sheng Bao Jian)</i>
QU MAI	11.5%	FUNCTIONS: Clear heat, disinhibit water, dispel damp, and free strangury.
<i>Polygonum aviculare</i>		INDICATIONS: Treats dark, turbid, difficult, scanty, or painful urination, and a dry mouth and throat. In severe cases, there may be urinary retention and lower abdominal distention and pain.
BIAN XU	11.5%	
<i>Plantago Seed</i>		
CHE QIAN ZI	11.5%	
<i>Licorice</i>		This is Chinese medicine's best known formula for the treatment of urinary dysfunction and pain owing to downpour of damp-heat. The bitter and cold nature of the formula, however, mandates that it be used only for a short time. Chronic urinary tract disorders are better served by employing Bei Xie Fen Qing Yin (Tokoro Combination) or a constitutional formula such as Zhi Bai Di Huang Wan (Anemarrhena, Phellodendron, & Rehmannia Formula) with the addition of agents such as Bai Jiang Cao (<i>Thlaspi</i>), Mu Tong (<i>Clematis armandi</i>) and Che Qian Zi (<i>Plantago Seed</i>) to disinhibit damp and clear lower burner heat.
GAN CAO	11.5%	
<i>Gardenia</i>		
SHAN ZHI ZI	11.5%	
<i>Clematis armandi</i>		
MU TONG	11.5%	
<i>Rhubarb</i>		
DA HUANG	11.5%	
<i>Talc</i>		
HUA SHI	11.5%	This formula concentrates on draining damp-heat from the lower burner. It strongly addresses damp-heat bind that manifests as inhibited urination and pain or discomfort in the lower abdomen. If heat signs in the upper burner and signs of yin vacuity (such as tongue sores or vexation insomnia) are more pronounced than lower burner symptoms, Dao Chi San (Rehmannia & Clematis Armandi Formula) may be more appropriate than Ba Zheng San. In some cases the two formulas can be combined.
<i>Juncus</i>		
DENG XIN CAO	8.0%	

The name of the formula is usually translated as *Eight Herbs for Rectification* or something of this nature. This is a reference to the eight-herb formula's ability to rectify qi flow in the lower burner and water path. Some scholars posit, however, that the character "Zheng" (meaning correct) in the name here refers to "correct treatment" as Zhu Dan-Xi states when describing the type of herb combination needed to "correctly treat" inhibited urination. If this is the case, rendering the formula name as *Eight Correct Herbs* might be more accurate.

MODIFICATIONS

- For loose stools, remove Da Huang (Rhubarb). See KPC # 0080B [Ba Zheng San w/o Da Huang](#) (Dianthus Formula – Minus Rhubarb).
- To treat blood in the urine, add Bai Mao Gen (Imperata).
- If the pattern includes heart fire (mouth sores, irritability, etc.), include Huang Lian (Coptis) and Sheng Di Huang (Fresh Rehmannia).

Ba Zheng San (w/o Da Huang) • 0080B

DIANTHUS FORMULA (MINUS RHUBARB)

<i>Dianthus</i>		SOURCE: <i>Precious Mirror of Health</i> (<i>Wei Sheng Bao Jian</i>)
QU MAI	13.0%	FUNCTIONS: Clear heat, disinhibit water, dispel damp, and free strangury.
<i>Polygonum</i>		
<i>aviculare</i>		
BIAN XU	13.0%	INDICATIONS: Treats dark, turbid, difficult, scanty, or painful urination, and a dry mouth and throat. In severe cases, there may be urinary retention and lower abdominal distention and pain.
<i>Plantago Seed</i>		
CHE QIAN ZI	13.0%	
<i>Licorice</i>		
ZHI GAN CAO	13.0%	This formula treats the same symptoms as Ba Zheng San (Dianthus Formula). It is slightly less draining because Da Huang (Rhubarb) has been removed. It may be given for a longer period of time than the original formula but is still not suitable for long-term ingestion. It is safer than Ba Zheng San for patients with loose stools and for breast-feeding mothers.
<i>Gardenia</i>		
SHAN ZHI ZI	13.0%	
<i>Clematis armandi</i>		
MU TONG	13.0%	
<i>Talc</i>		
HUA SHI	13.0%	
<i>Juncus</i>		
DENG XIN CAO	9.0%	

Bai He Gu Jin Tang • 1350

LILY COMBINATION [AVAILABLE IN TABLETS]

<i>Rehmannia (Cooked)</i>	
SHU DI HUANG	23.0%
<i>Rehmannia (Fresh)</i>	
SHENG DI HUANG	15.3%
<i>Ophiopogon</i>	
MAI MEN DONG	11.5%
<i>Lily</i>	
BAI HE	7.6%
<i>White Peony</i>	
BAI SHAO	7.6%
<i>Tangkuei</i>	
DANG GUI	7.6%
<i>Fritillaria (Zhe)</i>	
ZHE BEI MU	7.6%
<i>Licorice</i>	
GAN CAO	7.6%
<i>Scrophularia</i>	
XUAN SHEN	6.1%
<i>Platycodon</i>	
JIE GENG	6.1%

SOURCE: *Medical Formulas Gathered and Explained (Yi Fang Ji Jie)*

FUNCTIONS: Nourish yin, clear heat, moisten the lung, and transform phlegm.

INDICATIONS: Treats lung and kidney yin depletion with ascent of vacuity fire. Symptoms include cough with blood in the expectorated sputum, asthmatic breathing, pain and dryness in the throat, vexation heat in the hands and feet, steaming bones, night sweats, a red tongue with scant fur, and a fine, rapid pulse.

Dual vacuity of the lung and kidney can arise from internal disharmony or after the occurrence of an external pattern. This formula can address either contingency. Internal disharmony can involve liver fire that damages lung-metal and thus drains kidney-water. Also, long-standing kidney yin vacuity can lead to lung yin vacuity. Alternatively, an external pathogen that enters the lung and turns to heat can damage lung yin and, after time, drain kidney-water. In any case, the results are branch symptoms such as sore throat, gasping, and cough with phlegm that may carry streaks of blood. In most cases, phlegm is scant and difficult to expectorate.

These branch symptoms are accompanied by typical signs of yin vacuity such as night heat, heat in the five centers, thirst, night sweating, disturbed sleep, a fine, rapid pulse, and a red tongue with scant fur. The formula contains yin-nourishing and spirit-quieting agents to address both root and branch.

The dry cough that follows a cold or flu is often effectively treated with Bai He Gu Jin Tang. When using the formula in this fashion, it is important to insure that the heat pathogen has been completely cleared from the lung before application. This formula treats yin vacuity, not the heat that gives rise to that situation.

Bai He Gu Jin Tang is not appropriate for long-term use. One to two weeks should bring relief of symptoms. If symptoms of spleen vacuity appear, a switch in strategy should be considered.

The name of this formula translates as *Lily Bulb Metal-Securing Decoction*, which reflects the goal of the formula: to protect lung-metal from damage.

The formula should be modified not only according to symptoms; but also to address any additional or complicating root causes of the condition.

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MODIFICATIONS

- For cough remaining after an external pattern, add Bai Bu (Stemona), Sang Bai Pi (Mulberry Bark), and Qian Hu (Peucedanum). If some lung heat remains, include Huang Qin (Scute) and Zhi Mu (Anemarrhena).
- For binding depression of liver qi that gives rise to fire, add Chai Hu (Bupleurum).
- For steaming bones with lung-vacuity cough, add Di Gu Pi (Lycium Root Bark) and Bai Bu (Stemona).
- If phlegm is more than scant, add Gua Lou Shi (Trichosanthes Fruit).
- Expectoration of blood-streaked phlegm can be addressed by including Bai Mao Gen (Imperata) and Xian He Cao (Agrimony).

Bai Hu Jia Ren Shen Tang • 1100

GINSENG & GYPSUM COMBINATION

<i>Oryza</i>	
GENG MI	40.7%
<i>Anemarrhena</i>	
ZHI MU	30.5%
<i>Ginseng</i>	
REN SHEN	15.3%
<i>Licorice (Prepared)</i>	
ZHI GAN CAO	10.2%
<i>Gypsum</i>	
SHI GAO	3.3%

SOURCE: *On Cold Damage (Shang Han Lun)*

FUNCTIONS: Clear heat, boost qi, and engender fluids.

INDICATIONS: This formula is indicated for Bai Hu Tang syndrome (described under Bai Hu Tang) in cases where there is also profuse sweating and a large pulse with no strength. This formula may be used for other patterns such as summerheat, in which there is internal heat and damage to both qi and fluids.

Including Ren Shen (Ginseng) in [Bai Hu Tang](#) (Gypsum Combination) not only makes the formula appropriate for patients suffering from qi vacuity but also aids in engendering fluids and protecting against fluid depletion. Thirst is thus a major indicator for the use of this formula during the course of a wind-cold pattern. Note that the amount of Shi Gao (Gypsum) in this version of Bai Hu Tang is greatly reduced. This is appropriate because a person who needs Ren Shen also cannot tolerate large doses of Shi Gao. However, the heat-clearing function of the formula is also greatly mitigated. Use Bai Hu Jia Ren Shen Tang to treat yang ming patterns with qi vacuity and great thirst, and also consider it for summerheat patterns where qi vacuity, sweating, and thirst are prominent. Adding extra Shi Gao to this version of the formula is often needed to address extreme heat. Modern practitioners also use Bai Hu Jia Ren Shen Tang to treat dispersion-thirst (diabetes-like) disorders, especially if they are accompanied by lung symptoms (upper burner dispersion-thirst).

Combined with other formulas, Bai Hu Jia Ren Shen Tang has a wider use: namely, to add heat-clearing and qi boosting qualities. This is often very useful in the treatment of skin disorders such as eczema, where adding it to a formula like [Dang Gui Yin Zi](#) (Tangkuei & Tribulus Combination) will increase that formula's ability to clear heat and also allow longer term use because Ren Shen will prevent qi dispersion. This same principle holds true for treatment of heat-bi, where adding Bai Hu Jia Ren Shen Tang to a formula such as [Shang Zhong Xia Tong Yong Tong Feng Wan](#) (Cinnamon & Angelica Formula) will contribute the same type of heat-clearing and qi-boosting properties.

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MODIFICATIONS

- For summerheat disorders, add Jin Yin Hua (Lonicera Flower), Lian Qiao (Forsythia), and Da Qing Ye (Baphicacanthus Leaf).
- For high fevers, add extra Shi Gao (Gypsum).
- For dispersion-thirst (diabetes-like) disorders, add Sha Shen (Glehnia), Tian Hua Fen (Trichosanthes Root), and Ge Gen (Pueraria Root).

Bai Hu Tang • 1090

GYPSUM COMBINATION

<i>Gypsum</i>	
SHI GAO	50.0%
<i>Rice</i>	
GENG MI	25.0%
<i>Anemarrhena</i>	
ZHI MU	18.8%
<i>Licorice (Prepared)</i>	
ZHI GAN CAO	6.2%

SOURCE: *On Cold Damage (Shang Han Lun)*

FUNCTIONS: Clear heat, drain fire, boost qi, and harmonize the center.

INDICATIONS: Treats effulgent heat in the yang ming channel or qi aspect with a strong sensation of heat (high fever), a red face, vexation thirst with a desire to drink, profuse sweating and an aversion to heat, and a pulse that is strong, flooding, and large, or rapid and slippery.

Bai Hu Tang was originally intended to treat the yang ming stage of wind-cold attack. As the pathogen enters deep into the body and transforms into heat it engenders the four extreme symptoms of large pulse, profuse sweating, high fever, and extreme thirst. High fever and profuse sweating can damage yin and fluids; thus, to treat this condition one must not only clear heat but also engender fluids and protect yin. This formula uses Zhi Mu (Anemarrhena) and Zhi Gan Cao (Prepared Licorice) to meet these needs and adds Geng Mi (Rice) to insure that the central burner is not damaged by the formula's cold, heat-clearing agents.

Nowadays this formula is commonly used to address high fevers that arise from external pathogens. Note that the appropriate time to use Bai Hu Tang is when the patient's aversion to cold has receded and he or she experiences an aversion to heat. The patient need not have all four of the extreme symptoms mentioned above. A high fever and sweating could be enough to call for the use of Bai Hu Tang, provided the pulse is not weak or slow.

In China, this formula is used to address severe conditions with high fevers such as meningitis. Generally, in these cases, the dose of Shi Gao (Gypsum) is substantially increased. With modifications, Bai Hu Tang can also be used to address postpartum fevers, hot, red skin rashes, red eyes (conjunctivitis), and summerheat-heat.

Bai Hu Tang translates literally as *White Tiger Decoction*. The name serves as a reminder of the cooling and yin-nourishing nature of the formula. There are many connections in Chinese literature between the white tiger and the western direction. This may be because the seven constellations of the western sky joined together resemble a tiger. Since west has five-phase connections with metal, and metal is cool and engenders water, a symbol of the west is an appropriate name for a formula that cools heat and engenders fluids.

CONTINUED

MODIFICATIONS

- For summerheat-heat, add Jin Yin Hua (Lonicera Flower), Lian Qiao (Forsythia), and Huang Qin (Scute).
- For summerheat-damp with a high fever, combine with [San Wu Xiang Ru Yin](#) (Elsholtzia Three Combination).
- For contagious heat patterns in the initial stages, combine with [Yin Qiao San](#) (Lonicera & Forsythia Formula).
- For measles or other pox disorders with a high fever and a rash that is slow to express, combine with [Sheng Ma Ge Gen Tang](#) (Cimicifuga & Pueraria Combination).
- For red eyes, add Ju Hua (Chrysanthemum).

Bai Tou Weng Tang • 1120

PULSATILLA COMBINATION

<i>Fraxinus</i>		SOURCE: <i>On Cold Damage (Shang Han Lun)</i>
QIN PI	27.3%	FUNCTIONS: Clear heat, drain fire, cool blood, and relieve diarrhea.
<i>Coptis</i>		INDICATIONS: Treats diarrhea that presents with both pus and blood (more blood than pus) accompanied by cramping pain in the abdomen, rectal heaviness, heat around the anus, a red tongue with a yellow fur, and a wiry, rapid pulse.
HUANG LIAN	27.3%	
<i>Phellodendron</i>		
HUANG BAI	27.3%	
<i>Pulsatilla</i>		
BAI TOU WENG	18.1%	
		This powerful heat-clearing, damp-drying formula is intended to treat diarrhea that is owing to damp-heat in the lower burner and heat in the blood aspect. Thus the most important symptoms are a feeling of pressure on the anus (or a feeling of incomplete evacuation), blood and pus in the stool, and diarrhea. This type of diarrhea is usually acute and caused by invasion of damp-heat. This often translates to bacterial or amoebic dysentery in Western medicine.
		For treatment of damp-heat diarrhea, this formula is often compared with Shao Yao Tang (Peony Combination). As a general rule, if the blood aspect is more affected, use Bai Tou Weng Tang, and if the qi aspect is more affected, use Shao Yao Tang. Thus, if blood in the stool is prominent, use Bai Tou Weng Tang, and if qi stasis and accumulation (characterized by abdominal pain and urgency) are prominent, use Shao Yao Tang.
		Modern practitioners have expanded the use of this formula to include acute enteritis, urinary tract infections, acute conjunctivitis, herpes simplex of the conjunctiva, damp rashes, gastritis, vaginal discharge, pelvic inflammatory infections, and postpartum diarrhea. Note that the presenting picture must conform with that of damp-heat in the lower burner for Bai Tou Weng Tang to be appropriate.

MODIFICATIONS

- For postpartum diarrhea accompanied by blood vacuity, many classic books recommend combining this formula with Gan Cao A Jiao Tang (which consists of A Jiao [Gelatin] and Gan Cao [Licorice]). Bai Shao (White Peony) is also an excellent addition to address this situation.
- For pelvic inflammatory disorder, add Hong Teng (Sargentodoxa Vine), Pu Gong Ying (Dandelion), and Ze Xie (Alisma).
- For dysentery (amoebic or bacterial), add Ma Chi Xian (Portulaca). If bleeding is prominent, add Di Yu (Sanguisorba) and Huai Hua (Sophora). If abdominal pain is extreme, add Mu Xiang (Vladimiria).

CONTINUED

- For conjunctivitis or other eye infections, add Ju Hua (Chrysanthemum) and Chi Shao (Red Peony). For herpes virus also, add Da Qing Ye (Baphicacanthus Leaf) and Xuan Shen (Scrophularia).
- For damp-heat vaginal discharge, add Bai Guo (Ginkgo Nut), Zhu Ling (Polyporus), Yin Chen Hao (Capillaris), Shan Zhi Zi (Gardenia), and Bai Zhi (Angelica).
- For acute flare-ups of damp-heat rashes, combine with [Xiao Feng San](#) (Tangkuei & Arctium Formula).
- For acute enteritis, add Bai Shao (White Peony), Gan Cao (Licorice), Pu Gong Ying (Dandelion), and Che Qian Zi (Plantago Seed).
- For urinary tract infections, add Che Qian Zi (Plantago Seed) and Mu Tong (Clematis armandi), or combine with [Ba Zheng San](#) (Dianthus Formula).

Ban Xia Bai Zhu Tian Ma Tang • 1150

PINELLIA & GASTRODIA COMBINATION [AVAILABLE IN TABLETS]

<i>Pinellia</i>		SOURCE: <i>On the Spleen and Stomach (Pi Wei Lun)</i>
BAN XIA	16.8%	FUNCTIONS: Dry damp, transform phlegm, calm the liver, and extinguish wind.
<i>Barley Sprout</i>		INDICATIONS: Treats ascent of wind-phlegm that gives birth to dizziness or vertigo, headache, oppression in the chest, nausea or vomiting, copious sputum, a white, slimy tongue fur, and a wiry, slippery pulse.
MAI YA	16.8%	
<i>Atractylodes (Alba)</i>		
BAI ZHU	10.8%	
<i>Massa Medicata</i>		
<i>Fermentata</i>		
SHEN QU	10.8%	Since this formula is from <i>On the Spleen and Stomach</i> , it is based not surprisingly on the principles of supplementing the central burner and transforming damp-phlegm. It treats counterflow ascent of phlegm-qi that gives rise to dizziness, black spots before the eyes, and headache. Note that the patient will present with digestive system and fluid metabolism dysfunction represented by bloating, water swelling, nausea, or thoracic oppression. Often the patient has cold extremities, a white, slimy tongue fur, and a wiry, slippery pulse. This formula can treat vacuity patterns that give rise to upper body repletion. The upper body symptoms can be headache, dizziness, high blood pressure, or eye disorders such as glaucoma. These are usually long-term disorders in weak patients. Consider Ban Xia Bai Zhu Tian Ma Tang for chronic fatigue patients or other difficult cases that present with the signs and symptoms mentioned above.
<i>Gastrodia</i>		
TIAN MA	5.6%	
<i>Ginseng</i>		
REN SHEN	5.6%	
<i>Atractylodes</i>		
CANG ZHU	5.6%	
<i>Astragalus</i>		
HUANG QI	5.6%	
<i>Alisma</i>		
ZE XIE	5.6%	
<i>Citrus Peel</i>		
CHEN PI	5.6%	
<i>Poria</i>		
FU LING	5.6%	The formula has a preponderance of warm herbs to supplement the spleen and stomach and treat damp encumbrance and digesta stagnation in the central burner. These warm herbs make it unsuitable for headaches owing to ascent of liver yang. For that, Tian Ma Gou Teng Yin (Gastrodia & Gambir Combination) or other formulas with cooler ingredients are more appropriate.
<i>Dried Ginger</i>		
GAN JIANG	3.5%	
<i>Phellodendron</i>		
HUANG BAI	2.1%	
		A version of Ban Xia Bai Zhu Tian Ma Tang from <i>Medical Insights (Yi Xue Xin Wu)</i> removes most of the center-supplementing and digesta-dispersing agents from the original formula and adds Gan Cao (Licorice). That formula is designed to treat a pattern of liver qi ascent combined with spleen-vacuity damp that gives rise to dizziness or headaches. The two formulas should not be confused.

CONTINUED

MODIFICATIONS

- For high blood pressure, add Gou Teng (Gambir) and extra Tian Ma (Gastrodia).
- If qi vacuity is extreme, add extra Huang Qi (Astragalus Root) and Bai Zhu (Atractylodes alba).
- For glaucoma, add Chi Shao (Red Peony) and a large dose of Che Qian Zi (Plantago Seed).
- For nausea and vomiting, add Wu Zhu Yu (Evodia).

Ban Xia Hou Po Tang • 1130

PINELLIA & MAGNOLIA COMBINATION [AVAILABLE IN TABLETS]

<i>Pinellia</i>		SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> (<i>Jin Gui Yao Lie</i>)
BAN XIA	30.0%	
<i>Ginger (Fresh)</i>		FUNCTIONS: Move qi, disperse binds, downbear counterflow, resolve depression, and transform phlegm.
SHENG JIANG	25.0%	
<i>Poria</i>		INDICATIONS: This is the classic formula for treating plum-pit qi – a feeling of having something caught in the throat that cannot be coughed up, spit up, or swallowed. In this pattern there is a sensation of fullness and oppression in the chest and flanks, and there may also be cough or vomiting. Generally, the patient will present with a pale tongue with a thick, glossy tongue fur and a slippery or wiry pulse. Asthma and bronchitis can also fall into this formula's treatment scope.
FU LING	20.0%	
<i>Magnolia Bark</i>		
HOU PO	15.0%	
<i>Perilla Leaf</i>		
ZI SU YE	10.0%	

Liver qi depression brought on by emotional stress can disturb the spleen, stomach, and lung and prevent them from properly moving qi and fluids throughout the upper and central burner. The result can be fullness and oppression in the chest and a feeling like having a piece of meat caught in the throat. Ban Xia Hou Po Tang is the primary formula for this pattern. It addresses the branch more than the root, however, and should be supplemented or followed with herbs or formulas to address the root cause. Most commonly, herbs are added to supplement the center and to course liver qi.

Aside from plum-pit qi, Ban Xia Hou Po Tang can also be used to treat bronchitis, morning sickness, and allergic asthma when these disorders present as damp encumbrance of the spleen with liver qi depression, as characterized by a thick tongue fur, poor appetite, thoracic fullness, and a slippery or wiry pulse. Because this formula is drying and dispersing, it is not appropriate for long-term use unless modified to protect yin and qi.

MODIFICATIONS

- If binding depression of liver qi is a major root cause, add Yu Jin (Curcuma) and Zhi Ke (Aurantium Fruit).
- If spleen vacuity is prominent, add Chen Pi (Citrus Peel) and Bai Zhu (Atractylodes alba).
- For cough with copious phlegm, add Chen Pi (Citrus Peel), Xing Ren (Apricot Seed), and Qian Hu (Peucedanum).
- For morning sickness, add Zhu Ru (Bamboo Shaving) and a small amount of Huang Lian (Coptis) and Wu Zhu Yu (Evodia). (These last two herbs comprise Zuo Jin Wan.)

CONTINUED

- For acute bronchitis (with heat), combine with [Ma Xing Gan Shi Tang](#) (Ephedra & Apricot Seed Combination). If heat signs are strong, include Huang Qin (Scute) as well.
- For allergic bronchitis that presents with damp but without heat signs, combine with [Su Zi Jiang Qi Tang](#) (Perilla Seed Combination).

Ban Xia Xie Xin Tang • 1140**PINELLIA COMBINATION [AVAILABLE IN TABLETS]**

<i>Pinellia</i>	SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> <i>(Jin Gui Yao Lie)</i>
BAN XIA 25.0%	
<i>Scute</i>	FUNCTIONS: Clear heat, downbear counterflow, disperse bind, dispel glomus, and harmonize the center.
HUANG QIN 15.0%	
<i>Dried Ginger</i>	INDICATIONS: Treats disharmony of stomach qi that presents as painless glomus and fullness below the heart, along with dry heaves or vomiting, diarrhea and intestinal noises, a thin, yellow, greasy tongue fur, and a rapid, wiry pulse.
GAN JIANG 15.0%	
<i>Ginseng</i>	
REN SHEN 15.0%	
<i>Jujube</i>	
DA ZAO 15.0%	
<i>Licorice (Prepared)</i>	
ZHI GAN CAO 10.0%	Heat and cold bound together in the central burner disrupt the upbearing and downbearing functions of the spleen and stomach and give rise to the symptoms associated with this formula. The formula was designed to treat mistaken prescription of a purgative during the course of a wind-cold pattern. The generally accepted theory is that this mistreatment brings the pathogen inward and creates the combination of heat and cold that causes glomus (a subjective feeling of a lump, usually in the epigastric region), nausea, diarrhea, etc.
Coptis	
HUANG LIAN 5.0%	Modern causes of this condition are poor diet, Western drugs, high stress, and other influences that compromise the central burner's ability to bear the clear upward and downbear the turbid. The resulting congestion in the central burner gives rise to heat signs such as a yellow tongue fur and a rapid pulse, and cold signs such as intestinal noises and diarrhea.
	Though the original formula is for painless glomus, Ban Xia Xie Xin Tang may be used for painful conditions such as gastritis and gastric or duodenal ulcers. In addition, it is often modified to treat such diverse symptoms of central burner hot-cold bind as mouth and tongue sores, chest bi, menstrual dizziness, insomnia, damp papules (eczema), and vaginal discharge. In China, this formula is sometimes used to treat morning sickness. Adding Zhu Ru (Bamboo Shaving), Huang Qin (Scute) and Zi Su Ye (Perilla) will improve results and also reduce the percentage of Ban Xia (Pinellia). Care should be taken when using this formula, as Ban Xia is a downbearing agent that can cause the fetus to descend. Small doses are recommended for this application.
	For a patient with a complex disease picture that includes a yellow tongue fur and a mixture of heat and cold signs, Ban Xia Xie Xin Tang is frequently useful as a preliminary formula. Clearing heat and cold from the central burner will help the patient digest any further

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formulas and may clear the condition enough that a more accurate diagnosis may be made. Modern practitioners also use this formula to treat children with summertime diarrhea when it presents with a combination of heat and cold signs. In this context, the addition of Ge Gen (Pueraria Root) will help to protect and engender fluids and also contribute to the anti-diarrheic effect.

The area below the anatomical heart (epigastrium/stomach) is called the heart in Chinese medicine, so this formula's name refers to its ability to drain repletion-bind in that region. Thus rendering of the formula name as *Pinellia Heart-Draining Decoction* reflects the meaning of the original Chinese. There are five *Heart-Draining Decoctions* in Zhang Zhong-Jing's works. Of these, only Ban Xia Xie Xin Tang, [Gan Cao Xie Xin Tang](#) (Pinellia & Licorice Combination), and [Sheng Jiang Xie Xin Tang](#) (Pinellia & Ginger Combination) are currently made in concentrated granules.

MODIFICATIONS

- For gastritis or upper digestive tract ulcers, add Fo Shou (Citrus sarcodactylus), Hai Piao Xiao (Cuttlebone), and Bai Shao (White Peony). If ulcers present with nausea and dry retching, add a small amount of Huang Lian (Coptis) and Wu Zhu Yu (Evodia). (These last two herbs comprise Zuo Jin Wan.)
- For diarrhea, add Ge Gen (Pueraria Root). If the spleen is vacuous, add Bai Zhu (Atractylodes alba) and Fu Ling (Poria). If there is abdominal pain and urgency, add Mu Xiang (Vladimiria) and Bai Shao (White Peony).
- For insomnia, add Shen Qu (Massa Medicata Fermentata) and Hong Zao (Red Jujube).

Bao Chan Wu You Fang • 2070

TANGKUEI & LIGUSTICUM COMBINATION [AVAILABLE IN TABLETS]

<i>White Peony</i>		SOURCE: <i>Fu Qing-Zhu's Gynecology (Fu Qing Zhu Nü Ke)</i>
BAI SHAO	16.7%	FUNCTIONS: Boost qi, nourish blood, quiet the fetus, and protect pregnancy.
<i>Tangkuei</i>		INDICATIONS: This formula may be used for restless fetus syndrome, breech presentation of the fetus, and difficult labor.
DANG GUI	12.5%	
<i>Ligusticum</i>		
CHUAN XIONG	12.5%	
<i>Fritillaria (Chuan)</i>		
CHUAN BEI MU	8.3%	This age-old formula was handed down through many generations before it was recorded by Fu Qing-Zhu in the Qing dynasty. Because it is an experiential formula, its construction is somewhat unorthodox and we must rely on empirical observations from the distant past for guidance on how to use it best.
<i>Cuscuta</i>		
TU SI ZI	8.3%	In his text, Fu Qing-Zhu suggests that to protect the fetus one should take this formula three to five times per month. To promote a smooth delivery, he suggests it be taken hot during labor.
<i>Astragalus</i>		
HUANG QI	6.7%	
<i>Schizonepeta</i>		
JING JIE	6.7%	Later in the Qing dynasty, the author of <i>Prescriptions in Rhymed Verse (Tang Tou Ge Jue)</i> gave more specific instructions: "Take one pack during the seventh month, two during the eighth month, and three packs during the ninth and tenth months."
<i>Magnolia Bark</i>		
HOU PO	5.8%	To correct fetal position, modern texts suggest that the formula be taken early, preferably in the sixth or seventh month of pregnancy. To secure the fetus and prevent miscarriage (from vacuity), these same sources suggest adding agents to supplement the kidney.
<i>Artemisia argyi</i>		
AI YE	5.8%	
<i>Aurantium Fruit</i>		
ZHI KE	5.0%	
<i>Notopterygium</i>		
QIANG HUO	4.2%	
<i>Licorice</i>		
GAN CAO	4.2%	The name of this formula in Chinese awkwardly translates as <i>Birth-Protecting Worry-Free Formula</i> or <i>Worry-Free Formula to Protect Birth</i> . It also goes by many other names, the most common being <i>Thirteen [Ingredient] Great Protecting Formula</i> (<i>Shi San Tai Bao Fang</i>) and <i>Miraculously Effective Birth-Protecting Formula</i> (<i>Bao Chan Shen Xiao Fang</i>).
<i>Ginger (Fresh)</i>		
SHENG JIANG	3.3%	

MODIFICATIONS

- For qi vacuity (especially during birthing), add Ren Shen (Ginseng).
- To secure the fetus, add Sang Ji Sheng (Loranthus) and Du Zhong (Eucommia) if the cause of the disorder is kidney vacuity; if due to heat in the center, use Huang Qin (Scute).
- To promote labor and a smooth birth, add extra Chuan Bei Mu (Fritillaria Chuan).
- To help open the birth canal during parturition, add Gui Ban (Testudinis).

Bao He Wan • 2060

RED TANGERINE PEEL & CRATAEGUS FORMULA

<i>Crataegus</i>	SOURCE: <i>Essential Teachings of Zhu Dan-Xi (Dan Xi Xin Fa)</i>
SHAN ZHA 35.1%	FUNCTIONS: Disperse accumulations, abduct stagnation, harmonize the stomach, and clear heat.
<i>Pinellia</i>	INDICATIONS: Treats digesta stagnation with symptoms that include glomus, pain, fullness, or distention in the abdomen or gastric region, foul belching with acid in the mouth, nausea, vomiting, or diarrhea. In this pattern the tongue fur is usually thick and greasy and the pulse is slippery.
BAN XIA 11.8%	—————
<i>Massa Medicata Fermentata</i>	
SHEN QU 11.8%	
<i>Poria</i>	
FU LING 11.8%	
<i>Barley Sprout</i>	
MAI YA 11.8%	Bao He Wan is the classic formula for digesta stagnation. The foremost cause of this situation is dietary intemperance. Often, however, constitutional spleen vacuity underlies the condition. For occasional digestive stagnation with abdominal distention, nausea, and belching that tastes of undigested food, Bao He Wan will bring quick relief. For patients who frequently suffer this situation, however, the root condition must be addressed. While Bao He Wan may be effective for the immediate situation, combining it (or following it) with a formula such as Xiang Sha Liu Jun Zi Tang (Vladimiria & Amomum Combination) may be more effective in the long run. Also, an often overlooked use of this formula is for treatment of diarrhea in young children when the cause is digesta stagnation and not an external contraction.
<i>Red Tangerine Peel</i>	
JU HONG 5.9%	
<i>Forsythia</i>	
LIAN QIAO 5.9%	
<i>Raphanus</i>	
LAI FU ZI 5.9%	
	Both Xiang Sha Ping Wei San (Cyperus, Amomum, & Atractylodes Formula) and Bao He Wan contain agents to disperse digesta, abduct stagnation, and treat acute digestive upset owing to dietary intemperance. The former formula is better suited to conditions complicated by damp, and because it uses resources to transform damp and rectify qi, it is less targeted specifically at digesta accumulation. For patients who tend to damp accumulation in the central burner characterized by fullness, glomus, and a sluggish digestive system, Xiang Sha Ping Wei San may bring faster relief from occasional digesta accumulation. For most other patients Bao He Wan will be more effective.
	The Chinese name of this formula can be translated directly as <i>Harmony Preserving Pills</i> . This name reflects the importance of harmony in the central burner. Even though it is not technically a harmonizing formula, abducting and dispersing the digesta accumulation in the central burner results in harmonization of the digestive function.

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MODIFICATIONS

- For spleen vacuity, combine with [Xiang Sha Liu Jun Zi Tang](#) (Vladimiria & Amomum Combination).
- If digesta stagnation is severe, add Bing Lang (Areca Seed), Da Fu Pi (Areca Husk), and Zhi Shi (Aurantium Immaturus) to increase the formula's ability to abduct and disperse stagnant digesta accumulations. Symptoms of this condition are disgust at the sight of food and severe distention and belching.
- For abdominal pain, add Mu Xiang (Vladimiria) and a small amount of Huang Lian (Coptis).
- If digesta accumulation occurs during the course of an external wind pattern, or if it presents with hives, add Jin Yin Hua (Lonicera Flower), Fang Feng (Siler), and Jing Jie (Schizonepeta).
- For infantile diarrhea, add Shi Jun Zi (Quisqualis). Add Bai Zhu (Atractylodes alba) and Dang Shen (Codonopsis) if vacuity is evident. For heat signs, add a small amount of Huang Lian (Coptis). If there is a thick tongue fur, add Huo Xiang (Agastache) and Su Ye (Perilla).

Bei Xie Fen Qing Yin • 3320

TOKORO COMBINATION [AVAILABLE IN TABLETS]

<i>Tokoro</i>		SOURCE: <i>Essential Teachings of Zhu Dan-Xi (Dan Xi Xin Fa)</i>
BEI XIE	20.0%	FUNCTIONS: Warm the kidney, transform qi, and dispel turbidity.
<i>Acorus</i>		INDICATIONS: This formula addresses yang vacuity in the lower burner characterized by extremely frequent urination that is cloudy like rice-washing water and coagulated like fat droplets.
SHI CHANG PU	20.0%	
<i>Lindera</i>		
WU YAO	20.0%	
<i>Alpinia Fruit</i>		
YI ZHI REN	20.0%	For kidney yang vacuity that gives rise to cloudy urine, one can consider this formula or Zhi Zhuo Gu Ben Wan (Poria & Polyporus Formula). Bei Xie Fen Qing Yin is better able to supplement than Zhi Zhuo Gu Ben Wan but less able to clear heat. Thus, for conditions with more heat, Zhi Zhuo Gu Ben Wan is a better choice, and for conditions where vacuity is prominent, Bei Xie Fen Qing Yin is better suited. For this reason, Bei Xie Fen Qing Yin is generally applied to chronic illnesses and older patients.
<i>Poria</i>		
FU LING	10.0%	
<i>Licorice</i>		
GAN CAO	10.0%	
The conditions this formula treats usually fall into such Western medical disease categories as inflammation of the bladder, chronic urinary tract infections, and enlarged or inflamed prostate. In gynecology, the formula is used to treat kidney-vacuity vaginal discharge.		
This formula drains damp but is not as drying as most formulas that have that effect. Given Zhu Dan-Xi's concern about damaging yin, it is not surprising that his formulation would be suitable for patients who suffer from yin vacuity.		
There is another formula with the same name from <i>Medical Insights (Yi Xue Xin Wu)</i> . That formula contains more bitter, cold herbs than Zhu Dan-Xi's version and is more applicable to relatively acute cases of turbid urine.		
The formula's name translated as <i>Tokoro Cool-Decoction to Separate the Clear and Turbid</i> , refers to its goal of assisting the kidney in separating the clear from the turbid in the urine.		

MODIFICATIONS

- For inflamed prostate, add Hu Po (Amber) and Huang Bai (Phellodendron Bark).
- For vaginal discharge, add Chun Gen Pi (Ailanthus Bark).
- For urinary tract infections in older patients, or for those who suffer from yin vacuity, combine with [Zhi Bai Di Huang Wan](#) (Anemarrhena, Phellodendron, & Rehmannia Formula) and add Bai Jiang Cao (Thlaspi).
- For more serious prostate disorders, add Dong Ling Cao (Rabdosia rubescens), Hu Po (Amber), Chi Shao (Red Peony), and Bai Hua She She Cao (Oldenlandia).

Bu Fei Tang • 3670

GINSENG & ASTER COMBINATION

<i>Mulberry Bark</i>	SOURCE: <i>Precious and Pivotal Formulas (Xi Lei Qian Fang)</i>
SANG BAI PI	25.0%
<i>Rehmannia (Cooked)</i>	
SHU DI HUANG	25.0%
<i>Ginseng</i>	
REN SHEN	12.5%
<i>Aster</i>	
ZI WAN	12.5%
<i>Schizandra</i>	
WU WEI ZI	12.5%
<i>Astragalus</i>	
HUANG QI	12.5%
<hr/>	
This formula treats chronic cough – either a dry cough or a cough with phlegm – brought about by lung vacuity. The formula supplements the lung and kidney, moistens the lung, and relieves cough. The name of the formula, which translates into English as <i>Decoction to Supplement the Lung</i> , states its main function.	
Generally, thick, nourishing herbs such as Shu Di Huang (Cooked Rehmannia) are contraindicated for patients with phlegm; this formula is an exception. In this case, unrestrained ministerial fire scorching fluids is the cause of the phlegm. Thus, the treatment, as stated by Zhu Dan-Xi, is to “supplement water [to] restrain ministerial fire.” In this way, “phlegm is spontaneously dispelled.”	
Bu Fei Tang is a modification of Sheng Mai San (Ginseng & Ophiopogon Formula), so it is ideal for chronic cough in older patients or patients weakened by a previous or concomitant illness. Note that there are many formulas by this name. Thus, check the ingredients to insure that the name Bu Fei Tang refers to the combination listed here.	

MODIFICATIONS

- For dry cough, add Chuan Bei Mu (Fritillaria Chuan) and Sha Shen (Glehnia).
- For chronic cough with pain in the chest, add Tao Ren (Persica) and Jie Geng (Platycodon).
- For cough with white or clear phlegm, combine with [Ning Sou Wan](#) (Fritillaria & Platycodon Formula).
- For chronic shortness of breath or wheezing, add Hu Tao Ren (Walnut).

Bu Huan Jin Zheng Qi San • 0850

PINELLIA, ATRACTYLODES, & AGASTACHE FORMULA

<i>Pinellia</i>		SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> (<i>He Ji Ju Fang</i>)
BAN XIA	16.7%	
<i>Atractylodes</i>		FUNCTIONS: Expel damp, fortify the spleen, transform phlegm, and move stagnation.
CANG ZHU	16.7%	
<i>Agastache</i>		INDICATIONS: For externally contracted sudden turmoil disorder characterized by fever and chills, vomiting, diarrhea, and abdominal distention and fullness. It also addresses seasonal external contractions that present with digestive symptoms and malaria-like disorders (miasma malaria).
HUO XIANG	16.7%	
<i>Magnolia Bark</i>		
HOU PO	16.7%	
<i>Citrus Peel</i>		
CHEN PI	16.7%	
<i>Licorice (Prepared)</i>		
ZHI GAN CAO	8.3%	This formula is assembled by adding Huo Xiang (Agastache) and Ban Xia (Pinellia) to Ping Wei San (Magnolia & Ginger Formula). It treats invasion of a turbid, damp pathogen that gives rise to symptoms such as nausea, vomiting, diarrhea, fatigue, abdominal distention, and aversion to wind or cold. This was known as cold miasma in previous times and was thought to be contracted by passing through or residing in an area in the forest contaminated by miasma toxin. A greasy tongue fur often accompanies this pattern. Miasma toxicity would be identified as a stomach flu by the average Westerner. This formula can also be applied to food poisoning, enteritis, and dysentery.
<i>Ginger (Fresh)</i>		
SHENG JIANG	4.1%	
<i>Jujube</i>		
DA ZAO	4.1%	

MODIFICATIONS

- For diarrhea, add Huang Lian (Coptis) and Ge Gen (Pueraria Root).
- For high fever, add Huang Qin (Scute) and Jin Yin Hua (Lonicera Flower).
- For cramps in the calf muscle, add Mu Gua (Chaenomeles).

Bu Yang Huan Wu Tang • 3680

ASTRAGALUS & PEONY COMBINATION

<i>Astragalus</i>		SOURCE: <i>Correction of Errors in the Field of Medicine</i> (<i>Yi Lin Gai Cuo</i>)
HUANG QI	83.2%	
<i>Red Peony</i>		FUNCTIONS: Supplement qi, quicken blood, and free the channels
CHI SHAO	4.2%	and network vessels.
<i>Tangkuei Tail</i>		INDICATIONS: This formula treats hemiplegia resulting from stroke.
DANG GUI WEI	4.2%	Attendant symptoms include wry mouth and eyes, frequent urination,
<i>Ligusticum</i>		urinary incontinence, difficult speech, drooling from the corners of the
CHUAN XIONG	2.1%	mouth, and flaccidity in the lower part of the body.
<i>Persica</i>		—————
TAO REN	2.1%	This formula relies on a large dose of Huang Qi (Astragalus) to
<i>Carthamus</i>		supplement the body's qi. The remaining herbs move blood and free
HONG HUA	2.1%	the channels and network vessels. This combination was intended by
<i>Earthworm</i>		its originator to treat vacuity-induced paralysis that follows from a
DI LONG	2.1%	wind-strike (stroke). It has become a popular formula for treating a
		wide range of nervous system disorders that stem from qi vacuity and
		blood stasis. These include sciatic pain, paralysis remaining from child-
		hood polio, facial paralysis, Parkinson's disease, and epilepsy. Other
		disorders that stem from blood stasis and qi vacuity can also benefit
		from Bu Yang Huan Wu Tang. Examples include atrophic gastritis,
		menstrual block, spotting and flooding, post-surgical disorders, atrophy
		of the optic nerve, occlusion of blood vessels leading to the retina, loss
		of vision owing to trauma, and hypertrophic rhinitis.
		In the source text, Wang Qing-Zhu suggests adding Fu Zi (Prepared
		Aconite) if the disease has existed for a long time and a previous
		practitioner has given too many cold herbs. This suggestion holds true
		for patients with extreme yang qi vacuity as well. If too many wind-
		dispelling herbs have been administered (thereby dispersing the body's
		qi), Wang Qing-Zhu recommends adding Dang Shen (Codonopsis). For
		these modifications, and for the formula in general, one must confirm
		that the patient's state is one of yang qi vacuity, because giving these
		warm herbs and such a large dose of Huang Qi is inappropriate in the
		presence of liver wind, ascent of liver yang, or vacuity fire. When in
		doubt, give a half dose initially to test for any adverse effect.
		The Chinese have long worked with a mathematical system of base
		ten. Thus the number ten symbolizes completeness. In hemiplegia half
		of the qi the body requires is not present. To rectify this situation, the
		patient must recover half of the perfect ten. Thus the formula is named
		<i>Decoction to Supplement Yang and Recover Five.</i>

CONTINUED

MODIFICATIONS

- For chronic disorders, add Shui Zhi (Leech), Quan Xie (Buthus), or Wu Gong (Centipede) to free the channels and network vessels.
- For facial paralysis, add Fang Feng (Siler), Bai Fu Zi (Typhonium), and Tian Nan Xing (Arisaema).
- For loss of voice, add Yuan Zhi (Polygala) and Shi Chang Pu (Acorus).
- For constipation, add Huo Ma Ren (Hemp Seed).
- For paralysis in the upper limbs, add Jiang Huang (Turmeric) and Gui Zhi (Cinnamon Twig).
- For paralysis in the lower limbs, add Huai Niu Xi (Achyranthes), Xu Duan (Dipsacus), and Du Zhong (Eucommia).
- For frequent or incontinent urine, add Yi Zhi Ren (Alpinia Fruit) and Sang Piao Xiao (Mantis Cocoon).
- For hypertrophic rhinitis, add Ge Gen (Pueraria Root) and [Cang Er San](#) (Xanthium Formula).
- For eye disorders, add Man Jing Zi (Vitex), Chi Shao (Red Peony), and Rui Ren Rou (Prinsepia).

Bu Zhong Yi Qi Tang • 3650**GINSENG & ASTRAGALUS COMBINATION [AVAILABLE IN TABLETS]**

<i>Astragalus</i>		SOURCE: <i>On the Spleen and Stomach (Pi Wei Lun)</i>
HUANG QI	22.3%	FUNCTIONS: Supplement the center, boost qi, uplift yang, and support that which has fallen.
<i>Ginseng</i>		INDICATIONS: This formula addresses two conditions: first, spleen and stomach qi vacuity characterized by fever, spontaneous sweating, thirst for warm drinks, shortness of breath with reluctance to speak, fatigue, weak limbs, a pale face, and watery stools; second, qi vacuity with central qi fall, manifesting as chronic diarrhea or prolapse of the uterus or rectum.
REN SHEN	14.8%	
<i>Licorice (Prepared)</i>		
ZHI GAN CAO	14.8%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	11.1%	
<i>Tangkuei</i>		
DANG GUI	7.4%	
<i>Citrus Peel</i>		In the source text, this formula is mentioned for treatment of dietary intemperance that gives rise to taxation fatigue damage. Symptoms of this pattern include low grade fever, spontaneous sweating, thirst, fatigue, a pale face, and watery stools. The formula's functions are shown in the formula name, which translates as <i>Decoction to Supplement the Center and Boost Qi</i> .
CHEN PI	7.4%	
<i>Jujube</i>		
DA ZAO	7.4%	
<i>Atractylodes (Alba)</i>		
BAI ZHU	7.4%	
<i>Cimicifuga</i>		Generally, the patient for whom this formula is appropriate will present with a pale complexion, lack of appetite, a pale tongue, fatigue, and weakness in the limbs. Nowadays, Bu Zhong Yi Qi Tang is given to patients in whom central burner vacuity results in any of a large variety of symptoms and patterns. Application of this formula falls into four broad categories:
SHENG MA	3.7%	
<i>Bupleurum</i>		
CHAI HU	3.7%	

- Taxation vacuity disorders such as perimenopausal syndromes, chronic fatigue disorders, spontaneous sweating, and post-illness or post-surgical weakness.
- Qi vacuity patients whose disorders reflect the body's inability to transform and move fluids, manage blood, send pure qi upward, or fight off disease. Examples include postpartum bleeding, vacuity headaches, wind-damp bi pain, vaginal discharge, bedwetting, urinary block, chronic rhinitis, or frequent colds.
- Center qi fall that gives rise to chronic diarrhea or prolapse of the rectum, uterus, or bladder.
- Vacuity disorders of the lung, liver, and heart such as asthma, chronic cough, glomus, thoracic oppression, low blood pressure, forgetfulness, and insomnia.

Practitioner's frequently use Bu Zhong Yi Qi Tang as a base formula and add herbs and formulas to treat the presenting symptoms. An

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example might be the treatment of chronic rhinitis in qi-vacuity patients by combining this formula with [Xin Yi Qing Fei Yin](#) (Magnolia & Gypsum Combination) and adding Ze Lan (Lycopus) and Ge Gen (Pueraria).

Bu Zhong Yi Qi Tang is warm and also uplifts yang. Thus it is not appropriate for patients who have signs of repletion fire.

MODIFICATIONS

- For headache, add Man Jing Zi (Vitex) and Chuan Xiong (Ligusticum).
- For bi pain, add Wei Ling Xian (Clematis), Hai Tong Pi (Erythrina), Fang Feng (Siler), and Qiang Huo (Notopterygium).
- For diarrhea, add Shan Yao (Dioscorea), Fu Ling (Poria), and Bu Gu Zhi (Psoralea). If cold, combine with [Li Zhong Tang](#) (Ginseng & Ginger Combination).
- For prolapse, add extra Ren Shen (Ginseng) and include Zhi Ke (Aurantium Fruit) and Fu Ling (Poria).
- For fevers of unknown origin, add Yin Chai Hu (Stellaria Root) and Qing Hao (Artemisia Qing Hao).
- For spontaneous sweating, add Fu Xiao Mai (Wheat Levis) and Mu Li (Oyster Shell).
- For damp encumbrance that presents as a thick tongue fur and glomus, add Cang Zhu (Atractylodes) and Huo Xiang (Agastache).
- For bedwetting, add Shan Yao (Dioscorea), Bu Gu Zhi (Psoralea), Wu Yao (Lindera), and Yi Zhi Ren (Alpinia Fruit).
- For vacuity-induced hemorrhoids with local inflammation, add Chi Shao (Red Peony) and a large dose of both Yi Yi Ren (Coix) and Fu Ling (Poria).

Cang Er San • 3850

XANTHIUM FORMULA

<i>Angelica</i>	SOURCE: <i>Life-Enhancing Formulary (Ji Sheng Fang)</i>
BAI ZHI	40.8%
<i>Mint</i>	FUNCTIONS: Dispel wind, dry damp, and free and disinhibit the nasal portals.
BO HE	20.4%
<i>Magnolia flower</i>	INDICATIONS: Treats deep-source nasal congestion (bi yuan) characterized by incessant nasal discharge and a frontal headache. In modern terms, this is frequently seen as acute rhinitis, sinusitis, or allergic rhinitis.
XIN YI HUA	20.4%
<i>Xanthium</i>	—————
CANG ER ZI	10.2%
<i>Allium</i>	There is disagreement among modern Chinese medical texts regarding whether this formula clears heat or dispels cold, perhaps because it contains both warm and cold herbs. The large dose of acrid and warm Bai Zhi (<i>Angelica</i>) points to the formula's warm nature, despite the claim by most texts that it treats wind-heat nasal infections. Since disorders of the head and face are owing to failure of the clear yang to ascend and the subsequent counterflow ascent of turbid yin, older books explain the large dose of Bai Zhi as a yang ming herb that rises to the head and can free the portals, dispel damp, and dissipate wind. Perhaps the authors felt that if a cold pathogen obstructs the ascent of clear yang, then warm and acrid dispersing agents such as Bai Zhi and Xin Yi Hua (<i>Magnolia</i>) can dispel a wind-cold obstruction and also free the nasal portals. This reasoning leaves the cool herbs in the formula (Tea and Mint) to address the heat (inflammation) generated when clear yang is not free to rise.
CONG BAI	4.1%
<i>Tea</i>	Modern practitioners use this formula without modifications if nasal discharge is clear and no heat signs are evident. However, since deep-source nasal congestion frequently presents with a purulent discharge, it is not uncommon to find this formula amended with bitter, cold herbs such as Huang Qin (Scute). See the modifications below for other variations.
CHA YE	4.1%
	The large amount of acrid and warm herbs in this formula makes it unsuitable for long-term use. In addition, it can exacerbate yin-vacuity fire symptoms. Some practitioners add Mai Men Dong (<i>Ophiopogon</i>) to the formula to offset the drying nature of the herbs in this combination.
	This formula differs from <i>Xin Yi San</i> (<i>Magnolia Flower Formula</i>) in that <i>Xin Yi San</i> treats the nasal congestion typical of an external wind-cold pattern and is less able to address the more entrenched and serious deep-source nasal congestion for which Cang Er San is renowned. Note that this formula is also known as Cang Er Zi San.

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MODIFICATIONS

- For acute nasal infections with thick, yellow discharge, add Ge Gen (Pueraria Root), Chi Shao (Red Peony), and a large dose of Huang Qin (Scute). If heat is extreme, add Shi Gao (Gypsum).
- For wind-cold exterior patterns with nasal congestion, combine with [Gui Zhi Tang](#) (Cinnamon Combination), [Ge Gen Tang](#) (Pueraria Combination), [Ma Huang Tang](#) (Ephedra Combination), or [Jing Fang Bai Du San](#) (Schizonepeta & Siler Formula), depending on presenting symptoms.
- For chronic atrophic rhinitis, add Mai Men Dong (Ophiopogon), Ze Lan (Lycopus), Huang Qin (Scute), Ge Gen (Pueraria Root), and Sang Bai Pi (Mulberry Bark).

Chai Ge Jie Ji Tang • 1850

BUPLEURUM & PUERARIA COMBINATION [AVAILABLE IN TABLETS]

<i>Bupleurum</i>		SOURCE: <i>Six Texts on Cold Damage (Shang Han Liu Shu)</i>
CHAI HU	9.8%	FUNCTIONS: Dispel wind, clear heat, disinhibit damp, and dispel phlegm.
<i>Pueraria Root</i>		INDICATIONS: Treats wind-cold patterns with interior heat. This pattern presents with headache, pain in the limbs, body heat, absence of sweating, eye pain, a dry nose, vexation insomnia, eye socket pain, and a floating, slightly flooding pulse.
GE GEN	9.8%	
<i>Gypsum</i>		
SHI GAO	9.8%	
<i>Notopterygium</i>		
QIANG HUO	9.8%	
<i>Angelica</i>		
BAI ZHI	9.8%	This formula addresses external wind-cold that has become depressed in the interior and transformed into heat. Aversion to cold gradually lessens, but fever and body heat increase. Dry nostrils and yellow nasal discharge owing to lung heat are common symptoms of this pattern. When other heat symptoms – such as thirst, dry or sore throat, and vexation insomnia – appear in the midst of a wind-cold pattern, they also point to the internal depressed heat that this formula addresses. As might be expected in these instances, a flooding pulse replaces the tight, floating pulse commonly associated with wind-cold patterns.
<i>Scute</i>		
HUANG QIN	9.8%	
<i>White Peony</i>		
BAI SHAO	9.8%	
<i>Platycodon</i>		
JIE GENG	9.8%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	7.8%	This formula is designed to treat a pattern where tai yang is converting to yang ming. If one were to mistakenly give Ma Huang Tang (Ephedra Combination) or Gui Zhi Tang (Cinnamon Combination) at this juncture, not only would the patient not effuse sweat, but the symptoms would worsen and the fever increase. For cases where this incorrect approach has been taken, Chai Ge Jie Ji Tang can rectify the situation.
<i>Jujube</i>		
DA ZAO	7.8%	
<i>Licorice</i>		
GAN CAO	6.0%	
		This formula can address shao yang symptoms, such as alternating fever and chills, bitter taste, flank pain, or tinnitus, when they occur in the course of a wind-cold pattern. Add extra Chai Hu (Bupleurum) for these symptoms.
		Diarrhea is not a symptom typically related to Chai Ge Jie Ji Tang. Despite this, there are records of its use in modern-day China to successfully treat salmonella infections.
		The formula name can be translated as <i>Bupleurum and Pueraria Decoction to Resolve the Flesh</i> . The name communicates the ability of this formula to resolve depression-heat of a pathogen that has penetrated the body's exterior and resides in the flesh.
		It is of historical interest that the original formula did not include Shi Gao (Gypsum) but its inclusion became standard as time passed.

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Also, there is a version of this formula in *Medical Insights* (*Yi Xue Xin Wu*) which, though similar in function, is more aimed at clearing internal heat and blood heat and is less able to resolve exterior wind-cold than the version presented here.

MODIFICATIONS

- If aversion to cold is extreme and heat signs mild, add Gui Zhi (Cinnamon Twig).
- If yang ming symptoms (internal heat signs) are prominent, add Tian Hua Fen (Trichosanthes Root) and extra Shi Gao (Gypsum), or combine with [Bai Hu Tang](#) (Gypsum Combination).
- If there is alternating fever and chills, add extra Chai Hu (Bupleurum).
- For hot-type rhinitis associated with wind-cold patterns, add Xin Yi Hua (Magnolia Flower), Cang Er Zi (Xanthium), Chi Shao (Red Peony), and extra Huang Qin (Scute).
- For headache, add Fang Feng (Siler) and Man Jing Zi (Vitex).

Chai Hu Gui Zhi Gan Jiang Tang • 1890

BUPLEURUM, CINNAMON, & GINGER COMBINATION [AVAILABLE IN TABLETS]

<i>Bupleurum</i>	
CHAI HU	33.4%
<i>Trichosanthes Root</i>	
TIAN HUA FEN	16.7%
<i>Cinnamon Twig</i>	
GUI ZHI	12.5%
<i>Scute</i>	
HUANG QIN	12.5%
<i>Dried Ginger</i>	
GAN JIANG	8.3%
<i>Oyster Shell</i>	
MU LI	8.3%
<i>Licorice (Prepared)</i>	
ZHI GAN CAO	8.3%

SOURCE: *On Cold Damage (Shang Han Lun)*

FUNCTIONS: Harmonize the shao yang, warm and transform water-rheum.

INDICATIONS: Addresses weakened patients with interior fluid collection combined with a shao yang pattern and fullness and glomus in the chest and flanks. Other symptoms include difficult urination, nausea, thirst, sweating on the head, alternating fever and chills, and vexation. In less classical applications it is also used for hepatitis, pneumonia, insomnia, pleurisy, flu or cold, and menopausal symptoms such as night sweats.

In *On Cold Damage*, this formula specifically addresses the case of a wind-cold pattern that after five or six days has not successfully resolved despite the repeated use of exterior resolvents. The prolonged failure to ou thrust the pathogen, combined with the damaging effects of the herbs for exterior resolution, leave the patient in a weakened state with the pathogen lodged in the shao yang. This is complicated by fluid accumulation in the chest and abdomen that arises from the weakened body's failure to properly metabolize fluids.

In this pattern, typical shao yang symptoms such as alternating fever and chills and flank pain are accompanied by symptoms of poor fluid metabolism such as inhibited urination, and fullness, and oppression in the chest and epigastrium. For this reason, present-day practitioners apply this formula to treat such conditions as pneumonia and pleurisy. The key point is that this formula was designed to treat patients in a weakened state who have shao yang symptoms and some signs of fluid metabolism difficulties such as thirst and inhibited urination.

Since malaria can present with symptoms that resemble those for which this formula was designed, Chai Hu Gui Zhi Gan Jiang Tang has also come to be used for that condition. It is generally reserved for cases where the patient is weak and where cold signs such as chills are more prominent than heat signs such as fever.

The source text indicates that if sweating over the whole body occurs after the formula is taken, the pathogen will be expelled. It is important not to interpret sweating of the head only, which is a determining symptom of this pattern, as resolution of the exterior. Because this pattern is a complex condition, more than one dose of this formula is usually required to resolve the exterior. Often the patient will feel

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agitated after the first dose or two, but that feeling will resolve once sweating occurs and yang qi flows freely between the interior and exterior. Further, since the disease process for which this formula is used greatly weakens the patient's qi and fluids, it is important to follow treatment with a formula such as [Sheng Mai San](#) (Ginseng & Ophiopogon Formula) once the symptoms have dissipated.

MODIFICATIONS

- For difficult urination, add Fu Ling (Poria) and Che Qian Zi (Plantago Seed).
- For oppression or glomus in the chest and epigastrium, add Zhi Shi (Aurantium Immaturus).
- For insomnia, add a small dose of Huang Lian (Coptis).

Chai Hu Gui Zhi Tang • 1870

BUPLEURUM & CINNAMON COMBINATION [AVAILABLE IN TABLETS]

<i>Bupleurum</i>		SOURCE: <i>On Cold Damage (Shang Han Lun)</i>
CHAI HU	25.0%	FUNCTIONS: Dispel both cold and heat, resolve the exterior, and harmonize the center.
<i>Pinellia</i>		INDICATIONS: Treats simultaneous tai yang and shao yang disease. This is characterized by sweating, heat effusion with slight aversion to cold, vexation pain in the joints, retching, and distention and oppression in the epigastrium. This pattern can include colds and flu, pneumonia, pulmonary tuberculosis, hepatitis, jaundice, and stomach pain. The formula also treats various gynecologic disorders, joint pain, and psychiatric disorders.
BAN XIA	15.6%	
<i>Cinnamon Twig</i>		
GUI ZHI	9.4%	
<i>Scute</i>		
HUANG QIN	9.4%	
<i>Ginseng</i>		
REN SHEN	9.4%	
<i>White Peony</i>		
BAI SHAO	9.4%	Since it is a combination of Xiao Chai Hu Tang (Minor Bupleurum Combination) and Gui Zhi Tang (Cinnamon Combination), Chai Hu Gui Zhi Tang was originally intended to treat a wind-cold disorder that has penetrated to the shao yang but has not completely left the tai yang. This pattern presents with symptoms of both stages of cold damage. According to Western medicine this pattern can occur during the process of many acute disorders including cold and flu, pleurisy, pneumonia, jaundice, pulmonary tuberculosis, and inflammation or stones in the gallbladder. When considering this formula, look for symptoms such as a feeling of oppression in the chest and epigastria, flank pain, bitter taste, fever and chills that come and go, and joint pain.
<i>Ginger (Fresh)</i>		
SHENG JIANG	9.4%	
<i>Licorice</i>		
GAN CAO	6.2%	
<i>Jujube</i>		
DA ZAO	6.2%	
		The most common uses of this formula in modern times, aside from treating cold and flu, include treatment of liver-channel epilepsy (there are several studies from China demonstrating successful use of this formula for that disorder), menstrual block (amenorrhea) accompanied by distention and oppression in the epigastrium, and liver or gall bladder disease that results in pain in the stomach, flank, or abdomen.
		In Japan, this formula is often applied to abdominal disorders such as hyperacidity or hypoacidity, gastric and duodenal ulcers, acute appendicitis, gallbladder stones, jaundice, and hepatitis. It is appropriate for these disorders only if they present as a disharmony between the liver and spleen with mixed signs of heat and cold.

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MODIFICATIONS

- For liver-gallbladder epilepsy, add Yu Jin (Curcuma) and Tian Zhu Huang (Bamboo Silicea).
- For menstrual block with distention and oppression in the epigastrium, add Da Huang (Rhubarb) and Ba Yue Zha (Akebia Fruit).
- For liver qi that invades the spleen and stomach and gives rise to abdominal pain, increase Bai Shao (White Peony) and add Yan Hu Suo (Corydalis) and Mu Xiang (Vladimiria).
- For gallbladder stones, add Yu Jin (Curcuma) and Jin Qian Cao (Desmodium).
- For distention and glomus, add Zhi Shi (Aurantium Immaturus) and Jie Geng (Platycodon).
- For jaundice, add Yin Chen Hao (Capillaris), Yu Jin (Curcuma), and Shan Zhi Zi (Gardenia).
- For vexation pain in the joints, add Sheng Ma (Cimicifuga) and Ge Gen (Pueraria Root).

Chai Hu Jia Long Mu Tang • 1860A

BUPLEURUM & DRAGON BONE COMBINATION [AVAILABLE IN TABLETS]

<i>Rhubarb</i>	
DA HUANG	12.0%
<i>Bupleurum</i>	
CHAI HU	8.8%
<i>Dragon Bone (Fossil)</i>	
LONG GU	8.8%
<i>Ginger (Fresh)</i>	
SHENG JIANG	8.8%
<i>Ginseng</i>	
REN SHEN	8.8%
<i>Poria</i>	
FU LING	8.8%
<i>Scute</i>	
HUANG QIN	8.8%
<i>Oyster Shell</i>	
MU LI	8.8%
<i>Cinnamon Twig</i>	
GUI ZHI	8.8%
<i>Pinellia</i>	
BAN XIA	8.8%
<i>Jujube</i>	
DA ZAO	8.8%

SOURCE: *On Cold Damage (Shang Han Lun)*

FUNCTIONS: Harmonize and resolve shao yang heat, settle fright, and quiet the spirit.

INDICATIONS: Treats interior vacuity that allows a pathogen to sink into the inner body and give rise to alternating fever and chills, lateral costal fullness and pain, vexation and agitation, mania, delirium, and inhibited urination. Modern usage includes psychiatric disorders such as mania and schizophrenia and other disorders such as Meniere's disease and menopausal symptoms.

In *On Cold Damage*, this formula is presented as a means of correcting the improper treatment of a wind-cold pathogen. This error (generally purging) leaves the interior of the body weakened, and the pathogen sinks in and causes the symptoms listed above.

As the centuries passed, however, physicians' interpretation of how to use this formula broadened immensely. While still assigned to treat complex conditions of dual vacuity and repletion, the range of situations to which the formula was applied expanded to include disorders in no way related to contraction of exterior cold pathogens. Nowadays, it is most often applied to psychological disorders that exhibit irrational behavior, vexation, and insomnia and occur in the context of binding depression of liver qi, central qi vacuity, and internal heat of the heart or stomach.

Because this formula clears heat from the stomach and also courses liver qi, it has come to be used in treatment of acute burning gastric pain associated with liver qi invading the stomach. This often equates to what Western medicine sees as ulcerous or pre-ulcerous conditions in the stomach or duodenum. The Mu Li (Oyster Shell) in the formula serves to neutralize stomach acid, while Chai Hu (Bupleurum) courses the liver and Ban Xia (Pinellia) downbears counterflow qi of the stomach.

Chai Hu Jia Long Mu Tang contains Da Huang (Rhubarb) and Huang Qin (Scute) to clear internal heat. Should there be fewer heat signs and more vacuity, it is best to use the version of this formula that doesn't contain Da Huang. This is also true if the patient tends to have loose stools. For the average patient, the amount of Da Huang in the formula does not cause diarrhea; nonetheless, for long-term use it is best to give the version without Da Huang.

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Other disorders for which this formula is called upon include hypertension, rapid heartbeat, epilepsy, fifty-year shoulder (shoulder pain in people about fifty years old), and wrist pain in people around the age of forty.

The name of this formula simply lists some of its major ingredients and indicates that it is a variation of Chai Hu Tang (either [Xiao Chai Hu Tang](#) or [Da Chai Hu Tang](#)). It is sometimes referred to by the longer name Chai Hu Jia Long Gu Mu Li Tang.

MODIFICATIONS

- For psychiatric conditions, add spirit-quieting agents such as Suan Zao Ren (Zizyphus Seed) or He Huan Hua (Albizzia Flower). For manic states with liver fire, add Xia Ku Cao (Prunella) and Long Dan Cao (Gentiana). If yin-blood is depleted, add Bai Shao (White Peony) and Gui Ban (Testudinis).
- For heart heat (vexation insomnia, tongue sores, etc.), add a small amount of Huang Lian (Coptis).
- For stomach pain owing to liver qi invading the stomach, add Yu Jin (Curcuma) and a small amount of Huang Lian (Coptis).
- For irregular or racing heartbeat, add Ye Jiao Teng (Polygonum multifloru Vine), Hong Jing Tian (Rhodiola), Suan Zao Ren (Zizyphus Seed), Dan Shen (Salvia Root), and a small dose of Huang Lian (Coptis).
- For fright conditions, combine with [Gan Mai Da Zao Tang](#) (Licorice & Jujube Combination).
- For hypertension, add Niu Xi (Achyranthes), Gou Teng (Gambir), and Ge Gen (Pueraria Root).
- For heat symptoms and emotional instability during menopause, add Zhi Mu (Anemarrhena) and combine with [Jia Wei Xiao Yao San](#) (Bupleurum & Peony Formula).

Chai Hu Jia Long Mu Tang (w/o Da Huang) • 1860B

BUPLEURUM & DRAGON BONE COMBINATION (MINUS RHUBARB)

<i>Bupleurum</i>		SOURCE: <i>On Cold Damage (Shang Han Lun)</i>
CHAI HU	10.0%	FUNCTIONS: Harmonize and resolve shao yang heat, settle fright, and quiet the spirit.
<i>Dragon Bone (Fossil)</i>		INDICATIONS: Treats interior vacuity that allows a pathogen to sink into the inner body and give rise to alternating fever and chills, lateral costal fullness and pain, vexation and agitation, mania, delirium, and inhibited urination. Modern usage includes psychiatric disorders such as mania and schizophrenia and other disorders such as Meniere's disease and menopausal symptoms.
LONG GU	10.0%	
<i>Jujube</i>		
DA ZAO	10.0%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	10.0%	
<i>Ginseng</i>		
REN SHEN	10.0%	
<i>Poria</i>		
FU LING	10.0%	This formula is for the same conditions as the unmodified version but is better suited for long-term use or for patients who tend to have loose stools.
<i>Scute</i>		
HUANG QIN	10.0%	
<i>Oyster Shell</i>		
MU LI	10.0%	
<i>Cinnamon Twig</i>		
GUI ZHI	10.0%	
<i>Pinellia</i>		
BAN XIA	10.0%	

Chai Hu Qing Gan Tang • 1880

BUPLEURUM & REHMANNIA COMBINATION [AVAILABLE IN TABLETS]

<i>Tangkuei</i>		SOURCE: <i>The Golden Mirror of Medicine</i> (<i>Yi Zong Jin Jian</i>)
DANG GUI	13.1%	FUNCTIONS: Clear and drain liver-gallbladder repletion-heat.
<i>Bupleurum</i>		INDICATIONS: Treats depressed fire in the liver and gallbladder manifesting as blood-heat bleeding, red eyes, a propensity for anger, flank pain, alternating fever and chills, nose bleeding, hearing loss, infections of the outer or inner ear, sore throat, chronic inflammation of the uterus, swelling or itching of the genitals, upper body toxic swellings, or menstrual disorders.
CHAI HU	10.0%	
<i>Rehmannia (Fresh)</i>		
SHENG DI HUANG	10.0%	
<i>Red Peony</i>		
CHI SHAO	10.0%	
<i>Arctium</i>		
NIU BANG ZI	10.0%	This formula is mentioned in two sections of <i>The Golden Mirror of Medicine</i> . The first is in reference to treatment of a toxic swelling at the temple; the second is in the section on diseases of the ear. The text's author felt that these are disorders of the triple burner and gallbladder channels. Owing to various factors including repressed anger, fire collects in these channels and results in hot disorders in the temple and ear region. Further, the source text states that since these two channels have a plethora of qi and a dearth of blood, they are particularly susceptible to heat diseases.
<i>Ligusticum</i>		
CHUAN XIONG	6.7%	
<i>Scute</i>		
HUANG QIN	6.7%	
<i>Gardenia</i>		
SHAN ZHI ZI	6.7%	
<i>Trichosanthes Root</i>		
TIAN HUA FEN	6.7%	
<i>Licorice</i>		
GAN CAO	6.7%	This formula is one to consider for patients with acute heat disorders of the upper body that present as liver and gallbladder fire. The manifestation can include ear infections, tinnitus, sudden tinnitus or hearing loss, herpes zoster outbreaks, and toxic swellings in the upper body, including inflamed lymph nodes and boils. It can also be applied to liver-gallbladder channel fire that manifests in the lower body as herpes zoster, genital swelling or itching, foul vaginal discharge, or liver-heat menstrual disorders.
<i>Siler</i>		
FANG FENG	6.7%	
<i>Forsythia</i>		
LIAN QIAO	6.7%	
		Because this formula contains agents to supplement and cool blood, it can also be applied to chronic liver channel heat patterns, such as those that give rise to chronic inflammation of the uterus or liver. If Chai Hu Qing Gan Tang is prescribed for an extended period, it is best to amend it with agents to supplement the spleen and stomach or to alternate treatment on a regular basis with a formula to support the central burner.
		While both this formula and Long Dan Xie Gan Tang (Gentiana Combination) drain liver fire, Long Dan Xie Gan Tang more powerfully drains fire and in addition can disinhibit damp. It is better for extreme acute damp-heat or liver fire patterns. For less severe patterns that have fewer or less intense damp signs, use Chai Hu Qing Gan Tang. While Chai Hu

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Qing Gan Tang can be used for a few weeks without causing damage to stomach qi, Long Dan Xie Gan Tang is extremely bitter and cold and absolutely inappropriate for long-term use. For children, or for older or compromised patients, Chai Hu Qing Gan Tang is usually a better choice.

The formula's name, literally translated *Bupleurum Liver-Clearing Decoction*, reveals its function.

MODIFICATIONS

- To treat damp-heat in the liver channel, add Che Qian Zi (Plantago Seed) and Mu Tong (Clematis armandi).
- For toxic swellings in the upper body, combine with [Huang Lian Shang Qing Wan](#) (Coptis, Phellodendron, & Mint Formula).
- For herpes zoster, add Xuan Shen (Scrophularia), Che Qian Zi (Plantago Seed), Ju Hua (Chrysanthemum), Ban Lan Gen (Isatis Root), and Da Qing Ye (Baphicacanthus Leaf).
- For facial nerve lesions, include Man Jing Zi (Vitex) and Xia Ku Cao (Prunella).
- For inner ear infections, combine with [Qing Bi Tang](#) (Pueraria Nasal Combination).
- For inflamed lymph nodes, add Xia Ku Cao (Prunella), Xuan Shen (Scrophularia), and Mu Dan Pi (Moutan).
- For chronic inflammation of the uterus, add Hong Teng (Sargentodoxa Vine) and Che Qian Zi (Plantago Seed).
- For liver-heat menstrual disorders, combine with [Jia Wei Xiao Yao San](#) (Bupleurum & Peony Formula).
- For chronic sore throat owing to liver-fire, add Xuan Shen (Scrophularia) and Bo He (Mint).
- For red eyes, add Ju Hua (Chrysanthemum) and Che Qian Zi (Plantago Seed).

Chai Hu Shu Gan Tang • 1840

BUPLEURUM & CYPERUS COMBINATION

<i>Bupleurum</i>		SOURCE: <i>Guidelines for Pattern Identification and Treatment</i>
CHAI HU	19.0%	(<i>Zheng Zhi Zhun Sheng</i>)
<i>Citrus Peel</i>		FUNCTIONS: Course the liver, rectify qi, quicken blood, and relieve pain.
CHEN PI	19.0%	
<i>Cyperus</i>		INDICATIONS: Treats binding depression of liver qi that results in pain along the liver channel of the chest and ribs or alternating fever and chills. This formula also treats liver qi that invades the spleen and gives rise to digestive difficulties. These patterns may present as gastritis, hepatitis, gallbladder inflammation, gallbladder stones, mastitis and other breast disorders, and intercostal neuralgia.
XIANG FU	14.3%	
<i>Ligusticum</i>		
CHUAN XIONG	14.3%	
<i>White Peony</i>		
BAI SHAO	14.3%	
<i>Aurantium Fruit</i>		
ZHI KE	14.3%	This variation of <i>Si Ni San</i> (Bupleurum & Aurantium Immaturus Formula) is intended to treat the shao yang channel symptoms of pain in the chest and ribs and alternating fever and chills. The inclusion of herbs to rectify central burner qi makes it also suitable for digestive symptoms due to invasion of the spleen and stomach by liver qi. Thus the formula has two major uses: digestive problems and pain in the chest or ribs (including the breasts).
<i>Licorice</i>		
GAN CAO	4.8%	Binding depression of liver qi can give rise to menstrual pain accompanied by breast distention or indigestion. For this situation start Chai Hu Shu Gan Tang a few days before the period and continue through the first day of the period.
		For patients who suffer from disharmony of the liver and spleen-stomach, combining Chai Hu Shu Gan Tang with a supplementing formula such as <i>Shen Ling Bai Zhu San</i> (Ginseng & Atractylodes Formula) is often effective.
		A later version of this formula added Shan Zhi Zi (Gardenia). This is a good modification to consider if heat signs accompany binding depression of liver qi. Compared to <i>Si Ni San</i> , this formula is slightly less able to course the liver but is better suited to rectify central burner qi. It differs from <i>Xiao Yao San</i> (Tangkuei & Bupleurum Formula) in that it does far less to nourish the blood, but does more to rectify central burner qi.
		The name of this formula, which translates literally as <i>Bupleurum Decoction for Coursing the Liver</i> , reflects its function. Note that it is sometimes called Chai Hu Shu Gan San (“San” is the character for powder as opposed to “Tang,” decoction), indicating that it was taken as a steeped powder.

CONTINUED

MODIFICATIONS

- For breast pain or mastitis, add Wang Bu Liu Xing (Vaccaria Seed) and Pu Gong Ying (Dandelion).
- For belching, distention, and other signs of liver qi invading the stomach, add Fo Shou (Citrus sarcodactylus).
- For hepatitis, add Yin Chen Hao (Capillaris) and Yu Jin (Curcuma). If there is heat, add Shan Zhi Zi (Gardenia) and Huang Qin (Scute).
- For gallbladder stones, add Jin Qian Cao (Desmodium) and Yu Jin (Curcuma); for inflammation of the gallbladder, add Shan Zhi Zi (Gardenia).
- For menstrual pain or distention in the breast during the period, add Yu Jin (Curcuma) and Pu Huang (Bulrush).
- For intercostal neuralgia, add Yan Hu Suo (Corydalis) and Chuan Lian Zi (Melia).
- For stomach pain with excess acidity, add Hai Piao Xiao (Cuttlebone) or Wa Leng Zi (Ark Shell).
- For menstrual pain, add Liu Ji Nu (Artemisiae anomiae) and Ba Yue Zha (Akebia Fruit).

Chai Ling Tang • 1910

BUPLEURUM & PORIA COMBINATION

<i>Bupleurum</i>		SOURCE: <i>Essential Teachings of Zhu Dan-Xi (Dan Xi Xin Fa)</i>
CHAI HU	14.3%	FUNCTIONS: Dispel cold and heat, disinhibit water, and transform phlegm.
<i>Alisma</i>		INDICATIONS: Treats wind-cold shao yang patterns with heat signs, glomus and fullness in the chest and flanks, retching, vexation thirst, and difficult urination. In some cases there may be vomiting or diarrhea upon consumption of liquids.
ZE XIE	12.2%	
<i>Pinellia</i>		
BAN XIA	10.2%	
<i>Poria</i>		
FU LING	8.9%	
<i>Atractylodes (Alba)</i>		
BAI ZHU	8.9%	This formula is a combination of Wu Ling San (Poria Five Herb Formula) and Xiao Chai Hu Tang (Minor Bupleurum Combination). As one might expect, this coupling treats the shao yang pattern associated with Xiao Chai Hu Tang, when accompanied by the symptoms of water metabolism dysfunction typically addressed by Wu Ling San. This situation is most common in vacuity patients who contract a wind-cold pathogen. As the pathogen sinks into the shao yang, the patient's weak central burner loses its ability to transform and transport fluids. Thus, the patient will present with shao yang symptoms along with thirst, inhibited urination, and, in some cases, diarrhea or vomiting.
<i>Polyporus</i>		
ZHU LING	8.9%	
<i>Scute</i>		
HUANG QIN	6.1%	Chai Ling Tang is sometimes applied to summerheat-heat patterns where the patient has consumed cold liquid. This results in central qi damage and manifests as diarrhea or vomiting. For this condition it is often suitable to combine Chai Ling Tang with San Wu Xiang Ru Yin (Elsholtzia Three Combination).
<i>Ginseng</i>		
REN SHEN	6.1%	
<i>Licorice</i>		
GAN CAO	6.1%	In modern-day Japan, this formula has been used to treat liver cirrhosis with abdominal distention, fluid retention in the abdomen, pressure in the area of the liver, and thirst.
<i>Cinnamon Twig</i>		
GUI ZHI	6.1%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	6.1%	Li Dong-Yuan mentions Chai Ling Tang as the main formula for malarial disorders where fever is more prominent than chills and there is dry mouth and vexation. This pattern is known as yang ming malarial disorder.
<i>Jujube</i>		
DA ZAO	6.1%	

MODIFICATIONS

- For vexation and thirst, add Huang Lian (Coptis) and Mai Men Dong (Ophiopogon).
- For nausea and vomiting, add Zhu Ru (Bamboo Shaving) and Zhi Shi (Aurantium Immaturus).

Chai Xian Tang • 1900

BUPLEURUM & SCUTE COMBINATION [AVAILABLE IN TABLETS]

<i>Pinellia</i>	SOURCE: <i>Pragmatic Discussion On Cold Damage</i> (<i>Tong Su Shang Han Lun</i>)
BAN XIA 26.8%	
<i>Trichosanthes Seed</i>	FUNCTIONS: Transform phlegm, drain heat, disinhibit qi, and open the chest.
GUA LOU REN 17.8%	
<i>Bupleurum</i>	INDICATIONS: Treats heat and phlegm in the lungs that give rise to alternating fever and chills, cough, thoracic oppression, bitter taste, and a yellow tongue fur.
CHAI HU 17.8%	
<i>Scute</i>	
HUANG QIN 8.9%	
<i>Coptis</i>	
HUANG LIAN 8.9%	This formula is a modified version of Xiao Chai Hu Tang (Minor Bupleurum Combination) formed by increasing the dose of Ban Xia (Pinellia) and adding Gua Lou Ren (Trichosanthes Seed) and Huang Lian (Coptis). These latter two ingredients comprise Xiao Xian Xiong Tang (Minor Trichosanthes Combination); thus the name of the formula, Chai Xian Tang, reflects the merging of the two root combinations. Xiao Xian Xiong Tang addresses a pathogen that has sunk (Xian) into the lung and turned into heat, and Xiao Chai Hu Tang treats shao yang pattern. The combined formulas treat shao yang patterns where the heat has settled in the lung and combined with phlegm to give rise to cough with thick, yellow phlegm, vexation, alternating fever and chills, bitter taste, tightness in the chest, dry throat, and pain in the flanks.
<i>Ginseng</i>	
REN SHEN 6.3%	
<i>Licorice</i>	
GAN CAO 4.5%	
<i>Ginger (Fresh)</i>	
SHENG JIANG 4.5%	
<i>Jujube</i>	
DA ZAO 4.5%	

In the clinic, one can be somewhat flexible with the use of this formula for the treatment of heat and phlegm in the lungs. The shao yang symptom of alternating fever and chills need not be present. Generally, in the course of a wind-cold or wind-heat exterior pattern, the pathogen will sink into the lung and display the symptoms mentioned above. In almost all these cases this formula can be applied. The presence of severe heat signs indicates that the pathogen is entering the yang ming. In that case, combining this formula with [Bai Hu Tang](#) (Gypsum Combination) will often prove effective.

Western medical disorders to which the formula is applied include bronchitis, pneumonia, pleurisy, and miscellaneous upper respiratory tract infections.

Chai Xian Tang is a relatively modern amalgamation. It comes from a Qing dynasty text wherein the author, Yu Gen-Chu, aimed to adjust the formulas and theories of the Han dynasty text *On Cold Damage (Shang Han Lun)*, to the conditions of his time and locale.

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MODIFICATIONS

- If phlegm is thick and difficult to expectorate and the patient complains of tightness in the chest, increase Huang Qin (Scute) and add Zhi Mu (Anemarrhena) and Shi Gao (Gypsum).
- For thirst, add Tian Hua Fen (Trichosanthes Root).
- For high fever, combine with [Bai Hu Tang](#) (Gypsum Combination).

Chuan Xiong Cha Tiao San • 0590

LIGUSTICUM & TEA FORMULA [AVAILABLE IN TABLETS]

<i>Mint</i>		SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
BO HE	32.7%	
<i>Ligusticum</i>		FUNCTIONS: Dispel wind, resolve the exterior, dissipate cold, and alleviate pain.
CHUAN XIONG	16.3%	
<i>Schizonepeta</i>		INDICATIONS: Treats headache due to external wind with fever and chills, dizziness, nasal congestion, excess lacrimation, a thin, white tongue fur, and a floating pulse.
JING JIE	16.3%	
<i>Licorice</i>		
GAN CAO	8.2%	
<i>Notopterygium</i>		
QIANG HUO	8.2%	This formula is designed to treat wind-cold exterior patterns that exhibit fever, headache, aversion to cold, and nasal congestion (or runny nose). With modifications it can treat nasal infections, cold, or flu (especially with aversion to cold and headache) when these present as wind-cold exterior patterns.
<i>Angelica</i>		
BAI ZHI	8.2%	
<i>Siler</i>		
FANG FENG	6.1%	The name of the formula can be rendered as <i>Ligusticum Powder to be Mixed with Tea</i> . Note that because of government instructions in Taiwan (where formula content is government regulated), tea is not included in the formula. It is suggested that the formula be dissolved in tea water (black tea is preferred) instead of warm water.
<i>Asarum</i>		
XI XIN	4.0%	

MODIFICATIONS

- For chronic nasal infections with clear discharge and aversion to cold, combine with [Cang Er San](#) (Xanthium Formula) and add Ze Lan (Lycopus) and Ge Gen (Pueraria Root).
- For head-wind (headaches exacerbated by exposure to wind), add Gao Ben (Ligusticia Kaopen).

Da Bu Yin Wan • 0330

REHMANNIA & TESTUDINIS COMBINATION

<i>Rehmannia (Cooked)</i>	
SHU DI HUANG	30.0%
<i>Testudinis</i>	
GUI BAN	30.0%
<i>Phellodendron Bark</i>	
HUANG BAI	20.0%
<i>Anemarrhena</i>	
ZHI MU	20.0%

SOURCE: *Essential Teachings of Zhu Dan-Xi (Dan Xi Xin Fa)*

FUNCTIONS: Enrich yin and downbear fire.

INDICATIONS: This is an important formula for treating kidney and liver yin vacuity with ascent of vacuity fire. The symptoms of this pattern are steaming-bone fever, night sweats, seminal emissions, vexation heat, hunger, cough with blood in the sputum, vexation and irritability, and sensations of pain, heat, or weakness in the knees and lower legs.

Liver and kidney yin conditions that present with vacuity fire will respond better to this formula than to [Liu Wei Di Huang Wan](#) (Rehmannia Six Formula) because Da Bu Yin Wan is better able to drain vacuity fire and has a more direct approach to treating yin vacuity. Liu Wei Di Huang Wan or [Zhi Bai Di Huang Wan](#) (Anemarrhena, Phellodendron & Rehmannia Formula), which have a more balanced approach that includes using agents to drain fire through the urine and support the central burner, are often best for children and weaker patients.

Zhu Dan-Xi, the author of this formula, is credited with founding the yin-supplementing school of thought, which is based on his observation that “yin is often insufficient and yang is often in surplus.” The name of this formula, *Great Yin-Supplementing Pills*, reveals its position as a major formula in that school's arsenal. Note that the original pills contained bone marrow from pigs. Taking the formula with a soup made from stewed pig bones will more closely resemble the original formula.

MODIFICATIONS

- For yin vacuity fire patterns, add Ze Xie (Alisma).
- For night sweats, choose from among Ma Huang Gen (Ephedra Root), Mu Li (Oyster Shell), and Fu Xiao Mai (Wheat Levis).
- For coughing of blood, add Bai Mao Gen (Imperata) or Xian He Cao (Agrimony).
- For vexation insomnia, add Bai Zi Ren (Biota Seed) or Suan Zao Ren (Zizyphus Seed).
- Seminal loss can be treated by adding Mu Li (Oyster Shell), Long Gu (Dragon Bone Fossil), and Lian Xu (Lotus Stamen).
- For thirst and hunger, add Shi Hu (Ephemera fimbriata) and a small amount of Huang Lian (Coptis).

Da Chai Hu Tang • 0320A**MAJOR BUPLEURUM COMBINATION [AVAILABLE IN TABLETS]**

<i>Bupleurum</i>		SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> <i>(Jin Gui Yao Lie)</i>
CHAI HU	22.8%	
<i>Pinellia</i>		FUNCTIONS: Harmonize and resolve shao yang and drain internal
BAN XIA	22.8%	heat bind.
<i>Ginger (Fresh)</i>		INDICATIONS: This formula treats illness that is simultaneously in the
SHENG JIANG	14.3%	shao yang and yang ming stages. This usually occurs as the evil sinks
<i>Scute</i>		from the shao yang stage into the yang ming stage. The patient may
HUANG QIN	8.6%	exhibit alternating fever and chills, fullness in the chest and rib cage,
<i>White Peony</i>		incessant vomiting, bitter fullness in the chest, vexation, hypogastric
BAI SHAO	8.6%	pain or distention, incomplete bowel movements or diarrhea, and a
<i>Aurantium</i>		yellow tongue fur.
<i>Immaturus</i>		—————
ZHI SHI	8.6%	This formula is suitable for treating lingering flu-like disorders with
<i>Jujube</i>		recurring fever and chills. The pattern includes a yellow tongue fur
DA ZAO	8.6%	and yang-ming heat demonstrated either by constipation or diarrhea.
<i>Rhubarb</i>		In modern times, this formula is sometimes used to treat acute pancre-
DA HUANG	5.7%	atitis, cholecystitis, and stones or roundworms in the gallbladder ducts
		when these disorders fit the picture of a mid-stage shao yang and yang
		ming pattern.

MODIFICATIONS

- For high fever and other heat signs, add Jin Yin Hua (Lonicera Flower) and Lian Qiao (Forsythia).
- For damp-heat jaundice, add Shan Zhi Zi (Gardenia), Jin Qian Cao (Desmodium), and Yin Chen Hao (Capillaris).
- For abdominal distention, add Hou Po (Magnolia Bark) and Qing Pi (Citrus viride).
- For vomiting and nausea, add Xuan Fu Hua (Inula Flower), Huang Lian (Coptis), and Wu Zhu Yu (Evodia) (small amounts of each of these last two).
- For gallbladder stones, add Jin Qian Cao (Desmodium), Hai Jin Sha (Lygodium Spores), Ji Nei Jin (Gallus), and Hua Shi Cao (Orthosiphon).

Da Chai Hu Tang (w/o Da Huang) • 0320B

MAJOR BUPLEURUM COMBINATION (MINUS RHUBARB)

<i>Bupleurum</i>		SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> <i>(Jin Gui Yao Lüe)</i>
CHAI HU	24.2%	
<i>Pinellia</i>		FUNCTIONS: Harmonize and resolve shao yang and drain internal
BAN XIA	24.2%	heat bind.
<i>Ginger (Fresh)</i>		INDICATIONS: This formula treats illness that is simultaneously in the
SHENG JIANG	15.2%	shao yang and yang ming stages. This usually occurs as the evil sinks
<i>Scute</i>		from the shao yang stage into the yang ming stage. The patient may
HUANG QIN	9.1%	exhibit alternating fever and chills, fullness in the chest and rib cage,
<i>White Peony</i>		incessant vomiting, bitter fullness in the chest, vexation, hypogastric
BAI SHAO	9.1%	pain or distention, and a yellow tongue fur.
<i>Aurantium</i>		—
<i>Immaturus</i>		
ZHI SHI	9.1%	This variation can treat the same disorder as unaltered Da Chai Hu
<i>Jujube</i>		Tang (Major Bupleurum Combination) but without constipation or
DA ZAO	9.1%	diarrhea. Obviously, it is less able to clear heat and is for a more mild
		condition or a weaker patient.

Da Cheng Qi Tang • 0350

MAJOR RHUBARB COMBINATION

<i>Magnolia Bark</i>		SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> <i>(Jin Gui Yao Liie)</i>
HOU PO	48.5%	
<i>Rhubarb</i>		FUNCTIONS: Drain heat, dispel stasis, free the intestine, and moisten dryness.
DA HUANG	24.2%	
<i>Mirabilitum</i>		INDICATIONS: This formula treats three conditions: first, repletion heat in the yang ming; second, diarrhea due to heat accumulation; and third, internal repletion heat.
MANG XIAO	18.2%	
<i>Aurantium</i>		
<i>Immaturus</i>		
ZHI SHI	9.1%	

Originally designed to treat yang ming repletion-heat conditions that present with constipation or diarrhea, high fever, a deep and replete pulse, and a dry, yellow tongue fur, Da Cheng Qi Tang has come to be used for a wider range of disorders. It can treat disorders as diverse as acute appendicitis, cholecystitis, enteritis, and mania as long as the patient presents with symptoms of yang ming repletion heat and constipation. Because it is a strong purgative, this formula is contraindicated for weak patients and, in any case, is appropriate for short-term use only.

The name of the formula, *Major Decoction for Ordering Qi*, refers to this combination's use in unblocking the abdomen to allow the orderly flow of qi. The term "Major" refers to the power of the formula and also differentiates it from the somewhat less powerful version, *Minor Decoction for Ordering Qi* ([Xiao Cheng Qi Tang](#)).

MODIFICATIONS

- If glomus and fullness are prominent, add Mu Xiang (Vladimiria) and Lai Fu Zi (Raphanus).
- If stools are especially dry, add Gua Lou Ren (Trichosanthes Seed) and extra Mang Xiao (Mirabilitum).
- For conditions that have existed for a long period and have led to fluid depletion, add Tian Hua Fen (Trichosanthes Root) and Huo Ma Ren (Hemp Seed).

Da Fang Feng Tang • 0380

MAJOR SILER COMBINATION

<i>Siler</i>		SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> (<i>He Ji Ju Fang</i>)
FANG FENG	12.3%	
<i>Atractylodes (Alba)</i>		FUNCTIONS: Diffuse wind, dispel evil, supplement qi, and nourish blood.
BAI ZHU	12.3%	
<i>Notopterygium</i>		INDICATIONS: Treats dysentery wind, chronic joint pain, arthritis, myelitis, and chronic low back pain in weak patients. Many books also cite this formula for treating swelling and weakness of the knees and lower legs with the inability to extend the limbs. This condition is termed crane's knee wind (see comment below).
QIANG HUO	12.3%	
<i>Ginseng</i>		
REN SHEN	12.3%	
<i>Ligusticum</i>		
CHUAN XIONG	9.9%	
<i>White Peony</i>		
BAI SHAO	6.1%	This formula was designed to treat post-dysentery pain, weakness, and paralysis in the legs (dysentery wind). Since it was originally intended for a post-illness condition, it contains numerous supplementing agents. This makes it ideal for weaker patients who suffer from such disorders as chronic arthritis and rheumatism, paralysis, myelitis, and postpartum inhibited movement of the lower limbs where inflammation is low-grade or not present. In <i>Orthodox External Medicine</i> (<i>Wai Ke Zheng Zong</i>), the formula is assigned to bone-hugging abscesses (deep-lying abscesses that affect no change in skin color and are not warm to the touch). In addition, the formula has been applied to latter-stage low-back injuries that coexist with a vacuity constitution.
<i>Aconite (Prepared)</i>		
FU ZI	6.1%	
<i>Cyathula</i>		
CHUAN NIU XI	6.1%	
<i>Tangkuei</i>		
DANG GUI	6.1%	
<i>Astragalus</i>		
HUANG QI	3.3%	
<i>Eucommia</i>		
DU ZHONG	3.3%	
<i>Rehmannia (Cooked)</i>		
SHU DI HUANG	3.3%	
<i>Licorice (Prepared)</i>		
ZHI GAN CAO	3.3%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	3.3%	

MODIFICATIONS

- For signs of blood stasis, add Tao Ren (Persica) and Hong Hua (Carthamus).
- For wind-damp bi, add Qin Jiao (Gentiana macrophylla Root) and Cang Zhu (Atractylodes).
- For joint pain, add Wei Ling Xian (Clematis) and Fang Ji (Stephania).
- For chronic back disorders, combine with [Du Huo Ji Sheng Tang](#) (Tuhuo & Loranthus Combination) and add Xu Duan (Dipsacus).

Da Huang Mu Dan Tang • 0390

RHUBARB & MOUTAN COMBINATION

<i>Rhubarb</i>		SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> <i>(Jin Gui Yao Lüe)</i>
DA HUANG	26.1%	FUNCTIONS: Disperse stasis, resolve toxin, drain heat, and expel pus.
<i>Benincasa</i>		INDICATIONS: Treats the initial stage of intestinal abscesses (appendicitis) as well as swelling and glomus in the abdomen. The area will be painful to the touch and extending the right leg can give rise to sharp pain. The patient may also have intermittent fever with aversion to cold.
DONG GUA ZI	26.1%	
<i>Persica</i>		
TAO REN	17.4%	
<i>Mirabilitum</i>		
MANG XIAO	17.4%	
<i>Moutan</i>		
MU DAN PI	13.0%	This condition resembles, and often is equivalent to, appendicitis. Important symptoms include constipation or diarrhea, sweating, a thick, yellow tongue fur, and a rapid pulse that is tight or slippery. Tenderness in the lower right quadrant is usually present, as are fever and aversion to cold. This is a condition that may require surgical intervention; proper diagnosis is essential. Also, this is a purging formula and use of purgatives is contraindicated after bursting of the appendix, during pregnancy, or for weak patients.
		Other conditions that present similarly may respond well to Da Huang Mu Dan Tang. In modern-day China the formula is used to treat such diverse disorders as enteritis, uteritis, perametritis, and pelvic inflammatory disorder.

MODIFICATIONS

- If pain and heat are intense, combine with [Huang Lian Jie Du Tang](#) (Coptis & Scute Combination).
- For appendicitis-like disorders, some modern-day practitioners add Zao Jiao Ci (Gleditsia Spine) and Hong Teng (Sargentodoxa Vine).
- For pelvic inflammatory disorder, add Hong Teng (Sargentodoxa Vine).

Da Jian Zhong Tang • 0360

MAJOR ZANTHOXYLUM COMBINATION

<i>Dried Ginger</i> GAN JIANG	50.0%	SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> (<i>Jin Gui Yao Lüe</i>)
<i>Zanthoxylum</i> HUA JIAO	25.0%	FUNCTIONS: Warm the center, supplement vacuity, downbear counterflow, and alleviate pain.
<i>Ginseng</i> REN SHEN	25.0%	INDICATIONS: Treats vacuity of yang qi in the central burner that gives rise to cold pain in the abdomen, vomiting, inability to eat, abdominal distention, or noise in the intestines.

According to the source text Da Jian Zhong Tang is intended for an intense cold condition in the central burner. That this refers to a replete cold situation is clear from the mention in the text of symptoms such as vomiting, an abdomen that abhors pressure, and pain so extreme that the patient does not wish to be touched. The formula has been used for such conditions as stomach prolapse, gastrectasis, and pain from roundworm infection.

Da Jian Zhong Tang can be compared to [Li Zhong Tang](#) (Ginseng & Ginger Combination). The former has a much stronger ability to warm the center and downbear counterflow than Li Zhong Tang, but is less able to supplement the qi of the spleen and stomach. It is often appropriate to begin treatment with Da Jian Zhong Tang and then replace it with Li Zhong Tang as symptoms of extreme cold recede.

The original formula contains Yi Tang (Barley Malt), but this is omitted from the concentrated granule. For treatment of roundworms, Yi Tang is usually omitted because of the belief that sweet things lead the worms deeper into the organs and thus make them more difficult to expel. When not using this formula for that purpose it is appropriate to have the patient add Yi Tang to the dissolved granules. One to two tablespoons per dose is sufficient.

Major Decoction for Constructing the Center is one possible rendering of the Chinese name of this formula. This appellation reveals the formula's function of supporting central burner qi to dispel cold and rebuild the central burner. The term "Major" is in contradistinction to "Minor" in [Xiao Jian Zhong Tang](#), *Minor Decoction for Constructing the Center*.

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MODIFICATIONS

- For central burner vacuity cold, add Fu Ling (Poria) and Bai Zhu (Atractylodes alba).
- For vomiting, add Ban Xia (Pinellia) or Wu Zhu Yu (Evodia).
- For cold chest pain, add Fu Zi (Prepared Aconite) or Xi Xin (Asarum).
- For cold abdominal pain, combine with [Li Zhong Tang](#) (Ginseng & Ginger Combination).

Da Qin Jiao Tang • 0370

MAJOR GENTIANA MACROPHYLLA ROOT COMBINATION

<i>Gentiana macrophylla</i> Root	
QIN JIAO	11.4%
<i>Gypsum</i>	
SHI GAO	11.4%
<i>Licorice (Prepared)</i>	
ZHI GAN CAO	5.7%
<i>Ligusticum</i>	
CHUAN XIONG	5.7%
<i>Tangkuei</i>	
DANG GUI	5.7%
<i>White Peony</i>	
BAI SHAO	5.7%
<i>Notopterygium</i>	
QIANG HUO	5.7%
<i>Tuhuo Angelica</i>	
DU HUO	5.7%
<i>Siler</i>	
FANG FENG	5.7%
<i>Scute</i>	
HUANG QIN	5.7%
<i>Atractylodes (Alba)</i>	
BAI ZHU	5.7%
<i>Angelica</i>	
BAI ZHI	5.7%
<i>Poria</i>	
FU LING	5.7%
<i>Rehmannia (Fresh)</i>	
SHENG DI HUANG	5.7%
<i>Rehmannia (Cooked)</i>	
SHU DI HUANG	5.7%
<i>Asarum</i>	
XI XIN	3.1%

SOURCE: *Medical Formulas Gathered and Explained (Yi Fang Jie Ji)*

FUNCTIONS: Dispel wind-damp, clear heat, nourish and quicken blood.

INDICATIONS: This formula treats the initial stage of wind invasion of the channels. Symptoms are deviated eyes and mouth, loss of speech, and numbness or paralysis of the arms and legs. Usually this equates to disorders such as Bell's palsy and cerebral stroke.

This formula takes a complex approach to treating invasion of wind into the channels. It combines wind-dispelling agents with those that move blood and qi, nourish blood, and clear heat. This makes the formula more balanced than other wind-dispelling combinations and less apt to damage yin and blood. Despite this, overuse can indeed damage yin and qi, so long-term application is not advised. Da Qin Jiao Tang is most appropriate for acute patterns such as Bell's palsy and inability to speak, or loss of the use of hands or feet owing to recent wind-strike (stroke). Modern practitioners also use this formula for acute wind-damp bi patterns.

Zhang Yi and Yang Zai-Hua in their text *Discussion of Formulas Through Sovereign, Minister, Assistant, and Courier (Jun Chen Zuo Shi Hua Fang Ji)* suggest the following criteria for the use of Da Qin Jiao Tang:

- The presence of symptoms such as aversion to wind that indicate an exterior pattern.
- Although the formula can treat stroke symptoms such as paralysis of the limbs and loss of speech, it is best used for patients whose mental faculties and consciousness have not been affected.
- The patient does not have symptoms of yin vacuity and ascent of liver yang such as red facial complexion, a red tongue with scant fur, and a wiry pulse.
- The patient's tongue fur is thin and not thick and greasy.

CONTINUED

MODIFICATIONS

- For Bell's palsy, add Bai Fu Zi (Typhonium), Wu Gong (Centipede), or Quan Xie (Buthus).
- For numbness or atrophy of the limbs, add Fu Zi (Prepared Aconite) and Quan Xie (Buthus).
- For wind-phlegm channel patterns, combine with [Xiao Huo Luo Dan](#) (Myrrh & Aconite Formula).
- During the summer or spring, add Zhi Mu (Anemarrhena).
- For glomus, add Zhi Ke (Aurantium Fruit).

Da Qing Long Tang • 0340

MAJOR BLUE DRAGON COMBINATION

<i>Gypsum</i>		SOURCE: <i>On Cold Damage (Shang Han Lun)</i>
SHI GAO	32.2%	FUNCTIONS: Effuse sweat, resolve the exterior, clear heat, and expel vexation.
<i>Ephedra</i>		INDICATIONS: For external wind-cold with internal heat. Symptoms include fever, aversion to cold, vexation, cough, asthmatic breathing, absence of perspiration, and a floating, tight pulse.
MA HUANG	19.2%	
<i>Apricot Seed</i>		
XING REN	16.2%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	9.8%	
<i>Jujube</i>		This formula was originally intended to treat tai-yang stage disorders that present with exterior cold and interior heat. As a variation of Ma Huang Tang (Ephedra Combination), it has a powerful ability
DA ZAO	9.8%	to resolve the exterior. The addition of Shi Gao (Gypsum) allows the formula to address internal heat build up caused by fettering of the exterior by the wind-cold evil. Nowadays, this formula is applied to acute bronchitis, pneumonia, and cough and wheezing associated with an exterior wind-cold pattern. Since this formula causes sweating and disperses qi, it is inappropriate for patients who suffer from vacuity of yin or central burner qi.
<i>Cinnamon Twig</i>		
GUI ZHI	6.4%	
<i>Licorice (Prepared)</i>		
ZHI GAN CAO	6.4%	

Cyan dragons are a symbol in Chinese folk lore for the motivating force behind the creation of rain clouds. Since Da Qing Long Tang causes profuse sweating (rain) to achieve its effect, it is named for the Cyan Dragon (Qing Long). The term “Major” is in contradistinction to the “Minor” version. Thus, *Major Cyan Dragon Decoction* is a serviceable translation of the Chinese.

MODIFICATIONS

- For lung heat with cough and yellow phlegm, add Huang Qin (Scute) and Qian Hu (Peucedanum).
- For head or body aches, add Chuan Xiong (Ligusticum) and Fang Feng (Siler).

Dang Gui Bu Xue Tang • 3570

TANGKUEI & ASTRAGALUS COMBINATION

<i>Astragalus</i>	
HUANG QI	83.3%
<i>Tangkuei</i>	
DANG GUI	16.7%

SOURCE: *Secret Treasure of the Orchid Chamber (Lan Shi Mi Cang)*

FUNCTIONS: Supplement qi and nourish blood.

INDICATIONS: Treats blood vacuity due to loss of blood associated with spotting and flooding, childbirth, or other causes. It may also address qi and blood vacuity that causes low-grade fevers or sores that do not heal.

This formula's function is revealed in its name, which translates literally as *Tangkuei Blood-Supplementing Decoction*. It was first discussed in several books by Li Dong-Yuan who repeatedly recommends it for blood vacuity fevers that present with a “flooding, large pulse that is also vacuous; which, if pressed, is completely absent.” He points out that this strong pulse and fever can be mistaken for a *Bai Hu Tang* (Gypsum Combination) pattern, but in fact they differ because in that pattern the pulse is long and replete, not large and vacuous. Li reminds readers emphatically that giving *Bai Hu Tang* for a vacuous condition would be a serious mistake.

The large dose of Huang Qi (Astragalus) in this formula has two functions. First, by supplementing qi, Huang Qi indirectly supplements blood. As *Medical Formulas Gathered and Explained (Yi Fang Yi Jie)* states, “when yang [qi] is engendered, yin is increased.” This is an abstract way of saying that by supplementing spleen qi, Huang Qi helps the spleen to produce blood. Second, it simply supplements qi. Because the disease process that caused blood vacuity will also have damaged qi, it is important to supplement both qi and blood. With Dang Gui (Tangkuei) supplementing blood and Huang Qi supplementing qi, both vacuities are addressed.

Nowadays, this formula is not reserved only for severe blood vacuity that gives rise to fever as mentioned in the source text. It is also used for a wide range of dual qi-blood vacuity patterns. Examples include suppurated sores that are slow to heal, vacuity bi patterns, and vacuity bleeding disorders such as flooding and spotting or excessive menstrual flow. This formula is often added to others to strengthen or add the functions of supplementing blood and qi and securing the exterior.

CONTINUED

MODIFICATIONS

- For postpartum fevers complicated by an exterior pattern, add Cong Bai (Allium), Dan Dou Chi (Soja), Sheng Jiang (Fresh Ginger), and Hong Zao (Red Jujube).
- For uterine bleeding in post-menopausal women, add Tian Qi (Notoginseng) and Sang Ye (Mulberry Leaf).
- For blood-vacuity bleeding, add A Jiao (Gelatin) and Ai Ye Tan (Charred Artemisia).
- For vacuity bi patterns, combine with [Juan Bi Tang](#) (Notopterygium & Turmeric Combination).
- For blood vacuity, add Shu Di Huang (Cooked Rehmannia) and Gou Qi Zi (Lycium Fruit).
- For qi vacuity, add Ren Shen (Ginseng).
- For yang vacuity, add Bu Gu Zhi (Psoralea) and Tu Si Zi (Cuscuta).

Dang Gui Liu Huang Tang • 3550

TANGKUEI & SIX YELLOW COMBINATION

<i>Astragalus</i>	
HUANG QI	25.0%
<i>Tangkuei</i>	
DANG GUI	12.5%
<i>Rehmannia (Fresh)</i>	
SHENG DI HUANG	12.5%
<i>Rehmannia (Cooked)</i>	
SHU DI HUANG	12.5%
<i>Scute</i>	
HUANG QIN	12.5%
<i>Phellodendron</i>	
HUANG BAI	12.5%
<i>Coptis</i>	
HUANG LIAN	12.5%

SOURCE: *Secret Treasure of the Orchid Chamber (Lan Shi Mi Cang)*

FUNCTIONS: Enrich yin, clear heat, secure the exterior, and abate sweating.

INDICATIONS: Treats yin vacuity with effulgent fire that causes night sweats, fever, a red face, dry mouth and lips, heart vexation, dry stool, dark-yellow urine, a red tongue, and a rapid pulse.

This formula is mentioned in classical texts for treatment of yin-vacuity fire night sweats. It nourishes yin and blood with Sheng Di Huang (Fresh Rehmannia), Shu Di Huang (Cooked Rehmannia), and Dang Gui (Tangkuei). It clears heat with bitter and cold herbs and secures the exterior with Huang Qi (Astragalus). Note that the coupling of a large dose of Huang Qi with Dang Gui in this formula is similar to [Dang Gui Bu Xue Tang](#) (Tangkuei & Astragalus Combination). Thus, this formula not only treats the branch symptom of night sweats but also nourishes and supplements blood.

Modern use of the formula has extended to other symptoms of yin-vacuity effulgent fire such as chronic stomatitis, hyperactive thyroid, menopausal heat symptoms, chronic urinary tract infections, impetigo, and seborrheic dermatitis. Attendant symptoms of effulgent heat conditions often include chronic fevers, flushing of the cheeks, irritability, itching, and symptoms that worsen at night.

This formula is too bitter and cold to be taken for a long period of time. After symptoms have receded, the formula can be gradually decreased and combined with a formula that addresses the patient's constitution.

This formula and [Qin Jiao Bie Jia San](#) (Gentiana Macrophylla Root & Turtle Shell Formula) both treat tidal fevers and night sweats. They nourish yin and clear heat. Dang Gui Liu Huang Tang is better able to clear heat than Qin Jiao Bie Jia San but less adept at nourishing yin. In addition, Dang Gui Liu Huang Tang has the added function of securing the exterior. Thus, for intense heat conditions marked by spontaneous or night sweating, Dang Gui Liu Huang Tang is usually more appropriate.

The characters represented by the Pinyin "Liu Huang" translate as "six yellows" and refer to the six yellow herbs in the formula. Thus the formula name can be rendered into English as *Tangkuei Six Yellows Decoction*.

CONTINUED

MODIFICATIONS

- To increase the yin-nourishing function of the formula, add Gui Ban (Testudinis) and Zhi Mu (Anemarrhena).
- For afternoon fevers, add Zhi Mu (Anemarrhena), Mu Dan Pi (Moutan), and Yin Chai Hu (Stellaria Root).
- For seborrheic dermatitis, add Jin Yin Hua (Lonicera Flower) and Lian Qiao (Forsythia).
- For chronic urinary tract infections, add Che Qian Zi (Plantago Seed), Pu Gong Ying (Dandelion), and Bai Jiang Cao (Thlaspi).
- For night sweats and insomnia owing to liver blood vacuity and heart yin vacuity, combine this formula with [Suan Zao Ren Tang](#) (Zizyphus Combination).
- For hyperthyroid, add Xia Ku Cao (Prunella) and Xuan Shen (Scrophularia).
- For menopausal heat symptoms, add Yin Chai Hu (Stellaria Root).

Dang Gui Long Hui Wan • 3560A

TANGKUEI, GENTIANA, & ALOE FORMULA [AVAILABLE IN TABLETS]

<i>Tangkuei</i>	SOURCE: <i>Elucidation of Theories and Formulas</i> (<i>Xuan Ming Lun Fang</i>)
DANG GUI 12.9%	
<i>Gentiana</i>	FUNCTIONS: Clear liver and gallbladder repletion heat, precipitate
LONG DAN CAO 12.9%	and free the stool.
<i>Gardenia</i>	INDICATIONS: Treats repletion fire in the liver and gallbladder char-
SHAN ZHI ZI 12.9%	acterized by headache and dizziness, red face and eyes, vexation,
<i>Coptis</i>	agitation, a propensity to anger easily, distention and pain in the chest
HUANG LIAN 12.9%	and flank, constipation, tinnitus, hearing loss, and dark urine. In severe
<i>Phellodendron Bark</i>	cases there may be spasms, delirious speech, and mania.
HUANG BAI 12.9%	
<i>Scute</i>	
HUANG QIN 12.9%	This formula is a variation of Huang Lian Jie Du Tang (<i>Coptis & Scute Combination</i>) that is aimed specifically at repletion fire in the liver and gallbladder. This pattern is an acute attack of fire in the upper body
<i>Aloe</i>	presenting as sudden hearing loss or tinnitus, dizziness, headache, or
LU HUI 6.5%	red face and eyes. If fire disturbs the spirit, the pattern can present with
<i>Indigo</i>	mania, delirium or spasms. Regardless of the main symptoms, attendant
QING DAI 6.5%	symptoms such as constipation, flank pain, agitation, bitter taste, and
<i>Rhubarb</i>	dry throat are important guidelines to determine use of this formula.
DA HUANG 6.5%	One thing that distinguishes Dang Gui Long Hui Wan from others that
<i>Vladimiria</i>	treat liver-gallbladder fire, such as Long Dan Xie Gan Tang (<i>Gentiana Combination</i>), is that it contains the aggressive precipitants Da Huang
MU XIANG 3.1%	(<i>Rhubarb</i>) and Lu Hui (<i>Aloe</i>) to drain upper-body fire through the
	stool and thus treats patterns in which constipation is a factor.
	In modern clinics, this formula is used to treat acute hearing loss or
	tinnitus, chronic granulocytic leukemia, and acute hepatitis. It is also
	used to treat headache, strangury disorders, toxic sores, mastitis,
	urinary-genital inflammation, sore throat, hot itching skin rashes,
	and inflammatory gallbladder and gallbladder duct disorders when
	these present with constipation and other signs of liver-gallbladder
	repletion heat.
	Dang Gui Long Hui Wan has a more powerful fire-draining capacity
	than Long Dan Xie Gan Tang and tends to treat liver fire signs in the
	upper body. Long Dan Xie Gan Tang is appropriate for treating less
	severe liver fire and is better able to drain damp; it also can treat liver
	channel damp-heat downpour.
	This formula is extremely bitter, cold, and draining. It is for short-term
	use only and is contraindicated in pregnancy. Note that the original
	formula contained She Xiang (Musk). This medicinal is not included

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in the formula because of ethical issues surrounding its use and the scarce number of musk deer remaining in the wild.

MODIFICATIONS

- For urinary tract inflammation or inhibited urine, add Mu Tong (Clematis armandi) and Sheng Di (Fresh Rehmannia).
- For sore throat, add Ban Lan Gen (Isatis Root) and Xuan Shen (Scrophularia).
- For gallbladder disorders, add Yin Chen Hao (Capillaris), Chuan Lian Zi (Melia), and Che Qian Cao (Plantago Leaf).
- For eye disorders or headache, add Ju Hua (Chrysanthemum) and Man Jing Zi (Vitex).
- For acute tinnitus or hearing loss, add Gou Teng (Gambir), Shi Chang Pu (Acorus), and Ze Xie (Alisma).
- For acute episodes of high blood pressure, add Gou Teng (Gambir), Tian Ma (Gastrodia), Xia Ku Cao (Prunella), and Bai Shao (White Peony).
- For blood heat bleeding owing to liver fire, add Mu Dan Pi (Moutan) and Sheng Di Huang (Fresh Rehmannia).

Dang Gui Nian Tong Tang • 3540

TANGKUEI & ANEMARRHENA COMBINATION

<i>Notopterygium</i>		SOURCE: <i>Elucidating the Study of Medicine</i> (<i>Yi Xue Fa Ming</i>)
QIANG HUO	10.6%	FUNCTIONS: Dispel wind-damp, clear heat, and relieve pain.
<i>Licorice</i>		INDICATIONS: Treats joint pain, swelling in the lower limbs, or skin disorders, when these ailments are brought on by damp-heat.
GAN CAO	10.6%	
<i>Scute</i>		
HUANG QIN	10.6%	
<i>Capillaris</i>		
YIN CHEN HAO	10.6%	This formula treats damp-heat joint pain characterized by hot, swollen, and painful joints. This is often diagnosed as arthritis in Western medicine. Hot swelling of the foot, sole, or lower leg can also be treated with this formula. In dermatology, Dang Gui Nian Tong Tang is often used to treat damp-heat skin rashes or toxic swellings, especially in the lower body. The patient for whom this formula is appropriate will generally present with a rapid, slippery pulse and a red tongue with a yellow, greasy fur. This formula is balanced enough to be taken by weak or older patients, but they should be monitored to insure that qi and yin remain healthy. In most cases it is not suitable for pregnant women.
<i>Anemarrhena</i>		
ZHI MU	6.4%	
<i>Atractylodes (Alba)</i>		
BAI ZHU	6.4%	The name of the formula can be translated as <i>Tangkuei Pain-Seizing Decoction</i> . It is also known simply as <i>Nian Tong Tang</i> , or <i>Pain-Seizing Decoction</i> .
<i>Alisma</i>		
ZE XIE	6.4%	
<i>Polyporus</i>		
ZHU LING	6.4%	
<i>Siler</i>		
FANG FENG	6.4%	
<i>Tangkuei</i>		
DANG GUI	4.3%	
<i>Ginseng</i>		
REN SHEN	4.3%	• For damp-heat swelling in the foot, add Yi Yi Ren (Coix), Huang Bai (Phellodendron Bark), Chuan Niu Xi (Cyathula), and Mu Gua (Chaenomeles).
<i>Sophora flavescens</i>		
KU SHEN	4.3%	• For damp-heat skin rashes, add Yi Yi Ren (Coix), Tu Fu Ling (Smilax), and Jin Yin Hua (Lonicera Flower).
<i>Cimicifuga</i>		
SHENG MA	4.3%	• For damp-heat joint pain, combine with Shang Zhong Xia Tong Yong Tong Feng Wan (Cinnamon & Angelica Formula) and add Xi Xian Cao (Siegesbeckia) and Ren Dong Teng (Lonicera Vine).
<i>Pueraria Root</i>		
GE GEN	4.2%	• For damp-heat menstrual disorders, combine with Jia Wei Xiao Yao San (Bupleurum & Peony Formula).
<i>Atractylodes</i>		
CANG ZHU	4.2%	• For hot, red swelling, add Huang Lian (Coptis), Lian Qiao (Forsythia), and Shi Gao (Gypsum).

Dang Gui San • 3510

TANGKUEI FORMULA

<i>Tangkuei</i>		SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> (<i>Jin Gui Yao Liie</i>)
DANG GUI	22.2%	
Scute		FUNCTIONS: Clear heat, dispel damp, nourish blood, and quiet the fetus.
HUANG QIN	22.2%	
White Peony		INDICATIONS: This formula treats restless fetus due to blood vacuity with heat.
BAI SHAO	22.2%	
<i>Ligusticum</i>		
CHUAN XIONG	22.2%	
<i>Atractylodes (Alba)</i>		The <i>Essential Prescriptions of the Golden Coffer</i> states, “It is suitable for pregnant women to frequently take Dang Gui San.” Since it is assumed that a healthy woman with a normal pregnancy would not need to take herbs, this statement is usually interpreted as implying that pregnant women who are in danger of having a miscarriage owing to excess fetal movement should take this formula. This interpretation is supported by analysis of the formula's ingredients. That is, for women who suffer from blood vacuity and internal heat, this formula will nourish blood, clear heat, and quiet the fetus.
BAI ZHU	11.2%	
		Though its primary function is to supplement blood and quiet the fetus, the formula has also come to be used to treat postpartum blood-vacuity heat disorders, hysteria, and retention of lochia.
		The duo of Bai Zhu (<i>Atractylodes alba</i>) and Huang Qin (Scute) has become a common addition to many formulas that aim to secure the fetus. This usage most likely stems from their inclusion in Dang Gui San.

MODIFICATIONS

- For postpartum disorders, add Yi Mu Cao (*Leonurus*) and Fang Feng (*Siler*).
- To secure the fetus, add Sang Ji Sheng (*Loranthus*). If heat is extreme, add a small amount of Huang Lian (*Coptis*).

Dang Gui Shao Yao San • 3520

TANGKUEI & PEONY FORMULA [AVAILABLE IN TABLETS]

<i>White Peony</i>		SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> <i>(Jin Gui Yao Lie)</i>
BAI SHAO	31.1%	
<i>Alisma</i>		FUNCTIONS: Nourish blood, course the liver, disinhibit damp, fortify the spleen, and quiet the fetus.
ZE XIE	24.9%	
<i>Poria</i>		INDICATIONS: Treats abdominal pain due to disharmony between the liver and spleen. This pattern is characterized by continuous, moderate, cramping pain in the abdomen, urinary difficulty, and slight edema. This condition often occurs in pregnancy. The formula also addresses other symptoms of liver-spleen disharmony such as menstrual pain, irregular menses, and vaginal discharge.
FU LING	12.5%	
<i>Atractylodes (Alba)</i>		
BAI ZHU	12.5%	
<i>Tangkuei</i>		
DANG GUI	9.5%	
<i>Ligusticum</i>		
CHUAN XIONG	9.5%	This formula is mentioned in two places in the source text. The first is in regard to cramping and abdominal pain during pregnancy, which includes inhibited urination and water swelling in the lower limbs. This condition occurs when pregnancy depletes the mother's blood and weakens her spleen because the fetus draws on these resources. A liver lacking nourishment because of blood vacuity fails to promote free flow of qi. This results in abdominal pain and also adds stress to the spleen. The spleen, weakened and stressed, is unable to properly process fluids; these accumulate and flow to the lower body, generating lower-body water swelling and inhibited urination. The principles and formula for treating this pattern can also be applied to secure the fetus in the second or third month of pregnancy or to lower blood pressure in pregnancy-induced hypertension.
		The other mention of this formula in the source text is for the treatment of abdominal pain in women. The etiology of this symptom is similar to the above but without the precipitating event of pregnancy. This formula later came to be used to treat other conditions such as menstrual pain, irregular menses, and vaginal discharge. The key things to look for to determine if Dang Gui Shao Yao San is appropriate for these disorders are blood vacuity, spleen vacuity, and damp. For example, a patient with menstrual pain accompanied by lower body water swelling and lack of appetite may be a good candidate for this formula. A patient with vaginal discharge accompanied by abdominal pain and a pale tongue with a slimy fur may also be well suited for it.
		Lastly, this formula can treat the following disorders if they fit the interpretation of liver-spleen disharmony described above: postpartum retention of lochia, gastritis, gastric ulcers, high or low blood pressure, and menopausal symptoms such as headache, insomnia, feelings of insecurity, fatigue, and lack of appetite.

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MODIFICATIONS

- For menstrual pain, add Tao Ren (Persica), Xiang Fu (Cyperus), Wu Yao (Lindera), and Ba Yue Zha (Akebia Fruit).
- For hypertension during pregnancy, add Du Zhong (Eucommia) and Sang Ji Sheng (Loranthus).
- For abdominal pain, add Yan Hu Suo (Corydalis), Wu Yao (Lindera), Xiao Hui Xiang (Fennel), and Wu Ling Zhi (Pteropus).
- For blood stasis (immobile) pain, add Pu Huang (Bulrush) and Dan Shen (Salvia Root).
- If phlegm and damp are prominent, combine with [Fu Ling Yin](#) (Poria Combination).
- To secure the fetus, combine with [Dang Gui San](#) (Tangkuei Formula).
- For poor appetite, add Sha Ren (Amomum).

Dang Gui Si Ni Tang • 3530

TANGKUEI & JUJUBE COMBINATION

<i>Tangkuei</i>		SOURCE: <i>On Cold Damage (Shang Han Lun)</i>
DANG GUI	16.6%	FUNCTIONS: Warm the channels, disperse cold, nourish blood, and free the blood vessels.
<i>Cinnamon Twig</i>	16.6%	INDICATIONS: Two conditions are addressed by this formula: First, counterflow frigidity in the limbs from blood vacuity and insufficient yang qi; in this pattern the patient's tongue is usually pale with a white fur and the pulse is fine and verging on expiry. Second, cold in the channels and network vessels causing lumbar, hip, leg, or foot pain.
GUI ZHI	16.6%	
<i>White Peony</i>		
BAI SHAO	16.6%	
<i>Asarum</i>		
XI XIN	16.6%	
<i>Jujube</i>		
DA ZAO	11.2%	This formula treats vacuity of blood and yang that leads to cold in the extremities. Its main use in modern times is the treatment of cold bi patterns, phlebitis, chilblain, and Reynaud's disease. In gynecology, it can be applied to cold menstrual pain, infertility, postpartum blood stasis, prolapsed uterus, and concretions and accumulations (abdominal tumors). In addition, it can be useful for retracted genitals and shan qi pain (especially in the scrotum).
<i>Licorice</i>		
GAN CAO	11.2%	
<i>Clematis armandi</i>		
MU TONG	11.2%	The characters for Si Ni translate literally as "four" and "counterflow" respectively. This is considered a succinct expression of the common Chinese medical phrase Si Zhi Ni Leng, which literally translates as "four limbs counterflow cold" or, more smoothly, "counterflow cold in the four limbs." Thus, the formula name indicates not only that the formula uses Dang Gui (Tangkuei) to treat counterflow cold in the four limbs, but also, since Dang Gui is a major herb for supplementing blood, that this combination treats counterflow cold in the four limbs owing to blood vacuity. A possible translation of the Chinese name is <i>Tangkuei Counterflow Cold Decoction</i> .

MODIFICATIONS

- For bi patterns, add Wei Ling Xian (Clematis) and Wu Jia Pi (Acanthopanax). If chronic, add Ji Xue Teng (Spatholobi).
- For menstrual pain, add Wu Ling Zhi (Pteropus) and Xiao Hui Xiang (Fennel).
- For infertility, add Zi Shi Ying (Fluorite), Shu Di Huang (Cooked Rehmannia), and Lu Jiao Shuang (Cornus Cervi Fragments).
- For Reynaud's disease, add Xuan Shen (Scrophularia), Shu Di Huang (Cooked Rehmannia), Ma Huang (Ephedra), Hong Hua (Carthamus), and Mao Dong Qing (Ilex pubescens).
- If this pattern presents with nausea, vomiting, diarrhea, headache, and cold abdominal pain, add Sheng Jiang (Fresh Ginger) and Wu Zhu Yu (Evodia).
- For cold or pain in the low back, legs, and feet, add Du Zhong (Eucommia) and Niu Xi (Achyranthes).

Dang Gui Yin Zi • 3580

TANGKUEI & TRIBULUS COMBINATION

<i>Tangkuei</i>	SOURCE: <i>Essential Teachings of Zhu Dan-Xi (Dan Xi Xin Fa)</i>
DANG GUI	11.1%
<i>Tribulus</i>	FUNCTIONS: Nourish blood, moisten dryness, dispel wind, and relieve itching.
BAI JI LI	11.1%
<i>Rehmannia (Fresh)</i>	INDICATIONS: Treats blood-vacuity itching skin disorders, including eczema, hives, dermatitis, and psoriasis.
SHENG DI HUANG	11.1%
<i>White Peony</i>	
BAI SHAO	11.1%
<i>Ligusticum</i>	This formula is built on a base of Si Wu Tang (Tangkuei Four Combination) and thus is ideal for blood-vacuity skin disorders. In the clinic, it is generally given for treatment of chronic skin disorders such as eczema, psoriasis, and other red, dry, and itching rashes.
CHUAN XIONG	11.1%
<i>Polygonum</i>	
HE SHOU WU	11.1%
<i>Schizonepeta</i>	Dang Gui Yin Zi is suitable for long-term use. It is often fitting to combine it at the beginning of treatment with a formula that treats the branch symptoms and then with a constitutional formula as the symptoms recede. For example, a red skin rash owing to heat from binding depression of liver qi might initially be treated with this formula combined with Jia Wei Xiao Yao San (Bupleurum & Peony Formula) to course the liver, clear heat, and resolve toxins. As the rash improves combining it with the more constitutional formula Xiao Yao San (Tangkuei & Bupleurum Formula) to course the liver and nourish blood may be advisable.
JING JIE	11.1%
<i>Siler</i>	
FANG FENG	11.1%
<i>Astragalus</i>	For acute disorders, Dang Gui Yin Zi can be combined with Xiao Feng San (Tangkuei & Arctium Formula) to enhance its ability to dispel wind. As the symptoms recede, reduce the dose of Xiao Feng San.
HUANG QI	5.6%
<i>Licorice</i>	Though this formula contains Sheng Di Huang (Fresh Rehmannia) and Bai Shao (White Peony) to cool blood, for hot rashes add extra Sheng Di Huang plus Chi Shao (Red Peony) which also cools blood, and Jin Yin Hua (Lonicera Flowers) to clear heat and resolve toxin.
GAN CAO	5.6%

MODIFICATIONS

- For yin vacuity, add Chi Shao (Red Peony) and Xuan Shen (Scrophularia).
- For damp-heat rashes, add Tu Fu Ling (Smilax) and Huang Qin (Scute).
- For insomnia, add Dan Shen (Salvia Root) and Ye Jiao Teng (Polygonum multifloru Vine).
- For hives, add Fu Ping (Spirodela). If owing to wind-cold, add Ma Huang (Ephedra).
- For toxic heat, add Bai Xian Pi (Dictamnus) and Jin Yin Hua (Lonicera Flower).
- For dry, itching skin (especially in geriatric patients), add Hong Hua (Carthamus), Gou Teng (Gambir), and Shi Jue Ming (Haliotis).

Dao Chi San • 4010

REHMANNIA & CLEMATIS ARMANDI FORMULA

<i>Rehmannia (Fresh)</i>	SOURCE: <i>Discourse on Differentiation and Treatment in Pediatrics (Shao Er Yao Zheng Zhen Jue)</i>
SHENG DI HUANG 25.0%	
<i>Clematis armandi</i>	FUNCTIONS: Clear heart heat, nourish yin, disinhibit water, and free strangury.
MU TONG 25.0%	
<i>Licorice</i>	INDICATIONS: Treats effulgent heat in the heart channel manifesting as vexation heat in the chest, thirst, a red face, and a desire for cold drinks. It also treats heart-heat downpour into the small intestine that presents as sores on the mouth and tongue, and dark, burning urination. The patient usually has a red tongue tip and a rapid pulse.
GAN CAO 25.0%	
<i>Lophatherum</i>	
DAN ZHU YE 25.0%	

This formula treats sores in the mouth or tongue and heat strangury. It can treat these symptoms if they occur singly or if they appear simultaneously.

The root cause of either symptom is heart heat. This can flare upward and cause mouth and tongue disorders or pour downward into the small intestine and cause urinary discomfort. In either instance, heart heat will also engender symptoms such as vexation, thirst, a red complexion, a red tongue (especially the tip), and a rapid pulse.

The formula uses Sheng Di Huang (Fresh Rehmannia) to nourish yin and cool blood. This herb, being black and related to the water phase, provides a balance for heart heat (red-fire phase). Dan Zhu Ye (Lophatherum) drains heart fire through urination, with the help of Mu Tong (Clematis armandi), and also abates vexation.

This formula should relieve an acute manifestation of mouth sores and strangury, in a few days. Then it is best to switch to a formula that addresses the root cause of the heart fire. Because Dao Chi San contains the bitter herb Mu Tong, which, when taken excessively, can damage stomach qi, and a large dose of Gan Cao (Licorice), which, when taken in excess, can cause water swelling, the formula is not suitable for long-term use.

There are many formulas that treat mouth sores. Each has its own strength. [Qing Wei San](#) (Coptis & Rehmannia Formula), [Gan Lu Yin](#) (Sweet Combination), and [Xie Huang San](#) (Siler & Licorice Formula) all treat mouth sores owing to stomach heat. [Yu Nü Jian](#) (Rehmannia & Gypsum Combination) and [Sha Shen Mai Men Dong Tang](#) (Glehnia & Ophiopogon Combination) address yin-vacuity mouth sores. Dao Chi San is the classic formula for treating mouth sores owing to heart heat.

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The source text makes no mention of using this formula to treat urinary disorders. It recommends it only for heart heat patterns in small children. Variations of this formula found in later texts emphasized its use in treating urinary tract difficulties or other disorders. Some of these later versions are listed below under modifications.

The name Dao Chi San translates literally as *Powder to Conduct Red*. This is a reference to the formula's aim of guiding heart heat out of the body through urination.

MODIFICATIONS

- For heat or blood strangury (hot, painful or bloody urination), add Huang Qin (Scute). This is Dao Chi San (Rehmannia & Clematis Armandi Formula) from the *Guidelines for Pattern Identification and Treatment* (*Zheng Zhi Zhun Sheng*).
- The *Well-Crafted Medical Mirror* (*Bi Hua Yi Jin*) recommends a version that includes Che Qian Zi (Plantago Seed), Mai Men Dong (Ophiopogon), and Chi Fu Ling (Red Poria); it is designed to treat inhibited urination and hot urinary block.
- For mouth sores, add Huang Lian (Coptis).
- For heart-heat eye disorders, add Shan Zhi Zi (Gardenia), Huang Bai (Phellodendron Bark), Deng Xin Cao (Juncus), and Zhi Mu (Anemarrhena). This modification is suggested in the ophthalmology text, *Essential Details of the Silver Sea* (*Yin Hai Jing Wei*).

Dao Shui Fu Ling Tang • 4020

PORIA, ATRACTYLODES, & ARECA COMBINATION

<i>Poria (Red)</i>	SOURCE: <i>Remarkably Effective Remedies (Qi Xiao Liang Fang)</i>
CHI FULING 15.3%	FUNCTIONS: Conduct water, disinhibit damp, drain the lung, and harmonize the spleen.
<i>Atractylodes (Alba)</i>	INDICATIONS: Treats serious water swelling, wheezing and fullness in the chest, inability to swallow food, gasping that worsens in a supine position, painful, rough, and scant urination, or urine the color of black-bean juice.
BAI ZHU 15.3%	
<i>Ophiopogon</i>	
MAI MEN DONG 15.3%	
<i>Alisma</i>	
ZE XIE 15.3%	
<i>Areca Seed</i>	
BING LANG 5.1%	This serious water-swelling condition is what modern medicine usually identifies as chronic nephritic edema. The formula is balanced enough to treat this condition for some time, but it should be combined with a formula to address the root disharmony as symptoms recede.
<i>Mulberry Bark</i>	
SANG BAI PI 5.1%	
<i>Perilla</i>	The <i>Guidelines for Pattern Identification and Treatment (Zheng Zhi Zhun Sheng)</i> suggests taking one large dose early in the morning on an empty stomach and says that the quantity of urine should gradually increase and water swelling recede as treatment continues.
ZI SU YE 5.1%	
<i>Chaenomeles</i>	
MU GUA 5.1%	
<i>Areca Husk</i>	
DA FU PI 3.8%	
<i>Citrus Peel</i>	
CHEN PI 3.8%	
<i>Amomum</i>	
SHA REN 3.8%	
<i>Vladimiria</i>	
MU XIANG 3.8%	
<i>Juncus</i>	
DENG XIN CAO 3.2%	

MODIFICATIONS

- For difficult urination, add Mu Tong (*Clematis armandi*) and Che Qian Zi (*Plantago Seed*).
- For cough and asthmatic breathing related to edema, add Hou Po (*Magnolia Bark*) and Xing Ren (*Apricot Seed*).
- For heart yang vacuity water swelling, add Fu Zi (*Prepared Aconite*), Wu Wei Zi (*Schizandra*), and Gui Zhi (*Cinnamon Twig*).

Ding Chuan Tang • 1740**EPHEDRA & GINKGO COMBINATION [AVAILABLE IN TABLETS]**

<i>Ginkgo Nut</i> BAI GUO	20.0%	SOURCE: <i>Guidelines for Pattern Identification and Treatment</i> <i>(Zheng Zhi Zhun Sheng)</i>
<i>Ephedra</i> MA HUANG	13.3%	FUNCTIONS: Diffuse and downbear lung qi, resolve the exterior, stabilize asthmatic breathing, clear heat, and transform phlegm.
<i>Tussilago</i> KUAN DONG HUA	13.3%	INDICATIONS: Treats bronchitis, asthma, bronchial asthma, and common cold when these present as simultaneous external wind-cold and internal collection of phlegm-heat. Symptoms are cough with copious, thick, yellow sputum, shortness of breath, wheezing and gasping, a yellow, greasy tongue fur, and a slippery, rapid pulse.
<i>Mulberry Bark</i> SANG BAI PI	13.3%	
<i>Pinellia</i> BAN XIA	13.3%	
<i>Perilla Seed</i> SU ZI	8.3%	This formula treats the acute predicament of patients who contract a wind-cold pattern coupled with phlegm-heat in the lungs. Major indications of this are gasping, shortness of breath or asthmatic breathing (failure of the lung to diffuse and downbear qi), and copious production of thick, yellow phlegm (internal collection of phlegm-heat). The presence of wind-cold symptoms such as aversion to cold, nasal congestion, and absence of sweating complete the clinical picture. The tongue in this pattern is usually red with a yellow fur.
<i>Apricot Seed</i> XING REN	6.7%	
<i>Scute</i> HUANG QIN	6.7%	
<i>Licorice</i> GAN CAO	5.1%	This formula is most commonly used to treat acute manifestations of chronic conditions such as bronchial asthma. It is not appropriate for long-term use owing to the inclusion of Ma Huang (Ephedra) and a large dosage of Bai Guo (Ginkgo). With modifications, Ding Chuan Tang can also be applied to the stage of a wind-cold pattern where, while there are still some remnants of wind-cold symptoms, the pathogen has sunken into the lungs and turned to phlegm-heat. In asthmatic patients this pattern will often include wheezing and gasping, but in other patients it may simply appear as thoracic oppression and tightness, and cough with expectoration of copious yellow phlegm.
While Su Zi Jiang Qi Tang (Perilla Seed Combination) and Xiao Qing Long Tang (Minor Blue Dragon Combination) also address cold-induced asthma, Ding Chuan Tang is unique in addressing internal phlegm-heat in the presence of a wind-cold exterior pattern. Note that of the three, only Su Zi Jiang Qi Tang is appropriate for long-term use, as it does not contain Ma Huang.		
Ma Xing Gan Shi Tang (Ephedra & Apricot Seed Combination) can treat a condition similar to that for which Ding Chuan Tang is used, but it is better able to clear heat and less able to calm gasping. In addition, Ma Xing Gan Shi Tang has little ability to transform phlegm.		

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Thus, for cases where heat is prominent and phlegm is not copious, Ma Xing Gan Shi Tang is better suited, while for those with more serious gasping, copious phlegm, and less heat, Ding Chuan Tang generally brings better results.

MODIFICATIONS

- If lung-heat symptoms are prominent, add Shi Gao (Gypsum) and extra Huang Qin (Scute).
- For constipation, add Da Huang (Rhubarb) and Dong Gua Ren (Benincasa).
- For copious phlegm, add Gua Lou Pi (Trichosanthes Rind).
- If phlegm is difficult to expectorate, add Dan Nan Xing (Arisaema pulvis) and Nan Sha Shen (Glehnia).
- For thoracic fullness and oppression, add Zhi Ke (Aurantium Fruit) and Zhu Ru (Bamboo Shaving).
- For cough, add Gua Lou Pi (Trichosanthes Rind) and Qian Hu (Peucedanum).

Ding Xian Wan • 1741

GASTRODIA & AMBER COMBINATION

<i>Salvia Root</i>	SOURCE: <i>Medical Insights (Yi Xue Xin Wu)</i>
DAN SHEN	15.0%
<i>Ophiopogon</i>	FUNCTIONS: Dispel wind, transform phlegm, free the network vessels, and alleviate convulsions.
MAI MEN DONG	14.9%
<i>Gastrodia</i>	INDICATIONS: Treats epileptic-type disorders, dizziness (with falling), schizophrenia, hysteria, and compulsive disorders when these are part of a pattern of phlegm obstruction of the channels and network vessels.
TIAN MA	7.5%
<i>Fritillaria (Zhe)</i>	
ZHE BEI MU	7.5%
<i>Pinellia</i>	Ding Xian Wan addresses internal heat and phlegm that give rise to seizures that occur suddenly and cause the person to lose balance and fall. In severe cases there may be spasms, wry mouth and eyes, foaming at the mouth, and screaming. This formula can also be used to treat depression, schizophrenia, and mania.
BAN XIA	7.5%
<i>Poria</i>	
FU LING	7.5%
<i>Poria (Fushen)</i>	This herb combination can be given at the time of the seizure or used as a preventative formula. Generally, when used as a preventative measure, it is best to combine it with a formula that addresses the specific disharmony of the patient. For example, if the patient suffers from blood vacuity and binding depression of liver qi, it may be appropriate to combine this formula with Xiao Yao San (Tangkuei & Bupleurum Formula). For patients who are depleted by recurrent seizures, one frequently sees Ren Shen (Ginseng) added to this formula. The source text states, “adding three qian of Ren Shen to the formula will make it especially effective.”
FU SHEN	7.5%
<i>Citrus Peel</i>	
CHEN PI	5.2%
<i>Polygala</i>	
YUAN ZHI	5.2%
<i>Amber</i>	
HU PO	3.7%
<i>Arisaema pulvis</i>	Though in modern times a decoction is favored, originally this formula was given as a pill, with the suggestion that it be taken with different liquids depending on the type of seizure from which the patient was suffering. The various types were named for the animal which the seizure brought to mind. The five types of seizures mentioned, and the herb decoction used in each case, were horse (Mai Men Dong), goat (Bo He), pig (Hei Dou), oxen (Da Zao), and dog (Xing Ren).
DAN NAN XING	3.7%
<i>Acorus</i>	
SHI CHANG PU	3.7%
<i>Butthus</i>	
QUAN XIE	3.7%
<i>Silkworm</i>	
JIANG CAN	3.7%
<i>Juncus</i>	Ding Xian Wan translates literally as <i>Fit-Settling Pills</i> , referring to its use in treating epilepsy.
DENG XIN CAO	3.7%

MODIFICATIONS

- For qi vacuity, add Ren Shen (Ginseng).
- For liver wind, add Gou Teng (Gambir).
- For chronic cases where phlegm is prominent, add Tian Zhu Huang (Bamboo Silicea).
- For heat signs, add Zhi Mu (Anemarrhena), Shi Gao (Gypsum), and Mu Dan Pi (Moutan).
- For binding depression of liver qi, add Yu Jin (Curcuma) and Bai Shao (White Peony).

Du Huo Ji Sheng Tang • 4030

TUHUO & LORANTHUS COMBINATION [AVAILABLE IN TABLETS]

<i>Tuhuo Angelica</i>		SOURCE: <i>A Thousand Gold Pieces Prescriptions (Qian Jin Yao Fang)</i>
DU HUO	9.0%	FUNCTIONS: Boost the liver and kidney, supplement qi and blood, dispel wind and damp, and relieve bi pain.
<i>Loranthus</i>		INDICATIONS: Treats wind-damp-cold bi and dual vacuity of the liver and kidney with insufficient blood and qi. Symptoms include pain in the low back and knees, difficulty extending the limbs, numbness in the low back or limbs, aversion to cold with a liking for warmth, palpitations, shallow breathing, a pale tongue with a white fur, and a fine, weak pulse.
SANG JI SHENG	6.5%	
<i>Eucommia</i>		
DU ZHONG	6.5%	
<i>Cyathula</i>		
CHUAN NIU XI	6.5%	
<i>Asarum</i>		
XI XIN	6.5%	
<i>Gentiana macrophylla Root</i>		
QIN JIAO	6.5%	This formula was first recorded by the Tang dynasty physician Sun Si-Miao in the seventh century. It has become the model formula for treating wind-damp-cold bi patterns in patients who suffer from dual vacuity of qi and blood (and of liver and kidney). This circumstance is common in geriatric patients and patients debilitated by taxation disorders or other chronic illnesses.
<i>Poria</i>		
FU LING	6.5%	
<i>Cinnamon Bark</i>		
ROU GUI	6.5%	
<i>Siler</i>		
FANG FENG	6.5%	
<i>Ligusticum</i>		
CHUAN XIONG	6.5%	
<i>Ginseng</i>		
REN SHEN	6.5%	
<i>Licorice</i>		
GAN CAO	6.5%	
<i>Tangkuei</i>		
DANG GUI	6.5%	
<i>White Peony</i>		
BAI SHAO	6.5%	
<i>Rehmannia (Cooked)</i>		
SHU DI HUANG	6.5%	

The *Imperial Grace Formulary of the Tai Ping Era (He Ji Ju Fang)* suggests this formula for postpartum symptoms such as abdominal pain and pain and weakness in the back and legs. Its ability to dispel wind and supplement and move blood makes it ideal for postpartum disorders. According to that text practitioners of the time also used this

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formula successfully to treat joint-running wind (heat bi that presents with rubor and swelling) and leg qi downpour (rubor and swelling in the lower extremities that can extend up to the knee).

The disorders that this formula treats are classified in Western medicine as arthritis, rheumatism, lumbar pain, sciatic pain, back pain, and muscular neuralgia.

MODIFICATIONS

- For acute occurrences, combine with [Shu Jing Huo Xue Tang](#) (Clematis & Stephania Combination) and add Huang Bai (Phellodendron Bark), Ru Xiang (Mastic), and Mo Yao (Myrrh).
- For low back pain, add Xu Duan (Dipsacus).
- For qi vacuity, add Huang Qi (Astragalus).
- For leg qi downpour, add Mu Gua (Chaenomeles), Yi Yi Ren (Coix), Huang Bai (Phellodendron Bark), and Chuan Niu Xi (Cyathula).
- For joint-running wind, add Ren Dong Teng (Lonicera Vine), Fang Ji (Stephania), and a small dose of Long Dan Cao (Gentiana).
- For wind-damp that is prominent, add Qian Nian Jian (Homalomena), Mu Gua (Chaenomeles), and Hai Tong Pi (Erythrina).
- For blood stasis, add Dan Shen (Salvia Root), Ji Xue Teng (Spatholobi), and Hong Hua (Carthamus).
- For eczema in children or geriatric patients, combine with [Dang Gui Yin Zi](#) (Tangkuei & Tribulus Combination).

Dun Sou San • 3760

MULBERRY BARK & PLATYCODON FORMULA

<i>Platycodon</i>		SOURCE: <i>Guidelines for Pattern Identification and Treatment</i> <i>(Zheng Zhi Zhun Sheng)</i>
JIE GENG	8.8%	
<i>Aurantium Fruit</i>		FUNCTIONS: Transform phlegm, open the chest, downbear counter-flow, and relieve cough.
ZHI KE	8.8%	
<i>Pinellia</i>		INDICATIONS: Treats wind-cold exterior patterns with cough and nasal congestion.
BAN XIA	8.8%	
<i>Citrus Peel</i>		
CHEN PI	8.8%	
<i>Peucedanum</i>		
QIAN HU	8.8%	This formula is taken from the section of the source text concerning cough, which simply states that it “treats wind-cold common cold [with] productive cough and nasal congestion.” The source text calls the formula Ning Sou Hua Tan Tang, which translates as <i>Decoction to Pacify Productive Cough and Transform Phlegm</i> . The only difference between that formula and the one prepared as a concentrated granule is the addition of Cong Bai (Allium) to the latter. Since Cong Bai is only one percent of this formula, the two are essentially the same.
<i>Pueraria Root</i>		
GE GEN	8.8%	
<i>Perilla</i>		Dun Sou San translates (rather loosely) as <i>Powder to Immediately Relieve Productive Cough</i> . It is not known why the name of the formula was changed from the one in the source text, but we surmise it was to avoid confusion with Ning Sou Wan (Fritillaria & Platycodon Formula). There are other formulas called Dun Sou San. Their functions differ substantially from the one discussed here.
ZI SU YE	8.8%	
<i>Poria</i>		
FU LING	8.8%	
<i>Mulberry Bark</i>		
SANG BAI PI	7.9%	
<i>Ephedra</i>		
MA HUANG	7.9%	
<i>Apricot Seed</i>		
XING REN	7.9%	
<i>Licorice</i>		
GAN CAO	2.9%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	2.0%	
<i>Allium</i>		
CONG BAI	1.0%	

MODIFICATIONS

- In the winter months, add extra Ma Huang (Ephedra).
- For headache, add Chuan Xiong (Ligusticum).
- For nasal congestion, add Xin Yi Hua (Magnolia Flower), Cang Er Zi (Xanthium), and Ze Lan (Lycopus).
- For digestive upset, add Huo Xiang (Agastache).

Er Chen Tang • 0060

CITRUS & PINELLIA COMBINATION

<i>Citrus Peel</i>		SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
CHEN PI	25.0%	
<i>Pinellia</i>		FUNCTIONS: Dispel phlegm, transform rheum, expel damp, and disinhibit qi.
BAN XIA	25.0%	
<i>Poria</i>		INDICATIONS: For coughs due to damp-phlegm. This cough presents with copious phlegm that is white and easily expectorated, oppression in the chest and diaphragm, nausea and vomiting, heaviness in the limbs, dizziness, palpitations, a thick tongue fur, and a slippery pulse.
FU LING	25.0%	
<i>Licorice (Prepared)</i>		
ZHI GAN CAO	12.5%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	6.25%	
<i>Mume</i>		
WU MEI	6.25%	
		Er Chen Tang is the classic formula for treatment of phlegm-damp. It treats phlegm, damp, or rheum disorders in various locations in the body and addresses both substantial and insubstantial phlegm. For phlegm obstructing the orifices of the heart and causing inability to speak or mental confusion, add agents such as Shi Chang Pu (Acorus), Dan Nan Xing (Arisaema pulvis), Zhu Ru (Bamboo Shaving), and Yuan Zhi (Polygala). For collection of damp in the chest and diaphragm that results in thoracic oppression, lack of appetite, or dizziness, add Zhi Shi (Aurantium Immaturus) and Dan Nan Xing to increase the formula's ability to transform phlegm and rectify qi. Bear in mind that Er Chen Tang is aimed at the water-damp-phlegm pathogen and does not significantly supplement the spleen to help the body transform and transport damp. Therefore it is advisable to include agents such as Bai Zhu (Atractylodes alba) and Ren Shen (Ginseng) if the patient shows signs of qi vacuity. Spleen vacuity is probably what left the patient initially susceptible to the damp pathogen, or damp may have subsequently damaged the patient's spleen qi.
		Note that a small amount of sour and sweet (astringent and nourishing) Wu Mei (Mume) and Gan Cao (Licorice) are included in this formula to offset the drying and dispersing nature of the remaining ingredients. This method of combining agents of opposite function is known as "assisting by opposing."
		Er Chen Tang can be literally translated as <i>Double Vintage Decoction</i> . The appellation "double vintage" refers to the two aged herbs in the formula, Chen Pi (Citrus Peel) and Ban Xia (Pinellia), both of which, like practitioners of Chinese medicine, are said to improve with age.

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MODIFICATIONS

- For cold-phlegm (clear and copious and easily expectorated), add Gan Jiang (Dried Ginger) and Xi Xin (Asarum).
- For heat-phlegm (yellow and thick), add Huang Qin (Scute), Qian Hu (Peucedanum), and Gua Lou Shi (Trichosanthes Fruit).
- For qi stagnation in the central burner (bloating, belching, etc.), add Hou Po (Magnolia Bark) and Zhi Ke (Aurantium Fruit).
- For stubborn phlegm that is difficult to expectorate, add Fu Hai Shi (Pumice) and Dan Nan Xing (Arisaema pulvis).

Er Xian Tang • 0061

CURCULIGO & EPIMEDIUM COMBINATION

<i>Curculigo Root</i>		SOURCE: <i>Study of Gynecology and Obstetrics (Fu Chan Ke Xue)</i>
XIAN MAO	20.0%	FUNCTIONS: Warm kidney yang, supplement kidney essence, drain kidney fire, and harmonize the penetrating and conception (chong and ren) vessels.
<i>Epimedium</i>		
YIN YANG HUO	20.0%	
<i>Morinda</i>		INDICATIONS: Treats a variety of symptoms that result from ascent of
BA JI TIAN	15.0%	vacuity fire and insufficiency of kidney yin and yang. It is particularly useful for treatment of symptoms of menopause including hypertension, menstrual block, hot flashes, sweating, nervousness, fatigue, lassitude, depression, irritability, insomnia, palpitations, and urinary frequency.
<i>Phellodendron Bark</i>		
HUANG BAI	15.0%	
<i>Anemarrhena</i>		
ZHI MU	15.0%	
<i>Tangkuei</i>		
DANG GUI	15.0%	This is a modern formula designed specifically to address the symptoms of menopause. It supplements both yin and yang, with the goal of stimulating yang to engender yin. Clinical studies emphasize its use in treating hypertension. Nowadays, this formula is also used to treat depression and other spirit-essence disorders associated with anterior pituitary hormone hypofunction.
		Yin Yang Huo (Epimedium) is also known as Xian Ling Pi. This appellation shares the character “Xian” – immortal with the other main herb in the formula, Xian Mao (Curculigo Root). The name of the formula, which translates as <i>Two Immortals Decoction</i> , refers to these two ingredients.

MODIFICATIONS

- For high blood pressure associated with menopause, add Du Zhong (Eucommia).
- For hot flashes, add Yin Chai Hu (Stellaria Root) or Hu Huang Lian (Picrorrhiza).
- For menstrual block, add Liu Ji Nu (Artemisiae anomiae) and Ma Bian Cao (Verbena).
- For insomnia, add Yuan Zhi (Polygala) and Suan Zao Ren (Zizyphus Seed).

Er Zhi Wan • 0062

LIGUSTRUM & ECLIPTA COMBINATION

<i>Ligustrum</i>	SOURCE: <i>Medical Formulas Gathered and Explained (Yi Fang Ji Jie)</i>
NÜ ZHEN ZI	50.0%
<i>Eclipta</i>	FUNCTIONS: Supplement kidney yin and nourish the liver.
HAN LIAN CAO	50.0%

INDICATIONS: Treats yin vacuity of the liver and kidney that gives rise to weakness and soreness of the lower back and knees, weakness and atrophy of the lower extremities, dry and parched mouth and throat, dizziness and blurred vision, insomnia, dream disturbed sleep, spontaneous emissions, premature graying, loss of hair, and a red, crimson tongue.

This formula addresses constitutional yin vacuity of the liver and kidney. It is less powerful than such formulas as [Liu Wei Di Huang Wan](#) (Rehmannia Six Formula) or [Da Bu Yin Wan](#) (Rehmannia & Testudinis Combination) but has the advantage of being easy to digest and not causing stagnation. For patients who cannot tolerate formulas containing Sheng Di Huang (Fresh Rehmannia) or Shu Di Huang (Cooked Rehmannia) this is an ideal substitute.

The source text states that this formula “supplements the lower back and knees, strengthens the sinews and bones, strengthens the yin and the kidneys and blackens hair. It is inexpensive and greatly effective.”

The Chinese name of the formula, literally, *Double Extreme Pills*, is said to derive from the fact that Nü Zhen Zi (Ligustrum) is harvested at the very end of winter and Han Lian Cao (Eclipta) is harvested at the extreme end of summer.

MODIFICATIONS

- Add Sang Shen Zi (Mulberry) to increase the formula’s ability to supplement the kidney and nourish blood.
- For pain in the lower back, add Du Zhong (Eucommia) and Xu Duan (Dipsacus).
- For premature graying or hair loss, add He Shou Wu (Polygonum).
- For sleep disturbance, add Suan Zao Ren (Zizyphus Seed) and He Huan Hua (Albizzia Flower).

Er Zhu Tang • 0050

ATRACTYLODES & ARISAEMA COMBINATION

<i>Pinellia</i>		SOURCE: <i>Return to Spring from the Myriad Diseases</i> (<i>Wan Bing Hui Chun</i>)
BAN XIA	15.4%	FUNCTIONS: Dry damp, transform phlegm, course the channels, and relieve pain.
<i>Atractylodes</i>		INDICATIONS: For upper burner damp-phlegm-rheum disorders that move horizontally into the channels and network vessels and result in pain in the shoulder or arm. The formula also treats spleen and lung vacuity that gives rise to failure to transport and transform phlegm and food.
CANG ZHU	11.5%	
<i>Arisaema</i>		
TIAN NAN XING	7.7%	
<i>Citrus Peel</i>		Though the source text recommends Er Zhu Tang only for pain in the shoulder and upper arm, it is used in modern times to treat wind-damp-cold bi patterns anywhere in the body. Many practitioners add blood-moving agents such as Dang Gui (Tangkuei), Ji Xue Teng (Spatholobi), Ru Xiang (Mastic), and Mo Yao (Myrrh), or they combine Er Zhu Tang with a formula like Shu Jing Huo Xue Tang (Clematis & Stephania Combination) when the disorder is painful and add supplementing agents such as Xu Duan (Dipsacus), Du Zhong (Eucommia), Huang Qi (Astragalus), and Sang Ji Sheng (Loranthus) as the condition improves.
CHEN PI	7.7%	
<i>Cyperus</i>		
XIANG FU	7.7%	
<i>Scute</i>		
HUANG QIN	7.7%	
<i>Clematis</i>		For long-term bi patterns it is often effective to combine this formula with a supplementing one such as Shen Ling Bai Zhu San (Ginseng & Atractylodes Formula) to address the root condition. The proportion of root formula should grow as the patient improves.
WEI LING XIAN	7.7%	
<i>Notopterygium</i>		
QIANG HUO	7.7%	
<i>Atractylodes (Alba)</i>		The Chinese name of the formula could be translated as <i>Double Atractylodes Decoction</i> reflecting that it contains both Bai Zhu (Atractylodes alba) and Cang Zhu (Atractylodes).
BAI ZHU	7.7%	
<i>Poria</i>		
FU LING	7.7%	
<i>Licorice</i>		
GAN CAO	7.7%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	3.8%	

MODIFICATIONS

- For lower body cold-damp joint pain, add Niu Xi (Achyranthes) and Du Huo (Tuhuo Angelica).
- For stiff neck or nape, add Du Huo (Tuhuo Angelica) and Ge Gen (Pueraria Root).
- For shoulder pain that is relieved by heat, add Gui Zhi (Cinnamon Twig).
- Combine with [Du Huo Ji Sheng Tang](#) (Tuhuo & Loranthus Combination) for cold-damp low back pain.

Fang Feng Tong Sheng San • 1450

SILER & PLATYCODON FORMULA [AVAILABLE IN TABLETS]

<i>Talc</i>		SOURCE: <i>Elucidation of Theories and Formulas</i> (<i>Xuan Ming Lun Fang</i>)
HUA SHI	21.9%	FUNCTIONS: Dispel wind, drain heat, boost qi, and nourish blood.
<i>Licorice</i>		INDICATIONS: Treats strong fever and aversion to cold, dizziness, sore, red eyes, difficulty swallowing, nasal congestion with thick and sticky discharge, a bitter taste in the mouth, dry mouth, glomus and oppression in the chest and diaphragm, constipation, dark, rough urination, a yellow, greasy tongue fur, and a pulse that is flooding and rapid or wiry and slippery.
GAN CAO	21.9%	
<i>Platycodon</i>		
JIE GENG	7.4%	
<i>Scute</i>		
HUANG QIN	7.4%	
<i>Siler</i>		
FANG FENG	3.6%	
<i>Ligusticum</i>		
CHUAN XIONG	3.6%	This formula was designed to treat repletion heat that exists in both the interior and the exterior. This can occur from a heat disorder that penetrates the interior while still remaining on the exterior, or from the contraction of a wind-heat pattern by patients who have an ongoing internal-heat condition.
<i>Tangkuei</i>		
DANG GUI	3.6%	
<i>White Peony</i>		
BAI SHAO	3.6%	Treatment of heat-type influenza is the most common use for this formula. A few days after onset, the patient's condition shifts from a strictly external heat pattern to one of both interior and exterior heat. The patient will feel very hot, have a tight chest, constipation, and thick nasal discharge. Fang Feng Tong Sheng San addresses this stage of the disorder.
<i>Rhubarb</i>		
DA HUANG	3.6%	
<i>Mint</i>		
BO HE	3.6%	
<i>Ephedra</i>		
MA HUANG	3.6%	A unique aspect of this formula is the use of warm exterior resolvents such as Ma Huang (Ephedra) and Jing Jie (Schizonepeta) to treat exterior wind-heat. This gives the formula a very strong ability to ou thrust pathogens from the exterior and effuse sweat. A strong capacity to resolve the exterior not only dispels the pathogen from the exterior, but is also necessary to offset herbs such as Da Huang (Rhubarb) that, while useful for clearing internal heat, might lead the external pathogen deeper into the body.
<i>Forsythia</i>		
LIAN QIAO	3.6%	
<i>Gypsum</i>		
SHI GAO	3.6%	
<i>Schizonepeta</i>		
JING JIE	1.8%	
<i>Atractylodes (Alba)</i>		
BAI ZHU	1.8%	In modern times, aside from treating colds and flu as described above, this formula is also applied to bronchitis, nasal infections, hot, acute skin disorders, and conjunctivitis when these are part of a pattern of heat in both the interior and exterior with signs such as a rapid, flooding pulse and a red tongue with a greasy, yellow fur. Exterior conditions are short-lived, and this formula is very dispersing and draining; it is thus inappropriate for long-term use.
<i>Gardenia</i>		
SHAN ZHI ZI	1.8%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	1.8%	
<i>Mirabilitum</i>		
MANG XIAO	1.8%	

CONTINUED

Both Fang Feng Tong Sheng San and **Da Chai Hu Tang** (Major Bupleurum Combination) treat internal-external patterns. Where as Da Chai Hu Tang is from six-stage theory and treats pathogens lodged between the shao yang and yang ming stages of disease, Fang Feng Tong Sheng San relates more to four-aspect heat disorders and treats pathogens that simultaneously attack both the qi and the wei. A function that reflects this difference is that Fang Feng Tong Sheng San treats fever and aversion to cold that occur simultaneously, while Da Chai Hu Tang treats alternating chills and fever.

It has become popular in certain circles to use Fang Feng Tong Sheng San with repletion patients who wish to lose weight. While effective in the short-term, long-term use of this formula is inappropriate and, according to the principles of Chinese medicine, will dissipate qi and damage fluids.

In one study done in China this formula was used to treat flat warts. Treatment was given for twenty days and about 90% of the patients had good results. This merits further investigation.

The Chinese formula name can be rendered into English as *Siler Sage-Inspired Powder* out of respect for its efficacious character. Note that there is a formula known as *Siler Sage-Inspired Pills* (Fang Feng Tong Sheng Wan) that contains the same ingredients as *Siler Sage-Inspired Powder* but without Mang Xiao (Mirabilitum) and with the addition of Ren Shen (Ginseng), Ban Xia (Pinellia) and Niu Bang Zi (Arctium). It has a similar but less draining function. This pill form of the formula is available as a patent medicine but not as a concentrated granule. A version of this formula from *The Golden Mirror of Medicine* (Yi Zong Jin Jian) contains no Da Huang (Rhubarb) or Mang Xiao. It is called **Shuang Jie Tong Sheng San** or *Dual Resolution Sage-Inspired Powder* (KPC # 1460). Consider using that formula if a dual interior-exterior heat pattern presents without constipation.

MODIFICATIONS

- For lung heat with cough and phlegm, add Qian Hu (Peucedanum), Gua Lou Shi (Trichosanthes Fruit), Yu Xing Cao (Houttuynia), and extra Huang Qin (Scute).
- For nasal infections, add Chi Shao (Red Peony), Cang Er Zi (Xanthium), and Xin Yi Hua (Magnolia Flower).
- For conjunctivitis, add Ju Hua (Chrysanthemum) and Man Jing Zi (Vitex).
- For acute, hot rashes, add Bai Ji Li (Tribulus), Jin Yin Hua (Lonicera Flower), and Bai Mao Gen (Imperata).
- For hot (red) hives, add Fu Ping (Spirodela) and Bai Ji Li (Tribulus).

Fang Ji Huang Qi Tang • 1470

STEPHANIA & ASTRAGALUS COMBINATION

<i>Stephania</i>		SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> <i>(Jin Gui Yao Lie)</i>
FANG JI	26.7%	
<i>Astragalus</i>		FUNCTIONS: Dispel wind and damp, disinhibit water, disperse swelling, boost qi, and fortify the spleen.
HUANG QI	26.7%	
<i>Atractylodes (Alba)</i>		INDICATIONS: Treats wind-damp and wind-water accumulation due to vacuity of correct qi and defense (wei) qi. This pattern presents with sweating, an aversion to wind, water swelling, a feeling of heaviness, inhibited urination, a pale tongue with a white fur, and a floating pulse. The formula can also be applied to wind-damp bi patterns.
BAI ZHU	20.0%	
<i>Licorice (Prepared)</i>		
ZHI GAN CAO	13.3%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	6.65%	
<i>Jujube</i>		
DA ZAO	6.65%	This is a formula intended to treat patients who suffer from qi vacuity as well as damp. In the source text it is recommended for weak patients who, when attacked by a wind pathogen, exhibit sweating, fatigue, feelings of heaviness, inhibited urination, and a floating pulse. While the modern practitioner may see this picture occasionally, this formula is used more often for constitutionally weak patients who accumulate damp, which may be in the form of water swelling, joint pain, or weight gain.
		Nowadays in China, the formula is often applied to water swelling associated with nephritis. Another common use is in the treatment of obesity. It can be effective for these conditions provided the patient fits the pattern of qi vacuity with spontaneous sweating, damp accumulation, and inhibited urination.

MODIFICATIONS

- For weight loss, add Zhi Shi (Aurantium Immaturus), Wu Wei Zi (Schizandra), and Fu Ling (Poria).
- For water swelling, add Sheng Jiang Pi (Fresh Ginger Peel) and Fu Ling (Poria).
- For joint pain (arthritis), add Wei Ling Xian (Clematis), Wu Jia Pi (Acanthopanax), and, if no heat signs are evident, a small amount of Fu Zi (Prepared Aconite).

Fen Xiao Tang • 0840

PORIA & ALISMA COMBINATION

<i>Atractylodes</i>		SOURCE: <i>Return to Spring from the Myriad Diseases</i> (<i>Wan Bing Hui Chun</i>)
CANG ZHU	11.6%	
<i>Poria</i>		FUNCTIONS: Fortify the stomach, supplement the center, move water, and expel stagnation.
FU LING	11.6%	
<i>Atractylodes (Alba)</i>		INDICATIONS: For abdominal fullness and drum-like distention, glomus in the epigastrium, pitting edema and ascites, scanty, yellow urine, and constipation. In Western terms, this pattern presents as disorders like exudative pleurisy, nephritis, ascites and cirrhosis of the liver.
BAI ZHU	11.6%	
<i>Alisma</i>		
ZE XIE	7.9%	
<i>Citrus Peel</i>		
CHEN PI	7.9%	Fen Xiao Tang is designed to treat a replete condition of water swelling and distention in the upper abdomen. Certain types of liver cancer, cirrhosis of the liver, and nephritis may present with this type of picture, which is presumably due to an underlying spleen vacuity that, over time, gives rise to a collection of water in the abdominal cavity. This formula aims to disperse water accumulation, supplement the center, dispel damp, and disinhibit water to relieve drum-distention or ascites. It is a branch formula and should be followed by a formula that addresses the root condition more completely.
<i>Magnolia Bark</i>		
HOU PO	7.9%	
<i>Cyperus</i>		
XIANG FU	7.9%	
<i>Polyporus</i>		
ZHU LING	7.9%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	7.9%	
<i>Vladimiria</i>		
MU XIANG	4.2%	
<i>Areca Husk</i>		
DA FU PI	4.2%	
<i>Amomum</i>		
SHA REN	4.2%	
<i>Aurantium</i>		
<i>Immaturus</i>		
ZHI SHI	4.2%	
<i>Juncus</i>		
DENG XIN CAO	1.0%	

MODIFICATION

- If distention is extreme, add Lai Fu Zi (Raphanus).

Fu Ling Yin • 2390

PORIA COMBINATION

<i>Ginger (Fresh)</i>		SOURCE: <i>Essential Secrets from Outside the Metropolis</i> (<i>Wai Tai Mi Yao</i>)
SHENG JIANG	23.0%	
<i>Poria</i>		FUNCTIONS: Dispel phlegm-rheum, fortify the stomach, and rectify central burner qi.
FU LING	17.1%	
<i>Ginseng</i>		INDICATIONS: Treats phlegm-rheum collection in the epigastrium owing to spleen vacuity. Symptoms include nausea or vomiting of clear fluid, thoracic oppression, abdominal fullness that represses appetite, and cough with expectoration of clear fluid.
REN SHEN	17.1%	
<i>Atractylodes (Alba)</i>		
BAI ZHU	17.1%	
<i>Citrus Peel</i>		
JU PI	14.3%	This formula treats fluid collection in the chest or upper abdomen with either coughing up, or vomiting of clear fluid. It is ideal for this situation as it both supplements the central burner and rectifies central burner qi. The condition may equate to chronic gastritis, excess fluid production in the stomach, or chronic cough (especially in older patients) in Western Medicine. This formula is also used to treat children's digestive disorders owing to spleen vacuity and fluid retention.
<i>Aurantium Immaturus</i>		
ZHI KE	11.4%	
		Fu Ling Yin concentrates on the root of the disorder (spleen vacuity) and pays less attention to the branch (fluid collection). For this reason, some practitioners believe it is best used when the bulk of the collected fluid has already been vomited or coughed forth.
		The qi-rectifying and center-supplementing characteristics of the formula also make it a good one for patients with acid reflux or the uncomfortable symptom of burping up undigested food material.

MODIFICATIONS

- If vomiting has weakened the qi, add extra Ren Shen (*Ginseng*).
- For vomiting of clear fluid, add Ban Xia (*Pinellia*).
- For clear fluid collection in the chest, add Jie Geng (*Platycodon*), Ban Xia (*Pinellia*), and Chen Pi (*Citrus Peel*).
- For lack of appetite, add Sha Ren (*Amomum*) and Shen Qu (*Massa Medicata Fermentata*).
- For children's digestive disorders, add Sha Ren (*Amomum*) and Xiao Hui Xiang (*Fennel*).

Fu Tu Dan • 2400**PORIA & CUSCUTA FORMULA**

<i>Cuscuta</i>		SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era (He Ji Ju Fang)</i>
TU SI ZI	33.3%	FUNCTIONS: Engender fluids, boost qi, fortify the spleen, and secure essence.
<i>Schizandra</i>		INDICATIONS: Treats seminal efflux, cloudy urine, lower burner dispersion thirst (xiao ke), and morning diarrhea.
WU WEI ZI	26.7%	
<i>Dioscorea</i>		
SHAN YAO	20.0%	
<i>Poria</i>		Regarding the herbs in this formula, <i>Medical Formulas Gathered and Explained (Yi Fang Ji Jie)</i> states, “Tu Si Zi (<i>Cuscuta</i>) is acrid and sweet; it pacifies. It strengthens yin and boosts yang and can treat essence-cold seminal loss. Wu Wei Zi (<i>Schizandra</i>) enriches the kidney and engenders liquids. Lian Zi (<i>Lotus Seed</i>) clears the heart and alleviates turbidity. Shan Yao (<i>Dioscorea</i>) fortifies the spleen and disinhibits damp. These are all materials that astringe essence and secure qi. Fu Ling (<i>Poria</i>) can connect heart qi with the kidney and disinhibit urine, while not moving qi.”
FU LING	10.0%	
<i>Lotus Seed</i>		
LIAN ZI	10.0%	
		From this comment we can see that the formula supplements the kidney while at the same time paying attention to the heart. This attention to water and fire points out the inter-relationship between the two organs in regard to seminal loss, white or red turbidity (cloudy discharge from the penis), and lower burner dispersion thirst.
		Red turbidity is thought to be owing to heart fire, and to treat this disorder the source text suggests taking the formula (originally a pill) with a draft of Deng Xin Cao (<i>Juncus</i>) to drain heart fire. White turbidity is thought to reflect spleen damp, for which, one is directed to take the formula with a draft of Fu Ling (<i>Poria</i>). Seminal loss is thought to originate from kidney vacuity, and thus the formula is said to be more effective for that disorder if taken with warm, salty water. Lastly, for dispersion thirst, rice porridge is the liquid of choice to wash down the formula. The modifications at the end of this section reflect the same thinking. Bear in mind that for this formula to be appropriate, kidney vacuity must be an underlying root cause behind the symptoms.
		Modern practitioners apply this formula’s functions to the treatment of diabetes, seminal loss, chronic hepatitis, chronic urinary tract infections, and weak evacuation of urine. Some practitioners also use Fu Tu Dan to treat spleen-kidney diarrhea that occurs in the early morning.
		Where as <i>Zhi Zhuo Gu Ben Wan</i> (<i>Poria & Polyporus Formula</i>) addresses central burner damp-heat that results in seminal loss or turbid discharge, FuTu Dan does the same for those symptoms when they are related to kidney vacuity.

CONTINUED

MODIFICATIONS

- For red turbidity (discharge with blood), add Deng Xin Cao (Juncus) and Mu Tong (Clematis armandi).
- For white turbidity (white discharge), combine with [Wu Ling San](#) (Poria Five Herb Formula).
- For lower burner dispersion thirst (with cloudy or unctuous urine), add Geng Mi (Rice), Sha Shen (Glehnia), and Mai Men Dong (Ophiopogon).
- For morning diarrhea, add Bu Gu Zhi (Psoralea).
- For seminal loss, add Long Gu (Dragon Bone Fossil) and Mu Li (Oyster Shell).

Fu Yuan Huo Xue Tang • 3590

TANGKUEI & PERSICA COMBINATION

<i>Bupleurum</i>		SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era (He Ji Ju Fang)</i>
CHAI HU	22.8%	FUNCTIONS: Course the liver, free the network vessels, quicken blood, and dispel stasis.
<i>Persica</i>		INDICATIONS: Treats traumatic injury that causes blood to leave the vessels and excruciating pain to occur in chest, hypochondria, or flanks. Also treats various other blood stasis chest disorders.
TAO REN	18.0%	
<i>Tangkuei Tail</i>		
DANG GUI WEI	13.8%	
<i>Trichosanthes Root</i>		
TIAN HUA FEN	13.8%	This formula is a powerful blood-moving formula that treats blood stasis in the thorax. While originally intended for trauma to the chest, its use has been expanded to include such disorders as intercostal neuralgia and post-herpetic pain. The formula is also suitable for post-surgical pain especially if the surgery was in the thorax or upper abdomen.
<i>Rhubarb</i>		
DA HUANG	13.8%	
<i>Carthamus</i>		
HONG HUA	8.9%	
<i>Licorice</i>		
GAN CAO	8.9%	This formula can treat trauma to other parts of the body if amended with additional agents. See suggestions below.
<hr/>		
The Chinese name of the formula translates as <i>Origin-Reviving, Blood-Quickening Decoction</i> . This appellation presumes that the formula, by coursing qi and dispersing stasis, helps the body's original qi to recover from injury. Note that this version of the formula differs slightly from the formula of the same name in <i>Elucidating the Study of Medicine (Yi Xue Fa Ming)</i> . The KPC formula also does not include Chuan Shan Jia (Pangolin Scales) even though it is in the original formula. This is owing to the inclusion of Pangolin in the Convention on International Trade of Endangered Species (CITES).		
Fu Yuan Huo Xue Tang is contraindicated in pregnancy.		

MODIFICATIONS

- To increase the blood-moving and pain-relieving function of the formula, add Yu Jin (Curcuma), Ru Xiang (Mastic), and Mo Yao (Myrrh).
- For post-herpetic pain, add Xuan Shen (Scrophularia), Yan Hu Suo (Corydalis), and Bai Shao (White Peony).
- For intercostal neuralgia, add Chuan Lian Zi (Melia) and Bai Shao (White Peony).
- For low back trauma or strain, add Xu Duan (Dipsacus), Ru Xiang (Mastic), and Sang Ji Sheng (Loranthus).
- For acute trauma to the upper limbs, add Ru Xiang (Mastic), Mo Yao (Myrrh), Huang Qin (Scute), Sang Zhi (Mulberry Twig), and Jiang Huang (Turmeric).
- For acute trauma to the lower limbs, add Chuan Niu Xi (Cyathula), San Qi (Notoginseng), Che Qian Zi (Plantago Seed), and Huang Bai (Phellodendron Bark).

Fu Zi Li Zhong Tang • 1760

aconite, ginseng, & ginger combination

<i>Aconite (Prepared)</i>	
FU ZI	20.0%
<i>Ginseng</i>	
REN SHEN	20.0%
<i>Dried Ginger</i>	
GAN JIANG	20.0%
<i>Atractylodes (Alba)</i>	
BAI ZHU	20.0%
<i>Licorice (Prepared)</i>	
ZHI GAN CAO	20.0%

SOURCE: Guidelines for Pattern Identification and Treatment
(Zheng Zhi Zhun Sheng)

FUNCTIONS: Warm yang, dispel cold, boost qi, and fortify the spleen.
INDICATIONS: Treats central-burner vacuity cold that causes abdominal pain, diarrhea, vomiting (gastroenteritis), or sudden turmoil disorder (huo juan).

This variation of **Li Zhong Tang** (Ginseng & Ginger Combination) is intended to treat a serious yang-vacuity cold pattern that affects the central burner. The Chinese name translates as *Aconite Center-Rectifying Pills*, which reflects that this formula rectifies central burner qi flow that is disrupted by the presence of a cold pathogen. This situation is usually owing to severe damage to the yang qi of the central burner. Long-term illness, overuse of antibiotic or anti-fungal medications, poor diet, cold pathogens, or incorrect usage of purgatives can all lead to depletion of the central burner yang qi.

Recognition of this pattern requires paying attention to the patient's history as well as assessing whether the condition is improved with warmth (i.e., a heating pad or warm fluids) and worse with cold. Other determining symptoms include a deep, slow pulse, poor appetite and digestion, loose stools with undigested food particles, and counterflow cold in the hands and feet.

MODIFICATIONS

- For chronic yang-vacuity diarrhea, add Rou Dou Kou (Myristica), Fu Ling (Poria), and Pao Jiang (Charred Ginger).
 - For cold stomach pain, add Gao Liang Jiang (Galanga) and Yan Hu Suo (Corydalis).
 - For vacuity-cold bleeding, add A Jiao (Gelatin), Pao Jiang (Charred Ginger), and Mu Li (Oyster Shell).
 - To warm yang qi more strongly, add Rou Gui (Cinnamon Bark).
 - For cold limbs, add Dang Gui (Tangkuei).
 - For nausea and vomiting, add Ban Xia (Pinellia) and Fu Ling (Poria).
 - For slight signs of stagnation-heat, as in sudden turmoil disorder, add a small amount of Huang Lian (Coptis).
 - For signs of phlegm-rheum accumulation (fluid accumulation in the chest and abdomen), combine with [Wei Ling Tang](#) (Magnolia & Poria Combination) or [Zhen Wu Tang](#) (Ginger, Aconite, Poria, & Peony Combination).

Gan Cao Xie Xin Tang • 1080

PINELLIA & LICORICE COMBINATION

<i>Pinellia</i>	
BAN XIA	23.5%
<i>Licorice (Prepared)</i>	
ZHI GAN CAO	23.5%
<i>Scute</i>	
HUANG QIN	17.8%
<i>Dried Ginger</i>	
GAN JIANG	17.8%
<i>Jujube</i>	
DA ZAO	11.6%
<i>Coptis</i>	
HUANG LIAN	5.8%

SOURCE: *On Cold Damage (Shang Han Lun)*

FUNCTIONS: Clear heat, drain fire, fortify the spleen, and harmonize the stomach.

INDICATIONS: This formula treats stomach qi weakness and vacuity that presents as symptoms of diarrhea with a thunderous sound in the abdomen, undigested food in the stool, glomus and fullness below the heart, dry heaves, and heart vexation.

This formula is produced by adding a large dose of Zhi Gan Cao (Prepared Licorice) to [Ban Xia Xie Xin Tang](#) (Pinellia Combination). It treats the same pattern of middle burner binding of hot and cold as Ban Xia Xie Xin Tang, but also addresses central burner vacuity. Because this formula emphasizes center supplementation, it is appropriate for patients with long-term central burner vacuity who suffer from chronic or subacute attacks of diarrhea, nausea, abdominal distention, and glomus (a subjective feeling of a lump usually in the epigastric region). Patients with upper body heat signs, such as mouth sores or vexation, and lower body cold, characterized by loose stools and an abdomen that is cool to the touch, are good candidates for Gan Cao Xie Xin Tang. Other distinguishing characteristics of this pattern are poor appetite and mild nausea or belching. This formula was originally intended to treat a very specific pattern of bound hot and cold with central burner vacuity owing to mistaken purging during the course of a wind strike (i.e., an external contraction such as a cold or flu). Through the ages its use has expanded to treat more chronic disorders that present with symptoms similar to those caused by ill-advised purging.

This formula is named for its ability to drain repletion from the region of the epigastrium, which in Chinese medicine is referred to as the heart; thus the appellation *Licorice Heart-Draining Decoction*. The inclusion of Gan Cao (Licorice) in the formula name reminds practitioners that this formula supplements the center as it drains repletion.

MODIFICATIONS

- To focus on nausea and vomiting, add Sheng Jiang (Fresh Ginger) and Zhu Ru (Bamboo Shaving).
- To more aggressively address chronic diarrhea, add Rou Dou Kou (Myristica) and/or Chi Shi Zhi (Halloysite).
- To increase the supplementing aspect of the formula, add Dang Shen (Codonopsis).

Gan Lu Xiao Du Dan • 1050

FORSYTHIA & ACORUS FORMULA

<i>Talc</i>		SOURCE: <i>Warp and Weft of Warm Heat</i> (<i>Wen Re Jing Wei</i>)
HUA SHI	20.8%	FUNCTIONS: Disinhibit damp, transform turbidity, disperse heat, and resolve toxin.
<i>Capillaris</i>		INDICATIONS: This formula treats the initial stage of damp-warmth disorders. Symptoms include: fever, achy limbs, lethargy, sore, swollen throat, thoracic oppression, abdominal distention, dark, scanty urine, a white, slimy tongue fur (or dry-yellow), and a soft, rapid pulse.
YIN CHEN HAO	15.2%	
<i>Scute</i>		
HUANG QIN	13.9%	
<i>Acorus</i>		
SHI CHANG PU	8.3%	
<i>Fritillaria (Chuan)</i>		
CHUAN BEI MU	6.9%	This formula was designed to treat a strong damp-heat (summer-heat) pathogen in the qi aspect. This pattern is characterized by high fever, sore throat, short, dark urination, and thoracic oppression. A seasonal disorder of this kind can present with diarrhea or constipation, and may include lack of sweat or sweating that does not abate the fever.
<i>Clematis armandi</i>		
MU TONG	6.9%	
<i>Forsythia</i>		
LIAN QIAO	5.6%	Though this formula has a large amount of damp-disinhibiting agents such as Hua Shi (Talc) and Mu Tong (<i>Clematis armandi</i>), it is especially intended for patterns where heat is more prominent than damp. This is the opposite of San Ren Tang (Triple Nut Combination), which is better suited for patterns that are strongly damp. Nowadays, Gan Lu Xiao Du Dan is used to treat enteritis, hepatitis (icteric), and influenza when these present with the symptoms mentioned above. The name of the formula could be translated as <i>Sweet Dew Toxin-Dispelling Elixir</i> . ‘Toxin’ is a reference to the strong heat component of the pathogen and ‘sweet dew’ is a reference to the cooling effect of the combination. In later texts the formula was sometimes called <i>Universal Aid Toxin-Resolving Elixir</i> (<i>Pu Ji Jie Du Dan</i>).
<i>Agastache</i>		
HUO XIANG	5.6%	
<i>Belamcanda</i>		
SHE GAN	5.6%	
<i>Mint</i>		
BO HE	5.6%	The influenza pattern that this formula treats is most common in the summer and is the type of flu that tends to linger. Other symptoms can include nausea, vomiting, fatigue, and lack of appetite.
<i>Cardamon</i>		
BAI DOU KOU	5.6%	Modern sources state that this formula is now also used to treat phlegm-cough associated with damp-heat in the lungs.

MODIFICATIONS

- If both heat and damp are extreme, combine with [San Ren Tang](#) (Triple Nut Combination).
- For hepatitis, add Shan Zhi Zi (Gardenia) and Huang Bai (Phellodendron Bark).
- For constipation, add Da Huang (Rhubarb).
- For nephritis, add Qu Mai (Dianthus), Bian Xu (Polygonum aviculare), and Bai Mao Gen (Imperata).
- For sore throat, add Ban Lan Gen (Isatis Root).

Gan Lu Yin • 1060

SWEET COMBINATION [AVAILABLE IN TABLETS]

<i>Rehmannia (Fresh)</i>	
SHENG DI HUANG	10.0%
<i>Rehmannia (Cooked)</i>	
SHU DI HUANG	10.0%
<i>Asparagus Tuber</i>	
TIAN MEN DONG	10.0%
<i>Ophiopogon</i>	
MAI MEN DONG	10.0%
<i>Aurantium Fruit</i>	
ZHI KE	10.0%
<i>Capillaris</i>	
YIN CHEN HAO	10.0%
<i>Licorice (Prepared)</i>	
ZHI GAN CAO	10.0%
<i>Loquat Leaf</i>	
PI PA YE	10.0%
<i>Ephemera</i> <i>fimbriata</i>	
SHI HU	10.0%
<i>Scute</i>	
HUANG QIN	10.0%

SOURCE: *Imperial Grace Formulary of the Tai Ping Era*
(*He Ji Ju Fang*)

FUNCTIONS: Clear heat, dispel damp, cool blood, and nourish the stomach.

INDICATIONS: Damp heat in the stomach presenting as swollen, pus-filled gums, red, swollen and painful eyes, hunger with no desire to eat, sore throat, mouth sores, constipation, or flat abscesses (*ju*).

This formula comes from a section of the source text that is concerned with heat accumulation, specifically, heat accumulation in the stomach. This heat accumulation can be the result of invasion of an external pathogen or from internal damage owing to dietary intemperance.

The symptoms include swollen, pus-exuding gums, mouth and tongue sores, sore, swollen throat, or flat abscesses (*ju*). The implication in the source text is that in the case of toxic swellings, this formula is for lesions (*ju*) that result from intemperate alcohol consumption.

This formula not only clears heat and resolves toxin to disperse heat accumulation but simultaneously protects the yin of the stomach.

For sores in the mouth owing to stomach heat, there are three common formulas to choose from: [Qing Wei San](#) (Coptis & Rehmannia Formula), [Xie Huang San](#) (Siler & Licorice Formula) and Gan Lu Yin. Patients who suffer from great hunger with desire to eat but show no blood-aspect heat (bleeding) may be best suited for Xie Huang San, and those whose mouth sores are owing to severe heat accumulation may be best treated with Qing Wei San. Of the three, the only formula that addresses yin vacuity in a substantial way is Gan Lu Yin. Another differentiating point for the three formulas is that Gan Lu Yin addresses both damp and heat, while the other two formulas address only heat. Note that if mouth sores are owing to pure yin vacuity, [Yu Nü Jian](#) (Rehmannia & Gypsum Combination) may be appropriate.

MODIFICATION

- For mouth sores, add Huang Lian (Coptis).

Gan Mai Da Zao Tang • 1070

LICORICE & JUJUBE COMBINATION

<i>Wheat</i>		SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> <i>(Jin Gui Yao Liüe)</i>
XIAO MAI	64.5%	
<i>Jujube</i>		FUNCTIONS: Nourish the heart, quiet the spirit, supplement and harmonize the center, and relax tension.
DA ZAO	19.4%	
<i>Licorice</i>		INDICATIONS: This is the representative formula for visceral agitation disorder due to heart qi vacuity and depression of liver qi. Symptoms include disorientation, frequent sadness with an urge to weep, emotionalism, insomnia, frequent sighing, and a red tongue with scant fur. In severe cases the patient may exhibit abnormal speech and behavior.
GAN CAO	16.1%	

The pattern this formula was designed to treat is one in which heart qi is insufficient and heart blood fails to nourish. This leaves the spirit agitated and unstable. By nourishing the heart and supplementing the center, the root is addressed and the branch ameliorated. This approach has been used through the centuries to treat such diverse outcomes of this root cause as infantile night-crying, menopausal symptoms, nocturnal fright, sleepwalking, and chronic sore throat. This formula is sometimes referred to as Gan Cao Xiao Mai Da Zao Tang. Note that visceral agitation owing to insufficiency of the liver and kidney is best treated with a formula that addresses those issues such as [Liu Wei Di Huang Wan](#) (Rehmannia Six Formula).

MODIFICATIONS

- For heart qi vacuity, add Wu Wei Zi (Schizandra) and Mai Men Dong (Ophiopogon). If qi vacuity gives rise to fright palpitations or racing heart, include Ren Shen (Ginseng) and Huang Qi (Astragalus Root).
- For sleep disorders from vacuity, add Wu Wei Zi (Schizandra), Suan Zao Ren (Zizyphus Seed), and Yuan Zhi (Polygala).
- For vexation-insomnia, add Ye Jiao Teng (Polygonum multifloru Vine) and He Huan Pi (Albizzia Bark).
- For visceral agitation, add Bai He (Lily), Sheng Di Huang (Fresh Rehmannia), and Suan Zao Ren (Zizyphus Seed).
- For yin vacuity, especially that associated with menopause, add Bai He (Lily) and Sheng Di Huang (Fresh Rehmannia).
- For chronic sore throat, add Xuan Shen (Scrophularia).

Ge Gen Huang Qin Huang Lian Tang • 3700

PUERARIA, COPTIS, & SCUTE COMBINATION

<i>Pueraria Root</i>	
GE GEN	50.0%
<i>Coptis</i>	
HUANG LIAN	18.8%
<i>Scute</i>	
HUANG QIN	18.8%
<i>Licorice (Prepared)</i>	
ZHI GAN CAO	12.4%

SOURCE: *On Cold Damage (Shang Han Lun)*

FUNCTIONS: Clear heat, resolve the exterior, harmonize the center, and relieve diarrhea.

INDICATIONS: Treats an exterior pathogen attacking the interior with resultant foul-smelling diarrhea, fever, burning sensation around the anus, vexation heat in the chest and gastric region, a dry mouth with thirst, gasping, and sweating. Typically, the pattern presents with a yellow tongue fur and a floating, rapid pulse.

If, before it is resolved, an exterior pathogen attacks the interior, the condition is considered to be a combination tai yang – yang ming pattern. If this gives rise to diarrhea, the layperson will often call it stomach flu. To address this situation, this formula uses Ge Gen (Pueraria Root) to resolve the exterior; it also employs Huang Qin (Scute) and Huang Lian (Coptis) to clear the interior, and, along with Ge Gen, to relieve diarrhea. Zhi Gan Cao (Prepared Licorice) protects central burner qi from damage by the bitter and cold herbs and also harmonizes the formula.

There are several formulas that treat combination patterns of tai yang and yang ming. Ge Gen Huang Qin Huang Lian Tang is best when this pattern is primarily internal and the exterior signs are relatively minor. [Ge Gen Tang](#) (Pueraria Combination) is appropriate if the exterior pattern is major and the interior heat minor. These are in contradistinction to [Bai Tou Weng Tang](#) (Pulsatilla Combination), which treats diarrhea owing to powerful internal heat-toxin characterized by abdominal cramping and pus and blood in the stool. For combination patterns of tai yang and yang ming where the internal heat is extreme, using Bai Tou Weng Tang in combination with Ge Gen Huang Qin Huang Lian Tang is sometimes necessary.

Note that this formula is appropriate when there are signs of yang ming pattern such as fever, thirst, and vexation. To treat combination tai yang and shao yang patterns characterized by bitter taste, hearing loss, nausea, flank pain, alternating fever and chills, and diarrhea, consider [Huang Qin Tang](#) (Scute & Licorice Combination).

Ge Gen Huang Qin Huang Lian Tang is suitable for acute damp-heat diarrhea. Adding agents such as Che Qian Zi (Plantago Seed) and Bai Tou Weng (Pulsatilla) will increase the formula's ability to dispel

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damp-heat. For children with this pattern, adding Jin Yin Hua (Lonicera Flower), Che Qian Zi, and extra Ge Gen (Pueraria Root) can increase efficacy.

This formula is mentioned in the source text for the treatment of a [Gui Zhi Tang](#) (Cinnamon Combination) pattern that has been mistreated with purging agents. Erroneous treatment leads the pathogen inside the body and gives rise to interior heat signs, with some exterior pattern signs remaining. In modern usage, mistaken treatment need not be part of the situation. Ge Gen Huang Qin Huang Lian Tang treats what Western medicine defines as gastroenteritis, dysentery, or other acute bouts of diarrhea.

MODIFICATIONS

- For abdominal cramping, add Mu Xiang (Vladimiria).
- For pus and blood in the stool, add Huai Hua (Sophora), Qin Pi (Fraxinus), and Bai Tou Weng (Pulsatilla).
- For fever, add Jin Yin Hua (Lonicera Flower).
- For bacterial dysentery, add Ma Chi Xian (Portulaca), Bai Shao (White Peony), Mu Xiang (Vladimiria), and Bing Lang (Areca Seed).
- For damp-heat diarrhea, add Che Qian Zi (Plantago Seed) and Mu Xiang (Vladimiria).

Ge Gen Tang • 3690

PUERARIA COMBINATION [AVAILABLE IN TABLETS]

<i>Pueraria Root</i>		SOURCE: <i>On Cold Damage (Shang Han Lun)</i>
GE GEN	21.4%	FUNCTIONS: Dispel wind, resolve the fleshy exterior, and harmonize the stomach.
<i>Ephedra</i>		INDICATIONS: Treats an external wind-cold pathogen that interferes with qi coursing in the channels. Symptoms include aversion to cold, absence of sweating, body aches, and stiffness and pain in the neck and upper back. This formula also can address combination tai yang and yang ming patterns that present with diarrhea.
MA HUANG	16.1%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	16.1%	
<i>Jujube</i>		
DA ZAO	14.3%	
<i>White Peony</i>		
BAI SHAO	10.7%	This formula is mentioned in two separate sections of the source text. The first is for treatment of wind-cold patterns that visit the fleshy exterior (muscle layer), disrupt the flow of qi, and give rise to aversion to cold, headache, and stiffness and aching in the neck and nape.
<i>Licorice (Prepared)</i>		
ZHI GAN CAO	10.7%	Ge Gen Tang has also become popular for treatment of stiff neck or frozen shoulder unrelated to the occurrence of an obvious tai yang channel pattern. For this, the dose of Ge Gen (Pueraria) is generally increased, and agents to move blood and dispel wind-damp are added. By adding these agents the percentage of Ma Huang (Ephedra) in the formula is reduced, as is the formula's propensity to resolve the exterior.
<i>Cinnamon Twig</i>		
GUI ZHI	10.7%	If a wind-cold tai yang pattern remains unresolved, the pathogen can sink into the yang ming and give rise to diarrhea. This is the second application of Ge Gen Tang – the treatment of combination tai yang and yang ming patterns. This dual pattern is recognizable by symptoms of tai yang disorder such as aversion to cold and fever, and symptoms of yang ming disorder such as diarrhea or vomiting. Most often, this acute wind-cold pattern presents with cramping diarrhea, chills and fever. To treat this pattern, extra Ge Gen is usually added, along with agents to rectify qi and relieve diarrhea. See the modifications section for suggestions.
		Modern use of this formula has expanded to include purulent skin disorders and allergic disorders (especially hives and chronic, allergic rhinitis). In addition, it is often used to treat dizziness occurring from such diverse causes as low blood pressure and inner ear disorders. Ge Gen Tang contains a large dose of Ma Huang and thus is not intended for long-term use. One can extend the acceptable length of treatment by combining Ge Gen Tang with another formula to reduce the percentage of Ma Huang.

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Note that this formula is a variation of [Gui Zhi Tang](#) (Cinnamon Combination). It has a much stronger ability to resolve the exterior than Gui Zhi Tang and, in addition, can resolve the muscle layer and relieve diarrhea.

MODIFICATIONS

- For stiff neck or frozen shoulder related to wind, cold, and damp, add extra Ge Gen (Pueraria Root) and include Jiang Huang (Turmeric), Qiang Huo (Notopterygium), Hong Hua (Carthamus), and Fu Zi (Prepared Aconite).
- For acute wind-cold patterns with diarrhea, add extra Ge Gen (Pueraria Root) and include Bai Shao (White Peony), Mu Xiang (Vladimiria), Huang Qin (Scute), and Huang Lian (Coptis).
- For chronic rhinitis (damp-type), combine with [Cang Er San](#) (Xanthium Formula) and add Chi Shao (Red Peony) and Huang Qin (Scute). If cold-type, combine with Chuan Xiong Cha Tiao San (Ligusticum & Tea Formula) and add Ze Lan (Lycopus).

Ge Hua Jie Cheng San • 3710

PUERARIA FLOWER FORMULA

<i>Pueraria Flower</i>		SOURCE: <i>Secret Treasure of the Orchid Chamber (Lan Shi Mi Cang)</i>
GE HUA	15.4%	FUNCTIONS: Fortify the stomach, disperse accumulation, and resolve alcohol toxicity.
<i>Cardamom</i>		
BAI DOU KOU	15.3%	INDICATIONS: Treats excess intake of alcohol that has injured the spleen and stomach, causing dizziness, nausea, vomiting, glomus and oppression in the chest and diaphragm, decreased appetite, fatigue, and inhibited urination.
<i>Amomum</i>		
SHA REN	15.3%	
<i>Citrus viride</i>		
QING PI	6.2%	
<i>Citrus Peel</i>		Persons who frequently drink alcohol are thought to accumulate damp and heat (alcohol is both damp and hot). This formula treats the habitual drinker whose lifestyle has not only led to accumulation of damp-heat but also injured spleen qi. Symptoms such as lack of appetite, nausea, vomiting, dizziness, glomus, thoracic oppression, fatigue, and inhibited urination are associated with this type of damp-heat accumulation and spleen qi damage.
CHEN PI	6.2%	
<i>Ginseng</i>		
REN SHEN	6.2%	
<i>Atractylodes (Alba)</i>		
BAI ZHU	6.2%	In the clinic, this formula is used to relieve the symptoms of occasional hangover as well as to treat the more entrenched condition of the chronic drinker. The construction of the formula and comments by Li Dong-Yuan indicate that the latter use was the one intended by the author. For example, he recommends Ge Hua Jie Cheng San for treatment of alcohol jaundice, a serious collection of damp-heat that is not the result of a single intemperate adventure. On the other hand, the name of the formula, <i>Pueraria Flower Hangover-Resolving Powder</i> and some of the symptoms, such as inability to stand up, staggering, and vomiting, seem to indicate that the formula was intended for the person who was still under the influence of alcohol intoxication.
<i>Poria</i>		
FU LING	6.2%	
<i>Massa Medicata Fermentata</i>		
SHEN QU	4.6%	
<i>Dried Ginger</i>		
GAN JIANG	4.6%	
<i>Polyporus</i>		
ZHU LING	4.6%	
<i>Alisma</i>		
ZE XIE	4.6%	
<i>Vladimiria</i>		
MU XIANG	4.6%	
		Li Dong-Yuan describes the treatment principle for treating alcohol toxin: "One should not use extremely hot herbs to conduct or drain and it is also not appropriate to employ bitter, cold herbs to offensively precipitate (purge); the correct treatment is to effuse sweat, disinhibit urine and thus disperse damp from the upper and lower [body]."
		Aside from following this principle, the formula also addresses the pattern's digestive symptoms by rectifying and supplementing the qi of the central burner.
		Constitutions of chronic drinkers can be either hot or cold. This formula is based on Li Zhong Tang (Ginseng & Ginger Combination), a decidedly warm formula and thus is most appropriate for persons with weakness and cold in the central burner. If heat signs are evident,

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bitter and cold herbs such as Huang Lian (Coptis), Huang Bai (Phellodendron Bark), or Huang Qin (Scute) should be added.

MODIFICATIONS

- For nausea, add Zhu Ru (Bamboo Shaving).
- For queasy stomach, add a small amount of Huang Lian (Coptis).
- For alcohol jaundice, add Yin Chen Hao (Capillaris).
- For digesta accumulation, add Lai Fu Zi (Raphanus) and Shan Zha (Crataegus).
- For abdominal distention, add Zhi Shi (Aurantium Immaturus) and Da Fu Pi (Areca Husk).
- For copious damp-heat signs, add Yin Chen Hao (Capillaris) and Huang Lian (Coptis).

Ge Xia Zhu Yu Tang • 3830

TANGKUEI & CORYDALIS COMBINATION

<i>Tangkuei</i>	SOURCE: <i>Correction of Errors in the Field of Medicine</i> (<i>Yi Lin Gai Cuo</i>)
DANG GUI	11.5%
<i>Licorice</i>	FUNCTIONS: Quicken blood, dispel stasis, move qi, relieve pain and dissipate binds.
GAN CAO	11.5%
<i>Persica</i>	INDICATIONS: Treats blood stasis below the diaphragm that has formed accumulation lumps. Symptoms include flank or abdominal pain at a fixed location, or a protrusion of the abdomen that resembles a growth and is most obvious with the patient in recumbent position. The source text also mentions this formula for glomus lump in children, kidney diarrhea, or chronic diarrhea that does not respond to other treatment.
TAO REN	11.5%
<i>Carthamus</i>	—————
HONG HUA	11.5%
<i>Pteropus</i>	<i>Correction of Errors in the Field of Medicine</i> mentions this formula for treatment of accumulation lumps, glomus lumps in children, pain in the flanks or upper abdomen in a fixed location, kidney diarrhea, or chronic diarrhea that does not respond to typical treatments. It is a powerful blood-moving combination that disperses accumulations and dissipates binds in the region below the diaphragm.
WU LING ZHI	7.7%
<i>Red Peony</i>	—————
CHI SHAO	7.7%
<i>Ligusticum</i>	—————
CHUAN XIONG	7.7%
<i>Moutan</i>	—————
MU DAN PI	7.7%
<i>Lindera</i>	—————
WU YAO	7.7%
<i>Cyperus</i>	—————
XIANG FU	5.8%
<i>Aurantium Fruit</i>	—————
ZHI KE	5.8%
<i>Corydalis</i>	—————
YAN HU SUO	3.9%
	While it is clear that various lumps and static pain in the abdomen are directly related to the blood stasis that this formula treats, the rationale for the use of this formula for kidney diarrhea is less transparent. In the source text, Wang Qing-Zhu explains that when the patient is lying down, blood stasis in the abdomen can block the liquid gate where fluids are drained from the stomach to enter the liquid conduit (through which they are eventually transferred to the bladder and excreted from the body). With this exit blocked, the liquid remains with the rest of the digesta as it enters the intestines, and thus the patient has watery diarrhea on rising in the morning. By removing the blood stasis the liquid gate is unblocked, and the normal flow of liquid out of the stomach is restored and the diarrhea resolved. Though his anatomical accuracy may be questionable, Wang Qing-Zhu was most likely trying to rationalize his observation that blood-moving formulas can be effective for a disorder that was traditionally thought to be a result of vacuity of the spleen and kidney.
	Modern medicine sees lump disorders such as those Ge Xia Zhu Yu Tang addresses as tumors (malign or not) or enlargements of the spleen or liver. Treatment of these disorders generally requires an extended period of time. To avoid depletion of qi, one should monitor the

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patient's condition and include supplementing agents where appropriate. As it contains powerful blood-movers, this formula is contraindicated in pregnancy and during the menstrual period.

Ge Xia Zhu Yu Tang translates as *Decoction to Expel Stasis from Below the Diaphragm*. The name of the formula points out its realm of action and also differentiates it from the other Zhu Yu (stasis-expelling) formulas in Wang Qing-Zhu's work.

MODIFICATIONS

- For vacuity patients with abdominal lumps, add Huang Qi (Astragalus) and Dang Shen (Codonopsis).
- If abdominal distention is extreme, add Da Fu Pi (Areca Husk) and Hou Po (Magnolia Bark).
- To increase the stasis-dissipating function of the formula, add Di Bie Chong (Eupolyphaga), Chuan Niu Xi (Cyathula), or Shui Zhi (Leech). For severe blood stasis, add San Leng (Scirpus) and E Zhu (Zedoaria).
- For children with glomus lump, add San Leng (Scirpus) and E Zhu (Zedoaria). If the patient is deficient and presents with lack of appetite and emaciation, include Fu Ling (Poria), Bai Zhu (Atractylodes alba), and Ji Nei Jin (Gallus).
- For chronic diarrhea with cramping pain, add Bai Shao (White Peony) and Mu Xiang (Vladimiria).
- For spleen vacuity diarrhea, add Shan Yao (Dioscorea), Fu Ling (Poria), Huang Qi (Astragalus), and Bai Zhu (Atractylodes alba). For dual vacuity of the spleen and kidney, include Fu Zi (Prepared Aconite) and Lian Zi (Lotus Seed) as well.

Gou Teng San • 3720

GAMBIR FORMULA [AVAILABLE IN TABLETS]

<i>Gypsum</i>		SOURCE: <i>Guidelines for Pattern Identification and Treatment</i> <i>(Zheng Zhi Zhun Sheng)</i>
SHI GAO	15.4%	
<i>Ginger (Fresh)</i>		FUNCTIONS: Course wind, dissipate heat, transform phlegm, and downbear qi.
SHENG JIANG	11.5%	
<i>Gambir</i>		INDICATIONS: Treats liver reversal headaches, which are attributed to surging of liver qi. Attendant symptoms include counterflow cold in the extremities (while the body is warm), insomnia, dizziness, and clouding similar to that of an epileptic seizure.
GOU TENG	7.7%	
<i>Citrus Peel</i>		
CHEN PI	7.7%	
<i>Pinellia</i>		
BAN XIA	7.7%	Liver reversal headaches are often the result of yin vacuity that gives rise to liver exuberance. In addition, emotional factors can frequently bring on an episode. The sudden upsurge of liver qi causes symptoms such as dizziness, nausea, headache, and clouding.
<i>Ophiopogon</i>		
MAI MEN DONG	7.7%	
<i>Poria</i>		This formula is a modification of Er Chen Tang (Citrus & Pinellia Combination) that adds herbs to downbear qi, extinguish wind, clear heat, and nourish yin. These functions complement the ability of Er Chen Tang to supplement the center and transform phlegm. It can also be seen as a combination of Zhu Ye Shi Gao Tang (Bamboo Leaves & Gypsum Combination) and Er Chen Tang.
FU LING	7.7%	
<i>Poria (Fushen)</i>		
FU SHEN	7.7%	
<i>Ginseng</i>		
REN SHEN	7.7%	
<i>Chrysanthemum</i>		Gou Teng San is suited for headaches accompanied by signs of liver fire, phlegm, and ascent of liver qi. A rapid pulse, a thick tongue fur, thirst, red eyes, and irritability are the kinds of symptoms that indicate use of this formula. In Western medical thinking, this pattern is most commonly associated with migraine headaches, though it may present as Meniere's disease as well. As might be expected for a remedy that treats a phlegm pattern, reports indicate that this formula often does not bring immediate relief, but symptoms begin to recede after one to two weeks.
JU HUA	7.7%	
<i>Siler</i>		
FANG FENG	7.7%	
<i>Licorice (Prepared)</i>		
ZHI GAN CAO	3.8%	Some modern practitioners also use Gou Teng San to treat intractable insomnia, scapula pain, and menopausal symptoms when they are owing to the pattern described above. They also frequently apply it to dizziness associated with high blood pressure. See the modifications section for further information.

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MODIFICATIONS

- For nausea, add Zhu Ru (Bamboo Shaving).
- For mental clouding, add Tian Zhu Huang (Bamboo Silicea).
- For dizziness, add Dai Zhe Shi (Hematite) and Tian Ma (Gastrodia).
- For liver fire, add Man Jing Zi (Vitex).
- For yin-vacuity heat menopausal symptoms, add Hu Huang Lian (Picrorrhiza) and Yin Chai Hu (Stellaria Root).
- For liver yin vacuity, add He Shou Wu (Polygonum) and Bai Shao (White Peony).
- For insomnia, add Ye Jiao Teng (Polygonum multifloru Vine) and a small dose of Huang Lian (Coptis).
- For hypertension, add Tian Ma (Gastrodia), Ze Xie (Alisma), and Sang Ji Sheng (Loranthus).

Gua Lou Zhi Shi Tang • 2640

TRICHOSANTHES & AURANTIUM COMBINATION

<i>Tangkuei</i>		SOURCE: <i>Return to Spring from the Myriad Diseases</i> (<i>Wan Bing Hui Chun</i>)
DANG GUI	12.0%	
<i>Poria</i>		FUNCTIONS: Transform phlegm, resolve depression, open the chest, clear heat, and relieve cough.
FU LING	12.0%	
<i>Fritillaria (Zhe)</i>		INDICATIONS: Treats depressed phlegm in the lungs. This presents as
ZHE BEI MU	12.0%	cough with scant phlegm that is difficult to expectorate, pain in the chest and flanks, gasping and thoracic fullness that is worse with exertion, and a deep, slippery pulse.
<i>Trichosanthes Seed</i>		
GUA LOU REN	8.0%	
<i>Platycodon</i>		
JIE GENG	8.0%	This formula addresses unresolved phlegm in the chest that becomes phlegm bind and gives rise to thoracic oppression, pain, and cough.
<i>Citrus Peel</i>		The phlegm binds with heat and thus is difficult to expectorate. This condition is usually the result of an exterior pathogen that has sunk into the chest and disrupted the flow of qi. The phlegm and depressed qi combine to form depressed phlegm. The signs of the exterior pattern are gone, but the cough remains along with heat left over from the pathogen and heat engendered by depressed qi. Alternatively, internal fire can impose on the lung to give rise to this condition. In that scenario, liver fire is the most common precipitating factor.
CHEN PI	8.0%	
<i>Scute</i>		
HUANG QIN	8.0%	
<i>Ginger (Fresh)</i>		This formula concentrates on rectifying qi and dispersing phlegm bind.
SHENG JIANG	8.0%	Should heat be prominent (as is often the case), it is important to add agents like Shi Gao (Gypsum) and extra Huang Qin (Scute) to the formula for it to be effective. On the other hand, if the condition has existed for some time and has injured yin and fluids, adding agents like Zhi Mu (Anemarrhena) and Sang Bai Pi (Mulberry Bark) can help to clear heat and moisten the lung.
<i>Aurantium Immaturus</i>		
ZHI SHI	4.0%	
<i>Amomum</i>		
SHA REN	4.0%	
<i>Licorice</i>		
GAN CAO	4.0%	
<i>Gardenia</i>		
SHAN ZHI ZI	4.0%	
<i>Bamboo Shaving</i>		
ZHU RU	4.0%	
<i>Vladimiria</i>		
MU XIANG	4.0%	

MODIFICATIONS

- For asthmatic breathing, add Sang Bai Pi (Mulberry Bark) and Su Zi (Perilla Seed).
- For phlegm dryness with vexation heat, add Shi Gao (Gypsum), Huang Qin (Scute), and Zhi Mu (Anemarrhena).
- For stubborn phlegm, add Dan Nan Xing (Arisaema pulvis) and Huang Qin (Scute).
- For chronic cough, add Tao Ren (Persica), Bai Bu (Stemonae), and Sang Bai Pi (Mulberry Bark).
- For liver depression that gives rise to fire, add Chai Hu (Bupleurum), Bai Shao (White Peony), and extra Huang Qin (Scute).

Gui Lu Er Xian Jiao • 4180

TESTUDINIS & ANTLER COMBINATION

<i>Cornus Cervi</i>	SOURCE: <i>Medical Remedies Researched</i> (<i>Yi Fang Kao</i>)
<i>Gelatin</i>	
LU JIAO JIAO	58.8%
<i>Testudinis</i>	FUNCTIONS: Bank-up the lower source, supplement the kidney,
GUI BAN	boost qi, and nourish the spirit.
<i>Lycium Fruit</i>	INDICATIONS: Treats essence depletion that gives rise to a weakened
GOU QI ZI	body with symptoms such as fatigue, lack of sex drive, seminal loss,
<i>Ginseng</i>	emaciation, premature ejaculation, impotence, aching and weakness
REN SHEN	in the low back, and decrease in visual acuity.

This formula treats long-term depletion patterns that have weakened the body at a deep level. The source text emphasizes that this formula addresses essence depletion in order to boost qi and enliven the spirit. The patient for whom this formula is appropriate presents with a weak, fine pulse, a pale complexion, and spiritless eyes. Because the spirit is not nourished, the patient may display lack of interest in the world and a lassitude of spirit that affects all aspects of his or her life.

This formula can be taken for a long period of time, though with care that the digestive function is not disrupted by the preponderance of thick and sticky herbs in the formula.

MODIFICATIONS

- For seminal loss or premature ejaculation, add Long Gu (Dragon Bone Fossil) and Shan Zhu Yu (*Cornus*).
- For lack of sex drive or impotence, add Tu Si Zi (*Cuscuta*).
- For decrease of visual acuity, add Tu Si Zi (*Cuscuta*) and Sha Yuan Zi (*Astragalus Seed*).
- For low back pain, add Du Zhong (*Eucommia*) and Xu Duan (*Dipsacus*).

Gui Pi Tang • 4090**GINSENG & LONGAN COMBINATION [AVAILABLE IN TABLETS]**

<i>Ginseng</i>	
REN SHEN	9.7%
<i>Longan Fruit</i>	
LONG YAN ROU	9.7%
<i>Atractylodes (Alba)</i>	
BAI ZHU	9.7%
<i>Poria</i>	
FU LING	9.7%
<i>Zizyphus Seed</i>	
SUAN ZAO REN	9.7%
<i>Astragalus</i>	
HUANG QI	9.7%
<i>Tangkuei</i>	
DANG GUI	9.7%
<i>Polygala</i>	
YUAN ZHI	9.7%
<i>Ginger (Fresh)</i>	
SHENG JIANG	6.5%
<i>Jujube</i>	
DA ZAO	6.5%
<i>Vladimiria</i>	
MU XIANG	4.7%
<i>Licorice (Prepared)</i>	
ZHI GAN CAO	4.7%

SOURCE: *Good Remedies for Women (Fu Ren Liang Fang)*

FUNCTIONS: Boost qi, supplement blood, fortify the spleen, nourish the heart, and quiet the spirit.

INDICATIONS: This formula addresses two main patterns: first, dual vacuity of heart and spleen characterized by excessive rumination, insufficient blood and qi, fright palpitations, racing heartbeat, forgetfulness, constipation, insomnia, night sweats, vacuity heat, fatigue, and a sallow complexion; second, spleen failing to control blood, characterized by blood in the stool, flooding and spotting, and early menses with copious, pale blood. This pattern may also cause incessant spotting. This formula also treats spleen-vacuity vaginal discharge.

Gui Pi Tang addresses vacuity of blood and qi in the spleen and heart. It is first mentioned in the *Life-Enhancing Formulary (Ji Sheng Fang)* for treating forgetfulness and racing heartbeat that result from taxation damage to the heart and spleen. Later, the author of the *Good Remedies for Women* amended the formula by adding Dang Gui (Tangkuei) and Yuan Zhi (Polygala) and including insomnia, blood loss, fever, night sweats, and irregular menstruation in its treatment scope.

Though some modern practitioners think of this formula as important for insomnia, this use was not apparently emphasized much in earlier times. In most classic books, Gui Pi Tang is listed in the sections for supplementation or rectification of blood. It is classified as a blood-rectifying formula in the *Medical Formulas Gathered and Explained (Yi Fang Ji Jie)*, which describes it as a formula that “conducts blood to the spleen.”

The author of the Ming dynasty text *Medical Remedies Researched (Yi Fang Kao)* considered Gui Pi Tang for two distinct disorders. The first is damage to the spleen from overeating (spleen taxation damage) that gives rise to sallow complexion and fatigue. The second, in the words of the author, is “excessive rumination [causing] taxation damage to the heart and spleen [that] leads to forgetfulness.”

In the clinic, this formula can address a multitude of disorders that stem from dual vacuity of qi and blood. It is best for disorders that arise from impairment of the heart’s capacity to nourish the spirit and decrease in the spleen’s ability to stimulate appetite and digestion, move the stool, generate blood and qi, and control blood. Important signs and symptoms of this situation are fatigue, disturbed sleep, forgetfulness,

CONTINUED

inability to concentrate, poor appetite, weight loss, sluggish digestion, a pale face, a pale tongue with a white fur, and a fine, weak pulse.

If a patient's presentation matches the above picture, this formula can be used to treat chronic fatigue disorder, uterine bleeding, irregular menses, palpitations or racing heartbeat, high blood pressure, Meniere's disease, dizziness, insomnia, constipation, or vaginal discharge.

There are many formulas that treat dual vacuity of qi and blood. [Ba Zhen Tang](#) (Tangkuei & Ginseng Combination), [Zhi Gan Cao Tang](#) (Licorice Combination), and Gui Pi Tang are three examples. Ba Zhen Tang treats this pattern when the dual vacuity does not give rise to problems with the heart-spirit. Both Zhi Gan Cao Tang and Gui Pi Tang treat palpitations, insomnia, and other heart-related disorders. However, Zhi Gan Cao Tang is better able to nourish blood and Gui Pi Tang is better able to supplement qi. In fact, Gui Pi Tang addresses blood vacuity primarily through qi supplementation.

There are many explanations for the name of this formula which translates literally as *Spleen-Returning Decoction*. Most explanations focus on the role of the earth-spleen as the center of the body and its stabilizing force. Thus, when qi and blood are dispersed by taxation, this formula returns them to the spleen (center). Note that the formula is sometimes called Gui Pi Wan, reflecting that it is prepared in pill form.

MODIFICATIONS

- For constipation, add Huo Ma Ren (Hemp Seed).
- For insomnia, add Ye Jiao Teng (Polygonum multifloru Vine).
- For spotting and flooding, add A Jiao (Gelatin) and Ai Ye Tan (Charred Artemisia); for blood-heat use Mu Dan Pi (Moutan), and Di Yu (Sanguisorba) instead.
- For lack of appetite, add Sha Ren (Amomum).
- For night sweats, add Shu Di (Cooked Rehmannia); this modification, known as Hei Gui Pi Wan, is best for patients in whom blood vacuity is prominent and spleen vacuity only minor.
- For vaginal discharge, add Chun Gen Pi (Ailanthus Bark) and Lian Zi (Lotus Seed).
- For palpitations, add Long Gu (Dragon Bone Fossil).
- For vacuity fatigue, combine with [Huan Shao Dan](#) (Lycium Formula).
- For blood in the stool, add Di Yu (Sanguisorba).
- For binding depression of liver qi with heat signs, add Shan Zhi Zi (Gardenia) and Chai Hu (Bupleurum). This modification is known as Jia Wei Gui Pi Tang.

Gui Qi Jian Zhong Tang • 4100

TANGKUEI, ASTRAGALUS, & PEONY COMBINATION

<i>White Peony</i>		SOURCE: Japanese empirical formula
BAI SHAO	20.0%	FUNCTIONS: Warm the center, supplement vacuity, harmonize the interior, and relieve pain.
<i>Tangkuei</i>		INDICATIONS: Addresses vacuity taxation with internal cramping characterized by intermittent abdominal pain that feels better with pressure and warmth, or heart palpitations with vacuity vexation, night sweats, vexation heat in the hands and feet, and dry mouth and throat. It also treats chronic middle ear infections and open sores that are slow to heal.
DANG GUI	16.0%	
<i>Cinnamon Twig</i>		
GUI ZHI	16.0%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	16.0%	
<i>Jujube</i>		
DA ZAO	16.0%	
<i>Astragalus</i>		
HUANG QI	8.0%	This formula is a variation of Huang Qi Jian Zhong Tang (Astragalus Combination) formed by adding Dang Gui (Tangkuei). Its functions and applications are identical to Huang Qi Jian Zhong Tang. See that formula for further details. Aside from the above indications, this formula is also used to treat anemia, spontaneous sweating, and post-illness or post-surgical weakness.
<i>Licorice</i>		
GAN CAO	8.0%	

MODIFICATIONS

- For heart palpitations and night sweats, add Suan Zao Ren (Zizyphus Seed) and Wu Wei Zi (Schizandra).
- For middle ear infections, add Chi Shao (Red Peony) and Ge Gen (Pueraria Root).
- For cardiac weakness following a cardiac event, add Tian Qi (Notoginseng), Xue Jie (Dragon's Blood), Hong Jing Tian (Rhodiola), Ren Shen (Ginseng), and Wu Wei Zi (Schizandra).

Gui Zhi Fu Ling Wan • 2220

CINNAMON & PORIA FORMULA [AVAILABLE IN TABLETS]

<i>Cinnamon Twig</i>	SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> <i>(Jin Gui Yao Liie)</i>
GUI ZHI 20.0%	
<i>Poria</i>	FUNCTIONS: Transform stasis, quicken blood, and disperse accumulations.
FU LING 20.0%	
<i>Moutan</i>	INDICATIONS: Treats blood stasis in the uterus that produces restless fetus, incessant spotting of very dark black or purple blood, and abdominal pain that is worse with pressure. Nowadays, it is frequently used to treat uterine fibroids, ovarian cysts, menstrual block, and chronic pelvic inflammatory disease.
MU DAN PI 20.0%	
<i>Persica</i>	
TAO REN 20.0%	
<i>Red Peony</i>	
CHI SHAO 20.0%	
<hr/> <p>The source text mentions this formula for treating pregnant women with concretion lump in the lesser abdomen that causes incessant bleeding and pain that is worse with pressure. In modern times this use is rare; rather, the blood-moving and accumulation-dispersing functions of this formula are most often applied to fibroids, cysts, and other obstructions in the uterus or surrounding area. In addition, this formula can treat menstrual block, infertility, headache, cold-stasis pain in the lower abdomen, enlarged prostate, frozen shoulder, or other disorders that are part of a blood-stasis pattern.</p>	

MODIFICATIONS

- For uterine fibroids, add Wang Bu Liu Xing (Vaccaria Seed), San Leng (Scirpus), and E Zhu (Zedoaria).
- For abdominal concretions and conglomerations, add Mu Li (Oyster Shell), Ru Xiang (Mastic), and Mo Yao (Myrrh).
- For uterine bleeding associated with blood stasis lumps, add Pu Huang (Bulrush) and Di Yu (Sanguisorba).
- For ovarian cysts, add Zao Jiao Ci (Gleditsia Spine) and Dong Kui Zi (Abutilon).
- For enlarged prostate, add Hu Po (Amber), Huang Bai (Phellodendron Bark), and Bei Xie (Tokoro).
- For frozen shoulder (fifty-year shoulder), add Ru Xiang (Mastic), Mo Yao (Myrrh), and Fang Feng (Siler).
- For painful menstruation, add Liu Ji Nu (Artemisiae anomiae) and Xiang Fu (Cyperus).
- For menstrual block (amenorrhea), add Ma Bian Cao (Verbena) and Hong Hua (Carthamus).
- For cold-stasis pain in the lower abdomen or for cold menstrual pain, combine with [Wu Ji San](#) (Tangkuei & Magnolia Five Formula).

Gui Zhi Jia Long Gu Mu Li Tang • 2240**CINNAMON & DRAGON BONE COMBINATION [AVAILABLE IN TABLETS]**

<i>Cinnamon Twig</i> GUI ZHI	15.0%	SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> (<i>Jin Gui Yao Lüe</i>)
<i>Dragon Bone (Fossil)</i> LONG GU	15.0%	FUNCTIONS: Harmonize construction and defense, and secure essence.
<i>White Peony</i> BAI SHAO	15.0%	INDICATIONS: Treats dual vacuity of yin and yang with cold in the lower burner. Symptoms include tension in the lesser abdomen, sexual dreams, seminal efflux, cold in the head of the penis, impotence, insomnia with excess dreams, and bed-wetting in children.
<i>Ginger (Fresh)</i> SHENG JIANG	15.0%	
<i>Jujube</i> DA ZAO	15.0%	This formula is a unique variation of Gui Zhi Tang (Cinnamon Combination) in that it is not intended to treat an exterior pattern. The inclusion of Long Gu (Dragon Bone Fossil) and Mu Li (Oyster Shell) brings the formula's action to a deep level in the body, where it harmonizes yin and yang. In this case, the disharmony is a vacuity of yin and yang, with cold settling in the lower burner and floating yang giving rise to symptoms in the upper body.
<i>Oyster Shell</i> MU LI	15.0%	
<i>Licorice</i> GAN CAO	10.0%	
		Symptoms of vacuity-cold in the lower burner include seminal loss, cold, tension and pain in the lower abdomen, and incontinence. Signs that yang is floating to the body's upper regions can include dizziness, insomnia, and forgetfulness. By settling the body's yang qi with heavy settling agents, conserving yin with astringent agents, and supporting yang and dispelling cold with warm, acrid agents, the formula invigorates the body's yang qi to dispel cold from the lower body and helps the body's yin to subdue rising yang.
		The patient for whom this formula is appropriate will present with a vacuous pulse (though not always scallion-like as the classics suggest) and a pale tongue. Sweating (spontaneous or night sweating) and palpitations are often part of the pattern, and the patient is usually easily excitable and also easily fatigued.

MODIFICATIONS

- For weak ejaculation, add Lu Rong (Deer Antler Velvet) and Gui Ban (Testudinis).
- For seminal loss and fatigue, add Ren Shen (Ginseng) and Wu Wei Zi (Schizandra).
- For seminal loss with low back pain, add Du Zhong (Eucommia) and Niu Xi (Achyranthes).
- For insomnia, add Yuan Zhi (Polygala).

Gui Zhi Jia Shao Yao Tang • 2230

CINNAMON & PEONY COMBINATION [AVAILABLE IN TABLETS]

<i>White Peony</i>		SOURCE: <i>On Cold Damage (Shang Han Lun)</i>
BAI SHAO	37.4%	FUNCTIONS: Dispel cold, effuse the exterior, boost yin, and harmonize the interior.
<i>Cinnamon Twig</i>		INDICATIONS: Addresses tai yang disease that has been inappropriately treated with purgatives. It treats both the external condition and the resulting abdominal distention and pain. This pattern may include vacuity diarrhea. Enteritis, abdominal pain, and food poisoning are some disorders for which this formula is used.
GUI ZHI	18.8%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	18.8%	
<i>Licorice (Prepared)</i>		
ZHI GAN CAO	12.5%	
<i>Jujube</i>		
DA ZAO	12.5%	

Doubling the dose of Bai Shao (White Peony) in [Gui Zhi Tang](#) (Cinnamon Combination) yields this formula. On the assumption that mistaken purging has damaged the interior of the body and allowed the tai yang pathogen to sink inside while still inhabiting the body's exterior, this formula addresses both the exterior pathogen and the interior disharmony. Note that its use is aimed at treating an internal pathogen in a vacuous environment. The source text describes the pain associated with this disorder as intermittent. This intermittent pain belies the vacuity that underlies the pattern. *Medical Remedies Researched (Yi Fang Kao)* comments that "intermittent pain is not [the pain of] great repletion."

By extension, the use of this formula includes exterior patterns with signs of interior disharmony based on interior vacuity, regardless of whether the vacuity was preexisting or caused by mistaken treatment. The main symptoms are exterior pattern symptoms along with abdominal fullness and intermittent pain. Diarrhea, constipation, or sluggish stool may also be present, but the practitioner should ascertain that these are not owing to repletion. One indication of vacuity is palpable lack of elasticity in the abdomen. Western disease categories treated by this formula include enteritis and chronic peritonitis. In modern times, this formula is also used for simple stomach-vacuity patterns without the presence of an exterior pathogen.

MODIFICATION

- For abdominal distention, add Zhi Ke (Aurantium Fruit).

Gui Zhi Ma Huang Ge Ban Tang • 2350

CINNAMON & EPHEDRA COMBINATION

<i>Cinnamon Twig</i>		SOURCE: <i>On Cold Damage (Shang Han Lun)</i>
GUI ZHI	19.0%	FUNCTIONS: Harmonize and resolve the flesh, dispel evil, and alleviate itching.
<i>Ephedra</i>		INDICATIONS: Addresses persistent tai yang disease that has not been fully resolved and has weakened correct qi. The main symptoms are a flushed face, alternating chills and fever where the fever is longer lasting, and generalized itching.
MA HUANG	14.3%	
<i>White Peony</i>		
BAI SHAO	14.3%	
<i>Licorice (Prepared)</i>		
ZHI GAN CAO	14.3%	
<i>Apricot Seed</i>		
XING REN	14.3%	A prolonged cold or flu that fails to proceed past the tai yang stage can wear away the patient's qi. Ma Huang Tang (Ephedra Combination) would not be suitable as it would further weaken the qi, and Gui Zhi Tang (Cinnamon Combination) alone would not be strong enough to outrush the pathogen. This combination of the two formulas can preserve the balance between construction and defense (ying and wei) and at the same time resolve the exterior.
<i>Ginger (Fresh)</i>		
SHENG JIANG	14.3%	
<i>Jujube</i>		
DA ZAO	9.5%	Heat under the skin in these prolonged tai yang patterns can give rise to itching. The gentle sweat produced by this formula can release the heat from under the skin and alleviate this symptom as it resolves the greater pattern. In modern times this function is sometimes put to use in the treatment of hives or itching that is worse at night and is not accompanied by any change in the condition of the skin. This formula can be used even when these symptoms do not occur during a prolonged tai yang pattern.
		The formula's name literally translates as <i>Cinnamon and Ephedra Half and Half Decoction</i> . This refers to the construction of the formula which is half Gui Zhi Tang (Cinnamon Combination) and half Ma Huang Tang (Ephedra Combination).

MODIFICATIONS

- For hives, add Fu Ping (Spirodela).
- For itching, add Bai Ji Li (Tribulus).

Gui Zhi Ren Shen Tang • 2260

CINNAMON & GINSENG COMBINATION

<i>Cinnamon Twig</i>	
GUI ZHI	23.6%
<i>Licorice (Prepared)</i>	
ZHI GAN CAO	23.6%
<i>Ginseng</i>	
REN SHEN	17.6%
<i>Atractylodes (Alba)</i>	
BAI ZHU	17.6%
<i>Dried Ginger</i>	
GAN JIANG	17.6%

SOURCE: *On Cold Damage (Shang Han Lun)*

FUNCTIONS: Warm the interior, dispel cold, resolve the exterior, boost qi, and disperse glomus.

INDICATIONS: Treats exterior wind-cold accompanied by internal spleen vacuity that gives rise to glomus in the epigastrium and diarrhea.

The source text suggests this formula for a patient whose lingering external wind-cold pattern has been treated by repeated purging with precipitating medicinals. Such excessive treatment with purging herbs has damaged the patient's central burner yang qi and given rise to glomus and diarrhea. The formula aims to simultaneously resolve the exterior, dispel cold, and supplement the center.

The formula is very similar to [Li Zhong Tang](#) (Ginseng & Ginger Combination). The difference is the addition of Gui Zhi (Cinnamon Twig) to resolve the wind-cold pathogen that lingers in the exterior.

Use of this formula in modern times has been modified to resemble that of Li Zhong Tang where an exterior pattern is not part of the picture. It treats gastritis, enteritis, excess stomach acid, and gastric ulcers when these disorders are part of a spleen-vacuity cold pattern. Nonetheless, Gui Zhi Ren Shen Tang remains a good formula to consider for vacuity-cold digestive disorders that occur during a wind-cold exterior pattern.

MODIFICATIONS

- For glomus, add Zhi Shi (Aurantium Immaturus) and Hou Po (Magnolia Bark).
- For incessant diarrhea, add Bai Shao (White Peony) and Ge Gen (Pueraria Root).

Gui Zhi Shao Yao Zhi Mu Tang • 2370

CINNAMON & ANEMARRHENA COMBINATION

Ginger (Fresh) SHENG JIANG	16.7%	SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> (<i>Jin Gui Yao Lüe</i>)
Cinnamon Twig GUI ZHI	13.3%	FUNCTIONS: Free yang, move bi, dispel wind-cold, overcome damp, nourish yin, and clear heat.
Anemarrhena ZHI MU	13.3%	INDICATIONS: Treats wind-cold-damp bi that causes pain in the joints, swelling of the lower legs, dizziness, shortness of breath, nausea with an obstructed feeling in the epigastrium, or swelling of the joints with a sensation of heat (joint-running wind). This often equates with rheumatoid or other forms of arthritis in Western medicine.
Atractylodes (<i>Alba</i>) BAI ZHU	13.3%	
Siler FANG FENG	13.3%	
White Peony BAI SHAO	10.0%	This formula was designed to treat chronic wind-damp-cold bi with heat in the joints. The heat is localized in the joints, which are painful and can be warm to the touch. The formula combines herbs to warm and disperse wind-cold, protect, fortify, and harmonize the center, dry damp, warm the channels, and dispel cold. It balances warm and acrid herbs such as Fu Zi (Prepared Aconite) and Sheng Jiang (Fresh Ginger) with cool, astringent, and moistening herbs such as Bai Shao (White Peony) and Zhi Mu (Anemarrhena). This makes the formula suitable for the long-term use these stubborn conditions require.
Ephedra MA HUANG	6.7%	
Licorice GAN CAO	6.7%	
Aconite (<i>Prepared</i>) FU ZI	6.7%	This formula was a favorite of Jiao Shu-De, who is well-known for the treatment of bi patterns. In his text, <i>Ten Lectures on Formulae</i> (<i>Fang Ji Xin De Shi Jiang</i>), he cites his successful use of this formula to treat serious cases of rheumatoid arthritis (including deformed joints). He states that a minimum of four to six weeks is generally necessary to get noticeable improvement.
		Note that this formula comes from the section of the <i>Essential Prescriptions of the Golden Coffer</i> dedicated to treating running joint wind (Li Jie Feng). This disorder is characterized by pain in the joints of the four limbs, weight loss so that the patient becomes quite thin, severe swelling of the joints, dizziness, shortness of breath, and nausea. The formula can also treat crane's knee wind. One study used this formula combined with Gui Zhi Fu Ling Wan (Cinnamon & Poria Formula) to treat phlebitis of the legs. See the modifications section for suggestions on treating these disorders.
		Though this formula is suitable for patients with localized heat in the joints, it is too warm in its unmodified form for patients with internal heat. Modifications for this situation are offered.

CONTINUED

MODIFICATIONS

- For very hot joints, add Ren Dong Teng (Lonicera Vine) and Xi Xian Cao (Siegesbeckia).
- For the upper body, add Jiang Huang (Turmeric).
- For signs of blood stasis, add Hong Hua (Carthamus), Zao Jiao Ci (Gleditsia Spine), Ru Xiang (Mastic), and Mo Yao (Myrrh).
- For deformed joints, add Yi Yi Ren (Coix), Mu Gua (Chaenomeles), and Fu Ling (Poria).
- For misshapen spine, add Lu Jiao Shuang (Cornus Cervi Fragments) and Qiang Huo (Notopterygium).
- For a thick tongue fur, add Sha Ren (Amomum) and Huo Xiang (Agastache).
- For crane's knee wind, add Ren Dong Teng (Lonicera Vine), Cang Zhu (Atractylodes), Yi Yi Ren (Coix), and Huang Bai (Phelodendron Bark).
- For digestive stagnation, add Chen Pi (Citrus Peel), Mai Ya (Barley Sprout), and Shan Zha (Crataegus).
- For lower body joint pain, add Du Zhong (Eucommia), Bu Gu Zhi (Psoralea), and Xu Duan (Dipsacus).
- For patients with fever or internal heat, add Shi Gao (Gypsum) and Chi Shao (Red Peony).
- For blood vacuity, add Ji Xue Teng (Spatholobi).

Gui Zhi Tang • 2210

CINNAMON COMBINATION [AVAILABLE IN TABLETS]

<i>Cinnamon Twig</i>		SOURCE: <i>On Cold Damage (Shang Han Lun)</i>
GUI ZHI	22.2%	FUNCTIONS: Dispel cold, effuse the exterior, and harmonize construction and defense (ying and wei).
<i>White Peony</i>		
BAI SHAO	22.2%	
<i>Ginger (Fresh)</i>		INDICATIONS: Treats exterior vacuity wind-cold patterns. Presenting symptoms include headache, fever or a sensation of heat, aversion to cold, dry retching, absence of thirst, sweating, a white tongue fur, and a floating pulse that is either moderate or weak.
SHENG JIANG	22.2%	
<i>Jujube</i>		
DA ZAO	18.5%	
<i>Licorice (Prepared)</i>		
ZHI GAN CAO	14.9%	

While Gui Zhi Tang was specifically designed to treat tai yang pattern with aversion to cold, headache, sweating, etc., the functions inherent in the original formula have allowed its treatment scope to widen considerably through the ages. For example, the formula's emphasis on harmonization between yin and yang has led to its use in treating dual vacuity of yin and yang that gives rise to disorders such as seminal loss and spontaneous sweating. Further, its ability to dispel wind-cold is useful in the initial stage of wind-cold-damp bi patterns. It can be applied to the following types of disorders:

- Initial-stage wind-cold vacuity patterns with aversion to cold, fever, headache, sweating, and absence of thirst. Ideally, the patient can take the herbs with warm porridge, take a hot shower, and get into bed to sweat lightly.
- Spontaneous sweating owing to a disharmony between construction and defense. Whether or not this occurs during the course of a wind-cold exterior pattern, Gui Zhi Tang can be applied. It is appropriate if the patient has aversion to cold, frequently catches cold, sweats with the least amount of activity, and has a moderate and floating or moderate and weak pulse. Frequently, this type of patient will also display shortness of breath, heart palpitations, and insomnia. See suggested modifications for the various symptom pictures.
- Wind-cold-damp bi patterns that present with joint pain, sweating, aversion to cold, headache, and a moderate, floating pulse.
- Dual vacuity of yin and yang that gives rise to seminal emissions. Symptoms include tension in the lower abdomen, cold in the head of the penis, dizziness and flowery vision, restless sleep, and a weak pulse. Herbs to secure essence should be included in treating this disorder.

CONTINUED

- Postpartum colds and flu with aversion to cold, headache, and fever (with or without sweating). Gui Zhi Tang can also be used to treat postpartum congealed blood with lumps in the lower abdomen that are painful with pressure. Add blood-moving agents for this application.

MODIFICATIONS

- For wind-cold vacuity patterns with sweating, nausea, and a greasy tongue fur, add Ban Xia (Pinellia) and Hou Po (Magnolia Bark).
- For asthmatic breathing in the midst of a wind-cold vacuity exterior pattern, add Xing Ren (Apricot Seed) and Hou Po (Magnolia Bark). For cough, add Qian Hu (Peucedanum) and Xing Ren (Apricot Seed).
- For qi-vacuity spontaneous sweating with heart palpitations and disturbed sleep, add Wu Wei Zi (Schizandra), Huang Qi (Astragalus), Long Gu (Dragon Bone Fossil), and Fu Shen (Poria Fushen).
- For wind-damp-cold bi patterns, add Fang Ji (Stephania), Chuan Wu (Prepared Aconite Wu Tou), and Wei Ling Xian (Clematis). For the lower limbs, add Chuan Niu Xi (Cyathula) and Du Huo (Tuhuo Angelica).
- For seminal loss, add Long Gu (Dragon Bone Fossil), Qian Shi (Euryale), and Wu Wei Zi (Schizandra).
- For postpartum wind-cold patterns, add Huang Qi (Astragalus), Fang Feng (Siler), and Dang Gui (Tangkuei).
- For postpartum abdominal congealed blood, add Tao Ren (Persica) and Hong Hua (Carthamus).

Guo Qi Yin • 3630

CYPERUS & CARTHAMUS COMBINATION

<i>Cyperus</i>	
XIANG FU	15.4%
<i>Rehmannia (Cooked)</i>	
SHU DI HUANG	15.4%
<i>White Peony</i>	
BAI SHAO	15.4%
<i>Tangkuei</i>	
DANG GUI	15.4%
<i>Ligusticum</i>	
CHUAN XIONG	7.6%
<i>Vladimiria</i>	
MU XIANG	6.2%
<i>Carthamus</i>	
HONG HUA	5.6%
<i>Persica</i>	
TAO REN	4.6%
<i>Zedoaria</i>	
E ZHU	4.1%
<i>Clematis armandi</i>	
MU TONG	4.1%
<i>Licorice</i>	
GAN CAO	3.1%
<i>Cinnamon Bark</i>	
ROU GUI	3.1%

SOURCE: *Detailed Outline for Aid of the Yin (Ji Yin Gang Mu)*

FUNCTIONS: Nourish blood, transform stasis, rectify qi, and regulate the menses.

INDICATIONS: Treats overdue menses, scant menstrual flow, and pain and distention in the lower abdomen.

This formula treats blood vacuity and binding depression of liver qi that result in menstrual irregularities such as overdue menses, menstrual pain, or scant menstruation. This function is revealed in the name of the formula, which can be rendered into English as *Overdue Menses Cool-Decoction*.

This formula often brings swift relief for patients who have the feeling that their period is about to start yet it does not. Naturally, since the formula is contraindicated for pregnancy, it is important to first determine that the patient is not pregnant.

Both this formula and [Xiao Yao San](#) (Tangkuei & Bupleurum Formula) treat blood vacuity and qi stagnation that produce menstrual disorders. While Xiao Yao San is better at coursing the liver, Guo Qi Yin has a stronger ability to nourish blood, dispel blood stasis, and free the menses. Also, Xiao Yao San treats many symptoms related to blood vacuity and binding depression of liver qi, but Guo Qi Yin is primarily used to treat menstrual disorders owing to this pattern.

There are many causes for overdue menses besides blood vacuity and qi stagnation. The *Guidelines for Pattern Identification and Treatment (Zheng Zhi Zhun Sheng)* makes the following suggestions for treatment of overdue menses: “For spleen channel blood vacuity use [Ren Shen Yang Ying Tang](#) (Ginseng & Rehmannia Combination); for liver channel blood vacuity use [Liu Wei Di Huang Wan](#) (Rehmannia Six Formula); for qi vacuity and blood weakness use [Ba Zhen Tang](#) (Tangkuei & Ginseng Eight Combination).” Further, Zhu Dan-Xi suggests, “for overdue menses with scant bleeding use Chuan Xiong (*Ligusticum*), Ren Shen (*Ginseng*), Bai Zhu (*Atractylodes*) and phlegm herbs, for overdue menses [with blood that is] pale, and [where there is] copious phlegm [use] [Er Chen Tang](#) (*Citrus & Pinellia Combination*) with Chuan Xiong and Dang Gui (*Tangkuei*); for overdue menses [with blood that is] purple and clotted, [this is] blood heat; [and also there is] pain, use [Si Wu Tang](#) (*Tangkuei Four Combination*) with Xiang Fu (*Cyperus*) and Huang Lian (*Coptis*).”

CONTINUED

For menstrual pain it is best to take this formula starting four or five days before onset of the period and through the painful portion of the period. Because it contains blood-moving agents, this formula is unsuitable for not only pregnant women but also for women who bleed heavily during their menstrual period.

MODIFICATIONS

- For menstrual pain, add Yu Jin (Curcuma), Pu Huang (Bulrush), and Liu Ji Nu (*Artemisiae anomala*e).
- For breast distention, add Lu Lu Tong (Liquidambar), Qing Pi (Citrus viride), and Chai Hu (Bupleurum).
- For cold patterns, add Gan Jiang (Dried Ginger) and Fu Zi (Prepared Aconite).
- For blood vacuity, add He Shou Wu (Polygonum) and Ji Xue Teng (Spatholobi).

Hou Po Qi Wu Tang • 2010

MAGNOLIA SEVEN COMBINATION

<i>Magnolia Bark</i>	SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> (<i>Jin Gui Yao Lüe</i>)
HOU PO 33.4%	
<i>Ginger (Fresh)</i>	FUNCTIONS: Resolve the exterior, dissipate evil, move qi, and drain fullness.
SHENG JIANG 20.8%	
<i>Licorice</i>	INDICATIONS: Treats unresolved external patterns with internal repletion. This is concomitant tai yang and yang ming stage disease with symptoms of abdominal fullness, constipation, and a rapid, floating pulse.
GAN CAO 12.5%	
<i>Rhubarb</i>	
DA HUANG 12.5%	
<i>Aurantium</i>	
<i>Immaturus</i>	
ZHI SHI 8.3%	This formula treats a wind-cold pattern that also presents with signs of internal heat such as constipation, a rapid pulse, and abdominal fullness. In this pattern, stomach qi is not damaged and appetite is normal; the digestive dysfunction is owing to a heat pathogen in the interior.
<i>Cinnamon Twig</i>	
GUI ZHI 8.3%	
<i>Jujube</i>	
DA ZAO 4.2%	The formula is named after its main ingredient and the total number of ingredients. It translates literally as <i>Magnolia Bark Seven Ingredient Decoction</i> .

MODIFICATIONS

- For nausea or vomiting, add Ban Xia (*Pinellia*).
- If exterior cold is extreme, add extra Sheng Jiang (*Fresh Ginger*) or suggest taking the concentrated granule with ginger tea.

Hou Po Wen Zhong Tang • 2020

MAGNOLIA & VLADIMIRIA COMBINATION

<i>Dried Ginger</i>		SOURCE: <i>On Confusion about Differentiation of Internal and External Damage (Nei Wai Shang Bian Huo Lun)</i>
GAN JIANG	23.4%	
<i>Magnolia Bark</i>		FUNCTIONS: Warm the center, move qi, dry damp, and dispel fullness.
HOU PO	17.7%	
<i>Citrus Peel</i>		INDICATIONS: Treats a central burner that is simultaneously encumbered by damp and damaged by cold. Symptoms include distention, fullness or pain in the abdomen, lack of appetite, loose stools, and fatigue of the four limbs. The pattern also includes a slow pulse and a pale tongue with a glossy fur.
CHEN PI	17.7%	
<i>Katsumadai</i>		
CAO DOU KOU	8.4%	
<i>Poria (Red)</i>		
CHI FU LING	8.4%	
<i>Vladimiria</i>		
MU XIANG	6.1%	Spleen vacuity and damp accumulation go hand in hand; the presence of one invites the other, though it is hard to say which comes first. When this spleen-vacuity, damp-encumbrance condition is complicated by invasion of a cold pathogen, the symptoms for which Hou Po Wen Zhong Tang was designed manifest. Primary among these are loose stools, vomiting of clear fluid, and distention that is relieved with palpation and warmth. Western disease categories that this formula addresses are chronic gastritis or enteritis, chronic hepatitis, vaginal discharge, and digestive disorders owing to overconsumption of cold or uncooked foods. The treatment principle is to use acrid and warm agents to disperse damp and cold, fragrant agents to rectify qi in the central burner, and warm, sweet herbs to supplement the center.
<i>Licorice</i>		
GAN CAO	6.1%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	6.1%	
<i>Jujube</i>		
DA ZAO	6.1%	
		Since this formula treats cold first, damp second, and vacuity third, it primarily addresses chronic damp-accumulation patterns characterized by lack of appetite and abdominal distention. It differs from <i>Liu Jun Zi Tang</i> (Major Six Herb Combination) in that it is less able to supplement the center, but is better able to dispel cold and transform damp. It is often appropriate to follow treatment using Hou Po Wen Zhang Tang with a formula like Liu Jun Zi Tang or <i>Si Jun Zi Tang</i> (Major Four Herb Combination) to supplement the spleen and prevent recurrence of symptoms.
		The Chinese name of this formula is most directly rendered in English as <i>Magnolia Bark Center-Warming Decoction</i> . The practitioner, knowing that Hou Po (Magnolia Bark) transforms damp and relieves fullness, perceives immediately from the formula's name that it treats distention and fullness owing to damp and cold in the central burner.

CONTINUED

MODIFICATIONS

- For diarrhea, add Rou Dou Kou (Myristica), Cang Zhu (Atractylodes), and Pao Jiang (Charred Ginger).
- For cold stomach pain, add Gao Liang Jiang (Galanga).
- For prominent spleen vacuity, add Bai Zhu (Atractylodes alba) and Ren Shen (Ginseng).
- For vaginal discharge, add Chun Gen Pi (Ailanthus Bark).
- For digesta stagnation, add Shen Qu (Massa Medicata Fermentata).

Hu Qian Wan • 1770

PHELLODENDRON & TESTUDINIS FORMULA

<i>Phellodendron Bark</i>	SOURCE: <i>Indispensable Medical Reading (Yi Zong Bi Du)</i>
HUANG BAI 19.8%	FUNCTIONS: Enrich yin, downbear fire, nourish blood, supplement qi, and strengthen the bones and sinews.
<i>Testudinis</i>	INDICATIONS: Treats liver and kidney insufficiency and yin vacuity with internal heat that give rise to weakness and soreness of the lumbar region and knees, flaccid bones and sinews, leg wilting, impotence, seminal emissions, a forceless stride, a red tongue with scant fur, and a fine, weak pulse.
GUI BAN 19.8%	
<i>Cyathula</i>	
CHUAN NIU XI 17.3%	
<i>Anemarrhena</i>	
ZHI MU 9.9%	
<i>Rehmannia (Cooked)</i>	
SHU DI HUANG 9.9%	This formula is a modification of the original, which is from <i>Essential Teachings of Zhu Dan-Xi (Dan Xi Xin Fa)</i> ; Dang Gui (Tangkuei) and Chuan Niu Xi (Cyathula) are not included in that version. Since Zhu Dan-Xi was the father of the yin-supplementing school, it is not surprising that this formula strongly supplements yin. Dr. Zhu intended the formula to treat yin vacuity accompanied by vacuity fire that causes wilting of the bones and sinews, weakness and aching in the knees and lower back, and difficulty walking. This category of patient will usually have a red tongue with scant fur and a fine, weak pulse.
<i>White Peony</i>	
BAI SHAO 7.4%	
<i>Cynomorium</i>	
SUO YANG 4.9%	
<i>Tangkuei</i>	
DANG GUI 4.9%	In later times, the formula's usage has been expanded to include other consequences of yin vacuity with vacuity fire such as post-stroke paralysis and debility, post-polio disability, impotence or premature ejaculation, and chronic joint pain (arthritis). In addition, the Ming dynasty text <i>Medical Remedies Researched (Yi Fang Kao)</i> records a usage of Hu Qian Wan to treat swollen testicles when more typical treatments have failed.
<i>Citrus Peel</i>	
CHEN PI 3.7%	
<i>Dried Ginger</i>	
GAN JIANG 2.4%	
	Modern iterations of this formula do not include the tiger bone (Hu Gu) that was in the original. Thus the formula's strength is most likely reduced. Gui Ban (Testudinus), however, does provide some of the bone-firming function for which tiger bone was intended.
	The name of the formula could be translated as <i>Tiger Potential Pills</i> . The first character is the one for tiger, which, as <i>Medical Remedies Researched</i> relates, symbolizes the strongest yin animal on earth. The second character often means underlying potential but here it has the more literal meaning of storage. Thus the name implies that the pills encourage storage of yin to increase the patient's strength.
	This formula is sometimes called Jian Bu Wan, which translates as <i>Healthy Step Pills</i> – an obvious reference to the formula's intended treatment of bone wilting (weakness and atrophy of the legs).

CONTINUED

MODIFICATIONS

- For bone wilting (weakness and atrophy of the legs) owing to blood vacuity, add He Shou Wu (Polygonum) and extra Dang Gui (Tangkuei).
- For qi vacuity, add Ren Shen (Ginseng) and Huang Qi (Astragalus Root).
- To aid the formula's Suo Yang in supporting yang and essence (jing), add Rou Cong Rong (Cistanche).
- For sexual dysfunction related to kidney yin vacuity, add Mu Li (Oyster Shell), Sang Piao Xiao (Mantis Cocoon), and Tu Si Zi (Cuscuta).
- For weakness and aching of the lower back and knees, add Du Zhong (Eucommia).
- For joint pain, add Ji Xue Teng (Spatholobi), Ren Dong Teng (Lonicera Vine), and Wei Ling Xian (Clematis), or combine with [Shang Zhong Xia Tong Yong Tong Feng Wan](#) (Cinnamon & Angelica Formula).

Hua Gai San • 3310

EPHEDRA & MULBERRY BARK FORMULA [AVAILABLE IN TABLETS]

<i>Ephedra</i>	SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
MA HUANG	15.4%
<i>Mulberry Bark</i>	FUNCTIONS: Resolve the exterior, diffuse lung qi, calm gasping, transform phlegm, and relieve cough.
SANG BAI PI	15.4%
<i>Perilla Seed</i>	INDICATIONS: Treats exterior cold patterns that present as cough with copious phlegm and qi ascent, vexation and oppression in the chest, stiff neck and nape, nasal congestion, hoarseness, clouding and dizziness of the head and eyes, and noisy breathing.
SU ZI	15.4%
<i>Apricot Seed</i>	—————
XING REN	15.4%
<i>Red Poria</i>	This formula treats wind-cold invading the lung with cough, wheezing, thoracic oppression, aversion to cold, and nasal congestion (or runny nose). It is similar to Ma Huang Tang (Ephedra Combination) but is more attentive to diffusing and downbearing lung qi and less able to resolve the exterior.
CHI FU LING	15.4%
<i>Citrus Peel</i>	Western medicine would categorize the disorders that this formula treats as respiratory tract infection, bronchitis, or bronchial asthma. This formula is commonly used in China for addressing acute attacks of cough and asthma in children.
CHEN PI	15.4%
<i>Licorice</i>	With the exception of Sang Bai Pi (Mulberry Bark), the herbs in this formula are warm. It is thus not suited for treating cough or asthma in patients with vexation-heat, yellow phlegm, or other signs of heat in the chest. For these conditions Ma Xing Gan Shi Tang (Ephedra & Apricot Seed Combination) or Qing Qi Hua Tan Wan (Pinellia & Scute Formula) may be more fitting.
GAN CAO	7.6%
<i>Hua Gai San</i> translates into English as <i>Canopy Powder</i> . This derives from the <i>Inner Canon</i> (<i>Nei Jing</i>) where the lungs are referred to as the canopy of the viscera.	

MODIFICATIONS

- For cough, add Kuan Dong Hua (Tussilago) and Jie Geng (Platycodon).
- For copious phlegm, add Ban Xia (Pinellia) and Chen Pi (Citrus Peel).
- For nasal congestion, add Xin Yi Hua (Magnolia Flower) and Cang Er Zi (Xanthium).

Huai Hua San • 3820

SOPHORA FLOWER FORMULA

<i>Sophora</i>		SOURCE: <i>Practical Universal Salvation Formulary</i> (<i>Pu Ji Ben Shi Fang</i>)
HUAI HUA	25.0%	
<i>Biota Leaf</i>		FUNCTIONS: Clear the intestines, stanch bleeding, course wind, and precipitate qi.
CE BAI YE	25.0%	
<i>Schizonepeta</i>		INDICATIONS: Treats rectal bleeding from intestinal wind or visceral toxin. The blood usually precedes the stool during evacuation and is a fresh-red color or, in the case of visceral toxin, deep purple. Huai Hua San also treats bleeding hemorrhoids.
JING JIE	25.0%	
<i>Aurantium Fruit</i>		
ZHI KE	25.0%	

“Intestinal wind” is defined as bleeding at the distal end of the rectum; sometimes it is simply bleeding hemorrhoids. “Visceral toxin” refers to internal accumulation of heat toxins that are a reflection of an internal disharmony. In this case, the bleeding is slightly farther up the digestive tract and is frequently seen in the context of disorders of the intestine that equate to Crohn’s disease or colitis. Since bleeding hemorrhoids can be a result of chronic diarrhea, the cause and location of rectal bleeding must be carefully determined.

For bleeding hemorrhoids, this formula may be used by itself or with herbs that address the hemorrhoids and their cause. For visceral toxin, Huai Hua San must be combined with agents or formulas that treat the underlying disharmonies causing the accumulation of toxic heat (or damp-heat). Treatment of chronic intestinal disorders should be done in stages, with initial treatment addressing the branch symptoms and follow-up treatment directed at the root disharmonies. Huai Hua San has a role in the branch treatment stage of this process.

In dermatology, this formula can be used to treat damp-heat skin rashes in the genital region. Again, as in the case of rectal bleeding, it addresses the acute symptoms more than the underlying cause.

MODIFICATIONS

- For bleeding hemorrhoids, add Huang Bai (Phellodendron Bark), Di Yu (Sanguisorba), Chi Shao (Red Peony), and Yi Yi Ren (Coix), or combine with [Yi Zi Tang](#) (Cimicifuga Combination).
- For visceral toxin with diarrhea, and pus and blood in the stool, add Huang Bai (Phellodendron Bark), Bai Tou Weng (Pulsatilla), Bai Shao (White Peony), and Di Yu (Sanguisorba).

CONTINUED

- For toxic heat that gives rise to uterine bleeding, add Di Yu (Sanguisorba), Huang Bai (Phellodendron Bark), Mu Dan Pi (Moutan), and Bai Shao (White Peony).
- For genital skin rashes, add Huang Bai (Phellodendron Bark), Fang Feng (Siler), Chi Shao (Red Peony), and Che Qian Zi (Plantago Seed). If damp is prominent, add Tu Fu Ling (Smilax) or Yi Yi Ren (Coix). Also, combining with [San Miao San](#) (Atractylodes & Phellodendron Formula) can be effective for rashes in the lower burner or legs.

Huan Shao Dan • 4140

LYCIUM FORMULA [AVAILABLE IN TABLETS]

<i>Dioscorea</i>	SOURCE: <i>Master Hong's Experiential Formulae</i>	
SHAN YAO	10.8%	(<i>Hong Shi Ji Yan Fang</i>)
<i>Cyathula</i>	FUNCTIONS:	
CHUAN NIU XI	10.8%	Supplement the kidney, boost spleen qi, enrich yin, nourish blood, and strengthen yang.
<i>Cornus</i>	INDICATIONS:	
SHAN ZHU YU	7.1%	Treats vacuity-cold of the spleen and kidney resulting in a lack of interest in food or drink, emaciation, fatigue, hearing loss, diminished eyesight, heaviness in the low back and legs, loose teeth, premature aging, fever and night sweats, impotence, and seminal loss.
<i>Poria</i>		
FU LING	7.1%	
<i>Eucommia</i>		
DU ZHONG	7.1%	
<i>Polygala</i>		
YUAN ZHI	7.1%	
<i>Schizandra</i>	The source text states that this formula “greatly supplements root qi, [it treats] vacuity detriment of the spleen and stomach, timid weakness of the heart, abstraction, confusion and clouding of the essence-spirit, congealed or stagnant qi and blood, inability to taste food and drink, thin body, fatigue, darkened [diminished] sight and hearing loss.” The phrase “greatly supplements root qi” is interpreted as meaning the qi of the spleen and kidney because of the belief in Chinese medicine that the kidney is the root of prenatal qi and the spleen the root of postnatal qi.	
WU WEI ZI		
<i>Broussonetia</i>		
ZHU SHI ZI	7.1%	
<i>Fennel Seed</i>		
XIAO HUI XIANG	7.1%	
<i>Morinda</i>	In modern times, this type of patient might be considered to have chronic fatigue. A weak pulse, lack of interest in food or drink, low sex drive, and diminished hearing and sight are symptoms that point to the appropriate use of this formula. Premature aging is also a diagnosis that should bring Huan Shao Dan to mind.	
BA JI TIAN	7.1%	
<i>Cistanche</i>		
ROU CONG RONG	7.1%	
<i>Rehmannia (Cooked)</i>		
SHU DI HUANG	3.7%	
<i>Lycium Fruit</i>	Jiao Shu-De, in <i>Ten Lectures on Formulae</i> (<i>Fang Ji Xin De Shi Jiang</i>), says that he frequently uses this formula to treat impotence and premature ejaculation. His suggestions for combinations with other formulas appear in the modifications section.	
GOU QI ZI	3.6%	
<i>Jujube</i>		
DA ZAO	3.6%	
<i>Acorus</i>	The concentrated herb granule form of this formula includes a large dose of Da Zao (Jujube). This is meant to mimic the original pill form, which was a honey pill made with the meat of dried Hong Zao. Note that the author suggested taking fifty pills before each meal with warm alcohol or a saline drink. This is a large dose and, thus, to achieve the expected results, using a larger than normal dose of concentrates may be warranted. Four grams, three times per day is suggested as a regimen for adults.	
SHI CHANG PU	3.6%	
	The three characters of this formula name translate literally as return, few and elixir. The word “few” refers to “few in years” meaning childhood, and the entire name implies that the formula can give the patient	

CONTINUED

youthful vigor. Thus the translation as *Rejuvenation Elixir* may transmit the intended meaning. Note that there are several formulas by this name. Though they are all quite similar, the formula discussed here is the most common.

MODIFICATIONS

- For kidney-vacuity impotence, combine with [Zhi Bai Di Huang Wan](#) (Anemarrhena, Phellodendron, & Rehmannia Formula), add extra Yuan Zhi (Polygala) or Jin Suo Gu Jing Wan (Lotus Stamen Formula).
- For heaviness in the back and legs, add a large dose of Xu Duan (Dipsacus).
- For lack of appetite, combine with [Xiang Sha Liu Jun Zi Tang](#) (Vladimiria & Cardamon Combination).
- For yang-vacuity impotence, add Tu Si Zi (Cuscuta) and Yin Yang Huo (Epimedium).
- For weight loss and fatigue, add Huang Qi (Astragalus) and Dang Shen (Codonopsis).
- For night sweats and fever, add Mai Men Dong (Ophiopogon) and Ren Shen (Ginseng).

Huang Lian Jie Du Tang • 3190

COPTIS & SCUTE COMBINATION [AVAILABLE IN TABLETS]

<i>Coptis</i>		
HUANG LIAN	25.0%	
<i>Scute</i>		
HUANG QIN	25.0%	
<i>Phellodendron Bark</i>		
HUANG BAI	25.0%	
<i>Gardenia</i>		
SHAN ZHI ZI	25.0%	

SOURCE: *Medical Formulas Gathered and Explained* (*Yi Fang Ji Jie*)

FUNCTIONS: Clear heat, drain fire, and resolve toxin.

INDICATIONS: Treats conditions arising from repletion-heat fire toxins or effulgent heat in any of the three burners. Symptoms may include high fever with vexation and agitation, a dry mouth and throat, delirium, insomnia, bloody vomit due to heat diseases, heat maculae, dysentery, welling abscesses and clove sores, dark-yellow urine, a red tongue with a yellow fur, and a strong, rapid pulse.

This formula treats heat in the three burners. *Medical Formulas Gathered and Explained* describes how each of the herbs functions: “Huang Qin (Scute) drains lung fire in the upper burner, Huang Lian (Coptis) drains spleen fire in the middle burner, Huang Bai (Phellodendron) drains kidney fire in the lower burner, and Shan Zhi Zi (Gardenia) frees and drains fire in the three burners [so that the fire] exits through the bladder.”

The kind of strong heat that Huang Lian Jie Du Tang treats is usually seen by modern medicine as an infection or severe inflammation. This is sometimes a local event, such as a dermal abscess, and sometimes a more systemic infection, such as dysentery or septicemia. Other disorders frequently treated with this formula include cellulitis, urinary tract infections, allergic purpura, acute gastritis, and severe, acute outbreaks of eczema.

In addition to treating heat-toxin patterns, the bitter and drying herbs in this formula are sometimes targeted at damp-heat, particularly in the treatment of jaundice, dysentery, vaginal discharge, and hot, weeping skin eruptions. Adding agents to drain damp such as Yin Chen Hao (Capillaris), Che Qian Zi (Plantago Seed), and Mu Tong (Clematis armandi) is recommended for this type of pattern.

Since fire ascends to the upper body, this formula also treats bleeding due to fire conveying blood upward. The main symptoms are nosebleed and coughing or spitting of blood. This formula is only appropriate for bleeding if it occurs during the course of a toxic-heat pattern.

The applications mentioned here reflect the Chinese name of the formula which can be translated as *Coptis Decoction to Resolve Toxicity*. It is the primary formula for treating heat-toxin disorders.

Since Huang Lian Jie Du Tang spreads its heat-clearing and toxin-resolving function over the three burners, for heat in a specific organ

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another formula may be more fitting. For example, for liver damp-heat genital disorders, [Long Dan Xie Gan Tang](#) (Gentiana Combination) should be considered. For liver-fire eye disorders with damage to liver yin, [Xi Gan Ming Mu San](#) (Gardenia & Vitex Combination) is usually better suited. For upper body toxic-heat in patients for whom Huang Lian Jie Du Tang is too drying, it may be more prudent to use a formula such as [Huang Lian Shang Qing Wan](#) (Coptis, Phellodendron, & Mint Formula). For toxic-heat epidemic toxin that gives rise to red, swollen throat (as in mumps), or for tonsillitis, [Pu Ji Xiao Du Yin](#) (Scute & Cimicifuga Combination) might be prescribed. For acute dysentery, [Bai Tou Weng Tang](#) (Pulsatilla Combination) may be a better choice. For toxic swellings, formulas that support the interior and outthrust pus may be better or could be combined with Huang Lian Jie Du Tang.

Lastly, this formula is extremely cold and drying and thus is for short-term use only. Generally, a few days is sufficient, but treatment for up to ten days is not uncommon for serious disorders. This formula is not suitable for patients who tend to yin vacuity or central burner weakness.

MODIFICATIONS

- Adding Jin Yin Hua (Lonicera Flower) and Lian Qiao (Forsythia) can increase the formula's ability to clear heat and resolve toxin.
- For damp-heat jaundice, add Yin Chen Hao (Capillaris), Da Huang (Rhubarb), and Che Qian Zi (Plantago Seed).
- For dermal toxic swellings (yong and ju), add Pu Gong Ying (Dandelion), Zao Jiao Ci (Gleditsia Spine), and Lian Qiao (Forsythia).
- For upper body bleeding owing to fire, add Xuan Shen (Scrophularia), Sheng Di Huang (Fresh Rehmannia), and Mu Dan Pi (Moutan).
- For urinary tract infections, add Mu Tong (Clematis armandi) and Che Qian Zi (Plantago Seed). Include Bai Mao Gen (Imperata) if there is blood in the urine.
- For eczema and other hot skin rashes, combine with [Xiao Feng San](#) (Tangkuei & Arctium Formula).
- If the stools are not moving regularly, it is important to include Da Huang (Rhubarb) to clear heat through the stool.
- Inclusion of Che Qian Zi (Plantago Seed) or Mu Tong (Clematis armandi) will help the formula clear heat through the urine.

Huang Lian Shang Qing Wan • 3160

COPTIS, PHELLODENDRON, & MINT FORMULA

<i>Rhubarb</i>	SOURCE: National Collection of Chinese Patent Medicines (Quan Guo Zhong Yao Cheng Yao Chu Fang)
DA HUANG 15.6%	
<i>Coptis</i>	FUNCTIONS: Clear heat, resolve toxin, drain fire, and free the stool.
HUANG LIAN 10.7%	INDICATIONS: Treats internal repletion-heat that results in mouth or tongue sores, red eyes, sore throat, dark rough urination, and vexation-heat.
<i>Phellodendron Bark</i>	
HUANG BAI 10.7%	
<i>Scute</i>	
HUANG QIN 10.7%	This formula is an amended form of Huang Lian Jie Du Tang (Coptis & Scute Combination) intended to clear heat from the upper burner. It is very similar to Xi Gan Ming Mu San (Gardenia & Vitex Combination) except that Huang Lian Shang Qing Wan is not aimed as directly at liver heat and eye disorders. As a result, it treats a wider variety of upper body heat symptoms. A red tongue with yellow fur and a replete, rapid pulse confirm the internal repletion-heat that this formula addresses.
<i>Gardenia</i>	
SHAN ZHI ZI 10.7%	
<i>Turmeric</i>	
JIANG HUANG 7.8%	This formula is more moderate and less able to clear heat than Huang Lian Jie Du Tang. For cases where one might consider Huang Lian Jie Du Tang but hesitates for fear of damaging yin and fluids this formula may be useful, since it contains agents to engender fluids such as Tian Hua Fen (Trichosanthes Root) and Ge Gen (Pueraria Root).
<i>Forsythia</i>	
LIAN QIAO 7.8%	That Huang Lian Shang Qing Wan is primarily used to treat the upper burner is reflected in the name of the formula, which translates as <i>Coptis Upper [Body] Heat-Clearing Pills</i> . This formula is for acute disorders and is too bitter and draining for long-term use.
<i>Chrysanthemum</i>	
YE JU HUA 5.2%	
<i>Tangkuei Tail</i>	
DANG GUI WEI 5.2%	In dermatology, this formula is used to treat toxic swellings or acute, red, hot skin rashes in the upper body. Boils on the head and neck, inflamed lymph nodes in the neck or armpit, and sties are examples. It is also helpful in treating acute ear infections of the inner or outer ear as long as they are not part of an external wind pattern.
<i>Platycodon</i>	
JIE GENG 2.6%	
<i>Pueraria Root</i>	
GE GEN 2.6%	
<i>Mint</i>	
BO HE 2.6%	
<i>Scrophularia</i>	
XUAN SHEN 2.6%	
<i>Trichosanthes Root</i>	
TIAN HUA FEN 2.6%	
<i>Ligusticum</i>	
CHUAN XIONG 2.6%	

CONTINUED

MODIFICATIONS

- For eye disorders such as conjunctivitis, add Man Jing Zi (Vitex).
- For toxic swellings, add Pu Gong Ying (Dandelion) and Jin Yin Hua (Lonicera Flower) or combine with [Wu Wei Xiao Du Yin](#) (Dandelion & Wild Chrysanthemum Combination).
- For acute inner ear infections, combine with Chi Shao (Red Peony) and [Qing Bi Tang](#) (Pueraria Nasal Combination).
- For infections of the external portion of the ear, add Chi Shao (Red Peony) and Chai Hu (Bupleurum).
- For mouth sores, combine with [Qing Wei San](#) (Coptis & Rehmannia Formula).

Huang Lian Tang • 3180

COPTIS COMBINATION

<i>Pinellia</i>		SOURCE: <i>On Cold Damage (Shang Han Lun)</i>
BAN XIA	23.8%	FUNCTIONS: Harmonize the stomach, downbear counterflow, clear heat, and dispel cold.
<i>Coptis</i>		INDICATIONS: Treats heat in the chest with cold in the stomach. Symptoms include vexation, thoracic oppression, nausea, vomiting, abdominal pain, and diarrhea with borborygmus. The patient will often present with a thick, white tongue fur and a wiry pulse.
HUANG LIAN	14.3%	
<i>Dried Ginger</i>		
GAN JIANG	14.3%	
<i>Cinnamon Twig</i>		
GUI ZHI	14.3%	
<i>Jujube</i>		
DA ZAO	14.3%	Designed to treat a patient who has heat in the upper body and cold in the stomach and intestines, this formula combines hot and cold medicinals. This is in the style of Ban Xia Xie Xin Tang (Pinellia Combination), which also treats a combination of hot and cold that gives rise to glomus, fullness, nausea, and vexation. In the pattern Huang Lian Tang treats, the cold pathogen is prominent and the heat minor; this is the opposite of Ban Xia Xie Xin Tang, which has greater ability to clear heat.
<i>Ginseng</i>		
REN SHEN	9.5%	
<i>Licorice</i>		
GAN CAO	9.5%	Huang Lian Tang is applied to upper body heat and intestinal cold regardless of whether the cause is an external pathogen or internal damage. The disorders to which the formula is applied are categorized in modern medicine as gastritis, enteritis, digestive system ulcers, gastric hyperacidity, chronic diarrhea, toothache, inflammation of the oral cavity, cold abdominal pain during the menstrual period, and sores at the corners of the mouth.

MODIFICATIONS

- For chronic diarrhea, add Fu Ling (Poria) and Bai Zhu (Atractylodes alba).
- For hyperacidity, add Hai Piao Xiao (Cuttlebone).
- For thoracic heat and vomiting, add Huang Qin (Scute) and Zhu Ru (Bamboo Shaving).
- For cold menstrual pain with upper body heat signs, add Pu Huang (Bulrush).

Huang Qi Jian Zhong Tang • 3170

ASTRAGALUS COMBINATION

<i>White Peony</i>		SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> <i>(Jin Gui Yao Lüe)</i>
BAI SHAO	32.0%	
<i>Jujube</i>		FUNCTIONS: Warm the center, supplement vacuity, harmonize the interior, and relieve pain.
DA ZAO	16.0%	
<i>Cinnamon Twig</i>		INDICATIONS: Addresses vacuity taxation with internal cramping. This pattern is characterized by intermittent abdominal pain that feels better with pressure and warmth, or heart palpitations with vacuity vexation, night sweats, vexation heat in the hands and feet, and a dry mouth and throat. This formula also treats chronic inner ear infections and open sores that are slow to heal.
GUI ZHI	16.0%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	16.0%	
<i>Licorice</i>		
GAN CAO	12.0%	
<i>Astragalus</i>		
HUANG QI	8.0%	This formula is a variation of <i>Xiao Jian Zhong Tang</i> (Minor Cinnamon & Peony Combination). Huang Qi (Astragalus) is added to strengthen the formula's ability to supplement the center. In modern times, this formula is often given to patients who have long-standing vacuity disorders with symptoms of central burner vacuity-cold. This most often occurs after a severe illness or surgery, or as the result of extended periods of stress or overwork. Primary symptoms include night sweats, fatigue, and abdominal cramping that is relieved by warmth. In adults, Huang Qi Jian Zhong Tang is applied to such illnesses as gastric or duodenal ulcers and chronic fatigue disorder. In children, it can address poor digestion, shan qi pain, chronic inner ear infections, or frequent urination. Because Huang Qi is an important herb for helping sores to heal, Huang Qi Jian Zhong Tang is also given to constitutionally vacuous patients having slow-healing sores. See <i>Xiao Jian Zhong Tang</i> for further information.
		Note that though the original formula contains Yi Tang (Barley Malt), it is not included in the concentrated granule. It is suggested, therefore, that the patient take this formula with a tablespoon of Yi Tang mixed into the warm solution. The formula name translates as <i>Astragalus Decoction for Constructing the Center</i> in deference to its function.

MODIFICATIONS

- For abdominal fullness, add Hou Po (Magnolia Bark) and Sha Ren (Amomum).
- For abdominal pain, add Mu Xiang (Vladimiria).
- For digestive difficulties, add Sha Ren (Amomum).
- For stomach-cold or shan qi pain, add Xiao Hui Xiang (Fennel).

Huang Qi Wu Wu Tang • 3220

ASTRAGALUS & CINNAMON FIVE HERB COMBINATION

<i>Astragalus</i> HUANG QI	35.6%	SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> (<i>Jin Gui Yao Lüe</i>)
<i>Cinnamon Twig</i> GUI ZHI	17.9%	FUNCTIONS: Dispel wind, resolve the exterior, supplement qi, and dispel bi.
<i>White Peony</i> BAI SHAO	17.9%	INDICATIONS: Treats blood bi or wind disablement characterized by mild paralysis, numbness, and a pulse that is weak in the inch and bar positions and tight in the cubit position.
<i>Ginger (Fresh)</i> SHENG JIANG	17.9%	
<i>Jujube</i> DA ZAO	10.7%	<p>The source text specifies this formula for the treatment of blood bi, specifically, a pattern where the yang qi is weak and cannot prevent the penetration into the body of wind, cold, and damp – the components of bi. This invasion causes congealing of sub-dermal blood and gives rise to numbness of the skin and thick-feeling flesh.</p> <p>Because it is an external pattern, blood bi is treated with this variation of <i>Gui Zhi Tang</i> (Cinnamon Combination). The addition of Huang Qi (Astragalus) is intended to secure the exterior. Gui Zhi (Cinnamon Twig), aside from its role in harmonizing the interior and exterior and in resolving the exterior, also dispels cold from the channels and frees yang qi. Bai Shao (White Peony) harmonizes blood and dispels blood bi, and Sheng Jiang (Fresh Ginger) and Da Zao (Jujube) harmonize the stomach.</p> <p>The formula also treats a condition known as wind disablement, a classical symptom name referring to numbness, wilting, and paralysis that often follow a wind strike (stroke). The supplementing nature of this formula implies that it treats this condition when the patient suffers from vacuity and has no signs of liver wind.</p> <p>In ancient times, blood bi was thought to assail patients who encountered a draft after physical exertion had left them weakened, with their exterior vulnerable via the pores opened during perspiration. This exact situation is not necessary for the use of Huang Qi Wu Wu Tang; a weakened exterior, blood stasis, and mild bi symptoms are the most important diagnostic confirmations for the use of this formula. Other situations that mimic this condition and thus are benefited by Huang Qi Wu Wu Tang are:</p> <ul style="list-style-type: none"> • Chronic bi patterns in patients who suffer from qi vacuity and blood stasis. • Postpartum vacuity that results in pain in the back and legs or throughout the body. • Qi-vacuity and blood-stasis counterflow cold in the four limbs.

In modern terms, the disorders that this formula can treat include arthritis, rheumatism, peripheral neuralgia, bursitis, phlebitis, postpartum body pain, and chilblain.

The formula name can be rendered literally as *Five Ingredient Astragalus Decoction*. Note that this formula is also called Huang Qi Gui Zhi Wu Wu Tang, which translates as *Five Ingredient Astragalus and Cinnamon Twig Decoction*.

MODIFICATIONS

- For disorders in the lower limbs, add Niu Xi (Achyranthes).
- For paralysis in the left side of the body, add Dang Gui (Tangkuei); for the right side, add extra Huang Qi (Astragalus).
- For low back or leg pain, add Niu Xi (Achyranthes) and Du Zhong (Eucommia).
- For blood vacuity, combine with [Si Wu Tang](#) (Tangkuei Four Combination).
- For blood stasis, add Chuan Xiong (Ligusticum), Hong Hua (Carthamus), and Dang Gui (Tangkuei).
- For wind-damp bi with bodily heaviness and a tongue fur, add Cang Zhu (Atractylodes) and Yi Yi Ren (Coix).
- For postpartum pain patterns, add Dang Gui (Tangkuei), Chuan Xiong (Ligusticum), Xu Duan (Dipsacus), and Sang Ji Sheng (Loranthus).
- For chilblain, add Dang Gui (Tangkuei), Tao Ren (Persica), Hong Hua (Carthamus), and Niu Xi (Achyranthes).

Huang Qin Tang • 3200

SCUTE & LICORICE COMBINATION

<i>Scute</i>	
HUANG QIN	30.0%
<i>Jujube</i>	
DA ZAO	30.0%
<i>Licorice (Prepared)</i>	
ZHI GAN CAO	20.0%
<i>White Peony</i>	
BAI SHAO	20.0%

SOURCE: *On Cold Damage (Shang Han Lun)*

FUNCTIONS: Clear heat, drain fire, arrest diarrhea, relieve pain, and harmonize the shao yang.

INDICATIONS: Treats tai yang – shao yang combination patterns with abdominal pain, diarrhea, fever, a red tongue with a yellow fur, and a rapid pulse.

A combination pattern of tai yang and shao yang implies that signs of both stages are present. In cases where Huang Qin Tang is called for, heat signs such as diarrhea and abdominal pain are preeminent, so the shao yang (interior-heat) pattern is more prominent. Other signs of this pattern are drawn from the symptoms related to the two stages; they include aversion to cold, headache, bitter taste, and flank pain. In modern clinical practice, this formula is sometimes used for patients who have diarrhea owing to internal (shao yang) disharmonies. In such cases, the symptoms of an external pattern such as aversion to cold and fever may not be present.

Both this formula and [Ge Gen Huang Qin Huang Lian Tang](#) (Pueraria, Coptis, & Scute Combination) treat heat diarrhea. Huang Qin Tang focuses more on harmonization and less on clearing heat. It is primarily a shao yang harmonizing formula that treats hot diarrhea with abdominal pain and a few signs of tai yang disorder. Ge Gen Huang Qin Huang Lian Tang, on the other hand, treats the tai yang pattern with heat diarrhea. It is better at resolving tai yang and clearing heat, but treats heat diarrhea that is not accompanied by abdominal pain.

In modern parlance, the disorders that Huang Qin Tang treats include acute enteritis, acute bouts of colitis, and gastrointestinal flu. In gynecology, this formula is sometimes applied to the treatment of inverted menstruation (bleeding from the nose during menstruation).

MODIFICATIONS

- If heat toxin is extreme, add Huang Lian (Coptis), Jin Yin Hua (Lonicera Flower), and Ma Chi Xian (Portulaca).
- For inverted menstruation, add Bai Mao Gen (Imperata).
- For vomiting or dry retching, add Ban Xia (Pinellia) and Sheng Jiang (Fresh Ginger).
- For alternating fever and chills, add Chai Hu (Bupleurum).

Huo Xiang Zheng Qi San • 4200

AGASTACHE FORMULA [AVAILABLE IN TABLETS]

<i>Agastache</i>	SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
HUO XIANG 10.0%	
<i>Areca Husk</i>	FUNCTIONS: Transform damp, resolve the exterior, rectify qi, and harmonize the center.
DA FU PI 10.0%	
<i>Perilla</i>	INDICATIONS: Treats external wind-cold with internal damp-stagnation. Symptoms include aversion to cold, fever, headache, thoracic oppression and fullness, abdominal pain, nausea, vomiting, muted taste, intestinal rumbling, and diarrhea. The patient usually presents with a white, greasy tongue fur and a slippery pulse.
ZI SU YE 10.0%	
<i>Poria</i>	
FU LING 10.0%	
<i>Angelica</i>	
BAI ZHI 10.0%	
<i>Ginger (Fresh)</i>	
SHENG JIANG 10.0%	Modern texts emphasize this formula's treatment of wind-cold patterns that exacerbate internal damp accumulation and give rise to headache, abdominal pain, diarrhea, vomiting, and thoracic oppression. In the source text, this scenario is one of several that the formula is assigned to treat. It is also described as useful for "the five taxations and seven injuries (internal damage), the eight kinds of wind-phlegm, the five kinds of diaphragm qi [obstruction], cold pain in the heart and abdomen . . . mountain miasma and malaria, vacuity swelling of the whole body, blood and qi stabbing pain in pregnant and postpartum women, and children's gan damage."
<i>Atractylodes (Alba)</i>	
BAI ZHU 6.7%	
<i>Pinellia</i>	
BAN XIA 6.7%	
<i>Citrus Peel</i>	
CHEN PI 6.7%	Though exterior cold is often present, the one factor that ties these various symptoms together is stagnation (usually of internal damp). Clinically this means that Huo Xiang Zheng Qi San should be considered for internal damage as well as its more common use in resolving the exterior. Since it contains many herbs that rectify and harmonize the center, disorders that present as failure of the spleen and stomach to upbear and downbear are prime candidates for this formula. The list of disorders in this category ranges from esophageal constriction or spasm to morning sickness.
<i>Magnolia Bark</i>	
HOU PO 6.7%	
<i>Platycodon</i>	
JIE GENG 6.7%	
<i>Licorice (Prepared)</i>	
ZHI GAN CAO 3.3%	The main use of this formula in modern times is in the treatment of acute gastrointestinal disorders that present as diarrhea, nausea, vomiting, and fever. A popular patent variation of this formula called <i>Curing Pills</i> has become one of the best-selling patent medicines because of its effectiveness in treating a wide variety of acute digestive disorders including stomach flu and over-consumption of cold or raw foods.
<i>Jujube</i>	
DA ZAO 3.2%	The type of external contraction that Huo Xiang Zheng Qi San treats is most common in the summer months. The symptoms of this type of disorder can be weighted toward the exterior pathogen (fever, aversion

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to cold, etc.), internal digesta stagnation (bloating, nausea, belching), or damp effulgence (diarrhea, abdominal cramping, lack of appetite); one should modify the formula accordingly. Suggestions can be found in the modification section below. These are taken from Jiao Shu-De's book, *Ten Lectures on Formulae (Fang Ji Xin De Shi Jiang)*.

Note that this formula also treats summerheat strike. See the modifications for suggestions.

Both Huo Xiang Zheng Qi San and [Liu He Tang](#) (Amomum Combination) treat damp that damages the stomach and intestines with symptoms such as vomiting and diarrhea. Liu He Tang has a weak ability to rectify qi but is better able to harmonize the center and transform damp. It also can supplement qi but is not a strong exterior resolvent. Huo Xiang Zheng Qi San, on the other hand, is quite good at rectifying qi but is weaker at harmonizing the center and transforming damp. Though it is not a strong supplementing formula, it can resolve the exterior. Thus, for cases with exterior symptoms, Huo Xiang Zheng Qi San is a better choice. Note that [Xiang Ru Yin](#) (Elsholtzia Combination) has a more potent ability to resolve the exterior than Huo Xiang Zheng Qi San but is less able to harmonize the center and dispel damp.

Since this formula aims to disperse stagnation that obstructs the central burner and allow correct qi to flow smoothly, it is known as *Agastache Qi-Correcting Decoction*.

MODIFICATIONS

- From Jiao Shu-De's *Ten Lectures on Formulae*: For a strong exterior pattern, add Ru Xiang (Mastic). For damp effulgence, add Bai Bian Dou (Dolichos Nut), Yi Yi Ren (Coix), and Che Qian Zi (Plantago Seed). For digesta stagnation, add Shan Zha (Crataegus), Shen Qu (Massa Medicata Fermentata), Mai Ya (Barley Sprout), and Bing Lang (Areca Seed).
- For cough, add Qian Hu (Peucedanum).
- For indigestion from overeating, combine with [Bao He Wan](#) (Red Tangerine Peel & Crataegus Formula).
- For summerheat, combine with [San Wu Xiang Ru Yin](#) (Elsholtzia Three Combination). If damp-heat is prominent, add Yin Chen Hao (Capillaris) and Fang Ji (Stephania).
- For morning sickness, add Zhu Ru (Bamboo Shaving).

Ji Ming San • 4150

ARECA SEED & CHAENOMELES FORMULA

<i>Areca Seed</i>	SOURCE: <i>Guidelines for Pattern Identification and Treatment</i>
BING LANG	(<i>Zheng Zhi Zhun Sheng</i>)
<i>Chaenomeles</i>	FUNCTIONS: Warm and disperse damp-cold.
MU GUA	INDICATIONS: Treats damp leg qi with damp-cold accumulating in the legs and feet and obstructing the channels. The main symptoms are difficulty walking, and swelling, weakness, and heaviness in the feet and lower legs. This pattern can also present with numbness, cold, or pain in the lower legs with occasional ascending spasms. In severe cases, the patient may experience thoracic oppression and nausea.
<i>Citrus Peel</i>	
CHEN PI	
<i>Platycodon</i>	
JIE GENG	
<i>Ginger (Fresh)</i>	
SHENG JIANG	
<i>Evodia</i>	Downpour of a damp-cold pathogen into the feet and lower legs can give rise to the symptoms mentioned above. Although the acute onset of beriberi for which this formula was designed is rare in the modern world, similar disorders, with unknown etiology, do occur.
WU ZHU YU	
<i>Perilla</i>	In the modern clinic, this formula is applied to the treatment of damp-cold skin disorders in the lower legs and feet characterized by oozing lesions and absence of inflammation. It also treats leg qi patterns that are not induced by a vitamin deficiency but show symptoms consistent with damp-cold downpour such as water swelling, aching, and heaviness. Further, Ji Ming San is used to treat joint pain in the feet and legs when these present with an absence of heat signs.
ZI SU YE	
	If one adds herbs to clear heat, resolve toxin, and move blood, this formula can be transformed into one that treats damp-toxin sores in the lower legs and feet. These are typically red, hot, itching, or painful lesions.
	This formula is designed to quickly dispel a damp-cold pathogen and was never intended for long-term use. In addition, this formula is for leg qi with damp symptoms and should not be used for dry leg qi.
	Ji Ming San is intended to induce a loose, black stool that is thought to eliminate damp-cold from the lower burner and thus eradicate the disease cause. Older texts mention that the formula should be taken first thing in the morning, on an empty stomach, to get the best results. The name of the formula, which translates as <i>Rooster Call Powder</i> , points out the importance of the time of ingestion.

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MODIFICATIONS

- For water swelling, add Fu Ling (Poria) and Bian Xu (Polygonum aviculare).
- For thoracic oppression, include Ban Xia (Pinellia) and Jie Geng (Platycodon).
- For damp-heat toxin sores, combine with [San Miao San](#) (Atractylodes & Phellodendron Formula) and [Huang Lian Jie Du Tang](#) (Coptis & Scute Combination) and add Jin Yin Hua (Lonicera Flower), Chi Shao (Red Peony), and Lian Qiao (Forsythia).
- For acute damp-cold joint pain in the lower legs and feet, add Wu Jia Pi (Acanthopanax), Du Huo (Tuhuo Angelica), Fu Ling (Poria), Tao Ren (Persica), and Hong Hua (Carthamus).

Ji Sheng Shen Qi Wan • 4070

CYATHULA & PLANTAGO FORMULA

<i>Rehmannia (Cooked)</i>	
SHU DI HUANG	23.5%
<i>Poria</i>	
FU LING	17.7%
<i>Dioscorea</i>	
SHAN YAO	11.8%
<i>Cornus</i>	
SHAN ZHU YU	11.8%
<i>Moutan</i>	
MU DAN PI	8.8%
<i>Alisma</i>	
ZE XIE	8.8%
<i>Cyathula</i>	
CHUAN NIU XI	5.9%
<i>Plantago Seed</i>	
CHE QIAN ZI	5.9%
<i>Aconite (Prepared)</i>	
FU ZI	2.9%
<i>Cinnamon Bark</i>	
ROU GUI	2.9%

SOURCE: *Life-Enhancing Formulary (Ji Sheng Fang)*

FUNCTIONS: Warm and supplement kidney yang, disinhibit water, and disperse swelling.

INDICATIONS: This formula treats insufficient kidney yang and debilitated life gate fire with symptoms of water swelling including aching and heaviness in the lumbar region, aching, swollen knees, and rough, weak, or frequent urination. Typically, this type of patient will have an enlarged, tender, and pale tongue with teeth impressions and a moist, white fur as well as a slow, deep, and wiry or weak pulse.

This formula is a modification of [Ba Wei Di Huang Wan](#) (Rehmannia Eight Formula). It adds Chuan Niu Xi (Cyathula) and Che Qian Zi (Plantago) and treats the same kidney yang vacuity as the original formula, but focuses on the symptom of water swelling. The inclusion of Chuan Niu Xi indicates that this formula is directed at the lower burner and thus is especially appropriate for treating water swelling of the legs.

In the modern clinic, Ji Sheng Shen Qi Wan is often applied to chronic nephritis, enlarged prostate, and diabetes when these disorders present as part of a kidney yang vacuity pattern. See modifications for suggested additions.

The true name of this formula is Shen Qi Wan or *Kidney Qi Pills*. To avoid confusion with Ba Wei Di Huang Wan, which is also called by that name, most books nowadays call this formula Ji Sheng Shen Qi Wan (*Life-Enhancing Kidney Qi Pills*) to show that this version is drawn from the collection of formulas known as *Life-Enhancing Formulary (Ji Sheng Fang)*. Note that the original Shen Qi Wan (also known as Ba Wei Di Huang Wan) was first recorded in the Han dynasty, while this variation was formulated 800 years later in the Song dynasty. *Life-Enhancing Kidney Qi Pills* are also called *Modified Kidney Qi Pills* (*Jia Wei Shen Qi Wan*).

MODIFICATIONS

- For water swelling, add Bai Zhu (Atractylodes alba) and Gan Jiang (Dried Ginger).
- For extreme yang vacuity, add Ren Shen (Ginseng), Lu Jiao (Cornus Cervi), Xian Mao (Curculigo), and Yin Yang Huo (Epimedium).
- For qi vacuity, add Huang Qi (Astragalus).
- For pain in the low back or knees, add Du Zhong (Eucommia).

CONTINUED

- For enlarged prostate, add Hu Po (Amber).
- For loose stools, add Bu Gu Zhi (Psoralea) and Bai Bian Dou (Dolichos Nut).
- For impotence or premature ejaculation, add Suo Yang (Cynomorium) and Ba Ji Tian (Morinda).

Jia Wei Ba Zheng San • 1020

DIANTHUS PLUS FORMULA

<i>Dianthus</i>		SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
QU MAI	10.0%	
<i>Clematis armandi</i>		FUNCTIONS: Clear heat, expel damp, move qi, disinhibit water, and free strangury.
MU TONG	10.0%	
<i>Talc</i>		INDICATIONS: Treats damp-heat in the lower burner that presents as a dry throat with thirst, sharp pain in the lower abdomen, blocked urination, and strangury with pain and blood in the urine. Pain, swelling, and distention in the male or female genitalia due to damp-heat can also treated be treated with this formula.
HUA SHI	10.0%	
<i>Plantago Seed</i>		
CHE QIAN ZI	10.0%	
<i>Gardenia</i>		
SHAN ZHI ZI	10.0%	
<i>Rhubarb</i>		
DA HUANG	10.0%	This modification of Ba Zheng San (Dianthus Formula) is formed by adding Mu Xiang (Vladimiria). This addition is intended to move qi and relieve pain in the lower abdomen. Mu Xiang is included in many formulas that treat qi strangury, which is defined as strangury (painful, dribbling urination) characterized by pain and distention in the lower abdomen. This pattern may be caused by vacuity or stagnation, but Jia Wei Ba Zheng San is only for strangury associated with stagnation and repletion. It is not intended, or appropriate, for long-term use. For vacuity strangury, consider Zhi Zhuo Gu Ben Wan (Poria & Polyporus Formula) or Bei Xie Fen Qing Yin (Tokoro Combination).
<i>Polygonum aviculare</i>		
BIAN XU	10.0%	
<i>Licorice</i>		
GAN CAO	10.0%	
<i>Juncus</i>		
DENG XIN CAO	10.0%	
<i>Vladimiria</i>		
MU XIANG	10.0%	

MODIFICATIONS

- For inhibited or blocked urine, add Huang Bai (Phellodendron Bark) and Bai Jiang Cao (Thlaspi).
- For constipation, add Mang Xiao (Mirabilitum) and Zhi Shi (Aurantium Immaturus).
- For strangury heat-toxin, combine with [Wu Lin San](#) (Gardenia & Poria Formula).

Jia Wei Ping Wei San • 1010

MAGNOLIA & GINGER FORMULA MODIFIED

<i>Magnolia Bark</i>		SOURCE: <i>Experiential Formulas of Generations of Physicians</i> (<i>Shi Yi Jing Yan Fang</i>)
HOU PO	13.0%	FUNCTIONS: Fortify the stomach, harmonize the center, disperse accumulation, and transform stagnation.
<i>Atractylodes</i>		INDICATIONS: Treats damp encumbrance that gives rise to distention and pain in the abdomen, nausea, vomiting, diarrhea, and indigestion. It may also address these symptoms in postpartum women.
CANG ZHU	13.0%	
<i>Crataegus</i>		
SHAN ZHA	13.0%	
<i>Citrus Peel</i>		
CHEN PI	8.7%	
<i>Citrus viride</i>		
QING PI	8.7%	There are various versions of this formula. This one is intended to treat damp encumbrance of the spleen that disrupts that organ's function of transforming and transporting digesta. The resulting stagnation gives rise to symptoms such as nausea, vomiting, abdominal distention and pain, and diarrhea. Agents such as Mai Ya (Barley Sprout) and Shan Zha (Crataegus) address digesta accumulation, while the ingredients of <i>Ping Wei San</i> (Magnolia & Ginger Formula) treat damp encumbrance. Other agents are aimed at dispersing the stagnation of qi that accompanies this pattern. This formula is usually applied to long-standing disorders, as it addresses both the branch and root. An exception is its use in treating postpartum women for pain and distention of the abdomen, nausea, diarrhea, and vomiting.
<i>Barley Sprout</i>		
MAI YA	8.7%	
<i>Cyperus</i>		
XIANG FU	8.7%	
<i>Amomum</i>		
SHA REN	8.7%	
<i>Ligusticum</i>		
CHUAN XIONG	8.7%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	4.4%	In summary, this formula is ideal for treating lack of appetite, chronic gastritis, infantile diarrhea, and other gastrointestinal disorders caused by damp encumbrance and digesta accumulation. The source text states that the abdominal pain associated with this pattern is relieved by palpation and lessens upon evacuation. Additionally, it suggests that a wiry pulse accompanies this pattern.
<i>Licorice</i>		
GAN CAO	4.4%	
This is a modification of <i>Ping Wei San</i> and thus is named <i>Amended Stomach-Calming Powder</i> . Please see the entry for <i>Ping Wei San</i> for an explanation of that formula's name.		

MODIFICATIONS

- For heat signs such as foul-tasting belching or acid regurgitation, add Huang Lian (Coptis).
- If symptoms are part of a summerheat damage pattern, add Shi Gao (Gypsum) and Huang Lian (Coptis).
- If spleen vacuity is prominent, combine with *Si Jun Zi Tang* (Major Four Herb Combination).

Jia Wei Xiao Yao San • 1000

BUPLEURUM & PEONY FORMULA [AVAILABLE IN TABLETS]

<i>Bupleurum</i>	SOURCE: <i>Guidelines for Pattern Identification and Treatment</i>
CHAI HU	12.1%
<i>White Peony</i>	(<i>Zheng Zhi Zhun Sheng</i>)
BAI SHAO	12.1%
<i>Tangkuei</i>	FUNCTIONS: Course the liver, fortify the spleen, harmonize blood,
DANG GUI	and regulate menses.
<i>Poria</i>	INDICATIONS: This formula treats heat and fire stemming from binding
FU LING	depression of liver qi and blood vacuity. Presenting symptoms may in-
<i>Atractylodes (Alba)</i>	clude vexation and agitation, a short temper, spontaneous sweating or
BAI ZHU	night sweats, headache, dry eyes, flushed cheeks, dry mouth, irregular
<i>Ginger (Fresh)</i>	or painful menses, vicarious (counterflow) menstruation, pain in the
SHENG JIANG	lower abdomen, and difficult, painful urination.
<i>Moutan</i>	—————
MU DAN PI	This formula, a modification of Xiao Yao San (<i>Tangkuei & Bupleurum Combination</i>), is better able to course the liver and clear heat than the
<i>Gardenia</i>	original formula. The two treat similar conditions, but Jia Wei Xiao
SHAN ZHI ZI	Yao San addresses heat signs more aggressively and directly. Since the
<i>Licorice (Prepared)</i>	added heat-clearing agents are bitter and drying, this formula is less
ZHI GAN CAO	able to nourish blood than the unmodified version. Classical sources
<i>Mint</i>	emphasize that anger and the resulting counterflow are the primary
BO HE	causes of many of the symptoms (such as counterflow menstruation)
	that are related to Jia Wei Xiao Yao San.
	Blood vacuity can give rise to, or aggravate, binding depression of
	liver qi. And the simultaneous presence of these two factors frequently
	engenders heat or fire (fire being defined as heat that flames to the
	upper body). This formula addresses all three factors, which is ideal,
	since each factor can produce the others. For example, if heat is not
	cleared, it will damage yin-blood; and insufficiency of liver blood
	can set the stage for binding depression of liver qi and, subsequently,
	more heat.
	This formula is frequently used in gynecology for such diverse disorders
	as mid-month spotting, genital herpes, vaginal discharge (especially if
	streaked with blood), excessive or early monthly flow, endometriosis,
	and vicarious menstruation. It is also prescribed during menopause to
	treat symptoms such as night sweating and afternoon heat.
	Jia Wei Xiao Yao San treats headaches, red eyes, palpitations, and dry
	mouth. One should look for a rapid, wiry pulse, heat signs, and indica-
	tions of blood vacuity when determining suitability of this formula.
	Note that the formula is sometimes referred to as Dan Zhi Xiao Yao
	San in recognition of the two herbs that have been added to Xiao Yao
	San – Mu Dan Pi and Shan Zhi Zi.

CONTINUED

The Chinese name of this formula translates as *Amended Free-Wanderer Powder*. Please refer to the entry for [Xiao Yao San](#) for additional information on the name.

MODIFICATIONS

- For blood-heat excessive menstruation, add Di Yu (Sanguisorba) and Sheng Di Huang (Fresh Rehmannia).
- For blood vacuity, add Sheng Di Huang (Fresh Rehmannia).
- For headache, add Man Jing Zi (Vitex) and Gou Teng (Gambir).
- For red eyes, add Ju Hua (Chrysanthemum).
- For painful urination, add Che Qian Zi (Plantago Seed).
- For blood heat skin disorders, add Fang Feng (Siler), Di Gu Pi (Lycium Root Bark), and Sheng Di Huang (Fresh Rehmannia).

Jian Ling Tang • 2100

DIOSCOREA & ACHYRANTHES COMBINATION

<i>Dioscorea</i>	SOURCE:	<i>Record of the Adaptation of Chinese Medicine Toward a Western View (Yi Xue Zhong Can Xi Lu)</i>
SHAN YAO	18.5%	
<i>Achyranthes</i>	FUNCTIONS:	Nourish blood and yin, supplement qi, quiet the spirit, settle and extinguish liver wind, and lower blood pressure.
NIU XI	18.5%	
<i>Hematite</i>	INDICATIONS:	Ascendant hyperactivity of liver yang that presents as headache, dizziness, halo vision, forgetfulness, tinnitus, palpitations, disturbed sleep, and hypertension.
DAI ZHE SHI	14.8%	
<i>Dragon Bone (Fossil)</i>		
LONG GU	11.1%	
<i>Oyster Shell</i>		
MU LI	11.1%	
<i>Rehmannia (Fresh)</i>		
SHENG DI HUANG	11.1%	
<i>White Peony</i>		
BAI SHAO	7.4%	
<i>Biota Seed</i>		
BAI ZI REN	7.4%	
		Jian Ling Tang is a relatively modern formula from a twentieth-century text. It was formulated to treat ascendant hyperactivity of liver yang that results in dizziness, headache, vertigo, tinnitus, palpitations, forgetfulness, insomnia, or dream-disturbed sleep. The accompanying pulse is strong, wiry, and firm. The original text suggests that the herbs be cooked in rusty water. Nowadays that instruction is seldom followed.
		The most common use for the formula in modern-day China is for the treatment of high blood pressure related to ascendant hyperactivity of liver yang. Other applications in the modern clinic are for post-stroke paralysis, bleeding gums, intractable nosebleeds, and post-concussion syndrome. Jian Ling Tang is one of the few formulas that treats ascendant liver yang patterns while including a number of herbs to settle and quiet the spirit. For this reason, when the above symptoms occur with disturbed sleep and vexation, this formula may be ideal.
		The Chinese name of the formula translates as <i>Roof Tile Construction Decoction</i> , a reference to its ability to protect the upper body just as a roof protects the top of a building.
		Jian Ling Tang is similar to Tian Ma Gou Teng Yin (Gastrodia & Gambir Combination) and Zhen Gan Xi Feng Tang (Hematite & Scrophularia Combination) in that all of these combinations calm the liver, extinguish liver wind, and subdue yang. Jian Ling Tang is the best of the three to treat spirit disorders associated with ascendant liver yang patterns. Tian Ma Gou Teng Yin is best for clearing heat, and Zhen Gan Xi Feng Tang is best able to subdue yang and calm the liver. Thus, for liver yang patterns that present with insomnia or disturbed sleep, Jian Ling Tang may be best. For liver yang patterns that present with heat signs, Tian Ma Gou Teng Yin is probably the most suitable. For strong liver yang patterns that are not too hot and do not present with insomnia or disturbed sleep, Zhen Gan Xi Feng Tang may be the best of the three.

CONTINUED

MODIFICATIONS

- For heat signs, add Ju Hua (Chrysanthemum) and Shan Zhi Zi (Gardenia).
- For insomnia, add Ye Jiao Teng (Polygonum multifloru Vine).
- For headaches or vision disorders and dizziness, add Shi Jue Ming (Haliotis) and Xia Ku Cao (Prunella).
- For yin vacuity, add Xuan Shen (Scrophularia), Gui Ban (Testudinis), and He Shou Wu (Polygonum).
- For high blood pressure, add Xia Ku Cao (Prunella) and Jue Ming Zi (Cassia Seed).
- For bleeding gums, add Chi Shao (Red Peony) and Huang Qin (Scute).
- For nosebleed, add Chi Shao (Red Peony) and Di Yu (Sanguisorba).

Jie Geng Tang • 2630

PLATYCODON COMBINATION

<i>Licorice</i> GAN CAO	66.7%	SOURCE: <i>On Cold Damage (Shang Han Lun)</i>
<i>Platycodon</i> JIE GENG	33.3%	FUNCTIONS: Dissipate binds, resolve toxin, dispel phlegm, and outthrust pus. INDICATIONS: Treats sore throat not owing to external patterns. The formula also addresses pulmonary yong (abscess).

Sore throat is a symptom most often related to external wind-heat patterns. To treat a sore throat unrelated to wind-heat, practitioners in the past have used Gan Cao (Licorice) as a single-herb remedy. *On Cold Damage* says that if this is ineffective, one can add Jie Geng (Platycodon), which is credited with disinhibiting the throat and thus directs the formula to that location.

In modern times some practitioners use Jie Geng Tang as a base formula when treating lung abscess. This use is first mentioned in *Essential Prescriptions of the Golden Coffer (Jin Gui Yao Lie)*, but nowadays herbs such as Yu Xing Cao (Houttuynia) and Pu Gong Ying (Dandelion) are usually added to increase the formula's capacity to clear heat and resolve toxin. This use of Jie Geng Tang calls on Jie Geng to diffuse lung qi and outthrust pus, and Gan Cao to clear heat and resolve toxin.

There is a version of Jie Geng Tang in the *Return to Spring from the Myriad Diseases (Wan Bing Hui Chun)* that includes Gua Lou Ren (Trichosanthes Seed), Zhe Bei Mu (Fritillaria-Zhe), Dang Gui (Tangkuei), Sang Bai Pi (Mulberry Bark), Fang Feng (Siler), Xing Ren (Apricot Pit), Bai He (Lily), Zhi Ke (Aurantium Fruit), Huang Qi (Astragalus), and Yi Yi Ren (Coix). That formula treats pulmonary yong (abscess) where the patient coughs up blood-streaked pus. It is not currently made as a concentrated granule.

MODIFICATIONS

- For yin-vacuity sore throat, add Xuan Shen (Scrophularia).
- For sore throat with phlegm, add She Gan (Belamcanda).
- For pulmonary yong (abscess), add Yu Xing Cao (Houttuynia), Pu Gong Ying (Dandelion), Gua Lou Shi (Trichosanthes Fruit), Zhe Bei Mu (Fritillaria-Zhe), and Da Huang (Rhubarb).

Jin Fei Cao San • 1690

SCHIZONEPETA & PINELLIA FORMULA

<i>Schizonepeta</i>		SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> (<i>He Ji Ju Fang</i>)
JING JIE	21.4%	FUNCTIONS: Warm the lung, disperse cold, expel phlegm, and relieve cough.
<i>Ephedra</i>		INDICATIONS: Treats external wind-cold manifesting as cough with copious, clear-white phlegm, shortness of breath, asthmatic breathing, and chest tightness. Accompanying signs and symptoms include nasal congestion, fever, headache, aversion to cold, absence of sweating, a thin, white tongue fur, and a tight, floating pulse.
MA HUANG	16.1%	
<i>Peucedanum</i>		
QIAN HU	16.1%	
<i>Inula Flowers</i>		
XUAN FU HUA	16.1%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	10.5%	
<i>Pinellia</i>		This formula treats acute wind-cold patterns that attack the lung and give rise to coughing with copious phlegm and asthmatic breathing. To determine whether Jin Fei Cao San is an appropriate treatment, look for the following symptoms: aversion to cold, expectoration of copious clear or white phlegm, and coughing or wheezing.
BAN XIA	5.4%	
<i>Licorice</i>		
GAN CAO	5.4%	
<i>Red Peony</i>		The formula is similar to Ma Huang Tang (Ephedra Combination) and Xiao Qing Long Tang (Minor Blue Dragon Combination). While Ma Huang Tang concentrates on dispelling wind-cold and diffusing and downbearing lung qi, it pays little attention to yin-fluid collection in the lungs. Xiao Qing Long Tang, on the other hand, puts its main emphasis on dispelling yin-water from the lungs and some effort toward diffusing lung qi and dispelling wind-cold. Jin Fei Cao Tang is like Ma Huang Tang in that it strongly resolves the exterior and dispels wind-cold; it is like Xiao Qing Long Tang in that it strongly dispels yin-water from the lungs. In addition, Jin Fei Cao Tang puts considerable effort into diffusing lung qi and relieving cough and wheezing. Whereas Ma Huang Tang treats wind-cold with cough and wheezing and Xiao Qing Long Tang treats wind-cold patterns with yin-fluids trapped in the lung, Jin Fei Cao Tang treats a situation with aspects of both of these patterns.
CHI SHAO	5.4%	
<i>Jujube</i>		
DA ZAO	3.6%	
		The condition this formula treats is often called bronchitis or bronchial asthma in Western medicine. The formula is a favorite of Jiao Shu-De who often adds Zi Su Zi (Perilla Seed), Xing Ren (Apricot Seed), Zi Wan (Aster), Pi Pa Ye (Eriobotrya), and Lai Fu Zi (Raphanus) to increase the formula's ability to diffuse lung qi and relieve cough.
		Xuan Fu Hua (Inula Flowers) grow on the Jin Fei Cao plant. The formula gets its name from the fact that originally the entire plant was used, not just the flower. However, the plant is considered less potent than the flower and is seldom used in modern times.

CONTINUED

Note that there is another version of Jin Fei Cao Tang from *The Life-Saving Book in Systematized Patterns* (*Lei Zheng Huo Ren Shu*) that does not contain Ma Huang (Ephedra) or Chi Shao (Red Peony) but adds Xi Xin (Asarum) and Fu Ling (Poria). That formula puts more emphasis on dispelling yin-fluids from the lung and has only a mild ability to resolve the exterior.

MODIFICATIONS

- For cough with copious phlegm, add Zi Wan (Aster), Lai Fu Zi (Raphanus), Fu Ling (Poria), and Kuan Dong Hua (Tussilago).
- For wheezing, add Zi Su Zi (Perilla Seed).
- If there are some heat signs, add Huang Qin (Scute).
- For chest pain, add Chai Hu (Bupleurum).
- For headache, add Chuan Xiong (Ligusticum) and Bai Zhi (Angelica).
- For wind-cold stuffed nose, combine with [Cang Er San](#) (Xanthium Formula).

Jin Jian Fei Er Wan • 1700

GINSENG & PORIA FORMULA

<i>Atractylodes (Alba)</i>	
BAI ZHU	13.9%
<i>Picrorrhiza</i>	
HU HUANG LIAN	13.9%
<i>Quisqualis</i>	
SHI JUN ZI	11.1%
<i>Massa Medicata Fermentata</i>	
SHEN QU	9.7%
<i>Barley Sprout</i>	
MAI YA	9.7%
<i>Crataegus</i>	
SHAN ZHA	9.7%
<i>Poria</i>	
FU LING	8.3%
<i>Ginseng</i>	
REN SHEN	6.9%
<i>Aloe</i>	
LU HUI	6.9%
<i>Coptis</i>	
HUANG LIAN	5.6%
<i>Licorice (Prepared)</i>	
ZHI GAN CAO	4.3%

SOURCE: *The Golden Mirror of Medicine (Yi Zong Jin Jian)*

FUNCTIONS: Fortify the spleen, strengthen the stomach, clear heat, expel parasites, and transform accumulation.

INDICATIONS: Treats gan accumulation patterns in children characterized by distended abdomen, digestive difficulties, fatigue, vexation thirst, poor appetite and digestive system parasites.

The Golden Mirror of Medicine lists this formula for the treatment of spleen gan in the section of the book that addresses gan disorders. The author states that gan disorders are caused by over-feeding in infants or excessive consumption of sweet, greasy, or sticky foods in older children. This digestive overload gives rise to stagnation and accumulation, which taxes the digestive system and damages the spleen and stomach qi. The accumulation also gives rise to heat and over time damages the child's fragile yin. Gan can take many forms but the most common is probably spleen gan. Spleen gan is characterized by a yellow complexion, poor appetite, a distended abdomen, and a thin body with a head that appears large on a thin neck. Other symptoms include fatigue, vexation thirst, night crying, and the consumption of mud. Parasites can take advantage of the compromised digestive system and make a home there. This exacerbates the stagnation and accumulation that characterizes gan patterns.

This formula treats gan patterns by dispersing stagnation, supplementing the spleen and stomach, clearing heat-accumulation, and dispelling parasites. Note that this combination of herbs' ability to supplement is limited. The author of the formula addresses this by recommending that treatment of gan with Jin Jian Fei Er Wan be followed by [Shen Ling Bai Zhu San](#) (Ginseng & Atractylodes Formula) once the stagnant accumulation is dispersed and the symptoms recede.

The formula is called Fei Er Wan, which translates literally as *Pills for a Fat Baby*; an appropriate name for a remedy that treats emaciation. Because this version of the formula comes from the *Golden Mirror of Medicine*, it is sometimes called *Golden Mirror Pills for a Fat Baby* (Jin Jian Fei Er Wan) to differentiate it from other versions.

Some modern-day practitioners use this formula to treat overweight adults, in which case, it is best to alternate it frequently with Shen Ling Bai Zhu Tang and modify the formula as indicated in the following section. This formula can cause abdominal cramping or diarrhea in some patients.

CONTINUED

MODIFICATIONS

- For nausea or vomiting, add Ban Xia (Pinellia) and Zhu Ru (Bamboo Shaving).
- For fever and chills, add Chai Hu (Bupleurum) and Bai Shao (White Peony).
- For parasitic roundworms, tapeworms, or pinworms, add He Shi (Carpesium); for parasitic hookworms, pinworms, or tapeworms, add Fei Zi (Torreya Seed).
- For treating overweight adults, add Yi Yi Ren (Coix), Sang Ye (Mulberry Leaf), Huang Qi (Astragalus Root), and Han Fang Ji (Stephania).

Jin Suo Gu Jing Wan • 1680

LOTUS STAMEN FORMULA [AVAILABLE IN TABLETS]

<i>Lotus Stamen</i>		SOURCE: <i>Medical Formulas Gathered and Explained</i> (<i>Yi Fang Ji Jie</i>)
LIAN XU	20.0%	FUNCTIONS: Supplement the kidney, astringe essence, and arrest emissions.
<i>Astragalus Seed</i>		INDICATIONS: Treats kidney vacuity and insufficient essence that manifests as seminal efflux, urinary incontinence, insomnia, fatigue, lassitude of spirit, weakness and soreness in the four limbs, lumbar soreness, and tinnitus.
SHA YUAN ZI	20.0%	
<i>Euryale</i>		
QIAN SHI	20.0%	
<i>Lotus Seed</i>		
LIAN ZI	20.0%	
<i>Dragon Bone (Fossil)</i>		This formula is mentioned in the source text for treatment of seminal loss. It uses Sha Yuan Zi (Astragalus Seed) to supplement the kidney and Lian Zi (Lotus Seed) to facilitate communication between the heart and kidney. The remaining herbs astringe essence and supplement water (the kidney).
LONG GU	10.0%	
<i>Oyster Shell</i>		
MU LI	10.0%	
<p>The role of the viscera (zang organs) is storage, and in the case of the kidney, its role is to store essence. When it fails to do so, symptoms such as seminal loss, premature ejaculation, impotence, and nocturnal emissions can occur. Because the kidney also controls the two yin gates (genitals and anus), weakness in that organ can result in urinary incontinence. While the formula addresses other symptoms associated with kidney vacuity, this combination of herbs is best suited to treat uncontrolled emissions from the anterior yin. These may take the form of premature ejaculation, seminal loss, urinary incontinence, or even kidney-vacuity vaginal discharge.</p> <p>The Chinese name of the formula translates as <i>Golden Lock Essence-Securing Pills</i>, an appellation that reflects the formula's main function of securing essence. In the original text it is listed in the section on formulas that astringe.</p>		

MODIFICATIONS

- For yang-vacuity impotence or seminal loss, add Fu Pen Zi (Rubus), Tu Si Zi (Cuscuta), and Ren Shen (Ginseng).
- For vacuity cold, add Fu Zi (Prepared Aconite) and Rou Gui (Cinnamon Bark).
- For vaginal discharge, add Bai Guo (Ginkgo Nut) and Fu Ling (Poria).
- For urinary incontinence, add Yi Zhi Ren (Alpinia Fruit) and Fu Pen Zi (Rubus).
- For insomnia associated with this pattern, add Wu Wei Zi (Schizandra) and Yuan Zhi (Polygala).

Jing Fang Bai Du San • 2520

SCHIZONEPETA & SILER FORMULA [AVAILABLE IN TABLETS]

<i>Schizonepeta</i>		SOURCE: <i>Return to Spring from the Myriad Diseases</i> (<i>Wan Bing Hui Chun</i>)
JING JIE	8.5%	
<i>Siler</i>		FUNCTIONS: Effuse sweat, resolve the exterior, and dispel wind-damp.
FANG FENG	8.5%	INDICATIONS: Treats wind-damp-cold exterior patterns with aversion to cold, stiff neck, aching joints, absence of sweating, nasal congestion, productive cough, and thoracic oppression. The formula also treats the initial stage of toxic sores and swellings when accompanied by redness, swelling, pain, aversion to cold, fever, and absence of sweating or thirst. Both of these patterns will present with a greasy, white tongue fur and a floating pulse.
<i>Notopterygium</i>		
QIANG HUO	8.5%	
<i>Tuhuo Angelica</i>		
DU HUO	8.5%	
<i>Bupleurum</i>		
CHAI HU	8.5%	
<i>Peucedanum</i>		
QIAN HU	8.5%	This formula is from the section of the source text that discusses toxic swellings (<i>yong</i> and <i>ju</i>), where it is suggested for treating such things as breast abscesses and effusion of the back (a suppurative toxic swelling on the back). The text states specifically that the formula is appropriate for these conditions when they resemble the initial stage of a cold-damage pattern.
<i>Platycodon</i>		
JIE GENG	8.5%	
<i>Aurantium Fruit</i>		
ZHI KE	8.5%	
<i>Ligusticum</i>		
CHUAN XIONG	8.5%	This statement has led to Jing Fang Bai Du San being used to treat the initial stage of wind-cold patterns. Since the formula contains damp-dispelling herbs such as Qiang Huo (<i>Notopterygium</i>) and Du Huo (<i>Tuhuo Angelica</i>), it is used when these patterns carry a component of damp. The main signs of such a disorder are aversion to cold, aching joints, stiff neck and nape, headache, and a white tongue fur. This use of the formula is more common nowadays than the pattern for which it was originally proposed.
<i>Poria</i>		
FU LING	8.5%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	8.5%	
<i>Licorice</i>		
GAN CAO	4.0%	
<i>Mint</i>		
BO HE	2.5%	Other uses for the formula include hives, eczema, and other skin rashes if they appear as wind-cold-damp patterns.
		The name of the formula translates as <i>Schizonepeta and Siler Powder for Vanquishing Toxin</i> . Since Fang Feng (<i>Siler</i>) dispels damp and Jing Jie (<i>Schizonepeta</i>) dispels wind-cold, the name reveals that the formula is for toxins (swellings) owing to wind, cold, and damp.

MODIFICATIONS

- For headache, add Gao Ben (*Ligusticia Kaopen*).
- For itching skin disorders, add Bai Ji Li (*Tribulus*).
- If fever is high (or phlegm yellow), add Huang Qin (*Scute*); also add Huang Lian (*Coptis*) for fever with toxic swellings.

CONTINUED

- For initial stage toxic swellings, add Zao Jiao Ci (Gleditsia Spine) and Bai Zhi (Angelica).
- For constipation, add Da Huang (Rhubarb) and Mang Xiao (Mirabilitem); this modification is especially for patterns that present with toxic swellings.

Jing Jie Lian Qiao Tang • 2530

SCHIZONEPETA & FORSYTHIA COMBINATION

<i>Schizonepeta</i>		SOURCE: <i>Return to Spring from the Myriad Diseases</i> (<i>Wan Bing Hui Chun</i>)
JING JIE	7.8%	
<i>Forsythia</i>		FUNCTIONS: Dispel wind, clear heat, dissipate stagnation, and resolve toxin.
LIAN QIAO	7.8%	
<i>Siler</i>		INDICATIONS: Treats wind-heat symptoms such as middle ear infections, atrophic rhinitis, tonsillitis, nosebleeds, and facial acne.
FANG FENG	7.8%	
<i>Tangkuei</i>		
DANG GUI	7.8%	This formula is mentioned in the source text for treating wind-heat in the kidney channel that causes swelling and pain in the ears, and for deep-source nasal congestion (such as sinus infections). After suggesting the addition of Huang Lian (Coptis), Sheng Di (Rehmannia), and Huang Bai (Phellodendron), some Japanese books mention this formula for treatment of middle ear infections, atrophic rhinitis, tonsillitis, nosebleeds, and facial acne.
<i>Ligusticum</i>		
CHUAN XIONG	7.8%	
<i>White Peony</i>		
BAI SHAO	7.8%	
<i>Bupleurum</i>		
CHAI HU	7.8%	
<i>Scute</i>		
HUANG QIN	7.8%	
<i>Aurantium Fruit</i>		
ZHI KE	7.8%	
<i>Gardenia</i>		
SHAN ZHI ZI	7.8%	
<i>Angelica</i>		
BAI ZHI	7.8%	
<i>Platycodon</i>		
JIE GENG	7.8%	
<i>Licorice</i>		
GAN CAO	6.4%	
<hr/>		
MODIFICATIONS		
<ul style="list-style-type: none"> • For acute middle ear infections, add Chi Shao (Red Peony), Ge Gen (Pueraria Root), Cang Er Zi (Xanthium), and extra Huang Qin (Scute). • For chronic middle ear infections, add Ze Lan (Lycopus) and Ge Gen (Pueraria Root). • For atrophic rhinitis, add Chi Shao (Red Peony) and Ge Gen (Pueraria Root). • For gallbladder heat that gives rise to nasal and sinus infections, add Yin Chen Hao (Capillaris), Shan Zhi Zi (Gardenia), and extra Huang Qin (Scute). • For tonsillitis, add Ma Bo (Lasiosphaera Puffball), Bo He (Mint), and Ban Lan Gen (Isatis Root). • For sinusitis, add Sheng Di Huang (Fresh Rehmannia), Bo He (Mint), Ge Gen (Pueraria Root), and Chi Shao (Red Peony); extra Huang Qin (Scute) is often helpful, as is combining this formula with Qing Bi Tang (Pueraria Nasal Combination). • For first-stage trauma, combine with Shu Jing Huo Xue Tang (Clematis & Stephania Combination) and add Pu Gong Ying (Dandelion) and Da Huang (Rhubarb). 		

Jiu Wei Bing Lang Jia Wu Fu Tang • 0130

ARECA SEED COMBINATION

<i>Areca Seed</i>	SOURCE: Family Formula's from Qian Tian (Qian Tian Jia Fang)
BING LANG	17.8%
<i>Magnolia Bark</i>	
HOU PO	13.3%
<i>Cinnamon Twig</i>	
GUI ZHI	13.3%
<i>Citrus Peel</i>	
CHEN PI	13.3%
<i>Poria</i>	
FU LING	13.3%
<i>Perilla</i>	
ZI SU YE	7.0%
<i>Ginger (Fresh)</i>	
SHENG JIANG	4.4%
<i>Vladimiria</i>	
MU XIANG	4.4%
<i>Rhubarb</i>	
DA HUANG	4.4%
<i>Evodia</i>	
WU ZHU YU	4.4%
<i>Licorice</i>	
GAN CAO	4.4%

SOURCE: Family Formula's from Qian Tian (Qian Tian Jia Fang)

FUNCTIONS: Clear heat, break binds, dissipate glomus, and transform accumulation.

INDICATIONS: Leg qi, swelling, palpitations, shortness of breath, abdominal glomus due to blood, and qi stagnation.

This combination was formulated to treat leg qi (beriberi) characterized by water accumulation that begins in the feet and extends up toward the knee. The water eventually surges upward and accumulates in the abdomen and, in advanced stages, attacks the heart. Since vitamin B1 deficiency is not very common these days, this disorder is seldom seen. The formula is still used, however, to treat water swelling in the lower body and water accumulation in the abdomen. It is also applied to enlarged thyroid, gastritis, enteritis, epilepsy, hypertension, and menopausal edema when these disorders are part of a pattern of qi stagnation with accumulation of heat and water.

Long-term use of Da Huang (Rhubarb) and Bing Lang (Areca Seed) is not advised. Though in some circles this formula is used as a weight loss aid, this use is irresponsible and possibly harmful.

MODIFICATIONS

- For water swelling in the lower body, add Mu Gua (Chaenomeles) and Fang Ji (Stephania).
- For use over a longer period of time, add Huang Qi (Astragalus) or combine with [Fang Ji Huang Qi Tang](#) (Stephania & Astragalus Combination).

Jiu Wei Qiang Huo Tang • 0120

NOTOPTERYGIUM NINE HERB COMBINATION [AVAILABLE IN TABLETS]

<i>Notopterygium</i>	SOURCE: <i>Guidelines for the Six Medical Departments</i> <i>(Liu Ke Zhun Sheng)</i>
QIANG HUO 11.5%	
<i>Siler</i>	FUNCTIONS: Dispel wind and damp and resolve the exterior.
FANG FENG 11.5%	
<i>Atractylodes</i>	INDICATIONS: Fever and chills (with chills predominating), absence of
CANG ZHU 11.5%	sweating, headache, stiff neck, generalized aches and pains, joint pain, slight thirst, and bitter taste.
<i>Allium</i>	
CONG BAI 11.5%	
<i>Ginger (Fresh)</i>	This formula combines a group of acrid, warm, and drying agents with the cool, heat-clearing herbs Sheng Di Huang (Fresh Rehmannia) and Huang Qin (Scute). This seemingly contradictory combination is intended to treat exterior wind-damp-cold patterns that include internal heat (thirst and bitter taste). The major indications of an external wind-damp-cold are aversion to cold, body aches, and fever.
SHENG JIANG 11.5%	
<i>Rehmannia (Fresh)</i>	
SHENG DI HUANG 7.7%	Aside from the acute flu-like patterns mentioned above, the formula has also come to be used for wind-damp bi patterns. The addition of blood movers can help make this application more effective.
<i>Scute</i>	
HUANG QIN 7.7%	
<i>Licorice</i>	
GAN CAO 7.7%	
<i>Ligusticum</i>	
CHUAN XIONG 7.7%	Keep in mind that, with the exception of Sheng Di Huang, the herbs in this formula are very drying. Though Sheng Di Huang somewhat offsets the formula's drying nature, caution is still advised for patients who tend to yin vacuity. This caution is especially true if long-term use is being considered, as in the treatment of chronic joint pain.
<i>Angelica</i>	
BAI ZHI 7.7%	
<i>Asarum</i>	
XI XIN 4.0%	

MODIFICATIONS

- For headache, add Gao Ben (*Ligusticia Kaopen*).
- For chronic wind-damp joint pain, add Wei Ling Xian (*Clematis*) and Wu Jia Pi (*Acanthopanax*); blood movers such as Dang Gui (*Tangkuei*), Ru Xiang (*Mastic*), and Mo Yao (*Myrrh*) may also be useful.
- For thoracic oppression and fullness, add Hou Po (*Magnolia Bark*) and Zhi Ke (*Aurantium Fruit*).
- For stiff neck, add Du Huo (*Tuhuo Angelica*).

Ju He Wan • 3990

CITRUS SEED FORMULA

<i>Citrus Seed</i>		SOURCE: <i>Life-Enhancing Formulary (Ji Sheng Fang)</i>
JU HE	11.1%	FUNCTIONS: Move qi, relieve pain, soften hardness, and dissipate bind.
<i>Sargassum</i>		
HAI ZAO	11.1%	INDICATIONS: Treats bulging mounting qi (tui shan qi) due to cold and damp. This pattern is characterized by testicular swelling that is hard as a stone and is accompanied by distention and sinking in the lower abdomen; this may cause pain that radiates to the lower abdomen and navel. Advanced cases can abscess and discharge yellow fluid.
<i>Kelp</i>		
KUN BU	11.1%	
<i>Persica</i>		
TAO REN	11.1%	
<i>Laminaria</i>		
HAI DAI	11.1%	While intended for a specific disorder (tui shan qi, or bulging mounting qi), the formula can be used to treat cold-damp in the liver channel that causes not only testicular pain and swelling but also hernia pain in the lower abdomen, phlegm-cold breast lumps, swollen lymph nodes in the groin or neck, inflammation of the spermatic vein, spermophlebitis, or hyperactive, enlarged thyroid. See the modifications below for suggestions on treating these disorders.
<i>Melia</i>		
CHUAN LIAN ZI	11.1%	
<i>Magnolia Bark</i>		
HOU PO	5.6%	The treatment principle of this formula is to harmonize the blood and qi of the liver and kidney channels by dispersing the cold-damp pathogen that is blocking them. Once qi and blood flow smoothly in the region, the symptoms of pain and swelling naturally recede.
<i>Clematis armandi</i>		
MU TONG	5.6%	
<i>Aurantium</i>		
<i>Immaturus</i>		
ZHI SHI	5.6%	
<i>Corydalis</i>		
YAN HU SUO	5.6%	
<i>Cinnamon</i>		
<i>Inner Bark</i>		
GUI XIN	5.5%	
<i>Vladimiria</i>		
MU XIANG	5.5%	

MODIFICATIONS

- For blood stasis pain, add San Leng (Scirpus) and E Zhu (Zedoaria).
- For severe cold pain, add extra Rou Gui (Cinnamon Bark), Xiao Hui Xiang (Fennel), and Wu Zhu Yu (Evodia).
- For phlegm-cold breast lumps, add Shan Ci Gu (Cremastera), Zhe Bei Mu (Fritillaria-Zhe), Ban Xia (Pinellia), and Tian Nan Xing (Arisaema).
- For enlarged thyroid, add Yu Jin (Curcuma), Xiang Fu (Cyperus), Zhe Bei Mu (Fritillaria-Zhe), and Xuan Shen (Scrophularia). If there are heat signs, add Chi Shao (Red Peony), Xia Ku Cao (Prunella), Shi Gao (Gypsum), and Zhi Mu (Anemarrhena).
- Hard, swollen lymph nodes call for the addition of Zhe Bei Mu (Fritillaria-Zhe), Yu Jin (Curcuma), Chi Shao (Red Peony), and Lu Feng Fang (Hornet Nest).

Ju Pi Zhu Ru Tang • 3980

CITRUS & BAMBOO COMBINATION

<i>Citrus Peel</i>	SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> (<i>Jin Gui Yao Lie</i>)
JU PI	26.7%
<i>Ginger (Fresh)</i>	FUNCTIONS: Supplement vacuity, clear heat, move qi, and downbear counterflow.
SHENG JIANG	26.7%
<i>Bamboo Shaving</i>	INDICATIONS: Treats stomach vacuity with heat that causes inversion
ZHU RU	13.3% qi characterized by hiccups, belching, or dry retching. This formula is
<i>Jujube</i>	also used for morning sickness.
DA ZAO	13.3%
<i>Licorice</i>	This formula derives from the section of <i>Essential Prescriptions of the</i>
GAN CAO	<i>Golden Coffer</i> that outlines treatment of gastric counterflow disorders.
<i>Ginseng</i>	After considering the ingredients, commentators have deduced that
REN SHEN	this formula was intended to treat counterflow stomach qi that is
	owing to a combination of stomach vacuity and stomach heat. Hiccups,
	dry retching, and nausea are the most common complaints to which
	this formula is applied. This situation usually occurs as the result of
	an extended illness or prolonged stress (physical or emotional). The
	patient presents with thirst, a tender, red tongue, and a pulse that is
	vacuous and rapid.
<hr/>	
Nowadays, Ju Pi Zhu Ru Tang is used to treat morning sickness in women who are of frail constitution. They must sip the formula slowly or it will be regurgitated (alternatively, it can be taken in capsule form). Since the formula generally brings only temporary relief of morning sickness, once nausea mitigates the woman should eat as soon as possible, before the symptom returns.	
Another modern application of this formula is in the treatment of reflux esophagitis. For this, practitioners often add Shi Di (Kaki Calyx) to increase the formula's ability to downbear counterflow qi.	
Since this formula is intended for vacuity-heat patterns, it should not be given unaltered to patients with repletion-heat stomach counterflow. If heat is prominent, herbs to clear stomach heat must be added. Further, if stomach yin is injured, agents to supplement yin should be included as well.	
Note that the <i>Life-Enhancing Formulary</i> (<i>Ji Sheng Fang</i>) includes a version of this formula that nourishes stomach yin better than the version presented here. Adding Pi Pa Ye (Eriobotrya), Mai Men Dong (Ophiopogon), Ban Xia (Pinellia), and Chi Fu Ling (Red Poria) to the present formula would approximate that more nourishing combination.	

CONTINUED

MODIFICATIONS

- For thirst, add Pi Pa Ye (Eriobotrya), Shi Hu (Ephemerantha fimbriata), and Mai Men Dong (Ophiopogon).
- For stomach heat, add Huang Lian (Coptis).
- For hiccups or reflux esophagitis, add Shi Di (Kaki Calyx).
- For infants who regurgitate feedings, add Fu Ling (Poria), Ban Xia (Pinellia), Pi Pa Ye (Eriobotrya), and Mai Men Dong (Ophiopogon).

Juan Bi Tang • 4260

NOTOPTERYGIUM & TURMERIC COMBINATION

<i>Notopterygium</i>		SOURCE: <i>Collected Formulas of the Yang Family</i> (<i>Yang Shi Jia Zang Fang</i>)
QIANG HUO	13.1%	
<i>Turmeric</i>		FUNCTIONS: Boost qi, harmonize construction (ying), quicken blood, and dispel wind-damp.
JIANG HUANG	13.1%	
<i>Astragalus</i>		INDICATIONS: Treats entrenched wind-damp bi patterns. Symptoms include vexation pain throughout the body, spasms and pain in the nape and back, difficulty raising the arms, numbness in the hands and feet, and weakness in the sinew and vessels. This type of pattern usually presents with a white tongue fur and a moderate pulse.
HUANG QI	13.1%	
<i>Tangkuei</i>		
DANG GUI	13.1%	
<i>Red Peony</i>		
CHI SHAO	13.1%	
<i>Siler</i>		
FANG FENG	13.1%	This formula treats an entrenched bi pattern that has depleted the patient's qi and blood. <i>Medical Formulas Gathered and Explained</i> (<i>Yi Zong Ji Jie</i>), mentions the formula for treating the symptoms listed above and describes the roles of some of the herbs: "Acrid [medicinals] can disperse cold; wind [medicinals] can overcome damp. Fang Feng (Siler) and Qiang Huo (Notopterygium) dispel damp and course wind. Qi [then] moves freely and thus blood quickens, [when] bloods quickens, wind is dispersed. Huang Qi (Astragalus) and Zhi Gan Cao (Prepared Licorice) supplement qi and firm defense [wei]. Dang Gui (Tangkuei) and Chi Shao (Red Peony) quicken blood and harmonize construction [ying]. Jiang Huang (Turmeric) rectifies the qi within blood and can enter the legs and arms and dispel cold and damp."
<i>Ginger (Fresh)</i>		
SHENG JIANG	9.8%	
<i>Jujube</i>		
DA ZAO	6.6%	
<i>Licorice (Prepared)</i>		
ZHI GAN CAO	5.0%	
This shows that the Juan Bi Tang formula pays particular attention not only to dispelling pathogenic wind, damp, and cold, but also to fortifying the construction and defense aspects (ying and wei). The author of the <i>Medical Formulas Gathered and Explained</i> supports the principle of supplementing both construction and defense with a quote from the classics: "[If] construction is vacuous there [will be] lack of feeling, if the defense is vacuous there [will be] inability to use." Further, the inclusion of supplementing agents prevents depletion of qi and blood by the wind-dispelling and blood-moving medicinals in the formula.		
Simultaneous supplementation and attack is the preferred method for treating older or weak patients, or patients with entrenched bi patterns. The balanced nature of the formula allows it to be given long enough to obtain results.		
Both Juan Bi Tang and Du Huo Ji Sheng Tang (Tuhuo & Loranthus Combination) treat vacuity patients who suffer from entrenched bi		

CONTINUED

patterns. Du Huo Ji Sheng Tang, however, treats this disorder at the level of the liver and kidney. It is more suited for bi patterns that affect the lower body and for patterns in patients who suffer from insufficiency of the liver and kidney. Juan Bi Tang addresses vacuity in the construction and defense and is better for bi patterns in the upper body (especially the neck, upper back, and shoulders).

Note that the name Juan Bi Tang is given to several formulas. The one listed here is the oldest and possibly the best known. Another common Juan Bi Tang, from *Medical Insights* (*Yi Xue Xin Wu*), takes a more direct approach to dispelling wind, damp, and cold. Since that version does not supplement qi and blood, it should not be confused with the one presented here.

The character “Juan” has many meanings and thus the translation of the formula name, can take many directions. We support a rendering as *Bi-Cleansing Decoction* because it underscores the formula’s function of cleansing the body of the bi pathogen.

MODIFICATIONS

- For liver and kidney vacuity, combine with [Du Huo Ji Sheng Tang](#) (Tuhuo & Loranthus Combination), or add Du Zhong (Eucommia) and Sang Ji Sheng (Loranthus).
- For bi that is worse with exposure to cold, add Rou Gui (Cinnamon Bark) and Fu Zi (Prepared Aconite).
- For shoulder pain, add Gui Zhi (Cinnamon Twig).
- For bi in the limbs, add Wu Jia Pi (Acanthopanax) and Hai Feng Teng (Futokadsura).

Li Zhong Tang • 2970

GINSENG & GINGER COMBINATION

<i>Ginseng</i>	
REN SHEN	27.3%
<i>Licorice</i>	
GAN CAO	27.3%
<i>Atractylodes (Alba)</i>	
BAI ZHU	27.3%
<i>Dried Ginger</i>	
GAN JIANG	18.1%

SOURCE: *On Cold Damage (Shang Han Lun)*

FUNCTIONS: Warm the center, dispel cold, supplement qi, and fortify the spleen.

INDICATIONS: Treats vacuity-cold in the central burner. Symptoms include nausea and vomiting, abdominal pain, fullness in the abdomen with no desire to eat, diarrhea (duck stool), a pale tongue with a white fur, and a pulse that is slow and moderate, or deep and fine. It may also be used to treat yang-vacuity bleeding, childhood fright, thoracic bi, and sudden turmoil disorder (including vomiting and nausea).

Vacuity cold in the central burner hinders the spleen's ability to transform and transport, and to cause the clear to ascend and the turbid to descend. This formula is designed to rectify the branch situation by warming the center and dispelling cold, and to treat the root of the disorder by supplementing qi and fortifying the spleen. Thus the formula is known as *Center-Rectifying Decoction*.

This pattern is confirmed by a pale tongue with a white fur, aversion to cold, lack of appetite, and a slow, tight pulse. If there is pain, it should be relieved by warmth, and digestive problems in this type of patient tend to worsen with the ingestion of cold or raw foods.

The most common modern use of this formula is in treatment of chronic vacuity-cold diarrhea and cold abdominal pain. These can occur after an acute gastrointestinal infection has lingered even after treatment with Western (antifungal and other antibiotic) medications.

Bleeding due to vacuity-cold that hinders the spleen's ability to manage blood can also be treated with this formula. Most often, this refers to intestinal bleeding.

MODIFICATIONS

- For diarrhea, add Rou Dou Kou (Myristica), Pao Jiang (Charred Ginger), and Shan Yao (Dioscorea). If cold is extreme, add Fu Zi (Prepared Aconite) and Rou Gui (Cinnamon Bark).
- For abdominal pain, add Gao Liang Jiang (Galanga).
- For qi vacuity, add Huang Qi (Astragalus).
- For nausea and vomiting, add Ban Xia (Pinellia).
- For damp signs, add Fu Ling (Poria).
- For abdominal distention, add Mu Xiang (Vladimiria).
- For intestinal bleeding, add Di Yu (Sanguisorba) and Tian Qi (Notoginseng).

Liang Ge San • 2900A

FORSYTHIA & RHUBARB FORMULA [AVAILABLE IN TABLETS]

<i>Forsythia</i>	SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
LIAN QIAO 28.7%	
<i>Rhubarb</i>	FUNCTIONS: Clear heat, resolve toxin, drain fire, and free the stool.
DA HUANG 14.3%	INDICATIONS: Treats heat engendered from pathogens depressed in the central and upper burner. Manifestations include fever, thirst, red cheeks, dry lips, vexation heat in the chest and diaphragm, sores in the mouth and on the tongue, sore throat, spitting up of blood, nosebleed, dark urine, constipation, a red tongue with a yellow fur, and a slippery, rapid pulse.
<i>Licorice</i>	
GAN CAO 14.3%	
<i>Mirabilitum</i>	
MANG XIAO 14.3%	
<i>Gardenia</i>	
SHAN ZHI ZI 7.1%	
<i>Scute</i>	
HUANG QIN 7.1%	Internal heat accumulation in the upper or central burner can flame upward and produce heat signs in the upper body. Red face, swollen tongue, mouth sores, sore throat, and nosebleed are examples. This formula uses herbs to clear heat and precipitate the stool to drain heat from the upper body, thus treating upper-body heat signs.
<i>Mint</i>	
BO HE 7.1%	
<i>Lophatherum</i>	
DAN ZHU YE 7.1%	Nowadays, this formula is used to treat a wide variety of disorders that present with upper or central burner heat signs. Modern books list the following: acute tonsillitis, cholecystitis, gallbladder stones, sinusitis, acute appendicitis, acute hepatitis, acute conjunctivitis, and multiple boils.

The Chinese name of the formula translates into English as *Diaphragm-Cooling Powder*. This is a reference to its function of clearing heat accumulation in the chest and diaphragm.

Liang Ge San and [Qing Shang Fang Feng Tang](#) (Siler Combination) both treat heat in the upper body that gives rise to heat disorders of the oral cavity, toxic swellings, and red face. [Qing Shang Fang Feng Tang](#), however, is based on [Huang Lian Jie Du Tang](#) (Coptis & Scute Combination), while Liang Ge San is based on [Tiao Wei Cheng Qi Tang](#) (Rhubarb & Mirabilitum Combination). Thus, for patients with constipation, Liang Ge San is usually more appropriate because it contains agents to precipitate the stool.

This formula is for acute disorders and is not intended for use by weak patients or pregnant women. It should not be taken for an extended period of time. Often, six to eight hours after taking this formula, the patient will experience mild intestinal cramping and a bowel movement. If the stools move freely after that, one can switch to the variation of Liang Ge San with Da Huang (Rhubarb) removed.

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MODIFICATIONS

- For red, hot eyes (conjunctivitis), add Ju Hua (Chrysanthemum) and Chi Shao (Red Peony).
- For toxic swellings, combine with [Wu Wei Xiao Du Yin](#) (Dandelion & Wild Chrysanthemum Combination).
- For mouth sores from stomach heat, combine with [Qing Wei San](#) (Coptis & Rehmannia Formula).
- For damp-heat gallbladder disorders, add Yin Chen Hao (Capillaris), Hua Shi (Talc), and Chuan Lian Zi (Melia).
- For tonsillitis, add She Gan (Belamcanda), Xuan Shen (Scrophularia), Ban Lan Gen (Isatis Root), and Ma Bo (Lasiosphaera Puffball).
- For acute sinusitis with thick, purulent discharge, combine with [Qing Bi Tang](#) (Pueraria Nasal Combination) and add Chi Shao (Red Peony).

Liang Ge San (w/o Da Huang) • 2900B

FORSYTHIA FORMULA (MINUS RHUBARB)

<i>Forsythia</i>	SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
LIAN QIAO 33.4%	
<i>Licorice</i>	FUNCTIONS: Clear heat, resolve toxin, drain fire, and free the stool.
GAN CAO 16.7%	
<i>Mirabilitum</i>	INDICATIONS: Treats heat engendered from pathogens depressed in
MANG XIAO 16.7%	the central and upper burner. Manifestations include fever, thirst,
<i>Gardenia</i>	red cheeks, dry lips, vexation heat in the chest and diaphragm, sores
SHAN ZHI ZI 8.3%	in the mouth and on the tongue, sore throat, spitting up of blood,
<i>Scute</i>	nosebleed, dark urine, a red tongue with a yellow fur, and a slippery,
HUANG QIN 8.3%	rapid pulse.
<i>Mint</i>	—————
BO HE 8.3%	The formula treats the same disorders as Liang Ge San . However, since
<i>Lophatherum</i>	Da Huang (Rhubarb) is removed, the formula is less able to precipitate
DAN ZHU YE 8.3%	the stool and drain fire. It is usually only necessary to purge the stool
	with Liang Ge San one or two times to clear yang ming heat and “pull
	the firewood from beneath the fire.” After that, switching from the
	formula that contains Da Huang to the variation that does not will
	avoid the risk of damaging qi and fluids by excessive purging.

Ling Gui Zhu Gan Tang • 2000

PORIA & ATRACTYLODES COMBINATION [AVAILABLE IN TABLETS]

<i>Poria</i>	
FU LING	33.3%
<i>Atractylodes (Alba)</i>	
BAI ZHU	25.0%
<i>Cinnamon Twig</i>	
GUI ZHI	25.0%
<i>Licorice</i>	
GAN CAO	16.7%

SOURCE: *On Cold Damage (Shang Han Lun)*

FUNCTIONS: Warm and transform phlegm-rheum, fortify the spleen, and percolate damp.

INDICATIONS: Treats phlegm-rheum collection due to yang vacuity in the central burner. Symptoms include fullness in the chest and flanks, dizziness, palpitations, shortness of breath, and cough. The pattern includes absence of thirst, a pale tongue with a glossy, white fur, and a pulse that is either wiry and slippery or deep and tight.

Like many formulas in *On Cold Damage*, this one was designed to address mistaken treatment of an exterior wind-cold pattern. In this case, the ill-advised use of purgatives or emetics has left the patient's central burner qi weakened and burdened with a collection of fluids. The formula's use over the centuries has grown to include treatment of fluid collection induced by central burner vacuity regardless of the cause of the vacuity.

Nowadays, the formula is used to treat symptoms of central burner qi vacuity with fluid retention (phlegm-rheum) that manifests as fullness in the chest and epigastria, dizziness, palpitations, labored breathing, cough, and loose stools. Ling Gui Zhu Gan Tang is a major formula for treating phlegm-rheum and can address a great variety of disorders that present as the pattern outlined above. Some examples are:

- Disorders of the heart and circulatory system such as palpitations, primary hypertension, racing heartbeat and angina.
- Disorders of the thoracic region such as chronic bronchitis or pleurisy.
- Rheumatoid arthritis or other wind-damp joint pain.
- Fluid collection in the scrotum.
- Disorders of the eye such as protruding eyeballs and glaucoma.

MODIFICATIONS

- For wind-damp joint pain, add Wei Ling Xian (Clematis), Chuan Xiong (Ligusticum), and Fang Ji (Stephania).
- For heart yang vacuity, add Fu Zi (Prepared Aconite) and Wu Wei Zi (Schizandra).
- For central burner yang vacuity, add Ren Shen (Ginseng).
- For chronic bronchitis, add Bu Gu Zhi (Psoralea) and Ge Jie (Gecko).

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- For dizziness owing to yang vacuity and phlegm obstruction in the ear, add Zhu Ru (Bamboo Shaving) and Chi Shao (Red Peony).
- For dizziness that is the lingering result of a head injury, add Fu Zi (Prepared Aconite), Chi Shao (Red Peony), Tao Ren (Persica), Chuan Xiong (Ligusticum), and Da Huang (Rhubarb).

Liu He Tang • 0790

AMOMUM COMBINATION

<i>Red Poria</i>	SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
CHI FU LING	9.5%
<i>Agastache</i>	FUNCTIONS: Expel summerheat, transform accumulation, boost qi, and harmonize the center.
HUO XIANG	9.5%
<i>Dolichos</i>	INDICATIONS: This formula was designed to treat a summertime diet that is intemperate or replete with uncooked food, compounded by the invasion of a summerheat pathogen. Together these two factors dam- age the internal organs and give rise to symptoms such as vomiting, diarrhea, fullness and distention in the chest and diaphragm, head and eye pain, clouded vision, fatigue, fever, and aversion to cold. This pat- tern is accompanied by a white, glossy tongue fur. The extreme form is sudden turmoil disorder, which is a cholera-like disorder characterized by severe vomiting and diarrhea.
BIAN DOU	9.5%
<i>Magnolia Bark</i>	—————
HOU PO	9.5%
<i>Chaenomeles</i>	Named <i>Six Harmonization Decoction</i> in Chinese, this formula aims to harmonize the six viscera by supplementing the center, dispersing accumulation, and dispelling summerheat. Nowadays, it is still used to treat summertime colds and flu that give rise to digestive system symptoms. This formula differs from a formula like Liu Jun Zi Tang (Major Six Herb Combination) in that it emphasizes the expulsion of the summerheat pathogen and damp accumulation and only secondarily supplements the center. It treats a pathogen that comes from the exterior to take advantage of a weakened spleen, whereas Liu Jun Zi Tang treats similar symptoms that result from central burner vacuity and an internally engendered damp pathogen. On the other hand, a formula like Huo Xiang Zheng Qi San (Agastache Formula) is better able to rectify qi and resolve the exterior than Liu He Tang but lacks its ability to supplement and harmonize the center. For summertime gastrointestinal contractions where signs of an external pattern are minimal, Liu He Tang is better suited. If signs of an external pattern are prominent, then Huo Xiang Zheng Qi San may be more appropriate. Keep in mind that neither formula has a strong ability to clear heat, so if there are prominent heat signs, agents to clear summerheat and resolve toxin must be included.
MU GUA	9.5%
<i>Atractylodes (Alba)</i>	—————
BAI ZHU	9.5%
<i>Ginger (Fresh)</i>	—————
SHENG JIANG	9.5%
<i>Jujube</i>	—————
DA ZAO	9.5%
<i>Amomum</i>	—————
SHA REN	4.8%
<i>Pinellia</i>	—————
BAN XIA	4.8%
<i>Apricot Seed</i>	—————
XING REN	4.8%
<i>Ginseng</i>	—————
REN SHEN	4.8%
<i>Licorice</i>	—————
GAN CAO	4.8%

This formula is excellent for summertime influenza with nausea, vomiting, diarrhea, and fatigue. A glossy tongue fur is a key diagnostic parameter. Consider it also for alcohol toxicity (hangover) that gives rise to similar symptoms.

CONTINUED

MODIFICATIONS

- For thirst, add Xiang Ru (Elsholtzia) and Shi Gao (Gypsum).
- For excessive alcohol consumption, add Ge Hua (Pueraria Flower) and Shen Qu (Massa Medicata Fermentata).
- For sudden turmoil, combine with [Huo Xiang Zheng Qi San](#) (Agastache Formula).
- If summerheat-damp is prominent, add Xiang Ru (Elsholtzia).
- If heat is prominent, add Huang Lian (Coptis).

Liu Jun Zi Tang • 0770

MAJOR SIX HERB COMBINATION [AVAILABLE IN TABLETS]

<i>Ginseng</i>	SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
REN SHEN 16.7%	
<i>Atractylodes (Alba)</i>	FUNCTIONS: Supplement qi, fortify the spleen, transform phlegm, and expel damp.
BAI ZHU 16.7%	
<i>Poria</i>	INDICATIONS: This formula addresses spleen-stomach vacuity with phlegm and damp. The patient presents with a lack of appetite, nausea or vomiting, bloating, oppression in the chest and abdomen, lethargy, and loose stools. Alternatively, if the lung is affected, the patient may have a cough with copious, thin, white phlegm, shortness of breath (or wheezing), and be easily fatigued.
FU LING 16.7%	
<i>Pinellia</i>	
BAN XIA 16.7%	
<i>Licorice (Prepared)</i>	
ZHI GAN CAO 8.3%	
<i>Citrus Peel</i>	
CHEN PI 8.3%	This formula is based on <i>Si Jun Zi Tang</i> (Major Four Herb Combination) and treats a similar condition (middle-burner yang qi vacuity), with the addition of the collected phlegm or damp encumbering the lung or spleen. Constitutional yang vacuity that prevents the spleen from processing damp can give rise to damp digestive orders (usually chronic) or to phlegm or rheum collection in the lung. The Ming dynasty text <i>Medical Remedies Researched</i> (<i>Yi Fang Kao</i>) suggests using this formula for asthma. It states that with “qi supplemented [by sweet herbs] and phlegm dispersed [by acrid herbs] there can be no wheezing.” Naturally, this is only appropriate in cases of spleen-vacuity asthma.
<i>Ginger (Fresh)</i>	
SHENG JIANG 8.3%	
<i>Jujube</i>	
DA ZAO 8.3%	
	The literal name of the formula, <i>Six Gentlemen Decoction</i> , demonstrates that it is formed by adding two agents to <i>Four Gentlemen Decoction</i> (<i>Si Jun Zi Tang</i>). That formula is so-named because of the gentle and supporting (gentlemanly) nature of its four ingredients.

MODIFICATIONS

- For extreme vacuity of spleen-stomach, add Huang Qi (Astragalus) and Shan Yao (Dioscorea).
- If central burner vacuity-cold is prominent, exemplified by cold pain, add Fu Zi (Prepared Aconite), Gao Liang Jiang (Galanga), and Gan Jiang (Dried Ginger); if vacuity-cold gives rise to loose stools or diarrhea, add Pao Jiang (Charred Ginger) and Rou Dou Kou (Myristica).
- For cough, add Zi Wan (Aster), Jie Geng (Platycodon), and Kuan Dong Hua (Tussilago).
- For bloating, add Mu Xiang (Vladimiria) or Sha Ren (Amomum).
- For poor appetite, add Shen Qu (Massa Medicata Fermentata).
- For frequent colds, add Fang Feng (Siler) and Huang Qi (Astragalus).
- For post-illness weakness with signs of qi vacuity damp-collection, it is often appropriate to combine this formula with *Xiao Chai Hu Tang* (Minor Bupleurum Combination).

Liu Wei Di Huang Wan • 0780

REHMANNIA SIX FORMULA [AVAILABLE IN TABLETS]

<i>Rehmannia (Cooked)</i>	
SHU DI HUANG	32.0%
<i>Cornus</i>	
SHAN ZHU YU	16.0%
<i>Dioscorea</i>	
SHAN YAO	16.0%
<i>Moutan</i>	
MU DAN PI	12.0%
<i>Poria</i>	
FU LING	12.0%
<i>Alisma</i>	
ZE XIE	12.0%

SOURCE: *Craft of Medicinal Treatment for Childhood Diseases* (*Xiao Er Yao Zheng Zhi Jue*)

FUNCTIONS: Enrich yin, nourish blood, boost qi, and secure essence.
INDICATIONS: Treats liver and kidney yin vacuity characterized by weak, sore knees and lower back, dizziness, blurred vision, hearing loss, tinnitus, night sweats, or seminal emissions. The patient may also have signs of vacuity fire such as steaming-bone tidal fever, hot palms and soles, dispersion thirst, tooth or gum pain, and a dry mouth and throat. The tongue is usually red with scant fur, and the pulse is fine and rapid. This formula is also used to treat retarded development in children with symptoms such as fontanelles that are not completely closed.

The formula comes from a pediatric text, where it was intended to treat children with retarded development. The primary symptom listed there is slow closure of the fontanelles. Nowadays this is considered to be the classic formula for treatment of kidney yin vacuity patterns. It is a balanced formula that both supplements yin and drains vacuity fire. The three agents that would tend to cause stagnation (Shu Di Huang [Cooked Rehmannia], Shan Zhu Yu [Cornus], and Shan Yao [Dioscoreal]) are complemented by three agents meant to offset this (Fu Ling [Poria], Ze Xie [Alisma], and Mu Dan Pi [Moutan]).

Liu Wei Di Huang Wan is mostly used for older persons because their yin is more frequently depleted. It is, however, appropriate for children and adults if they present with yin vacuity symptoms. Because it is a constitutional formula, it is usually used for chronic conditions and taken for months at a time. For example, it can be suitable for menopausal women. The author has employed it several times to treat chronic, recurring urinary tract infections in menopausal woman (adding Huang Bai [Phellodendron] and a large dose of Bai Jiang Cao [Thlaspi]).

MODIFICATIONS

- For insomnia related to yin vacuity, add Suan Zao Ren (Zizyphus Seed) and Ye Jiao Teng (Polygonum multifloru Vine).
- Taxation cough, add Bai Bu (Stemonae) and San Qi (Notoginseng).
- Wasting thirst can be addressed by adding Tian Hua Fen (Trichosanthes Root) and Tu Fu Ling (Smilax).

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- Yin-vacuity high blood pressure calls for the addition of Du Zhong (Eucommia), Sang Ji Sheng (Loranthus), and Sang Ye (Mulberry Leaf); combining Liu Wei Di Huang Wan with [Tian Ma Gou Teng Yin](#) (Gastrodia & Gambir Combination) may also be appropriate.
- For pain and weakness in the low back or knees, add Du Zhong (Eucommia) and Huai Niu Xi (Achyranthes).
- Seminal loss can be addressed by combining this formula with [Jin Suo Gu Jing Wan](#) (Lotus Stamen Formula).

Liu Wei Gu Jing Wan • 0760

REHMANNIA SIX & STAMEN FORMULA

<i>Rehmannia (Cooked)</i>		SOURCE: Experiential formula
SHU DI HUANG	15.0%	FUNCTIONS: Supplement the kidney, enrich yin, restrain seminal efflux, and secure essence.
<i>Lotus Stamen</i>		INDICATIONS: Treats seminal efflux, sexual dysfunction, neurological disorders, hypersensitivity, and lassitude of the spirit.
LIAN XU	11.0%	
<i>Euryale</i>		
QIAN SHI	11.0%	
<i>Astragalus Seed</i>		
SHA YUAN ZI	11.0%	Liu Wei Gu Jing Wan is an experiential formula used to treat chronic deficiency that gives rise to seminal loss. This function is revealed in the formula name, which translates as <i>Six Ingredient Pills to Secure Essence</i> . The scope of treatment can be extended to vacuity vaginal discharge and any other chronic taxation disorders that present with symptoms characterized by an inability to retain fluids. Liu Wei Gu Jing Wan is for purely vacuous conditions uncomplicated by binding depression of liver qi or damp encumbrance.
<i>Dioscorea</i>		
SHAN YAO	7.5%	
<i>Cornus</i>		
SHAN ZHU YU	7.5%	Since there are more than six ingredients in the formula, we must assume that the name, <i>Six Ingredient Pills to Secure Essence</i> , refers to the fact that this combination is built upon Liu Wei Di Huang Wan which can be translated as <i>Six Ingredient Rehmannia Pills</i> . By communicating that the essence-securing agents such as Long Gu (Dragon Bone Fossil) and Jin Ying Zi (<i>Rosa laevigata</i>) are added to the classic formula for supplementing kidney yin, the name reminds the practitioner that this formula treats leakage of essential fluids in patients with pure kidney vacuity.
<i>Dragon Bone (Fossil)</i>		
LONG GU	5.5%	
<i>Oyster Shell</i>		
MU LI	5.5%	
<i>Rosa laevigata</i>		
JIN YING ZI	5.5%	
<i>Moutan</i>		
MU DAN PI	5.5%	
<i>Poria</i>		
FU LING	5.5%	
<i>Alisma</i>		
ZE XIE	5.5%	
<i>Schizandra</i>		
WU WEI ZI	4.0%	

MODIFICATIONS

- For incontinence, add Yi Zhi Ren (*Alpinia Fruit*).
- For vaginal discharge, add Chun Gen Pi (*Ailanthus Bark*) and Bai Guo (*Ginkgo Nut*).
- For cock-crow diarrhea, add Bu Gu Zhi (*Psoralea*) and Rou Dou Kou (*Myristica*).
- For spontaneous sweating, add Huang Qi (*Astragalus*).

Long Dan Xie Gan Tang • 4060

GENTIANA COMBINATION [AVAILABLE IN TABLETS]

<i>Gentiana</i>	
LONG DAN CAO	15.4%
<i>Bupleurum</i>	
CHAI HU	15.4%
<i>Alisma</i>	
ZE XIE	15.3%
<i>Plantago Seed</i>	
CHE QIAN ZI	7.7%
<i>Clematis armandi</i>	
MU TONG	7.7%
<i>Rehmannia (Fresh)</i>	
SHENG DI HUANG	7.7%
<i>Tangkuei</i>	
DANG GUI	7.7%
<i>Gardenia</i>	
SHAN ZHI ZI	7.7%
<i>Scute</i>	
HUANG QIN	7.7%
<i>Licorice</i>	
GAN CAO	7.7%

SOURCE: *Secret Treasure of the Orchid Chamber (Lan Shi Mi Cang)*

FUNCTIONS: Clear liver heat, drain fire, disinhibit water, and percolate damp.

INDICATIONS: Treats liver and gallbladder repletion fire harassing the upper body, or liver damp-heat pouring into the lower body. Upper body symptoms include headache, red eyes, rib-side pain, bitter taste in the mouth, agitation, skin lesions along the liver or gallbladder channels, hearing loss, and swelling of the ears. Damp heat in the lower burner will cause swelling, lesions or itching of the genitalia, cloudy urine with strangury, or vaginal discharge. The pulse is usually wiry and rapid or soggy and rapid. The tongue is red with a yellow fur.

In the source text, Li Dong-Yuan mentions this formula for the treatment of liver heat that pours into the genital region and produces itching and a foul odor. Since his time, the scope of disorders that Long Dan Xie Gan Tang treats has grown considerably. These disorders fall into two categories. Liver fire symptoms such as headache, red eyes, agitation, skin lesions, hearing loss, and swelling of the ears form the first category, and symptoms of damp-heat in the liver channel such as swelling, lesions, itching or foul odor of the genitalia, cloudy urine, strangury, and vaginal discharge form the second category.

The list of disorders that Long Dan Xie Gan Tang can treat is extensive. Examples include icteric hepatitis and other acute hepatitis-like disorders, damp-heat urinary tract infections, acute pelvic inflammatory disorder, acute appendicitis, suppurating tonsillitis, and breast abscess. In addition, this formula can be used for herpes zoster and other acute, damp-heat skin disorders. See modifications section for suggestions on treating these outcomes of liver damp-heat or liver fire.

Long Dan Xie Gan Tang is very bitter and draining. It should be given for a short time only. Studies in China have revealed that taking this formula for a week or more can lead to gastrointestinal disturbances. It is not suitable for older patients, young children, or patients suffering from yin vacuity.

The name of this formula can be translated as *Gentiana Decoction for Draining the Liver*. There are several versions of this formula but the one discussed here is the most commonly used.

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MODIFICATIONS

- For herpes zoster sores, add Xuan Shen (Scrophularia), Ju Hua (Chrysanthemum), Ban Lan Gen (Isatis Root), and Da Qing Ye (Baphicacanthus Leaf).
- For damp-heat skin rashes and severe outbreaks of eczema (especially along the liver or gallbladder channel), combine with [Xiao Feng San](#) (Tangkuei & Arctium Formula).
- For suppurating tonsillitis, add Ma Bo (Lasiosphaera Puffball), Ban Lan Gen (Isatis Root), Lian Qiao (Forsythia), and Jin Yin Hua (Lonicera Flower).
- For breast abscess, add Pu Gong Ying (Dandelion) and Zao Jiao Ci (Gleditsia Spine).
- For damp-heat urinary tract disorders, combine with [Ba Zheng San](#) (Dianthus Formula).
- For eye disorders, add Ju Hua (Chrysanthemum), Man Jing Zi (Vitex), and Bai Ji Li (Tribulus).
- For pelvic inflammatory disorder, add Hong Teng (Sargentodoxa Vine) and Chi Shao (Red Peony).
- For hepatitis and jaundice, consider adding Yin Chen Hao (Capillaris) and Yu Jin (Curcuma).

Ma Huang Tang • 2860

EPHEDRA COMBINATION [AVAILABLE IN TABLETS]

<i>Ephedra</i>	SOURCE: <i>On Cold Damage (Shang Han Lun)</i>
MA HUANG	39.2%
<i>Cinnamon Twig</i>	
GUI ZHI	26.1%
<i>Apricot Seed</i>	
XING REN	21.7%
<i>Licorice (Prepared)</i>	
ZHI GAN CAO	13.0%
	FUNCTIONS: Dispel cold, expel damp, promote sweating, and resolve the flesh.
	INDICATIONS: Treats external wind-cold with aversion to cold, fever, headache and body aches, absence of sweating, clear nasal discharge, wheezing, a thin, white tongue fur, and a floating, tight pulse.
	Ma Huang Tang is the classic formula for the treatment of wind-cold patterns that present with breathing difficulties (wheezing), aversion to cold, and absence of sweating. It is for short-term use only and should be used with care, or not at all, with persons who suffer from high blood pressure or heart palpitations.
	The formula can also treat acute presentations of wind-cold bi patterns. See the suggested modifications that follow.

MODIFICATIONS

- For wind-cold headache, add Chuan Xiong (Ligusticum) and Bai Zhi (Angelica).
- For copious clear nasal discharge, add Xin Yi Hua (Magnolia Flower) and Cang Er Zi (Xanthium).
- For nausea or thoracic oppression, add Ban Xia (Pinellia).
- For damp (body aches and a tongue fur), add Bai Zhu (Atractylodes alba).
- For acute wind-cold-damp bi patterns, add Chuan Wu (Prepared Aconite Wu Tou), Fang Feng (Siler), Wei Ling Xian (Clematis), and Cang Zhu (Atractylodes).

Ma Xing Gan Shi Tang • 2870**EPHEDRA & APRICOT SEED COMBINATION [AVAILABLE IN TABLETS]**

<i>Gypsum</i> SHI GAO	47.1%
<i>Ephedra</i> MA HUANG	23.5%
<i>Apricot Seed</i> XING REN	17.6%
<i>Licorice (Prepared)</i> ZHI GAN CAO	11.8%

SOURCE: *On Cold Damage (Shang Han Lun)*

FUNCTIONS: Diffuse lung qi, clear heat, and calm asthmatic breathing.

INDICATIONS: Treats external wind with lung heat characterized by a fever that does not abate, cough, asthmatic breathing, pain in the nose, thirst, either sweating or absence of sweating, a thin white or yellow tongue fur, and a pulse that is either slippery and rapid or floating.

This formula addresses an external pathogen that sinks into the lung, fetters lung qi, and gives rise to asthmatic breathing, cough with yellow phlegm, and fever. If the pathogen is wind-cold, it transforms to heat as it sinks into the lung and disturbs the lung's ability to diffuse qi. If the offending pathogen is wind-heat, its hot nature increases as it sinks inward and disrupts the flow of lung qi. In either case, the result is heat and stasis in the lung that produce fever and phlegm and obstruct the flow of qi.

The large percentage of Shi Gao (Gypsum) in the formula reveals the combination's main intention, which is to clear heat. The sizable amount of Ma Huang (Ephedra) and Xing Ren (Apricot Seed) shows that this formula diffuses and downbears lung qi. With Ma Huang opening the lung and Shi Gao clearing the heat bound within, the heat pathogen is dispelled. Though this pattern may produce some yellow phlegm, it is a secondary issue. If phlegm is primary, a formula such as [Qing Qi Hua Tan Wan](#) (Pinellia & Scute Formula) is more suitable.

Medical Remedies Researched (Yi Fang Kao) mentions that this formula can treat patients who, during the course of a yang ming pattern, contract a wind-cold exterior pattern. In this case, Ma Huang resolves exterior cold and Shi Gao addresses internal heat.

Because of its large doses of Shi Gao and Ma Huang this formula is suitable for acute situations only. Once heat and phlegm have been dispersed and wheezing mitigated, it is best to change to a formula that will clear the remaining heat, replenish lung yin and fluids, and mildly diffuse lung qi.

Ma Xing Gan Shi Tang is suitable for acute asthma attacks related to contraction of a wind pathogen. Important differentiating symptoms include a red tongue with a yellow fur, a rapid pulse, tightness in the chest, thirst, fever, and yellow phlegm. As just noted, once the attack is relieved, one should change the formula because repeated use can disperse lung qi and injure stomach qi.

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This formula is sometimes used for pox disorders such as measles, when the pox toxin accumulates in the lung and presents with high fever, cough, vexation, labored breathing, a red tongue with yellow fur, and a rapid pulse. See the modification suggestions below.

The name of this formula lists the ingredients. It is sometimes called by its longer name of Ma Huang Xing Ren Gan Cao Shi Gao Tang. It is also called Ma Xing Shi Gan Tang.

MODIFICATIONS

- For severe lung heat, add Huang Qin (Scute) and Sang Bai Pi (Mulberry Bark).
- For thirst, add Lu Gen (Phragmites).
- For constipation, add Da Huang (Rhubarb) and Gua Lou Ren (Trichosanthes Seed).
- For copious phlegm, add Jie Geng (Platycodon) and Gua Lou Shi (Trichosanthes Fruit).
- For pox disorders, add Lian Qiao (Forsythia), Jin Yin Hua (Lonicera Flower), Huang Qin (Scute), and Chi Shao (Red Peony). If pox are slow to express, add Bo He (Mint), Niu Bang Zi (Arctium), and Jing Jie (Schizonepeta). For deep-purple pox, add Zi Cao Gen (Arnebia) to cool blood heat.

Ma Xing Yi Gan Tang • 2890

EPHEDRA & COIX COMBINATION

Licorice (Prepared)	
ZHI GAN CAO	41.7%
Ephedra	
MA HUANG	20.8%
Coix	
YI YI REN	20.8%
Apricot Seed	
XING REN	16.7%

SOURCE: *Essential Prescriptions of the Golden Coffer*
(*Jin Gui Yao Lüe*)

FUNCTIONS: Effuse sweat, resolve the exterior, dispel wind, and transform damp.

INDICATIONS: Treats wind-damp exterior patterns with fevers that worsen in the afternoon and with body aches. Can also address chilblain and damp skin disorders such as eczema and warts.

This modification of [Ma Huang Tang](#) (Ephedra Combination) is mentioned in *Essential Prescriptions of the Golden Coffer* for the treatment of external wind-damp contracted by exposure to wind while one is sweating or by extended exposure to a damp environment. The main symptoms are fever that worsens in the afternoon, body aches, and joint pain. Though not mentioned in the source text, if the pattern gives rise to wheezing or cough, this formula is also suitable. The essence of the formula is Ma Huang (Ephedra) as a wind dispelling agent and Yi Yi Ren (Coix) as an agent for dispelling damp.

Note that though this formula addresses wind and damp, its main goal is to relieve joint and body pain. It is interesting that Gui Zhi (Cinnamon Twig) has been removed from this variation of Ma Huang Tang and that the herb added to treat the damp is Yi Yi Ren, which is cool, instead of Bai Zhu (*Atractylodes alba*), which is warm. According to some scholars, these choices show the author's recognition of the fact that heat can build up from damp retention. Fevers that worsen in the afternoon and inflammatory joint pain are examples of heat during this type of wind-damp pattern.

The use of this formula has expanded to include treatment of chilblain and damp skin disorders such as eczema and warts.

MODIFICATIONS

- For wind-damp joint and body pain, add Fang Ji (*Stephania*) and Fang Feng (*Siler*).
- For chronic wind-damp cold bi, add Fu Zi (*Prepared Aconite*) and Wei Ling Xian (*Clematis*).
- For wind-damp with itching, add Jin Yin Hua (*Lonicera Flower*) and Lian Qiao (*Forsythia*).
- For inhibited urination, add Mu Tong (*Clematis armandi*).
- For chilblain, add Dang Gui (*Tangkuei*) and Gui Zhi (*Cinnamon Twig*).

Ma Zi Ren Wan • 2880

APRICOT SEED & HEMP SEED FORMULA [AVAILABLE IN TABLETS]

<i>Hemp Seed</i> HUO MA REN	33.4%	SOURCE: <i>On Cold Damage (Shang Han Lun)</i> FUNCTIONS: Moisten the intestine drain heat, move qi, and free the stool.
<i>Rhubarb</i> DA HUANG	22.2%	INDICATIONS: Treats constipation due to heat and dryness in the stomach and intestines. The patient usually presents with dry stools, frequent urination, thirst or dry mouth, a red tongue with yellow fur, and a rapid pulse.
<i>Apricot Seed</i> XING REN	11.1%	
<i>White Peony</i> BAI SHAO	11.1%	
<i>Aurantium Immaturus</i> ZHI SHI	11.1%	This formula treats a condition that <i>On Cold Damage</i> calls spleen restriction (pi yue). This refers to the spleen failing to aid the stomach in distributing fluids throughout the body. Instead, after the fluids enter the stomach they go directly to the bladder. Thus the body lacks fluids, and urination is frequent. The paucity of fluids reaching the intestines gives rise to dry stools which move slowly and with difficulty.
<i>Magnolia Bark</i> HOU PO	11.1%	The passage in <i>On Cold Damage</i> from which the formula originates refers to a time after a wind-cold pattern when heat remains in the yang ming and damages the spleen's ability to transport fluids. Thus, the formula drains yang ming channel heat and rectifies qi in the central burner. For this reason, the formula's use in simple vacuity constipation is not in keeping with the formulator's original goal. Nonetheless, this formula has become a standard for treating habitual constipation in weak or elderly patients. While not recommended for extended use in this manner, Ma Zi Ren Wan can be taken long enough to allow the patient to gradually switch over to a formula that supplements the spleen, engenders fluids, clears heat, and addresses any underlying constitutional disharmonies.

Both Ma Zi Ren Wan and [Run Chang Wan](#) (Hemp Seed & Rhubarb Formula) treat dry-stool constipation owing to vacuity of blood and fluids. Ma Zi Ren Wan has a stronger ability to free the stool, and Run Chang Wan excels in nourishing blood. For cases where blood vacuity is prominent, Run Chang Wan is usually the better choice. If blood vacuity is the underlying cause of constipation, switching to Run Chang Wan after a few weeks of Ma Zi Ren Wan can help to address both branch and root without causing damage to central-burner qi.

If amended, Ma Zi Ren Wan can treat post-illness or post-operative constipation owing to depletion of qi and fluids. As a stand-alone formula, it pays primary attention to the branch of the disorder and must be amended to deal with any root imbalance. This formula is not for use by pregnant women.

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MODIFICATIONS

- For constipation in the elderly, add Dang Gui (Tangkuei) and Rou Cong Rong (Cistanche).
- For hemorrhoids exacerbated by hard, difficult stool movements, add Yi Yi Ren (Coix) and Huang Bai (Phellodendron Bark). If hemorrhoids are accompanied by bleeding, add Huai Hua (Sophora) and Di Yu (Sanguisorba).
- For post-illness or post-operative weakness, combine with [Sheng Mai San](#) (Ginseng & Ophiopogon Formula).

Mai Men Dong Tang • 2950

OPIOPOGON COMBINATION [AVAILABLE IN TABLETS]

<i>Ophiopogon</i>	SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> <i>(Jin Gui Yao Lüe)</i>
MAI MEN DONG 37.1%	
<i>Pinellia</i>	FUNCTIONS: Clear and nourish the lung and stomach, arrest counterflow, and relieve cough.
BAN XIA 18.5%	
<i>Oryza</i>	INDICATIONS: Treats vacuity of yin and fluids in the lungs and stomach that results in counterflow qi and symptoms such as cough, nausea, dry, inhibited throat, phlegm that is sticky and difficult to expectorate, and hoarseness.
GENG MI 18.5%	
<i>Jujube</i>	
DA ZAO 11.1%	
<i>Ginseng</i>	
REN SHEN 7.4%	This formula is from the section of <i>Essential Prescriptions of the Golden Coffer</i> that addresses lung wilting. This is a chronic disorder that presents with cough, thick phlegm, gasping with exertion, dry mouth and throat, weight loss, and a rapid, vacuous pulse. Consumptive-like symptoms such as fatigue, tidal fevers, and steaming bones can be part of the picture. This pattern can correspond to what in Western medicine would be diagnosed as pulmonary tuberculosis, whooping cough, or chronic bronchitis.
<i>Licorice (Prepared)</i>	
ZHI GAN CAO 7.4%	
	While not stated clearly in the source text, later commentaries maintain that this pattern is not strictly a lung disorder but includes damage to stomach yin and fluids as well. <i>Medical Formulas Gathered and Explained</i> (<i>Yi Fang Ji Jie</i>), for example, states that Mai Men Dong Tang treats symptoms due to “vacuity fire ascent owing to withered and dry fluids in the stomach.” Its ability to address the central burner is what makes this formula unique.
	Because it treats stomach yin vacuity, the formula has come to be used for disorders such as duodenal ulcers, esophagitis, and gastritis if these are the result of damage to the yin and fluids of the stomach. Other disorders this formula can address include inverted menstruation, cough during pregnancy, morning sickness, and laryngitis.
	Mai Men Dong Tang, Bai He Gu Jin Tang (Lily Combination), and Qing Zao Jiu Fei Tang (Eriobotrya & Ophiopogon Combination) all treat lung yin-vacuity cough. Where as Bai He Gu Jin Tang treats yin vacuity of the lung and kidney, Mai Men Dong Tang treats vacuity of the lung and stomach. Thus, if deeper yin vacuity signs such as night sweats and steaming bones occur with cough and dry throat, Bai He Gu Jin Tang may be a better choice. Qing Zao Jiu Fei Tang, on the other hand, aims directly at lung dryness and pays less attention to stomach yin. It is ideal for wind-dryness that depletes the fluids of the

CONTINUED

lung. In addition, both Bai He Gu Jin Tang and Qing Zao Jiu Fei Tang are suited to treating the damage remaining in the lung after a lung-heat pattern. Mai Men Dong Tang is too nourishing for that use and is more directed at chronic lung-stomach yin-vacuity lung wilting.

MODIFICATIONS

- For vexation and thirst, add Zhi Mu (Anemarrhena) and Lu Gen (Phragmites).
- For coughing of blood, add A Jiao (Gelatin) and Sheng Di Huang (Fresh Rehmannia).
- For laryngitis or loss of voice, add Jie Geng (Platycodon), Xuan Shen (Scrophularia), and Zi Wan (Aster).
- For morning sickness, add Zhu Ru (Bamboo Shaving) and Sheng Jiang (Fresh Ginger).
- For chronic diarrhea with stomach heat, add Ge Gen (Pueraria Root), Bai Shao (White Peony), He Ye (Lotus Leaf), and Shan Yao (Dioscorea).
- For duodenal ulcers, combine with [Yi Guan Jian](#) (Linking Decoction) and add Mai Ya (Barley Sprout), Sha Shen (Glehnia), and Shan Yao (Dioscorea).
- For pulmonary tuberculosis, add Bai Bu (Stemonae) and Zhi Mu (Anemarrhena).
- For cough with tidal fevers and night sweats, add Bai Wei (Cynanchum atratum) and Di Gu Pi (Lycium Root Bark).
- For chronic bronchitis with phlegm, combine with [Er Chen Tang](#) (Citrus & Pinellia Combination) and add Xing Ren (Apricot Seed).
- For whooping cough, add Bai Bu (Stemonae), Zi Wan (Aster), Bai Qian (Cynanchum stauntoni), Tian Men Dong (Asparagus Tuber), and Sang Bai Pi (Mulberry Bark).
- For inverted menstruation (nosebleed during menstruation), add Mu Dan Pi (Moutan) and Dan Shen (Salvia Root).

Mu Fang Ji Tang • 0810

STEPHANIA & GINSENG COMBINATION

<i>Gypsum</i>		SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> (<i>Jin Gui Yao Lüe</i>)
SHI GAO	40.0%	
<i>Ginseng</i>		FUNCTIONS: Move water, dissipate binds, recover yin, and calm counterflow.
REN SHEN	26.7%	
<i>Stephania</i>		INDICATIONS: This formula treats rheum collection in the region of
FANG JI	20.0%	the diaphragm with gasping, fullness, glomus lump in the epigastrium, dark facial color, and a tight, deep pulse.
<i>Cinnamon Twig</i>		
GUI ZHI	13.3%	

Drawn from the section of Zhang Zhong-Jing's classic that discusses cough and phlegm-rheum, this formula is aimed at treating rheum collection in the epigastric region that causes gasping and glomus lump. The patient suffers from yang and qi vacuity and thus cannot move water-rheum. The formula aims to disinhibit water with Fang Ji (Stephania) and supplement qi with Ren Shen (Ginseng). Gui Zhi (Cinnamon Twig) is included to treat upward ascent of qi and also to free the water path. Shi Gao (Gypsum) eliminates vexation thirst and helps to calm gasping.

In modern times, this formula is applied to cardiac disorders, bronchial asthma, nephritis, leg qi, and water swelling of the lower limbs when these disorders present with oppression in the diaphragm, breathing difficulties, a dark face color, and a tight, deep pulse.

MODIFICATIONS

- Zhang Zhong-Jing states that if, after taking this formula, there is still fullness in the epigastric region and the symptoms return, then stronger measures are appropriate. He suggests removing Shi Gao (Gypsum) and adding Mang Xiao (Mirabilitum) and Fu Ling (Poria).
- For asthmatic conditions, adding Zi Su Zi (Perilla Seed) and Sheng Jiang (Fresh Ginger) may be helpful.

Mu Xiang Bing Lang Wan • 0800

VLADIMIRIA & ARECA SEED FORMULA

<i>Cyperus</i>	SOURCE: <i>Precious Mirror of Health (Wei Sheng Bao Jian)</i>
XIANG FU	18.9%
<i>Pharbitis</i>	FUNCTIONS: Clear heat, move qi, disperse stagnation, and transform accumulation.
QIAN NIU ZI	18.9%
<i>Rhubarb</i>	INDICATIONS: Treats internal stagnation and accumulation transforming into heat with symptoms such as constipation, diarrhea, and pain and distention in the abdomen.
DA HUANG	9.5%
<i>Mirabilatum</i>	—————
MANG XIAO	9.5%
<i>Vladimiria</i>	There are several formulas named Mu Xiang Bing Lang Wan in Chinese medicine. They all treat stagnant accumulations in the digestive system that give rise to oppression in the chest and abdomen, abdominal pain and distention, diarrhea, and constipation. This version is the most powerful of these formulas, as it contains more agents to disperse stagnation and clear the heat that results from stagnant accumulations in the digestive system. This formula treats acute situations and is suitable for short-term use only. It is mostly applied to inflammatory disorders of the small and large intestines.
MU XIANG	4.8%
<i>Areca Seed</i>	
BING LANG	4.8%
<i>Citrus viride</i>	
QING PI	4.8%
<i>Citrus Peel</i>	
CHEN PI	4.8%
<i>Aurantium Fruit</i>	
ZHI KE	4.8%
<i>Phellodendron</i>	
HUANG BAI	4.8%
<i>Coptis</i>	
HUANG LIAN	4.8%
<i>Scirpus</i>	
SAN LENG	4.8%
<i>Zedoaria</i>	
E ZHU	4.8%

MODIFICATIONS

- For binding depression of liver qi that gives rise to digestive accumulation, add Mai Ya (Barley Sprout), Bai Shao (White Peony), and Chai Hu (Bupleurum).
- If damp-heat is prominent, add Yin Chen Hao (Capillaris) and Shan Zhi Zi (Gardenia).

Ning Sou Wan • 3880

FRITILLARIA & PLATYCODON FORMULA

<i>Fritillaria</i> (Zhe)		SOURCE: <i>Selected Chinese Patent Medicines</i> <i>(Zhong Guo Guo Yao Gu You Cheng Fang Xuan Ji)</i>
ZHE BEI MU	10.5%	
<i>Platycodon</i>		FUNCTIONS: Diffuse lung qi, downbear counterflow, arrest cough, transform phlegm, and nourish the lung.
JIE GENG	10.5%	
<i>Ephemerantha fimbriata</i>		INDICATIONS: Treats cough or asthmatic breathing when these are acute wind-cold patterns or chronic productive coughs.
SHI HU	10.5%	
<i>Pinellia</i>		
BAN XIA	10.5%	This formula concentrates on transforming phlegm, diffusing lung qi, and relieving cough and asthmatic breathing. It is neither warm nor cold and can be amended to address lung phlegm conditions that lean in either direction. It is an ideal formula for enduring coughs that produce clear or white phlegm. Though it contains powerful phlegm transforming agents such as Ban Xia (<i>Pinellia</i>) and Jie Geng (<i>Platycodon</i>), these potentially drying herbs are countered with herbs to nourish lung yin such as Xing Ren (<i>Apricot Seed</i>), Sang Bai Pi (<i>Mulberry Bark</i>), and Shi Hu (<i>Ephemerantha fimbriata</i>). Thus, the formula is balanced enough to be given for the treatment of chronic disorders and is strong enough to treat those disorders effectively.
<i>Perilla Seed</i>		
SU ZI	10.5%	
<i>Poria</i>		
FU LING	10.5%	
<i>Mint</i>		
BO HE	7.9%	
<i>Apricot Seed</i>		
XING REN	7.9%	
<i>Mulberry Bark</i>		
SANG BAI PI	7.9%	
<i>Red Tangerine Peel</i>		
JU HONG	5.3%	
<i>Oryza (Sprouted)</i>		
GU YA	5.3%	
<i>Licorice</i>		
GAN CAO	2.7%	

This formula concentrates on transforming phlegm, diffusing lung qi, and relieving cough and asthmatic breathing. It is neither warm nor cold and can be amended to address lung phlegm conditions that lean in either direction. It is an ideal formula for enduring coughs that produce clear or white phlegm. Though it contains powerful phlegm transforming agents such as Ban Xia (*Pinellia*) and Jie Geng (*Platycodon*), these potentially drying herbs are countered with herbs to nourish lung yin such as Xing Ren (*Apricot Seed*), Sang Bai Pi (*Mulberry Bark*), and Shi Hu (*Ephemerantha fimbriata*). Thus, the formula is balanced enough to be given for the treatment of chronic disorders and is strong enough to treat those disorders effectively.

As the condition improves, it is often best to combine this formula with agents that supplement lung qi because long-term coughs usually weaken the lung and disperse lung qi. For example, [Bu Fei Tang](#) (*Ginseng & Aster Combination*) can be added to the formula as the cough mitigates and phlegm production decreases.

The Chinese character "Sou" refers to phlegm produced from the lung and in the formula name refers to a productive cough. Thus the formula name can be translated as *Pills to Quiet Productive Cough*.

MODIFICATIONS

- For heat signs such as slightly yellow phlegm, add Huang Qin (*Scute*) and Zhi Mu (*Anemarrhena*).
- For thirst and dry throat, add Mai Men Dong (*Ophiopogon*).
- For acute wind-cold cough, combine with [Hua Gai San](#) (*Ephedra & Mulberry Bark Formula*).
- For copious phlegm, combine with [Er Chen Tang](#) (*Citrus & Pinellia Combination*).
- For chronic cough, add Tao Ren (*Persica*) and Bai Bu (*Stemonae*).

Nu Ke Bai Zi Ren Wan • 0570

BIOTA & CYATHULA FORMULA

<i>Lycopus</i>	SOURCE: <i>Compendium of Good Remedies for Women</i> (<i>Fu Ren Da Quan Liang Fang</i>)
ZE LAN <i>Dipsacus</i>	30.8%
XU DUAN	30.8%
<i>Rehmannia</i> (Cooked)	
SHU DI HUANG	15.4%
<i>Biota Seed</i>	
BAI ZI REN	7.7%
<i>Cyathula</i>	
CHUAN NIU XI	7.7%
<i>Selaginella</i>	
JUAN BAI	7.7%
FUNCTIONS: Quiet the spirit, nourish blood, quicken blood, and free the channels.	
INDICATIONS: Treats weakness of the spirit owing to blood vacuity. This may be accompanied by irregular menstruation or amenorrhea and such symptoms as lumbar soreness, afternoon fevers, spiritual disquietude, abdominal pain, dizziness, and blurred vision.	
<hr/>	
This formula was created to treat a chronic condition of blood vacuity that results in the gradual decrease in menstrual flow and eventual amenorrhea. This pattern is often accompanied by weight loss, disquietude of the spirit, and afternoon fevers. Since vacuity of blood can cause stasis, abdominal pain and lower back pain can also arise. For this reason the formula both supplements and moves blood. The unique combination of herbs to nourish blood, dispel stasis, and quiet the spirit makes the formula an excellent one for women with chronic painful conditions accompanied by disturbance of the spirit. This is reflected in the name of the formula which translates loosely as <i>Women's Biota Seed Pills</i> .	

MODIFICATIONS

- For blood vacuity headaches, add Dang Gui (Tangkuei) and Chuan Xiong (Ligusticum).
- For vacuity back pain, add Ren Shen (Ginseng) and Du Zhong (Eucommia).
- For abdominal pain, add Pu Huang (Bulrush) and Wu Ling Zhi (Pteropus).
- For blood vacuity menstrual block (amenorrhea), combine with [Si Wu Tang](#) (Tangkuei Four Combination).
- For blood stasis menstrual block (amenorrhea), combine with Tao Ren (Persica), Hong Hua (Carthamus), and Ma Bian Cao (Verbena).
- For blood-vacuity insomnia related to menstrual irregularity or menstrual block, add He Huan Pi (Albizzia Bark), Mu Tong (Clematis armandi), Bai Shao (White Peony), and Sheng Di (Fresh Rehmamnia).

Pai Nong San • 2960

PLATYCODON & AURANTIUM IMMATURUS FORMULA

<i>Aurantium Immaturus</i>	SOURCE: <i>Essential Prescriptions of the Golden Coffer (Jin Gui Yao Liie)</i>
ZHI SHI	69.2%
<i>White Peony</i>	FUNCTIONS: Outthrust pus, resolve toxin, disperse binds, and dissipate stagnation.
BAI SHAO	23.1%
<i>Platycodon</i>	INDICATIONS: Addresses mastitis, infected lymph nodes, infected cysts, and other toxic swellings that are slow to suppurate, or swellings in which the flesh surrounding the post-suppuration sore remains hard and tight.
JIE GENG	7.7%

This formula uses the acrid and dispersing herb Zhi Shi (Aurantium Immaturus), to move qi and disperse bind. Thus, the formula is intended for toxic swellings that are hard and firm. In addition, Jie Geng (Platycodon) is included to outthrust pus and Bai Shao (White Peony) to cool blood. The formula can be combined with herbs to clear heat and resolve toxin if the swelling being treated is warm and red.

The source text states that the herbs are to be taken with egg yolk; this is to moisten dryness and supplement blood and thus prevent the drying herbs in the formula from damaging the blood. In modern times the egg is often omitted.

The Chinese name of the formula can be translated as *Powder to Outthrust Pus*. Note that there are four well known formulas with this name.

MODIFICATIONS

- For lymph swellings, add Xuan Shen (Scrophularia) and Zi Cao Gen (Arnebia).
- For hot swellings, add Pu Gong Ying (Dandelion), Lian Qiao (Forsythia), Shan Zhi Zi (Gardenia), and Zi Hua Di Ding (Viola).
- For sores that have suppulated, add Huang Qi (Astragalus) and Dang Gui (Tangkuei).
- For abscesses (yong and ju), combine with [Tuo Li Xiao Du Yin](#) (Gleditsia Combination).

Ping Wei San • 1160

MAGNOLIA & GINGER FORMULA [AVAILABLE IN TABLETS]

<i>Astracylodes</i>	SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
CANG ZHU	28.5%
<i>Magnolia Bark</i>	FUNCTIONS: Fortify the spleen, harmonize the stomach, disinhibit damp, and transform accumulation.
HOU PO	14.3%
<i>Ginger (Fresh)</i>	INDICATIONS: Treats damp stagnation in the stomach and spleen.
SHENG JIANG	Symptoms include distention and fullness in the abdomen and epigastric region, lack of appetite, dull taste buds, nausea and vomiting, belching and acid regurgitation, heaviness in the limbs, fatigue with a desire to sleep, diarrhea or loose stools, a thick, white, slimy tongue fur, and a moderate pulse.
<i>Citrus Peel</i>	
CHEN PI	
<i>Licorice (Prepared)</i>	
ZHI GAN CAO	

Jujube
DA ZAO 14.3%
Central burner damp and central burner qi vacuity go hand in hand because spleen qi is responsible for transforming damp yet the spleen is particularly susceptible to damp encumbrance. Formulas for treating this situation vary in their approach, with some emphasizing qi supplementation and adding a few agents to transform damp, and others emphasizing damp transformation and downplaying qi supplementation. Ping Wei San falls into this latter group.

Formulas like this, which concentrate on damp encumbrance by transforming damp, are best suited for a patient whose spleen is not so compromised that it cannot function but is simply overwhelmed by an excess of damp. This is usually owing to the abrupt onset of a damp disorder or to sudden culinary intemperance. For these circumstances, a short cycle of Ping Wei San can rid the body of excess damp and rescue the spleen.

For patients with chronic disorders, a more balanced approach is needed – one that both transforms damp and supplements the center. For this, consider *Liu Jun Zi Tang* (Major Six Herb Combination). For simple spleen supplementation, *Si Jun Zi Tang* (Major Four Herb Combination) may be most suitable.

The Chinese name of the formula translates literally as *Stomach-Calm-ing Powder*. However, the character “Ping” means to balance as well as to calm. Remembering that the stomach, when assailed by damp, can react by becoming overactive or underactive, we can see that this formula intends to help the stomach to achieve the middle road of balanced function. To reflect this meaning the translation *Balanced-Stomach Powder* might be suitable.

CONTINUED

MODIFICATIONS

- If the pattern is accompanied by belching, add Shen Qu (Massa Medicata Fermentata) and Ban Xia (Pinellia).
- For food poisoning, add Huo Xiang (Agastache) and Lian Qiao (Forsythia).
- For external patterns, add Huo Xiang (Agastache) and Ban Xia (Pinellia).
- For abdominal distention, add Mu Xiang (Vladimiria) and Sha Ren (Amomum).

Pu Ji Xiao Du Yin • 3340

SCUTE & CIMICIFUGA COMBINATION

<i>Scute</i>		SOURCE: <i>Effective Formulas from Li Dong-Yuan's Practice (Dong Yuan Shi Xiao Fang)</i>
HUANG QIN	18.9%	
<i>Coptis</i>		FUNCTIONS: Course wind, disperse pathogens, clear heat, and resolve toxin.
HUANG LIAN	18.9%	
<i>Citrus Peel</i>		INDICATIONS: Treats epidemic wind-heat toxins attacking the head. Symptoms include headache, aversion to cold, fever, pain and swelling of the cheeks, eyes swollen shut, sore throat, a floating, rapid pulse, and a red tongue with a white or yellow fur. Applications include mumps, tonsillitis, and submaxillary cellulitis.
CHEN PI	7.6%	
<i>Licorice</i>		
GAN CAO	7.6%	
<i>Scrophularia</i>		
XUAN SHEN	7.6%	
<i>Bupleurum</i>		
CHAI HU	7.6%	<i>Universal Aid Toxin-Dispersing Cool-Decoction</i> , as this formula is known in Chinese, is the formula most commonly used for treatment of massive head scourge. That disorder was defined as an epidemic heat-toxin disorder with symptoms of swelling and rubor of the head. This ancient disease name describes a virulent mumps-like disease that may or may not be the same as the modern-day disorder. Li Dong-Yuan, in the source text, claims to have used the formula successfully during massive-head epidemics in the two springs previous to his writing the book. The name of the formula reflects its universal effectiveness.
<i>Platycodon</i>		
JIE GENG	7.6%	
<i>Forsythia</i>		
LIAN QIAO	3.8%	
<i>Isatis Root</i>		
BAN LAN GEN	3.8%	The formula combines the throat-disinhibiting formula Jie Geng Tang (Platycodon Combination) with herbs to clear heat, resolve toxin, disperse accumulations, and dissipate swelling. It has become the formula most frequently applied to treatment of acute tonsillitis, mumps, cellulitis of the head and neck (including submaxillary cellulitis), and lymphadenitis.
<i>Lashiosphaera (Puffball)</i>		
MA BO	3.8%	
<i>Arctium</i>		
NIU BANG ZI	3.8%	
<i>Mint</i>		
BO HE	3.8%	
<i>Cimicifuga</i>		
SHENG MA	2.6%	
<i>Silkworm</i>		
JIANG CAN	2.6%	

MODIFICATIONS

- If constipation accompanies this pattern, add Da Huang (Rhubarb).
- For tonsillitis, add Zao Xiu (Paris).
- For fever and thirst, add Shi Gao (Gypsum) and Zhi Mu (Anemarrhena).
- For hard swellings, add Xia Ku Cao (Prunella) and Kun Bu (Kelp).

Qi Bao Mei Ran Dan • 0190

SEVEN TREASURES FORMULA

<i>Polygonum</i>	SOURCE: <i>Medical Formulas Gathered and Explained</i> (<i>Yi Fang Ji Jie</i>)
HE SHOU WU	25.0% FUNCTIONS: Enrich kidney water and boost liver blood.
<i>Cyathula</i>	INDICATIONS: Premature graying of the hair, hair loss, loose teeth, spontaneous and nocturnal emissions, soreness and weakness of the lower back and knees, infertility due to kidney vacuity, wasting thirst, and profuse vaginal discharge.
CHUAN NIU XI	
<i>Poria</i>	
FU LING	
<i>Tangkuei</i>	
DANG GUI	
<i>Psoralea</i>	
BU GU ZHI	
<i>Cuscuta</i>	
TU SI ZI	
<i>Lycium Fruit</i>	
GOU QI ZI	
	This formula treats vacuity of kidney and liver yin that leaves those organs unable to nourish the body. Dull and thinning hair, loose teeth, pale complexion, low back pain, and seminal loss are symptoms that reflect this pattern. The formula can treat a wide range of difficulties ranging from loose teeth to hemorrhoids as long as the underlying disharmony is a vacuity of liver and kidney yin. Many practitioners think this formula is solely for treatment of thinning or graying hair, but the source text, <i>Medical Formulas Gathered and Explained</i> , only mentions that symptom in passing.
	Though this combination has some thick herbs such as He Shou Wu (<i>Polygonum</i>) and Gou Qi Zi (<i>Lycium Fruit</i>), it is less cloying than many other yin-supplementing formulas and should be safe for most patients. The exceptions are those patients who have a thick tongue fur or loose stools.
	The Chinese name of this formula can be rendered as <i>Seven Treasures Elixir for Beautiful Hair</i> . Ironically, because of this name the formula has been underused. It is an excellent formula to consider for patients who suffer from a dual vacuity of qi and blood and liver-kidney vacuity regardless of the condition of their hair.

MODIFICATIONS

- For dull, lifeless hair, add Huang Qi (*Astragalus*) and Shu Di (Cooked Rehmannia) or Han Lian Cao (*Eclipta*) and Nü Zhen Zi (*Ligustrum*).
- If signs of vacuity fire are present, add Zhi Mu (*Anemarrhena*), Ze Xie (*Alisma*), and Huang Bai (*Phellodendron Bark*).
- For seminal loss, add Fu Pen Zi (*Rubus*) and Shan Zhu Yu (*Cornus*).
- For extreme blood vacuity, add Dang Gui (*Tangkuei*), Bai Shao (*White Peony*), and Nü Zhen Zi (*Ligustrum*).
- For wasting thirst, add Huang Qi (*Astragalus*), Tai Zi Shen (*Pseudostellaria*), and Shan Yao (*Dioscorea*).
- For qi vacuity, add Ren Shen (*Ginseng*) and Huang Qi (*Astragalus*).

Qi Ju Di Huang Wan • 1580

LYCIUM, CHRYSANTHEMUM, & REHMANNIA FORMULA [AVAILABLE IN TABLETS]

<i>Rehmannia (Cooked)</i>	SOURCE: <i>Experiential Formulas of Generations of Physicians</i> <i>(Shi Yi Jing Yan Fang)</i>
SHU DI HUANG 27.7%	
<i>Cornus</i>	FUNCTIONS: Nourish the liver and kidney, clear liver heat, and brighten the eyes.
SHAN ZHU YU 13.8%	
<i>Dioscorea</i>	INDICATIONS: Treats vacuity of the liver and kidney yin that gives rise to decreased visual acuity, clouded vision, dry or painful eyes, sensitivity to sunlight, or excessive lacrimation upon exposure to wind.
SHAN YAO 13.8%	
<i>Poria</i>	
FU LING 10.3%	
<i>Moutan</i>	
MU DAN PI 10.3%	This amended form of Liu Wei Di Huang Wan (Rehmannia Six Formula) treats the same pattern as that yin-supplementing combination but adds Gou Qi Zi (Lycium Fruit) to further nourish the liver and Ju Hua (Chrysanthemum) to clear liver heat. Both of the added herbs are credited with the action of brightening the eyes, which is a poetic expression of these herbs' ability to treat a large variety of eye and vision disorders.
<i>Alisma</i>	
ZE XIE 10.3%	
<i>Lycium Fruit</i>	
GOU QI ZI 6.9%	The formula can also treat other disorders that stem from vacuity of liver and kidney yin such as night sweating, dizziness, and restless sleep. The addition of herbs to treat each specific symptom will increase the effectiveness of the base combination.
<i>Chrysanthemum</i>	
JU HUA 6.9%	

Xi Gan Ming Mu San (Gardenia & Vitex Combination) also treats eye disorders; however, it is directed at wind-heat disorders that give rise to acute symptoms. It greatly clears liver heat and mildly nourishes liver blood. **Zi Shen Ming Mu Tang** (Chrysanthemum Combination), on the other hand, falls between Xi Gan Ming Mu San and Qi Ju Di Huang Wan. It nourishes more than Xi Gan Ming Mu San but clears heat better than Qi Ju Di Huang Wan.

MODIFICATIONS

- For dry eyes, add Nü Zhen Zi (Ligustrum).
- For extreme blood vacuity, combine with [Si Wu Tang](#) (Tangkuei Four Combination).
- For red and painful eyes, add Huang Bai (Phellodendron Bark) and Man Jing Zi (Vitex).
- For wind-exacerbated excessive lacrimation, add Ge Gen (Pueraria Root) and Rui Ren Rou (Prinsepia).
- For night sweating, add Yin Chai Hu (Stellaria Root).
- For restless sleep, add Ye Jiao Teng (Polygonum multifloru Vine).

Qi Pi Wan • 3000

LOTUS & CITRUS FORMULA

<i>Lotus Seed</i>	SOURCE: <i>Return to Spring from the Myriad Diseases</i> (<i>Wan Bing Hui Chun</i>)
LIAN ZI 14.4%	
<i>Ginseng</i>	FUNCTIONS: Fortify the spleen, harmonize the stomach, disperse accumulation, and supplement qi.
REN SHEN 14.4%	
<i>Poria</i>	INDICATIONS: Treats chronic diarrhea, children's gan accumulation, abdominal pain, and vomiting when these are owing to damage to the spleen. This formula is especially suitable for infants and small children.
FU LING 14.4%	
<i>Atractylodes (Alba)</i>	
BAI ZHU 14.4%	
<i>Dioscorea</i>	
SHAN YAO 14.4%	In the source text this formula is found in the section of the pediatric chapter that outlines the treatment of diarrhea. It is suitable for infants and small children in whom overfeeding has damaged the digestive function of the central burner. The formula disperses digesta, supplements the spleen, fortifies the stomach, and arrests diarrhea. The symptoms of central burner digesta damage are diarrhea, nausea, abdominal pain, and a thick tongue fur.
<i>Citrus Peel</i>	
CHEN PI 7.0%	
<i>Crataegus</i>	
SHAN ZHA 7.0%	
<i>Alisma</i>	
ZE XIE 7.0%	Though in the source text Qi Pi Wan is intended to treat children, other books recommend it for adults who suffer from the same symptoms due to spleen vacuity and intemperate diet. In adults this may also present as cockcrow diarrhea.
<i>Licorice</i>	
GAN CAO 7.0%	The source text suggests that children take the formula with warm rice porridge. This method is appropriate for the concentrated powder as well. One to two grams of powder per bowl of gruel is enough for small children.
	In modern times the formula is sometimes used for weight loss in qi-vacuity patients. Adding agents such as Yi Yi Ren (Coix) and Mai Ya (Barley Sprout) is common for this application.
	The name of this formula translates as <i>Spleen-Opening Pills</i> in reference to its function of treating accumulation in the central burner. This combination can be seen as a variation of the center-supplementing formula <i>Si Jun Zi Tang</i> (Major Four Herb Combination), the difference being that in addition to supplementing the center, this formula disperses accumulation of digesta and relieves diarrhea.

MODIFICATIONS

- For gan accumulation, add Shi Jun Zi (*Quisqualis*).
- For cockcrow diarrhea, add Bu Gu Zhi (*Psoralea*) and Rou Dou Kou (*Myristica*).

CONTINUED

- For nausea or vomiting, add Ban Xia (Pinellia) and Sheng Jiang (Fresh Ginger).
- For abdominal pain, add Mu Xiang (Vladimiria) and Sha Ren (Amomum).
- For belching with the taste of previously eaten food, add Shen Qu (Massa Medicata Fermentata) and Mai Ya (Barley Sprout).
- For post-illness weakness, combine with [Yu Ping Feng San](#) (Astragalus & Siler Formula).

Qian Jin Nei Tuo San • 0530

ASTRAGALUS & PLATYCODON FORMULA

<i>Astragalus</i>		SOURCE: <i>Return to Spring from the Myriad Diseases</i> (<i>Wan Bing Hui Chun</i>)
HUANG QI	19.5%	
<i>Codonopsis</i>		FUNCTIONS: Quicken blood, supplement vacuity, expel foulness, and engender flesh.
DANG SHEN	19.5%	
<i>Platycodon</i>		INDICATIONS: Treats skin lesions such as carbuncles and boils. This formula disperses lesions that are not yet fully formed and causes sores that have already formed to suppurate. It can be effective for welling abscesses, hemorrhoids, flat abscesses, peri-anal inflammation, mastitis, lymphadenitis, or external and internal ear infections.
JIE GENG	9.8%	
<i>Tangkuei</i>		
DANG GUI	9.8%	
<i>Angelica</i>		
BAI ZHI	9.8%	
<i>Ligusticum</i>		
CHUAN XIONG	7.3%	This formula is for patients whose qi is too vacuous to spontaneously outrush pus and expel toxin from the outer body. It was originally intended for dermal swellings or infections that exist for some time and do not come to a head (or sores that suppurate but continue to produce pus) because of the patient's constitutional deficiencies. The formula's scope of use has broadened with time, and nowadays it is also used to treat non-dermal disorders such as middle ear infections.
<i>Siler</i>		
FANG FENG	7.3%	
<i>Magnolia Bark</i>		
HOU PO	7.3%	
<i>Cinnamon Bark</i>		
ROU GUI	4.9%	Qian Jin Nei Tuo San is very similar to Tuo Li Xiao Du Yin (Gleditsia Combination); they both treat toxic swellings in weak patients. Tuo Li Xiao Du Yin, however, is for an earlier stage of disorder, where the pathogen is stronger.
<i>Licorice</i>		
GAN CAO	4.8%	
The formula's appellation conveys that it is used to outrush pathogens and support the correct qi. <i>Thousand Gold Pieces Powder to Support the Interior</i> is one possible English rendering.		

MODIFICATIONS

- To encourage suppuration of toxic swellings, add Zao Jiao Ci (Gleditsia Spine).
- For chronic middle ear infections, combine with [Qing Bi Tang](#) (Pueraria Nasal Combination) and add Chi Shao (Red Peony).
- For mastitis, add Pu Gong Ying (Dandelion) and Wang Bu Liu Xing (Vaccaria Seed).
- For inflamed lymph nodes, add Xia Ku Cao (Prunella), Huang Qin (Scute), and Xuan Shen (Scrophularia).

Qiang Huo Sheng Shi Tang • 1780

NOTOPTERYGIUM & TUHUO COMBINATION

<i>Notopterygium</i>	
QIANG HUO	20.0%
<i>Tuhuo Angelica</i>	
DU HUO	20.0%
<i>Ligusticia (Kaopen)</i>	
GAO BEN	20.0%
<i>Siler</i>	
FANG FENG	20.0%
<i>Licorice (Prepared)</i>	
ZHI GAN CAO	10.0%
<i>Vitex</i>	
MAN JING ZI	6.0%
<i>Ligisticum</i>	
CHUAN XIONG	4.0%

SOURCE: *On Confusion about Differentiation of Internal and External Damage (Nei Wai Shang Bian Huo Lun)*

FUNCTIONS: Dispel wind, resolve the exterior and overcome damp.

INDICATIONS: Treats wind-damp exterior patterns that present with headache, heavy head, pain throughout the body, aversion to cold with a low fever, a white tongue fur, and a floating pulse. It is also suitable for treatment of acute wind-damp joint pain or headaches.

This formula treats wind-damp exterior patterns. The main symptoms that define this pattern are aching and heaviness in the head and aches throughout the body. The main causes of this pattern are spending time in a damp environment or being exposed to wind while sweating.

The formula uses acrid and warm herbs to dispel damp and resolve the exterior. Man Jing Zi (Vitex) and Chuan Xiong (Ligisticum) are added for headache, and Fang Feng (Siler) and Chuan Xiong are included to dispel wind.

Though most commonly employed to treat the common cold, the formula also can be used to treat wind-damp joint pain and headaches. Thus it is commonly used for temporomandibular joint syndrome. In all cases it is for acute episodes only, as extended use of such strong acrid and drying agents would damage the body's qi and fluids. The formula must be applied carefully to patients who tend to yin vacuity.

The name of this formula, *Notopterygium Formula to Conquer Damp*, points out its main function, dispelling damp.

Qiang Huo Sheng Shi Tang, *Jiu Wei Qiang Huo Tang* (Notopterygium Nine Herb Combination), and *Ma Xing Yi Gan Tang* (Ephedra & Coix Combination) all treat wind-damp exterior patterns that give rise to joint pain or headaches. The differences lie in each one's emphasis. *Jiu Wei Qiang Huo Tang* is less adept than the other two at dispelling wind-damp but is the most effective for treating external wind-damp patterns that present with substantial internal heat. *Ma Xing Yi Gan Tang* concentrates on wind-damp exterior patterns that present with joint pain and a small amount of internal heat. *Qiang Huo Sheng Shi Tang* treats wind-damp exterior patterns that present with either headache or body ache but do not include any signs of internal heat.

CONTINUED

MODIFICATIONS

- For headache and stiff neck associated with high blood pressure and wind-damp, add Ge Gen (Pueraria Root) and Chi Shao (Red Peony).
- For joint pain, add Wei Ling Xian (Clematis), Qin Jiao (Gentiana macrophylla Root), and Han Fang Ji (Stephania).
- For cold-damp that settles in the channels and causes pain, add Fu Zi (Prepared Aconite) and Han Fang Ji (Stephania).
- For joint pain with heat, add Huang Bai (Phellodendron Bark) and Ren Dong Teng (Lonicera Vine).
- For wind-cold external patterns (common cold or flu), add Jing Jie (Schizonepeta) and Sheng Jiang (Fresh Ginger).

Qin Jiao Bie Jia San • 2460

GENTIANA MACROPHYLLA ROOT & TURTLE SHELL FORMULA

<i>Turtle Shell</i>		SOURCE: <i>Precious Mirror of Health</i> (<i>Wei Sheng Bao Jian</i>)
BIE JIA	19.2%	FUNCTIONS: Enrich yin, nourish blood, clear heat, and dispel steaming bone fevers.
<i>Lycium Root Bark</i>		
DI GU PI	19.2%	
<i>Bupleurum</i>		INDICATIONS: This formula addresses wind taxation. Symptoms and
CHAI HU	19.2%	signs include steaming bone fever, night sweats, red lips and flushed cheeks, emaciation, afternoon tidal fever, joint pain, cough, fatigue, and a fine, rapid pulse.
<i>Gentiana macrophylla Root</i>		—————
QIN JIAO	9.6%	Wind taxation is defined as follows in the <i>Great Peace Era Sages' Grace Prescriptions</i> (<i>Tai Ping Sheng Hui Fang</i>): "The interior and exterior are mostly vacuous, qi and blood are debilitated, and the interstices of the skin are loose and leaky, easily allowing wind-evil to invade, which then either wanders through the skin or sinks to cause stagnation in the bowels and viscera, giving rise to a variety of different illnesses depending on the place affected" (translation from Wiseman and Feng's <i>Practical Dictionary of Chinese Medicine</i>).
<i>Anemarrhena</i>		
ZHI MU	9.6%	
<i>Tangkuei</i>		
DANG GUI	9.6%	
<i>Mume</i>		
WU MEI	7.7%	This shows that the pattern can present in many ways. The common thread is an underlying vacuity that is chronic in nature and presents with vacuity-heat signs such as night sweats, heat in the five centers, and a fine, rapid pulse. Depending on where the wind attacks and the degree of vacuity, there may be signs such as joint pain or pain and weakness in the lower back and knees.
<i>Artemisia Qing Hao</i>		
QING HAO	5.9%	
		One should consider this formula for patients who present with steaming bones, night sweats, and afternoon fevers. Wind taxation is usually a chronic condition but may also occur suddenly after a long or severe illness. More important than the presenting symptoms are the underlying vacuity and the deep-seated heat that give rise to a variety of symptoms. Yin-vacuity signs and signs of exterior vacuity and internal heat (steaming bones) are particularly important. Nowadays, the formula is used to treat post-operative, low-grade fevers and menopausal symptoms. One could also consider this formula for certain presentations of lupus, arthritis, pneumonia, pleurisy, or tuberculosis.

MODIFICATIONS

- For joint pain, add Fang Feng (Siler) and Chi Shao (Red Peony).
- For night sweats or afternoon fevers, add Yin Chai Hu (Stellaria Root).
- For cough, add Sang Bai Pi (Mulberry Bark) and Bai Bu (Stemonae).
- For steaming bones, add Yin Chai Hu (Stellaria Root) and Hu Huang Lian (Picrorrhiza).
- For pulmonary tuberculosis, add Bai Bu (Stemonae).

Qing Bi Tang • 2830

PUERARIA NASAL COMBINATION [AVAILABLE IN TABLETS]

<i>Pueraria Root</i>		SOURCE: Empirical formula
GE GEN	16.9%	FUNCTIONS: Resolve the exterior, clear heat, and free the nasal passages.
<i>Coix</i>		INDICATIONS: Treats nasal congestion, rhinitis or sinusitis.
YI YI REN	14.1%	
<i>Platycodon</i>		
JIE GENG	12.7%	
<i>Magnolia Flower</i>		This variation of Ge Gen Tang (Pueraria Combination) is a modern adaptation. It is intended to treat nasal congestion of all types. Adding heat-clearing agents transforms this formula into one that can treat acute wind-heat nasal infections. Adding warm herbs allows it to treat nasal congestion stemming from wind-cold. See the modifications below for suggestions.
XIN YI HUA	11.3%	
<i>Ephedra</i>		
MA HUANG	8.5%	This formula contains Ma Huang (Ephedra) and Da Huang (Rhubarb) and therefore is not appropriate for continued use. It can treat the acute manifestation of chronic rhinitis or sinusitis but should be replaced by a less dispersing and draining formula after the symptoms have receded. Generally, one to two weeks is as long as this formula should be taken. If combined with a formula that treats the root disharmony, it may be taken for a longer period.
<i>White Peony</i>		
BAI SHAO	8.5%	
<i>Cinnamon Twig</i>		
GUI ZHI	7.0%	
<i>Gypsum</i>		
SHI GAO	5.6%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	4.2%	
<i>Ligusticum</i>		
CHUAN XIONG	4.2%	
<i>Rhubarb</i>		
DA HUANG	4.2%	
<i>Licorice (Prepared)</i>		
ZHI GAN CAO	2.8%	

MODIFICATIONS

- For wind-heat patterns with nasal congestion and thick yellow discharge, add Huang Qin (Scute), Chi Shao (Red Peony), and [Yin Qiao San](#) (Lonicera & Forsythia Formula).
- For wind-cold nasal congestion with headache, clear nasal discharge, and aversion to cold, combine with [Chuan Xiong Cha Tiao San](#) (Ligusticum & Tea Formula).
- For chronic atrophic rhinitis, add Ze Lan (Lycopus) and Huang Qin (Scute) and combine with a formula that treats the underlying disharmony.

Qing Fei Tang • 2790

PLATYCODON & FRITILLARIA COMBINATION [AVAILABLE IN TABLETS]

<i>Ginger (Fresh)</i>		SOURCE: <i>Return to Spring from the Myriad Diseases</i> (<i>Wan Bing Hui Chun</i>)
SHENG JIANG	10.3%	
<i>Scute</i>		FUNCTIONS: Clear the lung, transform phlegm, drain heat, and moisten dryness.
HUANG QIN	10.3%	
<i>Platycodon</i>		INDICATIONS: Treats chronic disorders where fire has damaged the lung resulting in cough, phlegm, chronic incessant cough, chronic hoarseness, or throat lesions.
JIE GENG	6.9%	
<i>Fritillaria (Zhe)</i>		
ZHE BEI MU	6.9%	
<i>Tangkuei</i>		
DANG GUI	6.9%	This formula treats long-standing disorders that display symptoms of damage to lung yin by fire, regardless of the origin of the fire. The goal of the formula is to nourish lung yin, relieve cough, and clear heat. It carefully clears heat and at the same time enriches yin. This simultaneous treatment of root (yin vacuity) and branch (heat) is often appropriate for chronic disorders where treating only one aspect would compromise the other.
<i>Poria</i>		
FU LING	6.9%	
<i>Mulberry Bark</i>		
SANG BAI PI	6.9%	
<i>Jujube</i>		
DA ZAO	6.9%	Unlike a formula such as Qing Zao Jiu Fei Tang (Eriobotrya & Ophiopogon Combination), Qing Fei Tang can be used if phlegm and heat are still present in the lung. It is not, however, strong enough to treat repletion phlegm-heat lung patterns. For that, Qing Qi Hua Tan Wan (Pinellia & Scute Formula) or Gua Lou Zhi Shi Tang (Trichosanthus & Aurantium Combination) might be more appropriate.
<i>Bamboo Shaving</i>		
ZHU RU	6.9%	
<i>Citrus Peel</i>		
CHEN PI	6.9%	
<i>Asparagus Tuber</i>		
TIAN MEN DONG	5.2%	This formula treats such Western disease categories as chronic bronchitis, chronic sore throat, pneumonia, pulmonary tuberculosis, bronchiectases, and bronchial asthma.
<i>Gardenia</i>		
SHAN ZHI ZI	5.2%	
<i>Apricot Seed</i>		
XING REN	5.2%	
<i>Ophiopogon</i>		
MAI MEN DONG	5.2%	
<i>Licorice</i>		
GAN CAO	2.1%	
<i>Schizandra</i>		
WU WEI ZI	1.3%	
MODIFICATIONS		
<ul style="list-style-type: none"> • For yin-vacuity cough with scant phlegm and a hoarse voice, add Di Gu Pi (Lycium Root Bark). • To increase the formula's ability to clear lung heat, add Shi Gao (Gypsum) and Zhi Mu (Anemarrhena). • For chronic cough, add Bai Bu (Stemonae) and Tao Ren (Persica). • For vexation insomnia, add Bai He (Lily). 		

Qing Fei Yin • 2810

PLATYCODON & APRICOT SEED FORMULA

<i>Apricot Seed</i>		SOURCE: <i>Medical Formulas Gathered and Explained (Yi Fang Ji Jie)</i>
XING REN	18.2%	FUNCTIONS: Clear the lung, relieve cough, and transform phlegm.
<i>Fritillaria (Zhe)</i>		INDICATIONS: Treats phlegm cough.
ZHE BEI MU	18.2%	
<i>Poria</i>		
FU LING	18.2%	The source text presents this formula as a base to build upon for treating almost all types of lung-phlegm coughs. The modifications section lists additions mentioned in that book.
<i>Platycodon</i>		
JIE GENG	9.1%	
<i>Licorice</i>		The source text explains the role of each herb in the base formula:
GAN CAO	9.1%	“Xing Ren (Apricot Seed) resolves the flesh and disperses cold; it downbears qi and moistens dryness. Zhe Bei Mu (Fritillaria-Zhe) clears fire and disperses binds; it moistens the lung and transforms phlegm. Wu Wei Zi (Schizandra) astringes the lung and quiets cough. Fu Ling (Poria) dispels phlegm and rectifies the spleen. Ju Hong (Red Tangerine Peel) moves qi. Gan Cao (Licorice) harmonizes the center. Jie Geng (Platycodon) clears the lung and disinhibits the diaphragm.”
<i>Schizandra</i>		
WU WEI ZI	9.1%	
<i>Red Tangerine Peel</i>		
JU HONG	9.1%	
<i>Ginger (Fresh)</i>		The direct translation of the formula name, <i>Lung-Clearing Cool-Decoction</i> , indicates that it is taken cool to avoid increasing heat in the lungs.
SHENG JIANG	9.0%	

MODIFICATIONS

- For wind-damage coughs in the spring with clear nasal discharge, add Bo He (Mint), Fang Feng (Siler), Su Ye (Perilla), and Huang Qin (Scute).
- For summer coughs (fire and heat), add Sang Bai Pi (Mulberry Bark), Mai Men Dong (Ophiopogon), Huang Qin (Scute), Zhi Mu (Anemarrhena), and Shi Gao (Gypsum).
- For fall coughs with damp and heat, add Cang Zhu (Atractylodes), Sang Bai Pi (Mulberry Bark), Fang Feng (Siler), Huang Qin (Scute), and Shan Zhi Zi (Gardenia).
- For winter coughs, add Ma Huang (Ephedra), Gui Zhi (Cinnamon Twig), Gan Jiang (Dried Ginger), Sheng Jiang (Fresh Ginger), Ban Xia (Pinellia), and Fang Feng (Siler).
- For damp-phlegm, add Ban Xia (Pinellia), Zhe Bei Mu (Fritillaria-Zhe), and Tian Nan Xing (Arisaema).
- For dry phlegm, add Gua Lou Shi (Trichosanthes Fruit), Zhi Mu (Anemarrhena), and Tian Men Dong (Asparagus Tuber).
- Morning coughs are [from] stomach fire; clear the stomach with Shi Gao (Gypsum) and Huang Lian (Coptis).

CONTINUED

- Afternoon coughs belong to yin vacuity; add Chuan Xiong (Ligusticum), Dang Gui (Tangkuei), Bai Shao (White Peony), Sheng Di (Fresh Rehmannia), Zhi Mu (Anemarrhena), Huang Bai (Phellodendron Bark), Tian Men Dong (Asparagus Tuber), Mai Men Dong (Ophiopogon), and Sheng Jiang (Fresh Ginger).
- For taxation cough with blood, add Dang Gui (Tangkuei), Bai Shao (White Peony), A Jiao (Gelatin), Tian Men Dong (Asparagus Tuber), Zhi Mu (Anemarrhena), Kuan Dong Hua (Tussilago), and Zi Wan (Aster).
- For chronic cough, add Ren Shen (Ginseng) and Huang Qi (Astragalus); for lung heat, replace Ren Shen (Ginseng) with Sha Shen (Glehnia).

Qing Hao Bie Jia Tang • 1790

ARTEMISIA & TURTLE SHELL COMBINATION

Turtle Shell BIE JIA	31.2%
<i>Rehmannia (Fresh)</i> SHENG DI HUANG	25.0%
Moutan MU DAN PI	18.8%
Artemisia <i>Qing Hao</i> QING HAO	12.5%
<i>Anemarrhena</i> ZHI MU	12.5%

SOURCE: *Systematized Identification of Warm Diseases*
(*Wen Bing Tiao Bian*)

FUNCTIONS: Nourish yin and outthrust heat.

INDICATIONS: Treats post-illness yin vacuity with remnants of deep-lying heat. Symptoms include nighttime heat with morning cool and a thin body despite an adequate appetite. The patient's tongue is usually red with scant fur, and the pulse is fine and rapid.

This formula comes from a book on warm diseases and was designed to treat the later stages of such illnesses, when the yin has been damaged by fever and a heat pathogen remains lurking in the inner body. The main symptom is nighttime heat with morning coolness, that is, heat during the night that recedes naturally at dawn without the patient breaking into a sweat.

Qing Hao Bie Jia Tang can be useful for prolonged viral disorders where some symptoms linger and worsen at night. These would be symptoms related to heat such as rashes, flushing, headaches, fevers, or heat in the five centers. This application has been extended in recent times to include post-operative fevers.

Articles in modern journals report use of this formula to treat herpes zoster of the conjunctiva and steaming bones associated with pulmonary tuberculosis. See the modifications section for more information.

Both this formula and [Zhu Ye Shi Gao Tang](#) (Bamboo Leaves & Gypsum Combination) treat post-illness lingering fevers. Qing Hao Bie Jia Tang focuses on a heat pathogen that lurks in the inner body (blood and ying-construction) and thus treats fevers that occur in the evenings and nighttime, while the fevers that Zhu Ye Shi Gao Tang addresses are related to the qi aspect and occur without regard to time of day.

MODIFICATIONS

- For prolonged low-grade fevers of unknown origin, add Bai Wei (*Cynanchum atratum*), Shi Hu (*Ephemerantha fimbriata*), and Di Gu Pi (*Lycium Root Bark*).
- For steaming bones, add Sha Shen (*Glehnia*) and Han Lian Cao (*Eclipta*).
- For post-operative fevers, add Bai Wei (*Cynanchum atratum*), Yin Chai Hu (*Stellaria Root*), and Pu Gong Ying (*Dandelion*).

CONTINUED

- For hot, itching skin rashes that are worse at night, combine with [Dang Gui Yin Zi](#) (Tangkuei & Tribulus Combination).
- If yin vacuity is extreme, add Xuan Shen (Scrophularia) and Shi Hu (Ephemerantha fimbriata).
- If fevers are strong, add Bai Wei (Cynanchum atratum) and Di Gu Pi (Lycium Root Bark).
- For flushing of heat, add Yin Chai Hu (Stellaria Root) and Bai Shao (White Peony).
- For steaming bones associated with pulmonary tuberculosis, add Bai Bu (Stemona) and Di Gu Pi (Lycium Root Bark).
- For herpes zoster of the conjunctiva, add Ju Hua (Chrysanthemum), Xuan Shen (Scrophularia), Ban Lan Gen (Isatis Root), Chai Hu (Bupleurum), and Che Qian Zi (Plantago Seed).

Qing Liang Yin • 2720

SCUTE & MINT COMBINATION

<i>Scute</i>		
HUANG QIN	18.4%	
<i>Coptis</i>		
HUANG LIAN	18.4%	
<i>Mint</i>		
BO HE	13.3%	
<i>Scrophularia</i>		
XUAN SHEN	13.3%	
<i>Tangkuei</i>		
DANG GUI	13.3%	
<i>White Peony</i>		
BAI SHAO	13.3%	
<i>Licorice (Prepared)</i>		
ZHI GAN CAO	10.0%	

SOURCE: *Guidelines for Pattern Identification and Treatment*
(*Zheng Zhi Zhun Sheng*)

FUNCTIONS: Drains and clears upper burner heat and cools blood.

INDICATIONS: Treats dryness of the mouth, throat, tongue, and nose owing to heat accumulation in the upper burner.

This formula treats upper body heat accumulation while at the same time nourishing and cooling blood. It is primarily used to treat dry mouth, tongue, throat, and nose. The offending heat could be left over from a hot pathogen or could be the result of internal damage. In the latter case, the heat is usually the consequence of liver fire.

This formula treats a repletion pattern and is appropriate for short-term use only. Since the pattern that the formula is associated with will often damage qi and fluids, it is often appropriate to follow its use with a formula like [Sheng Mai San](#) (Ginseng & Ophiopogon Formula) to replenish qi and fluids.

Aside from the symptoms listed above, Qing Liang Yin can also treat upper body heat disorders such as upper body toxic swellings, sore throat, blood-heat nosebleed, conjunctivitis, and mouth sores. See the suggested modifications below.

The formula's name translates as *Clearing and Cooling Cool-Decoction*, an obvious reference to the formula's functions. In some texts the formula is called Qing Liang Yin Zi, which translates to the same.

MODIFICATIONS

- For mouth or tongue sores, add Mu Tong (Clematis armandi).
- For blood-heat nosebleed, add Sheng Di (Fresh Rehmannia) and Bai Mao Gen (Imperata).
- For sore throat, add Niu Bang Zi (Arctium) and Ban Lan Gen (Isatis Root).
- For upper-body toxic swellings, combine with [Wu Wei Xiao Du Yin](#) (Dandelion & Wild Chrysanthemum Combination).
- For eye disorders, add Man Jing Zi (Vitex), Ju Hua (Chrysanthemum), and Che Qian Zi (Plantago Seed).

Qing Qi Hua Tan Wan • 2840

PINELLIA & SCUTE FORMULA

<i>Pinellia</i>		SOURCE: <i>Medical Remedies Researched (Yi Fang Kao)</i>
BAN XIA	16.7%	FUNCTIONS: Clear heat, transform phlegm, downbear qi, and relieve cough.
<i>Arisaema pulvis</i>		INDICATIONS: Treats phlegm-heat in the lung. Signs and symptoms include cough with thick, yellow phlegm that is difficult to expectorate, fullness and glomus in the chest and diaphragm, scant and dark urine, a red tongue with a yellow, greasy fur, and a slippery, rapid pulse.
DAN NAN XING	16.7%	
<i>Scute</i>		
HUANG QIN	11.1%	The interrelationships among fire, qi, and phlegm are complex. <i>Medical Formulas Gathered and Explained (Yi Fang Ji Jie)</i> states: “To treat phlegm one must downbear fire and to treat fire one must normalize qi.” The <i>Essential Teachings of Zhu Dan-Xi (Dan Xi Xin Fa)</i> adds: “If qi is normalized the body’s fluids will follow and also will normalize.” This formula aims to address all three factors (qi stagnation, fire, and phlegm) simultaneously.
<i>Trichosanthes Seed</i>		
GUA LOU REN	11.1%	
<i>Citrus Peel</i>		
CHEN PI	11.1%	The source text states that by “treating phlegm, qi will naturally be cleared [i.e., flow freely].” Thus this formula’s emphasis is on transforming phlegm. If heat is a major component of the pattern, adding Shi Gao (Gypsum) and extra Huang Qin (Scute) will speed recovery. If the heat is serious or has existed for several days, adding Sang Bai Pi (Mulberry Bark) and Zhi Mu (Anemarrhena) to help protect lung yin can be useful.
<i>Apricot Seed</i>		
XING REN	11.1%	
<i>Aurantium</i>		
<i>Immaturus</i>		
ZHI SHI	11.1%	
<i>Poria</i>		
FU LING	11.1%	This formula is most commonly used when a wind-cold or wind-heat pathogen sinks into the lung and the patient presents with cough that produces thick, yellow phlegm that is difficult to expectorate, thirst, tightness in the chest, and a yellow tongue fur. At this stage the signs of an external pattern have dissipated, though nasal discharge often continues because lung qi is fettered by heat and phlegm. Western-trained practitioners may see this as bronchitis or pneumonia or as a simple upper respiratory tract infection.
		The formula name, which translates as <i>Pills to Clear Qi and Transform Phlegm</i> , reflects the source text author’s statement about treating phlegm to clear qi. A different formula by the same name appears in <i>Amended Essential Teachings of Zhu Dan-Xi (Dan Xi Xin Fa Fu Yu)</i> .

CONTINUED

MODIFICATIONS

- For severe heat with thick phlegm, tightness in the chest, and thirst, add Zhi Mu (Anemarrhena), Shi Gao (Gypsum), and extra Huang Qin (Scute).
- For constipation, add Da Huang (Rhubarb) and Dong Gua Zi (Benincasa).
- For hot phlegm that is difficult to expectorate, add Dong Gua Zi (Benincasa), Jie Geng (Platycodon), and Sang Bai Pi (Mulberry Bark).
- For thirst, add Lu Gen (Phragmites).

Qing Shang Fang Feng Tang • 2780

SILER COMBINATION [AVAILABLE IN TABLETS]

<i>Siler</i>		SOURCE: <i>Return to Spring from the Myriad Diseases</i> (<i>Wan Bing Hui Chun</i>)
FANG FENG	13.2%	FUNCTIONS: Clear heat, resolve toxin, and dispel wind and damp.
<i>Forsythia</i>		INDICATIONS: Treats upper burner fire that manifests as headache, facial sores and swellings, upper body acne or boils, infantile fetal heat, red swollen eyes, red face and neck, and drinker's nose.
LIAN QIAO	10.5%	
<i>Angelica</i>		
BAI ZHI	10.5%	
<i>Platycodon</i>		
JIE GENG	10.5%	
<i>Scute</i>		This formula is a variation of Huang Lian Jie Du Tang (Coptis & Scute Combination). Huang Bai (Phellodendron) is removed and a number of herbs are added to direct the formula to the upper and outer body.
HUANG QIN	9.2%	The source text simply places this formula in the section for disorders of the face and adds that it "clears upper burner fire, treats wind-heat-toxin sores and swellings on the head and face."
<i>Ligusticum</i>		
CHUAN XIONG	9.2%	
<i>Schizonepeta</i>		
JING JIE	6.7%	While its most common use is in the treatment of boils and other toxic swellings in the upper body, this formula is also applicable for sties, red, swollen eyelids, miscellaneous red facial rashes (e.g., eczema), and drinker's nose. A unique use is for fetal heat, a disorder of newborns who have contracted heat from their mother while in the uterus. Symptoms include red, swollen eyelids, a red face, open eyes, incessant crying, and dark urine.
<i>Coptis</i>		
HUANG LIAN	6.6%	
<i>Gardenia</i>		
SHAN ZHI ZI	6.6%	
<i>Aurantium Fruit</i>		
ZHI KE	6.6%	
<i>Mint</i>		One of the most common applications for Qing Shang Fang Feng Tang nowadays is in the treatment of adolescent acne. When used for this purpose, it should be given for a short period only, as long-term use can damage stomach qi. It is most effective as a treatment for acute flare-ups and not as an ongoing regimen.
BO HE	6.6%	
<i>Licorice</i>		
GAN CAO	3.8%	

Since this formula aims to clear heat from the upper burner, it is important that neither the stool nor urine is blocked so heat can flow from the body through them. If the stool is sluggish or blocked, one should be sure to add Da Huang (Rhubarb) to precipitate heat-toxin. If urine is inhibited, adding Mu Tong (Clematis armandi), Che Qian Zi (Plantago Seed), or Di Fu Zi (Kochia) will help the body to clear heat-toxin through the urine.

The Chinese formula name translates as *Siler Decoction to Clear the Upper [Body]*. Since Siler is a common herb for treating skin disorders, the name helps practitioners remember that the formula treats skin disorders in the upper body.

CONTINUED

MODIFICATIONS

- For face sores and swelling, add Yi Yi Ren (Coix).
- For constipation, add Da Huang (Rhubarb).
- For itching rashes, add Sheng Di Huang (Fresh Rehmannia), Jin Yin Hua (Lonicera Flower), and Chi Shao (Red Peony).
- For very hot swellings, add Shi Gao (Gypsum) and Zhi Mu (Anemarrhena).
- For red swellings of the eye, add Ju Hua (Chrysanthemum), Che Qian Zi (Plantago Seed), and Chi Shao (Red Peony).

Qing Shu Yi Qi Tang • 2760

ASTRAGALUS & ATRACTYLODES COMBINATION [AVAILABLE IN TABLETS]

<i>Astragalus</i>		SOURCE: <i>On the Spleen and Stomach (Pi Wei Lun)</i>
HUANG QI	10.7%	FUNCTIONS: Clear heat, dispel damp, boost qi, and fortify the spleen.
<i>Atractylodes</i>		INDICATIONS: Treats summertime summerheat patterns with damaged qi and fluids. Symptoms include fever, profuse sweating, vexation, thirst, no desire for food, heaviness in the limbs, short and dark urination, fatigue, shallow breathing, lassitude of the spirit, and a vacuous, rapid pulse.
CANG ZHU	10.7%	
<i>Cimicifuga</i>		
SHENG MA	10.7%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	10.7%	
<i>Jujube</i>		
DA ZAO	7.0%	This formula is mentioned by Li Dong-Yuan for the treatment of summerheat disorder that has damaged qi and fluids. He saw lack of appetite as a sign of damp encumbering the spleen and felt that a formula to treat this pattern should not only clear summerheat, but also supplement qi and dispel damp. This reasoning reflects his commitment to the center-supplementing school.
<i>Ginseng</i>		
REN SHEN	5.4%	
<i>Atractylodes (Alba)</i>		
BAI ZHU	5.4%	
<i>Citrus Peel</i>		
CHEN PI	5.4%	Consider this formula for summertime colds and flu that present with fever, vexation, sweating, heaviness, weakness and aching in the limbs and body, thirst, aversion to food, loose, frequent stools, a vacuous, rapid pulse, and a yellow tongue fur. This type of pattern will often drag on for a week or more and gradually dissipate.
<i>Massa Medicata Fermentata</i>		
SHEN QU	5.4%	
<i>Alisma</i>		
ZE XIE	5.4%	<i>Medical Remedies Researched (Yi Fang Kao)</i> points out that Sheng Mai San (Ginseng & Ophiopogon Formula) is part of this formula and suggests that Qing Shu Yi Qi Tang can be used not only during the course of a summerheat pattern but afterwards as well to clear the remaining damp pathogen, engender fluids, boost qi, secure the exterior, and fortify the center.
<i>Licorice (Prepared)</i>		
ZHI GAN CAO	3.6%	
<i>Phellodendron</i>		
HUANG BAI	3.6%	
<i>Pueraria Root</i>		
GE GEN	3.6%	The name of this formula can be rendered in English as <i>Decoction to Clear Summerheat and Boost Qi</i> . Its name expresses its intention. Note that this formula is from Li Dong-Yuan, who lived in the thirteenth century. It should not be confused with a formula of the same name written by a proponent of the warm disease school in the nineteenth century.
<i>Citrus viride</i>		
QING PI	3.6%	
<i>Tangkuei</i>		
DANG GUI	3.6%	
<i>Ophiopogon</i>		
MAI MEN DONG	3.6%	
<i>Schizandra</i>		
WU WEI ZI	1.6%	

MODIFICATIONS

- For thirst, add Shi Gao (Gypsum) and Zhi Mu (Anemarrhena).
- For dark, inhibited urination, add Mu Tong (Clematis armandi) and Sheng Di Huang (Fresh Rehmannia).
- For vexation-heat, add Shan Zhi Zi (Gardenia) and Zhu Ye (Lophatherum).

Qing Wei San • 2740

COPTIS & REHMANNIA FORMULA

<i>Cimicifuga</i>	
SHENG MA	41.7%
<i>Moutan</i>	
MU DAN PI	20.8%
<i>Coptis</i>	
HUANG LIAN	12.5%
<i>Rehmannia (Fresh)</i>	
SHENG DI HUANG	12.5%
<i>Tangkuei</i>	
DANG GUI	12.5%

SOURCE: *Secret Treasure of the Orchid Chamber (Lan Shi Mi Cang)*

FUNCTIONS: Clear heat, drain fire, cool blood, and resolve toxin.

INDICATIONS: Treats heat accumulation in the stomach with symptoms of tooth pain that radiates to the head, hot and flushed cheeks, sensitivity of the gums to hot drinks, and a preference for cold drinks. Other possible outcomes of this pattern include rotting or bleeding gums, pain or sores on the cheeks, lips, or tongue, hot, foul breath, or a dry mouth and tongue. The tongue is usually red with a yellow fur, and the pulse large, slippery, and rapid.

Li Dong-Yuan, creator of this formula, is the most famous proponent of the center-supplementing school of Chinese medicine. He designed this formula to treat patients who had consumed too many hot, stomach-supplementing medicinals. By implication, ingesting these types of herbs produces stomach fire which follows the stomach channel upward as it traverses the gums. Li states that this can produce “intolerable pain in the upper and lower gums which can extend to the brain and cause severe headache with a distended, hot feeling in the head.” This headache he says, is fire following the divergent path of the stomach channel into the brain.

In more recent times, use of this formula has been extended to other signs of stomach fire ascent including nosebleeds and mouth sores. Since these disorders have many causes, it is important to ascertain that stomach heat is the culprit before using this formula. Important determining symptoms include thirst, gnawing hunger, and a forceful, rapid pulse.

Other formulas that treat stomach-heat mouth disorders include [Xie Huang San](#) (Siler & Licorice Formula) and [Yu Nü Jian](#) (Rehmannia & Gypsum Combination). Neither of these is as strong as Qing Wei San for clearing stomach heat. Xie Huang San is suited to less entrenched and less powerful fire patterns, and Yu Nü Jian supplements yin and thus is more appropriate for yin-vacuity fire mouth disorders (which are often chronic).

Several versions of Qing Wei San add Shi Gao (Gypsum) to further clear heat. Many modern practitioners prefer these versions. For blood-heat bleeding disorders of the mouth and gums, Da Huang (Rhubarb) is often included for the purpose of “pulling the firewood from beneath the fire.”

Qing Wei San translates directly into English as *Stomach-Clearing Powder*, a clear reference to its main objective.

CONTINUED

MODIFICATIONS

- For nosebleed, add Da Huang (Rhubarb) and Bai Mao Gen (Imperata).
- For thirst, add Lu Gen (Phragmites).
- For extreme heat, add Shi Gao (Gypsum).
- For mouth and tongue sores, combine with [Xie Huang San](#) (Siler & Licorice Formula) and add Mu Tong (Clematis armandi) and Shi Hu (Ephemerantha fimbriata).

Qing Xin Li Ge Tang • 2750

ARCTIUM COMBINATION [AVAILABLE IN TABLETS]

<i>Siler</i>		SOURCE: <i>Guidelines for Pattern Identification and Treatment</i> (<i>Zheng Zhi Zhun Sheng</i>)
FANG FENG	10.8%	
<i>Schizonepeta</i>		FUNCTIONS: Clear heat, free the stool, resolve toxin, and disinhibit the throat.
JING JIE	10.8%	
<i>Mint</i>		INDICATIONS: Treats accumulated heat in the lung and stomach that results in red, swollen, and painful throat with pain that extends to the lower edge of the ear, inhibited swallowing, small pustules on the tonsils, high fever, thirst, mouth odor, spitting up of thick yellow phlegm, abdominal distention, constipation, short, dark urination, a red tongue with a yellow fur, and a large, flooding, and rapid pulse.
BO HE	10.8%	
<i>Platycodon</i>		
JIE GENG	10.8%	
<i>Scute</i>		
HUANG QIN	10.8%	
<i>Coptis</i>		
HUANG LIAN	10.8%	This formula treats accumulated heat in the lung and stomach that causes a severe sore throat and high fever. Older texts mention this formula for suckling moth (tonsillitis), throat bi, swollen or wooden tongue, and inhibited flow through the chest and diaphragm. These often equate to tonsillitis, acute sore throat, subglottic laryngitis, epiglottitis, peritonsillar abscess, or tonsillar abscess in modern Western medical terminology.
<i>Arctium</i>		
NIU BANG ZI	5.4%	
<i>Gardenia</i>		
SHAN ZHI ZI	5.4%	
<i>Forsythia</i>		
LIAN QIAO	5.4%	High fever, constipation, and sore throat are the main signs that indicate appropriateness of this formula. It is for acute disorders and is contraindicated for pregnant women.
<i>Scrophularia</i>		
XUAN SHEN	5.4%	
<i>Rhubarb</i>		
DA HUANG	5.4%	The name of the formula, which translates as <i>Heart-Clearing Diaphragm-Disinhibiting Decoction</i> , refers to its ability to disinhibit qi in the chest and diaphragm. A more common and more clinically relevant name is <i>Qing Yan Li Ge San</i> , <i>Throat-Clearing Diaphragm-Disinhibiting Powder</i> . Under this name Jin Yin Hua (Lonicera Flower) is often added to the formula.
<i>Licorice</i>		
GAN CAO	5.4%	
<i>Mirabilitum</i>		
MANG XIAO	2.8%	
		This formula is very similar to Pu Ji Xiao Du Yin (Scute & Cimicifuga Combination). The main difference is that Qing Xin Li Ge Tang drains internal heat through precipitation of the stool. If the stool is free-moving, Pu Ji Xiao Du Yin is usually more appropriate.

MODIFICATIONS

- For expectoration of thick yellow phlegm, add She Gan (Belamcanda), and Gua Lou (Trichosanthes).
- For severe swelling and pain, add Zao Xiu (Paris), Ma Bo (Lasiosphaera Puffball), and Shan Dou Gen (Sophora subprostrata).
- For high fever, add Shi Gao (Gypsum) or combine with [Bai Hu Tang](#) (Gypsum Combination).

Qing Xin Lian Zi Yin • 2730

LOTUS SEED COMBINATION [AVAILABLE IN TABLETS]

<i>Lotus Seed</i>	SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
LIAN ZI 13.6%	
<i>Poria</i>	FUNCTIONS: Clear heat, disinhibit damp, supplement qi, and transform stagnation.
FU LING 13.6%	
<i>Astragalus</i>	INDICATIONS: Treats upper body heat with lower body vacuity that gives rise to seminal efflux and strangury, vaginal discharge, exacerbation of symptoms on exertion, restlessness and sleep disturbances, tired limbs, vexation-heat in the five centers, and a dry mouth and tongue.
HUANG QI 13.6%	
<i>Ginseng</i>	
REN SHEN 13.6%	
<i>Scute</i>	
HUANG QIN 9.12%	This formula treats lower body vacuity combined with upper body fire. Symptoms include heat signs in the upper body such as dry mouth and tongue, vexation, restless sleep, and vexation-heat in the five centers. Lower body vacuity signs are taxation fatigue and seminal loss, and symptoms indicating heart heat pouring into the lower burner are strangury and vaginal discharge.
<i>Ophiopogon</i>	
MAI MEN DONG 9.12%	
<i>Lycium Root Bark</i>	
DI GU PI 9.12%	
<i>Plantago Seed</i>	The pattern this formula is designed for may arise after a long illness or from a strong heat pathogen in the heart or can be due to internal disharmony or taxation patterns. The treatment principle is to supplement qi, nourish yin, clear heat, and treat strangury.
CHE QIAN ZI 9.12%	
<i>Licorice (Prepared)</i>	
ZHI GAN CAO 9.12%	This is a formula to consider for menopause or for modern-day disorders like chronic fatigue syndrome, weakness due to misuse of drugs or alcohol, post-surgical or post-illness debilities, chronic urinary tract infections, chronic sore throat, or chronic vaginal discharge. It may also prove useful for mild cases of wasting thirst. The formula is fitting if a heat illness has generated vacuity, or if vacuity has engendered heat. If vacuity is primary (i.e., came first), the weakness hinders the body's ability to control internally generated heat and thus fire flames in the upper body and/or pours into the bladder. If fire is primary, it damages the body's yin and taxes the five organs; the decreased functioning of the organs creates vacuity.
	In <i>Medical Remedies Researched</i> (<i>Yi Fang Kao</i>), Qing Xin Lian Zi Yin is the representative formula for taxation strangury (<i>lao lin</i>). This disorder is one of urinary pain and difficulty that is brought about by extended exhaustion of the body's resources. The mechanism outlined in that text is illustrative: "The body is weak and thus can not withstand taxation. Each of the five viscera is taxed. Movement in the taxed person generates yang and leads to internal heat. Internal heat migrates to the bladder and results in strangury block."

CONTINUED

The Chinese name of the formula is *Heart-Clearing Lotus Seed Cool-Decoction*, a reference to its ability to clear heat from the heart. The same formula is also called Lian Zi Qing Xin Yin (*Lotus Seed Heart-Clearing Cool-Decoction*) in some texts.

MODIFICATIONS

- For urinary pain or calculus, add Hai Jin Sha (Lygodium Spores), Hua Shi Cao (Orthosiphon), and Hua Shi (Talc).
- For chronic sore throat, add Xuan Shen (Scrophularia), Sang Bai Pi (Mulberry Bark), and Shan Dou Gen (Sophora subprostrata).
- For chronic urinary tract infections, add Bai Jiang Cao (Thlaspi) and Hua Shi (Talc).
- For restless sleep, add Suan Zao Ren (Zizyphus Seed) and a small amount of Huang Lian (Coptis).
- For dry mouth and tongue, add Shi Hu (Ephemeraantha fimbriata) and Tian Hua Fen (Trichosanthes Root).
- For dispersion-thirst (diabetes-like disorders), add Ge Gen (Pueraria Root) and Tian Hua Fen (Trichosanthes Root).

Qing Zao Jiu Fei Tang • 2770

ERIOBOTRYA & OPHIOPOGON COMBINATION [AVAILABLE IN TABLETS]

<i>Mulberry Leaf</i>	SOURCE: <i>The Golden Mirror of Medicine (Yi Zong Jin Jian)</i>
SANG YE 25.2%	FUNCTIONS: Clear heat, moisten dryness, boost qi, and moisten the lung.
<i>Gypsum</i>	INDICATIONS: Treats warmth and dryness that have damaged the lung. Symptoms include headache, fever, dry cough, counterflow qi with wheezing, a dry throat, fullness and pain in the chest flanks, dry nasal passages, vexation thirst, a dry tongue with no fur, and a large, vacuous, and rapid pulse.
SHI GAO 21.6%	
<i>Ophiopogon</i>	
MAI MEN DONG 10.0%	
<i>Licorice</i>	
GAN CAO 8.4%	
<i>Sesame Seed</i>	
HU MA REN 8.4%	This formula treats damage to the yin and fluids of the lung regardless of whether the damage stems from internal disharmony or from attack by a warm, dry external pathogen. The major symptoms are thirst and dry cough. Western disease patterns such as bronchitis, pulmonary tuberculosis, and pneumonia can present as this pattern.
<i>Eriobotrya</i>	
PI PA YE 6.6%	
<i>Gelatin</i>	
A JIAO 6.6%	
<i>Apricot Seed</i>	
XING REN 6.6%	Another use of this formula is to treat the tail end of a wind-cold or wind-heat pattern that has led to lung-heat cough. After most of the lung heat has cleared, the patient is left with damage to the yin and fluids of the lung, plus a nagging, dry cough that is worse at night.
<i>Ginseng</i>	
REN SHEN 6.6%	Keep in mind that Qing Zao Jiu Fei Tang is too nourishing for patients who have repletion heat, a productive cough, or the initial stage of an exterior pattern, since the sticky and supplementing agents would trap in the pathogen and ultimately worsen the condition.
	The Chinese name of this formula translates as <i>Decoction to Clear Dryness and Rescue the Lung</i> . This refers to the formula's ability to help the lung recover from damage to its fluids and qi.
	Since the lungs are intimately related to the skin, some modern dermatologists use this formula to treat hot, dry skin disorders such as sunburn. This is especially appropriate if the patient presents with signs of damage to the qi and fluids of the lung.

MODIFICATIONS

- For chronic dry cough, add Chuan Bei Mu (Fritillaria Chuan) and Tao Ren (Persica).
- For vexation thirst, add Tian Hua Fen (Trichosanthes Root) and Bai He (Lily).
- For blood-streaked phlegm, add Sheng Di (Fresh Rehmannia), Xian He Cao (Agrimony), and Bai Mao Gen (Imperata).

CONTINUED

- For cough that is worse at night, add Zhi Mu (Anemarrhena) and Bai Wei (Cynanchum atratum).
- For heat in the lungs, add Huang Qin (Scute) and Dong Gua Zi (Benincasa).
- For dry, hot skin disorders, add Bai Xian Pi (Dictamnus), Chi Shao (Red Peony), and Sheng Di Huang (Fresh Rehmannia).

Ren Shen Bai Du San • 0020

GINSENG & MINT FORMULA

<i>Ginseng</i>		SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
REN SHEN	9.4%	
<i>Notopterygium</i>		FUNCTIONS: Boost qi, resolve the exterior, disperse wind, and dispel damp.
QIANG HUO	9.4%	
<i>Tuhuo Angelica</i>		INDICATIONS: Treats patients who are very deficient (especially children, post-surgical patients, and postpartum mothers) and also have an external wind, cold, or damp condition. Symptoms of this pattern include headache, stiff neck, severe aversion to cold, a high fever, body aches, nasal congestion, oppression in the chest and diaphragm, and cough with copious phlegm. It can also treat two specific conditions: skin disorders associated with an external pattern such as allergic dermatitis, chicken pox, or damp papules; and the initial stage of dysentery disorders characterized by qi vacuity and internal and external cold.
DU HUO	9.4%	
<i>Bupleurum</i>		
CHAI HU	9.4%	
<i>Peucedanum</i>		
QIAN HU	9.4%	
<i>Ligusticum</i>		
CHUAN XIONG	9.4%	
<i>Aurantium Fruit</i>		
ZHI KE	9.4%	
<i>Platycodon</i>		
JIE GENG	9.4%	
<i>Red Poria</i>		This formula is <i>Jing Fang Bai Du San</i> (Schizonepeta & Siler Formula) with Jing Jie (Schizonepeta) and Fang Feng (Siler) removed and Ren Shen (Ginseng) added. It was originally intended to treat children's dysentery brought on by contraction of a wind-cold-damp external pathogen. The treatment principle implied that by dispelling the pathogen from the exterior, the dysentery would spontaneously resolve. This became known as "hauling the boat upstream" in reference to dispelling the pathogen from the upper and outer body to stop the downward flow in the intestines.
CHI FU LING	9.4%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	9.4%	
<i>Licorice</i>		
GAN CAO	4.5%	
<i>Mint</i>		
BO HE	1.5%	
		This formula has come to be used for all sorts of external wind-cold-damp conditions in which cold and damp predominate and the patient's qi is compromised. The main symptoms that point to an external wind-damp-cold pathogen are aversion to cold, mental clouding, and aching joints and muscles. Qi vacuity is discerned from the pulse or history.
		Compared with <i>Jing Fang Bai Du San</i> , <i>Ren Shen Bai Du San</i> is less able to dispel wind-cold and resolve the exterior but has the added benefit of supplementing qi.
		The name of the formula, <i>Ginseng Toxin-Vanquishing Powder</i> , refers to the formula's ability to rid the body of the toxicity related to a wind-cold-damp pathogen.

CONTINUED

MODIFICATIONS

- For dormant papules due to wind toxin, add Chan Tui (Cicada Molting) and Ku Shen (*Sophora flavescens*).
- When Da Huang (Rhubarb) and Mang Xiao (Mirabilitum) are added, the formula is called Xiao Huang Bai Du San (*Mirabilitum and Rhubarb Toxin-Vanquishing Powder*) and can treat sores on the tongue and in the mouth, toothache and swollen gums, toxic dermal ulcers, and heat papules.
- For dysentery, add Huang Qin (Scute), Huang Lian (Coptis), and Mu Xiang (Vladimiria).
- For bronchitis, add Huang Qin (Scute).

Ren Shen Dang Shao San • 0070

GINSENG & TANGKUEI FORMULA

<i>Ginseng</i>	SOURCE: Empirical formula
REN SHEN 13.6%	FUNCTIONS: Nourish blood, boost qi, disinhibit damp, and quiet the fetus.
<i>Tangkuei</i>	INDICATIONS: Treats anemia, pain in the lower abdomen, menstrual difficulties, leukorrhea, headache, and dizziness when these are due to vacuity of blood and qi. Since this formula also quiets the fetus, it can be used during pregnancy to treat some of these symptoms.
DANG GUI 13.6%	
<i>White Peony</i>	
BAI SHAO 13.6%	
<i>Poria</i>	
FU LING 13.6%	
<i>Atractylodes (Alba)</i>	
BAI ZHU 13.6%	This formula is a modification of Dang Gui Shao Yao San (Tangkuei & Peony Formula), adding Rou Gui (Cinnamon Bark), Gan Cao (Licorice), and Ren Shen (Ginseng) to the original ingredients. Dang Gui Shao Yao San is from the <i>Essential Prescriptions of the Golden Coffer</i> (<i>Jin Gui Yao Lie</i>) where it is recommended for pregnant women who suffer from mild pain and cramping. The addition of the three supplementing herbs makes Ren Shen Dang Shao San more appropriate for weaker patients than Dang Gui Shao Yao San. This formula is not just for pregnant women; it can also address vaginal discharge, dizziness, and irregular menstruation when these are owing to vacuity of qi and blood. Consider it also for postpartum women who suffer from the above symptoms.
<i>Alisma</i>	
ZE XIE 13.6%	
<i>Ligusticum</i>	
CHUAN XIONG 9.2%	
<i>Cinnamon Bark</i>	
ROU GUI 4.6%	
<i>Licorice</i>	
GAN CAO 4.6%	

This formula is decidedly warm and is thus not suitable for patients who present with heat signs.

MODIFICATIONS

- For restless fetus owing to heat, add Huang Qin (Scute).
- For blood vacuity, add Sang Ji Sheng (Loranthus).

Ren Shen Ge Jie San • 0071

GINSENG & GECKO COMBINATION

Apricot Seed XING REN	25.0%
Licorice (<i>Prepared</i>) ZHI GAN CAO	15.0%
Ginseng REN SHEN	10.0%
Gecko GE JIE	10.0%
Poria FU LING	10.0%
Mulberry Bark SANG BAI PI	10.0%
Fritillaria (<i>Chuan</i>) CHUAN BEI MU	10.0%
Anemarrhena ZHI MU	10.0%

SOURCE: *Precious Mirror of Health (Wei Sheng Bao Jian)*

FUNCTIONS: Boost qi, clear the lung, alleviate cough, and stabilize asthmatic breathing.

INDICATIONS: Treats lung qi vacuity with heat in the lungs presenting as chronic coughing and wheezing, thick and yellow sputum, expectoration of pus and blood, a sensation of heat and irritability in the chest, facial edema, and gradual emaciation.

Ren Shen Ge Jie San is favored for chronic asthma and bronchitis. It both clears lung heat and supplements the lung and kidney. Because it is supplementing in nature, it is not appropriate for the acute stage, where a formula like [Ma Xing Gan Shi Tang](#) (Ephedra & Apricot Seed) may be more effective. But once the symptoms have receded, this formula is a good one. It is designed for patients who suffer from lung disorders due to a vacuity of both lung and kidney qi. In addition to the modifications mentioned below, Bu Gu Zhi (Psoralea) is often a useful addition for this pattern. The type of condition this formula treats is usually worse in the winter. To obviate problems, begin treatment in the late summer or early fall if possible.

This formula is generally given to adults and not to children, who may be more sensitive to the large percentage of Xing Ren (Apricot Seed) in the formula. For children suffering from chronic vacuity-type asthma, consider [Su Zi Jiang Qi Tang](#) (Perilla Seed Combination).

Though many Chinese sources emphasize its heat-clearing properties, Ren Shen Ge Jie San is not a powerful heat-clearing formula. Evidence of this is found in the clinic, where it is primarily used to treat chronic cases of asthma which, though owing to vacuity, have only a minor heat component.

MODIFICATIONS

- For asthmatic breathing owing to dual vacuity of the kidney and lung, add Wu Wei Zi (Schizandra), Chen Xiang (Aquilaria), Dong Chong Xia Cao (Cordyceps), and Hu Tao Ren (Persica).
- If phlegm is copious, add Tian Zhu Huang (Bamboo Silicea) and Qian Hu (Peucedanum).
- If cough is prominent, add Qian Hu (Peucedanum) and Kuan Dong Hua (Tussilago).
- For coughing of blood from pulmonary tuberculosis, add Bai Mao Gen (Imperata) and Bai Ji (Bletilla).
- For fever and irritability, add Shan Zhi Zi (Gardenia) and Mu Dan Pi (Moutan).

Ren Shen Xie Fei Tang • 0040

GINSENG & SCUTE COMBINATION

<i>Ginseng</i>	SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
REN SHEN	10.0%
<i>Scute</i>	FUNCTIONS: Clear heat, drain the lung, expel phlegm, and rectify qi.
HUANG QIN	10.0%
<i>Gardenia</i>	INDICATIONS: Treats heat accumulation in the lung channel with asthmatic breathing and cough, fullness and distention in the chest and diaphragm, copious (sticky-yellow) phlegm, and constipation. The formula is applied to bio-medical disease categories such as pneumonia, bronchitis, tonsillitis, and pulmonary tuberculosis.
SHAN ZHI ZI	10.0%
<i>Aurantium Fruit</i>	
ZHI KE	10.0%
<i>Mint</i>	
BO HE	10.0%
<i>Forsythia</i>	The assumption behind the construction of this formula is that the presence of a heat pathogen implies a vacuity in the lung qi either because the pathogen damages the qi or because a vacuity of qi allowed the pathogen to enter. <i>The Golden Mirror of Medicine</i> (<i>Yi Zong Jin Jian</i>) states: "Where evil gathers, qi is vacuous." To treat such a situation it is necessary to simultaneously drain the pathogen and supplement qi. The ability to do these two things is revealed in the formula name: <i>Ginseng Decoction for Draining the Lung</i> .
LIAN QIAO	10.0%
<i>Apricot Seed</i>	
XING REN	10.0%
<i>Mulberry Bark</i>	
SANG BAI PI	10.0%
<i>Platycodon</i>	
JIE GENG	10.0%
<i>Rhubarb</i>	Lung heat is demonstrated by cough with yellow phlegm, thirst, wheezing, and distention and fullness in the chest. The formula has several herbs to clear heat such as Shan Zhi Zi (Gardenia), Huang Qin (Scute), and Lian Qiao (Forsythia). It includes Da Huang (Rhubarb) to free the stool and thus remove heat from the body, and Ren Shen (Ginseng) to supplement qi. This is a good formula for children and older folks because it clears lung heat without depleting qi. The Sang Bai Pi (Mulberry Bark) and Xing Ren (Apricot Seed) protect lung yin from the formula's bitter and drying agents and from damage by the heat pathogen. These two herbs moisten the lung while downbearing qi and relieving cough.
DA HUANG	6.0%
<i>Licorice</i>	
GAN CAO	4.0%

MODIFICATIONS

- Copious phlegm calls for the addition of Chen Pi (Citrus Peel) and Fu Ling (Poria), or [Er Chen Tang](#) (Citrus & Pinellia Combination)
- For extreme lung heat (bronchitis, pneumonia), add Dong Gua Ren (Benincasa), Zhi Mu (Anemarrhena), and Shi Gao (Gypsum).
- For lung taxation cough, combine with [Qing Fei Tang](#) (Platycodon & Fritillaria Combination) and Bai Bu (Stemonae).

Ren Shen Yang Ying Tang • 0030

GINSENG & REHMANNIA COMBINATION [AVAILABLE IN TABLETS]

<i>White Peony</i>		SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
BAI SHAO	12.0%	
<i>Ginger (Fresh)</i>		FUNCTIONS: Boost qi, nourish blood, nourish the heart, and quiet the spirit.
SHENG JIANG	9.0%	
<i>Ginseng</i>		INDICATIONS: For consumptive (taxation) or vacuity disorders with shortness of breath, difficult breathing on exertion, palpitations, forgetfulness, feverishness, reduced appetite, fatigue, weight loss, vexation-heat, spontaneous sweating, loss of body or head hair, lassitude of spirit, dry skin, dry throat, and parched lips.
REN SHEN	7.6%	
<i>Atractylodes (Alba)</i>		
BAI ZHU	7.6%	
<i>Astragalus</i>		
HUANG QI	7.6%	
<i>Licorice (Prepared)</i>		
ZHI GAN CAO	7.6%	This formula treats vacuity of qi and blood that gives rise to various symptoms, especially those that affect the spirit. It is a modification of <i>Shi Quan Da Bu Tang</i> (Ginseng & Tangkuei Ten Combination); the added herbs are ones that quiet the spirit and promote interaction between the heart and kidney. This formula best addresses vacuities in the spleen, heart, and lung. It treats constitutional deficiencies and is ideal for patients who are weak from surgery or chemotherapy or are in the recovery stage of a depleting illness. This formula is also sometimes appropriate for postpartum women (see modifications). The <i>Golden Mirror of Medicine</i> (<i>Yi Zong Jin Jian</i>) states somewhat idealistically, “If the pattern is one of qi and blood vacuity, regardless of the disorder or pulse, using this formula will [cause the] disorder to recede entirely.”
<i>Citrus Peel</i>		
CHEN PI	7.6%	
<i>Cinnamon Bark</i>		
ROU GUI	7.6%	
<i>Tangkuei</i>		
DANG GUI	7.6%	
<i>Rehmannia (Cooked)</i>		
SHU DI HUANG	6.1%	
<i>Schizandra</i>		
WU WEI ZI	6.1%	
<i>Poria</i>		
FU LING	6.1%	This formula nourishes the blood aspect both directly, with blood-nourishing medicinals such as Dang Gui (Tangkuei) and Bai Shao (Peony), and indirectly, through the qi-supplementing agents Ren Shen (Ginseng) and Huang Qi (Astragalus). Blood represents the construction aspect (ying). The formula nourishes the construction by supplementing blood and qi. Its name, literally, <i>Ginseng Construction (Ying) Nourishing Decoction</i> , reflects its function.
<i>Polygala</i>		
YUAN ZHI	4.5%	
<i>Jujube</i>		
DA ZAO	3.0%	

MODIFICATIONS

- For seminal loss, add Long Gu (Dragon Bone Fossil).
- For coughing of blood, add A Jiao (Gelatin).
- For spontaneous sweating, add Mu Li (Oyster Shell).
- For blood-vacuity hair loss, add He Shou Wu (Polygonum).
- For postpartum women suffering from vacuity of qi and blood, add Chuan Xiong (Ligusticum) and Yi Mu Cao (Leonurus).

Run Chang Wan • 3920

HEMP SEED & RHUBARB FORMULA

<i>Hemp Seed</i>		SOURCE: <i>On the Spleen and Stomach (Pi Wei Lun)</i>
HUO MA REN	28.6%	FUNCTIONS: Moisten dryness, free the intestines, quicken and nourish blood, and dispel wind.
<i>Persica</i>		INDICATIONS: This formula treats constipation or dry stool owing to intemperate diet that has damaged the yin and qi of the spleen and stomach. Symptoms include constipation with difficult defecation or with a complete lack of desire to eat. This formula also addresses constipation due to wind bind or blood bind.
TAO REN	28.6%	
<i>Rhubarb</i>		
DA HUANG	14.3%	
<i>Tangkuei</i>		
DANG GUI	14.3%	
<i>Notopterygium</i>		
QIANG HUO	14.2%	The source text mentions this formula for food taxation (undisciplined diet) that stresses the digestive system and results in dry-stool constipation or constipation that causes the patient to lose appetite. It states that the formula can treat bind from wind or blood as well.
		Wind bind is a type of constipation in the weak or elderly caused by an exterior wind attacking the lung and sinking into the intestines. The Qiang Huo (<i>Notopterygium</i>) in the formula dispels this type of wind.
		Blood bind is dry-stool constipation owing to blood vacuity. This type of constipation is common in postpartum women. Blood bind is best treated by adding blood-nourishing agents to the formula.
		Both this formula and Ma Zi Ren Wan (<i>Apricot Seed & Hemp Seed Formula</i>) treat dry-stool constipation. Ma Zi Ren Wan has a stronger ability to move the stool but is less able to nourish blood. However, it does not treat wind bind. Because Run Chang Wan is less dispersing than Ma Zi Ren Wan, it is considered safer for weak patients.
		This formula was intended to be made into honey pills. Having the patient take the powder mixed with a glass of warm water and a tablespoon of honey will approximate the dose of honey that would be present in the pill and also improve the taste. Honey supplements the central burner and also lubricates the intestines.
		The characters for Run Chang Wan translate as <i>Intestine-Moistening Pills</i> . There are several formulas with this name, so one must check the ingredients before prescribing.

CONTINUED

MODIFICATIONS

- For food taxation that damages stomach qi and yin, add Shi Hu (*Ephemerantha fimbriata*) and Dang Shen (*Codonopsis*).
- For blood-bind constipation, add Zhi Ma (Sesame Seed), He Shou Wu (*Polygonum*), Shu Di Huang (Cooked *Rehmannia*), and extra Ma Zi Ren (Hemp Seed).

San Bi Tang • 0290

TUHUO & ASTRAGALUS COMBINATION

<i>Tuhuo Angelica</i>	SOURCE: <i>Compendium of Good Remedies for Women</i> (<i>Fu Ren Liang Fang</i>)
DU MUO 5.55%	
<i>Astragalus</i>	FUNCTIONS: Soothe sinews, quicken blood, and dispel wind-cold-damp bi.
HUANG QI 5.55%	
<i>Ginseng</i>	INDICATIONS: Wind-cold-damp bi, qi stagnation and blood stasis, hypertonicity of the limbs.
REN SHEN 5.55%	
<i>Poria</i>	
FU LING 5.55%	
<i>Licorice</i>	
GAN CAO 5.55%	
<i>Tangkuei</i>	
DANG GUI 5.55%	
<i>Ligusticum</i>	
CHUAN XIONG 5.55%	
<i>White Peony</i>	
BAI SHAO 5.55%	
<i>Rehmannia (Fresh)</i>	
SHENG DI HUANG 5.55%	
<i>Eucommia</i>	
DU ZHONG 5.55%	
<i>Achyranthes</i>	
NIU XI 5.55%	
<i>Dipsacus</i>	
XU DUAN 5.55%	
<i>Cinnamon Bark</i>	
ROU GUI 5.55%	
<i>Asarum</i>	
XI XIN 5.55%	
<i>Gentiana macrophylla Root</i>	
QIN JIAO 5.55%	
<i>Siler</i>	
FANG FENG 5.55%	
<i>Jujube</i>	
DA ZAO 5.55%	
<i>Ginger (Fresh)</i>	
SHENG JIANG 5.55%	

MODIFICATIONS

- For upper limb joint pain, add Gui Zhi (Cinnamon Twig) and Fang Feng (Siler).
- For lower limb joint pain, add extra Niu Xi (Achyranthes) and Du Huo (Tuhuo Angelica).
- If pain is severe, add Ru Xiang (Mastic) and Mo Yao (Myrrh) or combine with *Shu Jing Huo Xue Tang* (Clematis & Stephania Combination).
- For pain that is worse in cold weather, add Chuan Wu (Zhi) (Aconite Wu Tou Prepared).
- For chronic pain, add agents such as Wu Shao She (Zaocys) and Wu Gong (Centipede) to course the channels.
- For heat signs, balance the formula with Sheng Di Huang (Fresh Rehmannia) and Chi Shao (Red Peony).
- For signs of blood stasis such as stabbing pain of fixed location, add Tao Ren (Persica) and Hong Hua (Carthamus).

San Huang Shi Gao Tang • 0270

GYPSUM, COPTIS, & SCUTE COMBINATION

<i>Gypsum</i>		SOURCE: <i>Six Texts on Cold Damage (Shang Han Liu Shu)</i>
SHI GAO	23.3%	FUNCTIONS: Effuse the exterior and clear heat from the interior.
<i>Gardenia</i>		INDICATIONS: External contractions with signs of interior heat such as red eyes, thirst, fever, irritability, dry or sore throat, heat papules, and a red face. This formula also addresses bleeding disorders that occur in the context of a high fever.
SHAN ZHI ZI	14.0%	
<i>Coptis</i>		
HUANG LIAN	11.6%	
<i>Scute</i>		
HUANG QIN	11.6%	This formula treats external contractions that have strong heat signs such as fever, red eyes, constipation, thirst, and irritability. This resembles a yang ming pattern, but in this case there are still signs of tai yang pattern such as absence of sweating and aversion to cold.
<i>Phellodendron Bark</i>		
HUANG BAI	11.6%	The formula also addresses strong heat-toxin patterns that present with bleeding or papular eruptions. Measles that present with bleeding and nosebleeds during high fevers are examples. This formula contains all the ingredients of Huang Lian Jie Du Tang (Coptis & Scute Combination) but adds agents such as Ma Huang (Ephedra) to resolve the exterior and Shi Gao (Gypsum) to increase the formula's ability to clear heat.
<i>Ephedra</i>		
MA HUANG	11.6%	
<i>Soja</i>		
DAN DOU CHI	9.3%	The formula's name, <i>Three Yellows Gypsum Decoction</i> , refers to its three yellow ingredients plus Shi Gao (Gypsum). These medicinals provide the bulk of the formula's heat-clearing function.
<i>Allium</i>		
CONG BAI	7.0%	

MODIFICATIONS

- For warmth (wen bing) disorders, add Jin Yin Hua (Lonicera Flower) and Lian Qiao (Forsythia).
- For thirst and irritability, add Zhi Mu (Anemarrhena) and Dan Zhu Ye (Lophatherum).
- For heat papules, combine with [Yin Qiao San](#) (Lonicera & Forsythia Formula).

San Huang Xie Xin Tang • 0260

COPTIS & RHUBARB COMBINATION

<i>Rhubarb</i>	SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> <i>(Jin Gui Yao Lüe)</i>
DA HUANG	50.0%
<i>Coptis</i>	FUNCTIONS: Drain fire, clear and drain the triple burner.
HUANG LIAN	25.0%
<i>Scute</i>	INDICATIONS: Treats damp-heat repletion with heat in the epigastrium presenting as fever, irritability, restlessness, flushed face, red eyes, dark urine, and constipation. Also treats jaundice, diarrhea, dysentery, vomiting of blood, nosebleed, red or swollen eyes or ears, ulcers of the mouth and tongue, and toxic sores.
HUANG QIN	25.0%

This formula, also known as Da Huang Huang Lian Xie Xin Tang, is the base formula of the Xie Xin Tang (*Heart-Draining Decoction*) family in Zhang Zhong-Jing's works. This formula drains fire and fire is the manifestation of heat signs in the upper body and the heart. Thus, it treats intense upper body heat signs and irritability. If the situation is accompanied by constipation, this formula is especially suitable.

San Huang Xie Xin Tang is similar to [Huang Lian Jie Du Tang](#) (Coptis & Scute Combination), which replaces Da Huang (Rhubarb) with Shan Zhi Zi (Gardenia) and Huang Bai (Phellodendron Bark). Adding those two agents gives Huang Lian Jie Du Tang the function of clearing heat from all three burners but makes it less suitable for upper burner fire than San Huang Xie Xin Tang. In addition, San Huang Xie Xin Tang includes Da Huang to help the body remove heat through the stool.

Most scholars agree that the name of the formula (literally, *Triple Yellow Heart-Draining Decoction*) refers to the formula's ability to drain fire, where fire is represented by the heart. Some suggest that "heart" is mentioned in the formula name partly because of heart's connection to blood and the formula's ability to stanch bleeding.

MODIFICATIONS

- For blood-heat bleeding, add Sheng Di Huang (Fresh Rehmannia) and Mu Dan Pi (Moutan).
- For irritability, add Shan Zhi Zi (Gardenia).
- For thirst, add Zhi Mu (Anemarrhena).
- For high fever, add Shi Gao (Gypsum) and Zhi Mu (Anemarrhena).
- For constipation, add Zhi Shi (Aurantium Immaturus) and Mang Xiao (Mirabilitum).
- For damp-heat diarrhea, add Mu Xiang (Vladimiria).

San Miao San • 0240

ATRACTYLODES & PHELLODENDRON FORMULA

<i>Atractylodes</i>		SOURCE: <i>The Orthodox Tradition of Medicine</i>
CANG ZHU	50.0%	(<i>Yi Xue Zheng Zhan</i>)
<i>Phellodendron Bark</i>		FUNCTIONS: Clear heat and dry damp.
HUANG BAI	33.5%	INDICATIONS: For damp-heat in the lower burner with numbness or burning pain in the legs or feet, weakness in the lower back or extremities, rashes or joint pain in the lower body, vaginal discharge, or genital sores.
<i>Cyathula</i>		
CHUAN NIU XI	16.5%	

SOURCE: *The Orthodox Tradition of Medicine*
(*Yi Xue Zheng Zhan*)

FUNCTIONS: Clear heat and dry damp.

INDICATIONS: For damp-heat in the lower burner with numbness or burning pain in the legs or feet, weakness in the lower back or extremities, rashes or joint pain in the lower body, vaginal discharge, or genital sores.

This formula is based on Zhu Dan-Xi's classic damp-heat resolving formula, Er Miao San. This variation adds Chuan Niu Xi (*Cyathula*), which leads the herbs downward, moves and cools blood, and directs the formula to the treatment of damp-heat downpour in the legs. San Miao San is an ideal addition to formulas that treat lower body damp-heat rashes or joint pain in the legs.

Zhu Dan-Xi's advise for Er Miao San is "If qi is vacuous one should add qi herbs, if blood is vacuous it is best to add blood herbs, and if there is pain (especially joint pain) the formula should be taken with ginger juice." This same reasoning applies to the use of San Miao San.

Lower burner damp-heat disorders such as genital sores, vaginal discharge, and testicular eczema are all candidates for use of this formula, either alone or combined with other herbs or formulas.

The formula's three ingredients give it its name, *Three Miraculous Ingredients Powder*. It is also known as San Miao Wan, *Three Miraculous Ingredients Pills*. Adding Yi Yi Ren (Coix) creates Si Miao San, *Four Miraculous Ingredients Powder*, which has stronger ability to dispel damp.

MODIFICATIONS

- For damp-heat bi patterns, add Mu Gua (Chaenomeles) and Ren Dong Teng (Lonicera Vine) or combine with [Shang Zhong Xia Tong Yong Tong Feng Wan](#) (Cinnamon & Angelica Formula).
- For damp-heat vaginal discharge, add Qian Shi (Euryale) and Pu Gong Ying (Dandelion).
- For damp-heat rashes, add Bai Xian Pi (Dictamnus) and Tu Fu Ling (Smilax).

San Ren Tang • 0230

TRIPLE NUT COMBINATION

<i>Coix</i>	SOURCE: <i>Systematized Identification of Warm Diseases</i> (<i>Wen Bing Tiao Bian</i>)
YI YI REN	21.6%
<i>Talc</i>	FUNCTIONS: Diffuse qi dynamic, clear and disinhibit damp-heat.
HUA SHI	21.4%
<i>Apricot Seed</i>	INDICATIONS: Treats the initial stage of warm epidemic patterns that
XING REN	present with headache, chills, afternoon fever, a heavy sensation in the
<i>Pinellia</i>	body, generalized pain, pale-yellow complexion, thoracic oppression,
BAN XIA	loss of appetite, and an absence of thirst. Generally this pattern will
<i>Cardamon</i>	present with a white greasy tongue fur and a pulse that is soggy or
BAI DOU KOU	wiry and fine.
<i>Magnolia Bark</i>	—————
HOU PO	This formula is from the warm disease school; it was intended to treat
<i>Tetrapanax</i>	damp-heat lodging in the qi aspect. Its emphasis is on damp, as it does
TONG CAO	little to clear heat. For flu-like symptoms where the pulse is soggy and
<i>Lophatherum</i>	damp symptoms (e.g., bodily heaviness, headache, thoracic oppression,
DAN ZHU YE	and absence of thirst) are prominent, this is the formula of choice. This
	type of disorder is frequently characterized by a fever in the afternoon,
	and, like most damp disorders, it can linger.
	The formula's ability to dispel damp-heat has led to its use for several
	types of interior disorders. Examples include gastritis, vaginal discharge,
	enteritis, and several kinds of nephritis.
	The formula name, <i>Three Seed Decoction</i> , refers to its seed ingredients, Xing Ren (Apricot Seed), Yi Yi Ren (Coix), and Bai Dou Kou (Cardamon).

MODIFICATIONS

- For more serious damp-heat, add Huang Qin (Scute) and Lian Qiao (Forsythia).
- For cases where the exterior symptoms such as aversion to cold have not receded, add Ru Xiang (Mastic) and Qing Hao (Artemisia Qing Hao).
- For damp-heat vaginal discharge, add Huang Bai (Phellodendron Bark) and Long Dan Cao (Gentiana).

San Wu Xiang Ru Yin • 0280

ELSHOLTZIA THREE COMBINATION

<i>Elsholtzia</i> XIANG RU	44.5%	SOURCE: <i>Guidelines for Pattern Identification and Treatment</i> (<i>Zheng Zhi Zhun Sheng</i>)
<i>Magnolia Bark</i> HOU PO	22.2%	FUNCTIONS: Dispel wind and cold, resolve the exterior, transform damp, and harmonize the center.
<i>Dolichos Nut</i> BAI BIAN DOU	33.3%	INDICATIONS: This formula treats exterior cold disorders that coexist with internal damp. Symptoms include headache, fever, aversion to cold, vexation and agitation, thirst, pain in the epigastrium and abdomen, vomiting, and diarrhea.

This formula, also called Xiang Ru San, treats flu-like disorders usually contracted during the summer. Though this type of disorder occurs most often during the warm weather, it is characterized by cold exterior symptoms such as aversion to cold and absence of sweating, compounded by internal damp. The symptoms of internal damp most often seen in this pattern are nausea, headache, vomiting, and diarrhea.

The Qing dynasty text *Medical Formulas Gathered and Explained* (*Yi Fang Ji Jie*) includes several varieties of this formula that treat variations on the theme of exterior cold patterns contracted in the summer months. Some of the modifications mentioned below are from that source.

The formula name translates literally as *Three-Ingredient Elsholtzia Cool-Decoction*.

MODIFICATIONS

- For summerheat-heat or summerheat-damp (thirst, skin that is hot to the touch, irritability, etc.) disorders, add Huang Lian (Coptis). This formula is known as Si Wu Xiang Ru Yin (*Four-Ingredient Elsholtzia Cool-Decoction*) or Qing Shu Yi Yuan San (*Powder to Clear Summerheat and Boost the Source*).
- To emphasize the formula's ability to harmonize the center and transform internal damp, add Fu Ling (Poria) and Gan Cao (Licorice). This formula is known as Wu Wu Xiang Ru Yin (*Five-Ingredient Elsholtzia Cool-Decoction*).
- If abdominal distention, vomiting, and diarrhea are severe, add Mu Gua (Chaenomeles), Fu Ling (Poria), and Gan Cao (Licorice). This formula is known as Liu Wu Xiang Ru Yin (*Six-Ingredient Elsholtzia Cool-Decoction*).
- If central qi is compromised (fatigue, spiritual clouding, etc.), add agents to supplement the center such as Huang Qi (Astragalus), Bai Zhu (Atractylodes alba), Ren Shen (Ginseng), and Fu Ling (Poria).

San Zhong Kui Jian Tang • 3330

FORSYTHIA & LAMINARIA COMBINATION

<i>Scute</i>	SOURCE: <i>Return to Spring from the Myriad Diseases</i> (<i>Wan Bing Hui Chun</i>)
HUANG QIN 11.8%	
<i>Phellodendron</i>	FUNCTIONS: Drain fire, resolve toxin, disperse hardness, dissipate swelling, and outthrust pus.
HUANG BAI 11.8%	
<i>Laminaria</i>	INDICATIONS: Treats hot, toxic, phlegm-stasis accumulations and binds that occur along the gallbladder, stomach, or triple burner channels. This includes hard, stone-like swellings such as saber and pearl-string lumps (scrofula), enlarged thyroid, and deep-tissue or submaxillary cellulitis.
KUN BU 7.4%	
<i>Anemarrhena</i>	
ZHI MU 7.4%	
<i>Gentiana</i>	
LONG DAN CAO 7.4%	
<i>Trichosanthes Root</i>	
TIAN HUA FEN 7.4%	This formula treats hot and toxic accumulations of blood and phlegm that are generally in the neck and head. These swellings are usually in the upper body because of the disorder's etiology. Presumably, internal fire, in the course of its flaming ascent, induces congealing of blood and fluids into a hot, phlegm-stasis bind that lodges in the neck or head.
<i>Platycodon</i>	
JIE GENG 7.4%	
<i>Bupleurum</i>	
CHAI HU 7.4%	A patient afflicted with this type of disorder will exhibit signs of heat and damp such as fever, thirst, rapid pulse, and a yellow tongue fur. In modern times, these disorders may be diagnosed as enlarged (or hyperactive) thyroid or inflamed lymph nodes, or as a host of other disorders that present with hot, firm swellings in the head, neck, or armpit. This formula treats swellings that are firm to the touch; it can soften hardness in swellings that have already suppurated as well as ones that fail to suppurate.
<i>Forsythia</i>	
LIAN QIAO 4.4%	
<i>Pueraria Root</i>	
GE GEN 4.4%	
<i>Licorice (Prepared)</i>	
ZHI GAN CAO 4.4%	
<i>Scirpus</i>	
SAN LENG 4.4%	San Zhong Kui Jian Tang translates as <i>Decoction to Dissipate Swelling and Disperse Hardness</i> . The name is an obvious reference to the function of the herb combination.
<i>Zedoaria</i>	
E ZHU 4.4%	
<i>Coptis</i>	
HUANG LIAN 2.9%	This group of herbs is acrid, bitter, and cold. It is suitable for strong patients suffering from an acute disorder. <i>Orthodox External Medicine</i> (<i>Wai Ke Zheng Zong</i>) states that San Zhong Kui Jian Tang "often treats patterns of surplus and infrequently treats patterns of insufficiency."
<i>Tangkuei Tail</i>	
DANG GUI WEI 2.8%	
<i>White Peony</i>	
BAI SHAO 2.8%	
<i>Cimicifuga</i>	
SHENG MA 1.5%	

CONTINUED

MODIFICATIONS

- For swellings that fail to suppurate, add Jin Yin Hua (Lonicera Flower) and Zao Jiao Ci (Gleditsia Spine).
- For fever or hot, painful swellings, add Shi Gao (Gypsum) and Zhi Mu (Anemarrhena).
- For painful toxic swellings (yong and ju), combine with [Zhen Ren Huo Ming Yin](#) (Angelica & Mastic Combination).
- For scrofulous swellings, combine with [Xiao Luo Wan](#) (Scrophularia & Fritillaria Combination); for heat signs, add Zi Cao Gen (Arnebia) and Mu Dan Pi (Moutan).
- For enlarged thyroid (hyperthyroid), add Zhe Bei Mu (Fritillaria-Zhe), Xuan Shen (Scrophularia), Xia Ku Cao (Prunella), and Mu Dan Pi (Moutan).
- For lymph swellings in the groin, add Xuan Shen (Scrophularia), Chuan Niu Xi (Cyathula), and Xia Ku Cao (Prunella).
- If swellings are hot and painful, apply *Golden Yellow Powder* (Jin Huang San) or *Golden Yellow Ointment* (Jin Huang Gao) externally (these are not concentrated granules).

Sang Ju Yin • 2440**MULBERRY & CHRYSANTHEMUM COMBINATION [AVAILABLE IN TABLETS]**

<i>Mulberry Leaf</i> SANG YE	19.7%	SOURCE: <i>Systematized Identification of Warm Diseases</i> (<i>Wen Bing Tiao Bian</i>)
<i>Apricot Seed</i> XING REN	15.9%	FUNCTIONS: Course wind, clear heat, diffuse lung qi, and relieve cough.
<i>Platycodon</i> JIE GENG	15.9%	INDICATIONS: Treats the initial stage of mild external wind-heat with symptoms of cough, fever, sore throat, and thirst. Patient usually has a thin, white tongue fur and a floating pulse.
<i>Phragmites</i> LU GEN	15.9%	
<i>Forsythia</i> LIAN QIAO	11.9%	This formula treats mild wind-heat exterior patterns where cough is the most prevalent symptom. Other signs include mild thirst, dry throat, sore throat, low fever, and red eyes. This type of pattern is most common from late spring to early fall. Since it treats an acute disorder, the formula is best taken every three to four hours.
<i>Chrysanthemum</i> JU HUA	7.9%	
<i>Mint</i> BO HE	6.4%	<i>Yin Qiao San</i> (<i>Lonicera & Forsythia Formula</i>) and Sang Ju Yin both treat initial stage wind-heat exterior (defense aspect) patterns. <i>Yin Qiao San</i> has a strong ability to resolve the exterior; it disinhibits the throat and relieves sore throat while paying very little attention to cough. Sang Ju Yin has a weaker ability to resolve the exterior; it only mildly addresses sore throat but strongly emphasizes diffusing lung qi to relieve cough.
<i>Licorice</i> GAN CAO	6.4%	The mild nature of this formula makes it a good one for children and weak patients. With modifications, it can treat more severe wind-heat patterns and can be used to clear wind-heat red eyes as well.

MODIFICATIONS

- For lung heat cough with yellow phlegm, add Huang Qin (Scute), Shi Gao (Gypsum), Gua Lou Shi (Trichosanthes Fruit), and Zhi Mu (Anemarrhena).
- For thirst, add extra Lu Gen (Phragmites) and include Ge Gen (Pueraria Root).
- If heat goes deeper into the blood aspect with high fever, delirium, and rash, add Xuan Shen (Scrophularia), Sheng Di Huang (Fresh Rehmannia), and Chi Shao (Red Peony).
- For red eyes, include Bai Ji Li (Tribulus) and Xia Ku Cao (Prunella) and add extra Ju Hua (Chrysanthemum).
- For sore throat, add Niu Bang Zi (Arctium), Xuan Shen (Scrophularia), Ban Lan Gen (Isatis Root), and Shan Dou Gen (Sophora subprostrata).

Sang Piao Xiao San • 2450

MANTIS COCOON FORMULA

<i>Mantis Cocoon</i>	
SANG PIAO XIAO	12.5%
<i>Ginseng</i>	
REN SHEN	12.5%
<i>Poria</i>	
FU LING	12.5%
<i>Polygala</i>	
YUAN ZHI	12.5%
<i>Dragon Bone (Fossil)</i>	
LONG GU	12.5%
<i>Testudinis</i>	
GUI BAN	12.5%
<i>Tangkuei</i>	
DANG GUI	12.5%
<i>Acorus</i>	
SHI CHANG PU	12.5%

SOURCE: *Elaboration upon the Materia Medica (Ben Cao Yan Yi)*

FUNCTIONS: Supplement the heart and kidney, secure essence, and arrest leakage.

INDICATIONS: Treats heart and kidney vacuity with symptoms of frequent, urgent urination or urine the color of rice water. There may also be disorientation, forgetfulness, lack of appetite, incontinence, impotence, or seminal loss. This type of patient will generally have a tongue that is pale and a pulse that is slow, fine, and weak.

This is a major formula for vacuity of the heart and kidney that results in urinary urgency or incontinence. Since the heart-spirit is involved, symptoms such as disorientation, insomnia, and forgetfulness are common.

By far the most common use of this formula is in treatment of urinary incontinence in older patients whose kidney qi is debilitated. This often occurs after a long illness and is accompanied by troubled sleep, forgetfulness, low back pain, weakness in the low back and knees, and fatigue. For these patients it is often best to combine Sang Piao Xiao San with a root formula such as [Ba Wei Di Huang Wan](#) (Rehmannia Eight Formula) or [Zuo Gui Wan](#) (Cyathula & Rehmannia Formula). As the urinary disorder recedes, one can increase the amount of root formula and decrease the dosage of Sang Piao Xiao San.

Sang Piao Xiao San is useful in the treatment of bedwetting in eight-to-twelve-year-old children. A modification for this disorder is listed below. This suggestion is from the writings of the well-known present-day practitioner Jiao Shu-De.

MODIFICATIONS

- For insomnia, add Suan Zao Ren (Zizyphus) and Ye Jiao Teng (Polygonum multifloru Vine).
- For frequent urination, add Bai Zhu (Atractylodes alba), Shan Yao (Dioscorea), Fu Pen Zi (Rubus), and Yi Zhi Ren (Alpinia Fruit).
- For frequent night urine, add Yi Zhi Ren (Alpinia Fruit), Suo Yang (Cynomorium), Rou Gui (Cinnamon Bark), Yin Yang Huo (Epimedium), Fu Pen Zi (Rubus), and Wu Yao (Lindera).
- For bedwetting in children, add Fu Pen Zi (Rubus), Wu Yao (Lindera), Ji Nei Jin (Gallus), and Yi Zhi Ren (Alpinia Fruit).

Sha Shen Mai Men Dong Tang • 1410

GLEHNSIA & OPHIOPOGON COMBINATION

<i>Glehnia</i>	SOURCE:	<i>Systematized Identification of Warm Diseases</i>
SHA SHEN	22.2%	(<i>Wen Bing Tiao Bian</i>)
<i>Ophiopogon</i>	FUNCTIONS:	Clear and nourish lung and stomach, engender fluid,
MAI MEN DONG	22.2%	and moisten dryness.
<i>Polygonatum</i>	INDICATIONS:	Treats dry evil that has damaged the lung and stomach
<i>odorati</i>		and depleted fluids. Resulting symptoms include dry throat, thirst,
YU ZHU	14.8%	hacking cough with scant sputum, dry nasal passages, and a dry, red
<i>Mulberry Leaf</i>		tongue with scant fur.
SANG YE	11.1%	—————
<i>Trichosanthes Root</i>		The source text states simply that Sha Shen Mai Dong Tang governs
TIAN HUA FEN	11.1%	“damage by dryness to the yin aspect of the lung or stomach [that
<i>Dolichos Nut</i>		gives rise to] fever or cough.”
BAI BIAN DOU	11.1%	Though originally intended for treatment of an attack by dryness, this
<i>Licorice</i>		formula can also treat fluid-damage that follows a heat disease and
GAN CAO	7.5%	gives rise to the symptoms mentioned above. It has become a popular
		formula in the ear, nose, and throat field for treatment of atrophic
		rhinitis characterized by chronic dry nasal passages or enduring yin-
		vacuity sore and dry throat. Pulmonary tuberculosis, diabetes-like
		disorders, and stomach-yin vacuity stomach pain or mouth sores are
		other disorders sometimes treated with this formula. See the modifica-
		tions that follow for treatment suggestions.

MODIFICATIONS

- For post-illness thirst and dry cough, add Sang Bai Pi (Mulberry Bark) and Xing Ren (Apricot Seed) or combine with [Qing Zao Jiu Fei Tang](#) (Eriobotrya & Ophiopogon Combination).
- For dry-type rhinitis, add Ge Gen (Pueraria Root) and Chi Shao (Red Peony).
- For chronic yin-vacuity sore throat, add Xuan Shen (Scrophularia) and a small amount of Jie Geng (Platycodon).
- For diabetes-like disorders, add Huang Qi (Astragalus Root), Shan Yao (Dioscorea), and Ge Gen (Pueraria Root).
- For yin-vacuity mouth sores, add Shi Hu (Ephemerantha fimbriata) and a small amount of Huang Lian (Coptis).

Shang Zhong Xia Tong Yong Tong Feng Wan • 0550

CINNAMON & ANGELICA FORMULA [AVAILABLE IN TABLETS]

<i>Phellodendron</i>		SOURCE: <i>Medical Formulas Gathered and Explained (Yi Fang Ji Jie)</i>
HUANG BAI	14.5%	FUNCTIONS: Dispel wind-damp, quicken blood, and dispel stasis.
<i>Atractylodes</i>		INDICATIONS: Treats wind-cold-damp bi pain. This formula can be
CANG ZHU	14.5%	used for chronic or acute joint pain, including arthritis, gout, and
<i>Arisaema</i>		migratory bi patterns.
TIAN NAN XING	14.5%	
<i>Angelica</i>		The Chinese name of this formula is difficult to translate smoothly, but
BAI ZHI	7.3%	it implies that the formula treats wind-pain anywhere in the body. The
<i>Massa Medicata</i>		constituents are based on the theories of Zhu Dan-Xi, who suggested
<i>Fermentata</i>		the use of Cang Zhu (Atractylodes), Tian Nan Xing (Arisaema), Chuan
SHEN QU	7.3%	Xiong (Ligusticum), Bai Zhi (Angelica), and Dang Gui (Tangkuei)
<i>Ligusticum</i>		to treat wind-damp-cold bi. He also suggested adding Qiang Huo
CHUAN XIONG	7.3%	(Notopterygium), Gui Zhi (Cinnamon Twig), and Wei Ling Xian
<i>Persica</i>		(Clematis) for bi pain in the upper body, and Niu Xi (Achyranthes),
TAO REN	7.3%	Fang Ji (Stephania), Mu Tong (Clematis armandi), and Huang Bai
<i>Gentiana</i>		(Phellodendron) for bi pain in the lower body.
LONG DAN CAO	7.3%	In sum, this formula treats bi pain that moves around or is in both
<i>Stephania</i>		the upper and lower body. With modifications it can be used for hot
FANG JI	7.3%	or cold bi presenting as joint pain associated with various disorders
<i>Cinnamon Twig</i>		ranging from lupus and gout to rheumatoid arthritis. It is designed
GUI ZHI	3.6%	to treat the branch condition and is not intended for long-term use.
<i>Notopterygium</i>		Often it is best to combine Shang Zhong Xia Tong Yong Tong Feng
QIANG HUO	3.6%	Wan with a constitutional formula that addresses the patient's specific
<i>Clematis</i>		needs. With this addition, the formula can be given for longer periods
WEI LING XIAN	3.6%	of time without fear of damaging the patient's qi or blood.
<i>Carthamus</i>		
HONG HUA	1.9%	

MODIFICATIONS

- For hot bi pain, add Xi Xian Cao (Siegesbeckia) and Ren Dong Teng (Lonicera Vine).
- For cold bi, add Fu Zi (Prepared Aconite) and Wu Jia Pi (Acanthopanax).
- For pain associated with gout, add [San Miao San](#) (Atractylodes & Phellodendron Formula), Yi Yi Ren (Coix), and Mu Gua (Chaenomeles).
- For damp bi, add Fang Feng (Siler) and Du Huo (Tuhuo Angelica).
- For blood vacuity, add Dang Gui (Tangkuei) and Bai Shao (White Peony).
- For qi vacuity, add Ren Shen (Ginseng) and Huang Qi (Astragalus).
- For lower body bi patterns, add Niu Xi (Achyranthes) and Mu Tong (Clematis armandi).

Shao Fu Zhu Yu Tang • 0750

FENNEL SEED & CORYDALIS COMBINATION

<i>Tangkuei</i>	
DANG GUI	21.1%
<i>Bulrush</i>	
PU HUANG	21.1%
<i>Red Peony</i>	
CHI SHAO	14.1%
<i>Pteropus</i>	
WU LING ZHI	14.1%
<i>Corydalis</i>	
YAN HU SUO	7.0%
<i>Ligusticum</i>	
CHUAN XIONG	7.0%
<i>Myrrh</i>	
MO YAO	7.0%
<i>Cinnamon Bark</i>	
ROU GUI	7.0%
<i>Dried Ginger</i>	
GAN JIANG	1.4%
<i>Fennel Seed</i>	
XIAO HUI XIANG	0.2%

SOURCE: *Correction of Errors in the Field of Medicine*
(*Yi Lin Gai Cuo*)

FUNCTIONS: Quicken blood, dispel stasis, warm the channels, and relieve pain.

INDICATIONS: Treats masses or pain in the lower abdomen due to blood stasis. This formula may be used for masses with or without pain, or for pain or distention in the lower abdomen with or without masses. It can also alleviate premenstrual pain in the low back and abdomen. The patient's menstrual blood may be purple or black and may have clots. Flooding and spotting (*beng lou*), including bleeding three to five times per month, can also be addressed by this formula.

This formula contains agents that are warming and dispersing and address stasis of cold and blood in the lower abdomen. Cold-stasis in the lower abdomen can present in a number of ways. There are six major categories of disorders for which this formula is used:

- Pain in the lower abdomen. This can include menstrual pain, pain from masses, endometrial disorders, and wind-cold abdominal pain. This type of pain is usually relieved by warmth.
- Masses in the lower abdomen. Chinese medicine calls these accumulations (concretions and conglomerations). They include gynecologic disorders such as cysts, fibroids, and other masses. They may present with or without pain and may or may not have a determinable shape.
- Irregular menstruation. This refers to menstruation that arrives irregularly or occurs several times in one month. Since, in this case, the disorder is caused by cold-stasis, pain and blood clots are often part of the clinical picture.
- Infertility. The source text recommends Shao Fu Zhu Yu Tang highly for treating cold stasis that prevents conception. One modern text suggests taking this formula for four days during menstruation and another four days after menstruation ceases. The author of that text suggests that after three months of this regimen, the woman will be ready to conceive.
- Habitual miscarriage. Using this formula between pregnancies can address cold-stasis in the lower abdomen which causes miscarriage in early pregnancy.

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- Vaginal discharge or spotting and flooding. The source text also recommends Shao Fu Zhu Yu Tang for spotting and flooding or vaginal discharge (pink or white), if symptoms such as clots, pain and relief by warmth accompany the pattern.

The formula name translates as *Lesser Abdomen Stasis-Expelling Decoction*. This differentiates it from the other stasis-expelling formulas found in the *Correction of Errors in the Field of Medicine* and also points out the region of the body from which the formula expels stasis.

MODIFICATIONS

- If distention is prominent, add Wu Yao (Lindera) and Mu Xiang (Vladimiria).
- If pain is severe, add Chuan Lian Zi (Melia) and Xiang Fu (Cyperus).
- For extremely cold abdomen, add Fu Zi (Prepared Aconite) and Wu Zhu Yu (Evodia).
- For cold uterus (infertility), add Lu Jiao Jiao (Cornus Cervi Gelatin), Lu Jiao Shuang (Cornus Cervi Fragments), Du Zhong (Eucommia), and Yin Yang Huo (Epimedium).
- Qi vacuity calls for the addition of Huang Qi (Astragalus), Dang Shen (Codonopsis), and Xu Duan (Dipsacus).
- For flooding and spotting, add Hua Rui Shi (Ophicalcitis), Lu Jiao Shuang (Cornus Cervi Fragments), and Xian He Cao (Agrimony).

Shao Yao Gan Cao Tang • 1530

PEONY & LICORICE COMBINATION

<i>White Peony</i>	
BAI SHAO	50.0%
<i>Licorice (Prepared)</i>	
ZHI GAN CAO	50.0%

SOURCE: *On Cold Damage (Shang Han Lun)*

FUNCTIONS: Boost qi, nourish blood, drain heat, and harmonize the center.

INDICATIONS: This formula treats all kinds of spasmodic, cramping pain. These are usually part of a pattern that also includes irritability, dry throat, and a scant tongue fur.

This formula is first mentioned for treatment of a patient who has mistakenly been given [Gui Zhi Tang](#) (Cinnamon Combination) when suffering from cold damage and a dual vacuity of yin and yang. Symptoms of the original condition are sweating, a floating pulse, frequent urination, vexation, a slight aversion to cold, and leg cramping. The mistaken application of warm, acrid Gui Zhi Tang worsens the condition, causing cold in the extremities, dry throat, agitation, and vomiting. The text recommends giving the patient Gan Cao Gan Jiang Tang (Licorice & Ginger Decoction) first to supplement and warm the center. Once the limbs are warm, one can prescribe Shao Yao Gan Cao Tang. The text thus implies that Shao Yao Gan Cao Tang will relieve the remaining symptoms, especially leg cramping, dry throat, and vexation.

This formula's ability to treat cramping and pain is applicable in several areas. The most frequent use stated in *Medical Insights (Yi Xue Xin Wu)*: "Shao Yao Gan Cao Tang miraculously relieves abdominal pain." That text recommends adding Gan Jiang (Dried Ginger) if the pain is from cold, and adding Huang Lian (Coptis) if it is due to heat. Other cramping and pain conditions for which this formula is useful include cramping in the extremities, hernia pain, and pain from gallbladder or kidney stones. In these instances, Shao Yao Gan Cao Tang aims to treat the pain of the condition and must be combined with other formulas that treat the underlying disorders.

There is evidence that continued use of large doses of Gan Cao (Licorice) can cause water retention and subsequently raise blood pressure. For this reason, long-term use is not recommended, especially in patients who present with high blood pressure or water swelling.

CONTINUED

MODIFICATIONS

- For hernia pain, add Xiao Hui Xiang (Fennel) and Yan Hu Suo (Corydalis).
- For abdominal pain, add Mu Xiang (Vladimiria) or Xiang Fu (Cyperus).
- For cramping pain associated with damp-heat diarrhea, add Mu Xiang (Vladimiria) and Huang Lian (Coptis).
- For leg cramping, add Niu Xi (Achyranthes) and Mu Gua (Chaenomeles).
- For blood vacuity joint pain, add Ji Xue Teng (Spatholobi).

Shao Yao Tang • 1540

PEONY COMBINATION

<i>White Peony</i>	28.2%	SOURCE: <i>Life-Protecting Collection of Patho-Mechanisms and Qi Movements from the Elementary Questions (Su Wen Bing Ji Qi Yi Bao Ming Ji)</i>
<i>BAI SHAO</i>	28.2%	FUNCTIONS: Clear damp-heat, resolve toxin, and harmonize qi and blood.
<i>Tangkuei</i>	14.1%	INDICATIONS: Treats damp-heat dysentery or diarrhea accompanied by symptoms of abdominal pain, bloody stool or equal amounts of pus and blood in the stool, rectal heaviness, a burning sensation around the anus, scanty, dark urine, and a yellow, slimy tongue fur.
<i>DANG GUI</i>	14.1%	
<i>Scute</i>	14.1%	
<i>HUANG QIN</i>	14.1%	
<i>Coptis</i>	14.1%	
<i>HUANG LIAN</i>	14.1%	
<i>Rhubarb</i>	8.5%	
<i>DA HUANG</i>	8.5%	
<i>Vladimiria</i>	5.6%	
<i>MU XIANG</i>	5.6%	
<i>Areca Seed</i>	5.6%	
<i>BING LANG</i>	5.6%	
<i>Licorice (Prepared)</i>	5.6%	
<i>ZHI GAN CAO</i>	5.6%	
<i>Cinnamon Bark</i>	4.2%	
<i>ROU GUI</i>	4.2%	
		Damp-heat diarrhea often begins with chills and fever and progresses to intermittent exterior symptoms along with diarrhea, abdominal cramping, post-defecation rectal heaviness, and stool that carries blood and pus. Western medicine categorizes disorders that Shao Yao Tang treats as bacterial dysentery, gastrointestinal virus, or acute or chronic enteritis.
		This formula is useful for the stage of acute diarrhea where external symptoms have receded and abdominal symptoms are prominent. It is less able to clear heat than formulas like Bai Tou Weng Tang (Pulsatilla Combination) and Ge Gen Huang Qin Huang Lian Tang (Pueraria, Coptis, & Scute Combination) but better able to relieve pain and cramping. The two latter formulas are suitable for the initial stage of the illness, whereas Shao Yao Tang contains a large dose of Bai Shao (White Peony), which, owing to its astringent nature, is not appropriate for exterior pathogens unless it is coupled with acrid exterior resolvents.
		There is common claim that Shao Yao San is better for conditions where blood and pus are in equal amounts in the stool, and Bai Tou Weng Tang for conditions where blood is prominent and pus scant. Though in modern circumstances this differentiation is often not useful because blood and pus occur less often, it does point out that Bai Tou Weng Tang is more aimed at severe toxic heat pathogens and better able to stanch bleeding. Shao Yao Tang, on the other hand, treats a more moderate condition and aims to harmonize the central burner as well as dispel abdominal accumulation of damp-heat.
		The Rou Gui (Cinnamon Bark) in this formula is an example of the principle of “assisting by opposing.” It prevents the bitter and cold agents in the formula from damaging qi and yang.

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Note that there are several formulas called Shao Yao San and their contents and functions differ widely. The practitioner should check that the formula used meets the needs for which it is prescribed.

MODIFICATIONS

- To treat pus in the stool, add Sha Ren (Amomum) and Che Qian Zi (Plantago Seed).
- If heat is robust, add extra Da Huang (Rhubarb).
- To cool blood and stanch bleeding, add Mu Dan Pi (Moutan) and Sheng Di Huang (Fresh Rehmannia).
- If chills and fever persist, add Ge Gen (Pueraria Root) and Jing Jie (Schizonepeta).

She Gan Ma Huang Tang • 2680

BELAMCANDA & EPHEDRA COMBINATION

<i>Ephedra</i>		SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> <i>(Jin Gui Yao Lüe)</i>
MA HUANG	15.5%	
<i>Ginger (Fresh)</i>		FUNCTIONS: Warm the lung, transform phlegm, relieve cough, and calm asthmatic breathing.
SHENG JIANG	15.4%	
<i>Belamcanda</i>		INDICATIONS: This formula treats symptoms of phlegm-rheum cough and wheezing with a sound like frog rale in the throat.
SHE GAN	11.5%	
<i>Asarum</i>		
XI XIN	11.5%	
<i>Aster</i>		
ZI WAN	11.5%	
<i>Tussilago</i>		
KUAN DONG HUA	11.5%	
<i>Schizandra</i>		
WU WEI ZI	7.7%	This is a classical formula for phlegm-rheum collection in the lung that produces cough and asthmatic breathing – a repletion-cold pattern marked by expectoration of clear fluid. Though exterior symptoms such as aversion to cold may still be present, the combination concentrates on internal phlegm-rheum collection and cough and only secondarily addresses the exterior pattern. She Gan Ma Huang Tang is very similar to Xiao Qing Long Tang (Minor Blue Dragon Combination) but is more directed at the symptoms of cough and wheezing and is less able to resolve the exterior.
<i>Pinellia</i>		
BAN XIA	7.7%	
<i>Jujube</i>		
DA ZAO	7.7%	

MODIFICATIONS

- For aversion to cold, add Gui Zhi (Cinnamon Twig).
- For thoracic fullness, add Hou Po (Magnolia Bark).
- For heat signs such as vexation, insomnia, and fever, add Shi Gao (Gypsum) and Huang Qin (Scute).

Shen Ling Bai Zhu San • 2920

GINSENG & ATRACTYLODES FORMULA [AVAILABLE IN TABLETS]

<i>Ginseng</i>	SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
REN SHEN 12.1%	
<i>Atractylodes (Alba)</i>	FUNCTIONS: Boost qi, fortify the spleen, percolate damp, and arrest diarrhea.
BAI ZHU 12.1%	
<i>Dioscorea</i>	INDICATIONS: Treats weakness and vacuity of the spleen and stomach characterized by low appetite, watery stools, diarrhea, or vomiting.
SHAN YAO 12.1%	The pattern may also include lack of strength in the limbs, emaciation, fullness and oppression in the chest and gastric region, a sallow complexion, a pale tongue with a white fur, and a thin, or vacuous, moderate pulse.
<i>Poria</i>	
FU LING 12.1%	
<i>Licorice</i>	
GAN CAO 12.1%	
<i>Dolichos Nut</i>	
BAI BIAN DOU 9.5%	This formula treats central burner qi vacuity and damp encumbrance that disrupts the transformation and transportation functions of the spleen. It rectifies qi, percolates damp, and supplements qi, thus simultaneously addressing the branch (damp encumbrance) and root (spleen qi vacuity). The main symptoms to which it is applied are as follows:
<i>Lotus Seed</i>	
LIAN ZI 6.0%	
<i>Coix</i>	
YI YI REN 6.0%	
<i>Amomum</i>	
SHA REN 6.0%	
<i>Platycodon</i>	
JIE GENG 6.0%	
<i>Jujube</i>	
DA ZAO 6.0%	
	<ul style="list-style-type: none"> • Diarrhea. The formula is effective for chronic spleen-vacuity diarrhea with watery stools. Modern books report that it is especially effective for children. • Lack of appetite. The formula opens the stomach and arouses the spleen and thus, as <i>Medical Remedies Researched</i> (<i>Yi Fang Kao</i>) points out, is the “main formula for vacuity-weakness of the stomach and spleen with [the symptom of] no thought for food or drink.” • Water swelling. Since it percolates damp and supplements the spleen, the formula is frequently used to treat chronic spleen-vacuity water swelling. • Chronic cough with copious phlegm. Treating this condition with this formula is an example of banking-up earth to engender metal. Shen Ling Bai Zhu San is a modification of Si Jun Zi Tang (Major Four Herb Combination) but is less drying and more powerful. In addition, it pays more attention to rectifying qi and aiding digestion than Si Jun Zi Tang. For mild cases of spleen-vacuity damp encumbrance, use Si Jun Zi Tang; for more entrenched cases, Shen Ling Bai Zhu San brings better results. <p>Shen Ling Bai Zhu San is a good constitutional formula for patients with various damp disorders stemming from spleen vacuity. For</p>

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example, spleen vacuity that gives rise to bi patterns can be treated by combining Shen Ling Bai Zhu San with a formula like [Shang Zhong Xia Tong Yong Tong Feng Wan](#) (Cinnamon & Angelica Formula). Spleen vacuity-damp that gives rise to asthma can be addressed by combining Shen Ling Bai Zhu San with [Su Zi Jiang Qi Tang](#) (Perilla Seed Combination). Other illnesses that might call for this formula as a base onto which a branch formula is added are vaginal discharge, damp skin disorders, and chronic digestive problems including duodenal ulcers and gastritis.

A version of Shen Ling Bai Zhu San from *Medical Formulas Gathered and Explained* (*Yi Fang Ji Jie*) adds Chen Pi, which increases the formula's ability to transform damp and rectify qi.

MODIFICATIONS

- For chronic diarrhea, add Rou Dou Kou (Myristica) and Bu Gu Zhi (Psoralea).
- For water swelling, combine with [Wu Ling San](#) (Poria Five Herb Formula).
- For chronic cough with copious phlegm, add Bai Qian (Cynanchum stauntoni), Ban Xia (Pinellia), and Chen Pi (Citrus Peel).
- For treatment of third-stage broken bones or torn ligaments, add Bu Gu Zhi (Psoralea), Xu Duan (Dipsacus), and Du Zhong (Eucommia).

Shen Mi Tang • 2620

EPHEDRA & MAGNOLIA COMBINATION

<i>Ephedra</i>	SOURCE: <i>Essential Secrets from Outside the Metropolis</i> (<i>Wai Tai Mi Yao</i>)
MA HUANG	25.0%
<i>Apricot Seed</i>	FUNCTIONS: Relieve cough, calm gasping, course the liver, resolve depression, rectify qi, and transform phlegm.
XING REN	20.0%
<i>Magnolia Bark</i>	INDICATIONS: Treats acute manifestations of asthmatic breathing and cough that have a component of binding depression of liver qi. This may present as bronchitis or bronchial asthma.
HOU PO	15.0%
<i>Citrus Peel</i>	
CHEN PI	12.5%
<i>Licorice</i>	
GAN CAO	10.0% This formula treats breathing difficulties owing to, or compounded by, binding depression of liver qi. Though some sources cite it for chronic conditions, Shen Mi Tang should only be used for acute manifestations since the large amount of Ma Huang (Ephedra) in the formula marks it for short-term use only. This large dose of Ma Huang also contraindicates the formula for patients with heart disorders or high blood pressure.
<i>Bupleurum</i>	
CHAI HU	10.0%
<i>Perilla Leaf</i>	
ZI SU YE	7.5% Indications of qi depression such as symptoms worsening with anger or stress, bitter fullness in the chest, bitter taste, flank pain, and a wiry pulse, point to the situation for which the formula is designed. The cough this pattern exhibits is one with scant phlegm, and the asthmatic condition is one that worsens when the patient lies down. Japanese texts mention that this type of patient often has a phlegm-obstructed sound in the throat. Note that the formula is very drying and dispersing and should not be used for patients who are weak or suffer from yin vacuity.
	The formula name can be literally translated as <i>Mysterious Decoction</i> , probably referring to the formula's miraculous efficacy.

MODIFICATIONS

- For cough or asthma owing to binding depression of liver qi, add Bai Shao (White Peony).
- For copious phlegm, add Ban Xia (Pinellia), Sheng Jiang (Fresh Ginger), and Fu Ling (Poria).
- For fever or other heat signs such as sore throat, add Huang Qin (Scute), Shi Gao (Gypsum), Jin Yin Hua (Lonicera Flower), and Lian Qiao (Forsythia).
- For phlegm sound in the throat, add She Gan (Belamcanda).

Shen Su Yin • 2930**GINSENG & PERILLA COMBINATION [AVAILABLE IN TABLETS]**

<i>Ginseng</i>	SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
REN SHEN 9.65%	
<i>Perilla</i>	FUNCTIONS: Boost qi, resolve the exterior, transform phlegm, and relieve cough.
ZI SU YE 9.65%	
<i>Pueraria Root</i>	INDICATIONS: Treats external wind-cold with internal phlegm-damp that manifests as aversion to cold, fever, headache, a stuffy nose, a cough with copious phlegm, fullness and oppression in the chest and diaphragm, a white tongue fur, and a weak, floating pulse. This formula is also used to treat morning sickness.
GE GEN 9.65%	
<i>Peucedanum</i>	
QIAN HU 9.65%	
<i>Pinellia</i>	
BAN XIA 9.65%	
<i>Poria</i>	
FU LING 9.65%	This formula was designed to treat exterior wind-cold in a patient with central burner vacuity and damp. This is the type of patient who would do well with Shen Ling Bai Zhu San (Ginseng & Atractylodes Formula) or Xiang Sha Liu Jun Zi Tang (Vladimiria & Amomum Combination) if no exterior pattern was present.
<i>Aurantium Fruit</i>	
ZHI KE 6.5%	
<i>Citrus Peel</i>	
CHEN PI 6.5%	Many older books suggest that Ren Shen (Ginseng) be removed from the formula if there is heat or fire in the lungs. Since one cannot remove herbs from a concentrated herb formula, it is best not to use this formula if the patient displays yellow phlegm, vexation, high fever, or sore throat.
<i>Platycodon</i>	
JIE GENG 6.5%	
<i>Licorice</i>	
GAN CAO 6.5%	
<i>Ginger (Fresh)</i>	
SHENG JIANG 6.5%	<i>Medical Remedies Researched</i> (<i>Yi Fang Kao</i>) suggests this formula for pregnant women with colds, and modern books mention it for morning sickness. In both cases, this is for vacuity patients with no strong heat signs.
<i>Vladimiria</i>	
MU XIANG 6.5%	
<i>Jujube</i>	
DA ZAO 3.1%	

MODIFICATIONS

- For cough during a wind-cold, add Xing Ren (Apricot Seed).
- If qi is particularly weak, add Bai Zhu (Atractylodes alba) and Huang Qi (Astragalus).
- If aversion to cold is strong, add Fang Feng (Siler) and Jing Jie (Schizonepeta).
- For asthmatic breathing, add Zi Su Zi (Perilla Seed) and Ma Huang (Ephedra).
- For morning sickness, add Huo Xiang (Agastache), Bai Zhu (Atractylodes alba), and Sha Ren (Amomum).

Shen Tong Zhu Yu Tang • 1480

LIGUSTICUM & NOTOPTERYGIUM COMBINATION

<i>Persica</i>	SOURCE: <i>Correction of Errors in the Field of Medicine</i> (<i>Yi Lin Gai Cuo</i>)
TAO REN 12.0%	
<i>Carthamus</i>	FUNCTIONS: Quicken blood, move qi, dispel stasis, free the network vessels, dispel bi, and relieve pain.
HONG HUA 12.0%	
<i>Tangkuei</i>	INDICATIONS: Treats bi pain anywhere in the body. Painful bi owing to obstruction of qi and blood in the channels and network vessels.
DANG GUI 12.0%	
<i>Cyathula</i>	
CHUAN NIU XI 12.0%	
<i>Ligusticum</i>	The author of the <i>Correction of Errors in the Field of Medicine</i> , Wang Qing-Ren, mentioned that bi pain was often complicated by blood stasis and that in some cases, treatment aggravated the situation by causing more blood stasis. Blood stasis, he believed, was especially evident in long-standing cases. Thus he said: "If, when treating bi patterns, the classical formulas do not bring relief, use Shen Tong Zhu Yu Tang."
CHUAN XIONG 8.0%	
<i>Licorice</i>	This formula concentrates on moving blood, which is not surprising given Wang Qing-Ren's emphasis on this treatment principle. It also includes herbs to free the channels and network vessels and to dispel wind-damp.
GAN CAO 8.0%	
<i>Myrrh</i>	
MO YAO 8.0%	
<i>Pteropus</i>	Shen Tong Zhu Yu Tang is a good formula for patients with pain that does not move and has been present for several months or years. It can be combined with other formulas that treat bi patterns, such as Juan Bi Tang (Notopterygium & Turmeric Combination), if one wishes to emphasize dispelling of wind, cold, and damp and downplay blood-moving.
WU LING ZHI 8.0%	
<i>Earthworm</i>	
DI LONG 8.0%	
<i>Notopterygium</i>	
QIANG HUO 4.0%	
<i>Gentiana macrophylla Root</i>	
QIN JIAO 4.0%	
<i>Cyperus</i>	Wang Qing-Ren created a series of blood expelling formulas to address various ailments. Since this is one that treats bi pain, it is named <i>Body Pain Blood-Expelling Decoction</i> .
XIANG FU 4.0%	

MODIFICATIONS

- For patients with qi vacuity, add a large dose of Huang Qi (Astragalus Root).
- For heat bi, add Cang Zhu (Atractylodes), Huang Bai (Phellodendron Bark), and Ren Dong Teng (Lonicera Vine).
- For cold bi, add Gui Zhi (Cinnamon Twig), Fu Zi (Prepared Aconite), and Wei Ling Xian (Clematis).
- For yin-vacuity heat, add Xuan Shen (Scrophularia), Yu Zhu (Polygonatum odorati), and Mai Men Dong (Ophiopogon).

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- If the disorder is in the upper limbs, add Jiang Huang (Turmeric) and Gui Zhi (Cinnamon Twig) for cold bi or Sang Zhi (Mulberry Twig) for hot bi.
- For lower body bi patterns, add Du Huo (Tuhuo Angelica) and Han Fang Ji (Stephania).
- For bi pain in the lower back, add Xu Duan (Dipsacus) and Du Huo (Tuhuo Angelica).

Shen Zhuo Tang • 3460

PORIA, ATRACTYLODES, & GINGER COMBINATION

<i>Poria</i>	
FU LING	33.3%
<i>Dried Ginger</i>	
GAN JIANG	33.3%
<i>Atractylodes (Alba)</i>	
BAI ZHU	16.7%
<i>Licorice</i>	
GAN CAO	16.7%

SOURCE: *Essential Prescriptions of the Golden Coffer*
(*Jin Gui Yao Lüe*)

FUNCTIONS: Warm yang, fortify the spleen, move qi, and disinhibit water.

INDICATIONS: Treats bodily heaviness, especially with heaviness and a cold feeling in the low back.

This formula was designed specifically to treat a condition known as shen zhuo. Literally translated as “kidney accumulation,” it refers to a situation where spleen vacuity prevents proper transformation of damp. The damp pathogen then flows downward to accumulate in the area around the kidney (low back). Thus the main symptoms are heaviness and, as the source text states, “cold in the low back, as though [one is] sitting in water.”

The formula treats this downpour invasion of cold-damp with warm and acrid herbs to dispel cold and sweet, warm herbs to supplement the spleen. In the clinic, in addition to treating simple cold low back pain, this formula is applied to sciatic pain, urinary incontinence, water swelling in the lower limbs (especially in women), edema in the vulva, vaginal discharge accompanied by cold low back pain, and bedwetting in children.

Aside from its formal name, *Decoction [to Treat] Kidney Accumulation*, this formula is sometimes referred to simply by its ingredients: Gan Cao Gan Jiang Fu Zhu Tang.

MODIFICATIONS

- For low back pain, add Xu Duan (Dipsacus).
- If cold is severe, add Fu Zi (Prepared Aconite).
- For frequent urination or urinary incontinence, add Shan Zhu Yu (Cornus) and Yi Zhi Ren (Alpinia Fruit).
- For vaginal discharge, add Chun Gen Pi (Ailanthus Bark).
- For incontinence, also treat with moxabustion to Zhong Wan (CV 12) and along the conception vessel from the navel to the pubic bone.

Sheng Hua Tang • 1200

TANGKUEI & GINGER COMBINATION [AVAILABLE IN TABLETS]

<i>Tangkuei</i>		SOURCE: <i>Fu Qing-Zhu's Gynecology (Fu Qing Zhu Nü Ke)</i>
DANG GUI	61.5%	FUNCTIONS: Quicken blood, transform stasis, warm the menses, and relieve pain.
<i>Ligusticum</i>		INDICATIONS: Treats postpartum women who present with blood stasis, vacuity, and cold. Symptoms include retention of lochia and cold pain in the lower abdomen.
CHUAN XIONG	23.1%	
<i>Persica</i>		
TAO REN	7.8%	
<i>Ginger (Charred)</i>		
PAO JIANG	3.8%	In some parts of China this formula is given to all postpartum women as a matter of course. This is often inappropriate as the formula is contraindicated for excessive bleeding and for postpartum women with heat signs (inflammation). It is suitable, however, for postpartum women with blood clots, scant postpartum bleeding, and pain in the lower abdomen that is relieved by heat. This pattern usually presents with a dark tongue and a pulse that is deep, tight, or wiry.
<i>Licorice (Prepared)</i>		
ZHI GAN CAO	3.8%	The formula is appropriate for a larger population of postpartum women if combined with <i>Yu Ping Feng San</i> (Astragalus & Siler Formula) as described below in the modifications section. Aside from postpartum disorders, the formula can also address uterine fibroids if they present as vacuity-cold and stasis in the lower burner.
		The Chinese name of the formula translates literally as <i>Decoction to Engender and Transform</i> . This is a reference to the formula's goal of engendering blood by dispelling stasis. This appellation comes from a precept in Chinese medicine: "To engender new blood one should transform stasis."

MODIFICATIONS

- For extreme qi vacuity or massive blood loss, add a large dose of Ren Shen (Ginseng).
- For postpartum vacuity-cold with pain, combine with *Yu Ping Feng San* (Astragalus & Siler Formula) and add Yi Mu Cao (Leonurus) and Hong Hua (Carthamus).
- For uterine fibroids, add Wang Bu Liu Xing (Vaccaria Seed), San Leng (Scirpus), Yi Mu Cao (Leonurus), and E Zhu (Zedoaria).
- For postpartum qi vacuity with stasis, add Ren Shen (Ginseng). (This variation is known as *Jia Shen Sheng Hua Tang*.)
- For retention of the lochia, add Dan Shen (Salvia Root), Mu Dan Pi (Moutan), and Yi Mu Cao (Leonurus).

Sheng Jiang Xie Xin Tang • 1210

PINELLIA & GINGER COMBINATION

<i>Pinellia</i>	
BAN XIA	19.5%
<i>Ginger (Fresh)</i>	
SHENG JIANG	19.5%
<i>Licorice (Prepared)</i>	
ZHI GAN CAO	14.6%
<i>Ginseng</i>	
REN SHEN	14.6%
<i>Scute</i>	
HUANG QIN	14.6%
<i>Jujube</i>	
DA ZAO	7.4%
<i>Dried Ginger</i>	
GAN JIANG	4.9%
<i>Coptis</i>	
HUANG LIAN	4.9%

SOURCE: *On Cold Damage (Shang Han Lun)*

FUNCTIONS: Clear heat, dispel cold, fortify the spleen, and harmonize the stomach.

INDICATIONS: Treats the pattern known as “water and heat mutually binding,” characterized by hard glomus below the heart, belching with a foul odor, thunderous rumbling in the abdomen, and diarrhea.

On Cold Damage indicates that the pattern this formula treats occurs just after a wind-cold pathogen has been expelled. For reasons not clearly stated, the patient experiences glomus, belching, and diarrhea with intestinal noises. This is thought to be similar to the pattern associated with *Ban Xia Xie Xin Tang* (Pinellia Combination), but it is colder and is also complicated by the presence of rheum. Thus the formula is similar to Ban Xia Xie Xin Tang, but the dose of Gan Jiang (Dried Ginger) is reduced and a large dose of Sheng Jiang (Fresh Ginger) is added. This emphasis on Sheng Jiang points to the major goal of the formula, which is to warm and disperse the accumulation of cold-rheum in the central burner.

Nowadays, this formula is used to treat all manner of stomach ailments that present as cold-rheum bound with heat. Important characteristics include loose-stool diarrhea, intestinal rumbling, belching, glomus (subjective feeling of a lump) or fullness in the upper abdomen, a slimy, white tongue fur, and wiry and slippery pulse. Pain in the epigastric region may or may not be present. This pattern can present as prolapsed stomach or food poisoning or may manifest as an upset stomach owing to intemperate consumption of cold foods. Note that the pattern need not be part of a wind-cold invasion for Sheng Jiang Xie Xin Tang to be appropriate. The various Xie Xin Tang formulas (*Heart-Draining Decoctions*) are intended to treat heat and cold bound in the region below the heart (epigastrium). Since Sheng Jiang is warm and dispersing, it is ideal for treating this pattern when it tends toward cold with collection of rheum. Thus Sheng Jiang Xie Xin Tang treats heat-cold-rheum bind in the region below the heart.

CONTINUED

MODIFICATIONS

- For belching that carries the taste of food eaten hours before, add Zhi Shi (Aurantium Immaturus) and Hou Po (Magnolia Bark) or combine with [Ping Wei San](#) (Magnolia & Ginger Formula).
- For diarrhea with abdominal pain, add Mu Xiang (Vladimiria) and Rou Dou Kou (Myristica).
- For food poisoning, add Huo Xiang (Agastache).

Sheng Ma Ge Gen Tang • 0820

CIMICIFUGA & PUERARIA COMBINATION [AVAILABLE IN TABLETS]

<i>Cimicifuga</i>	SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
SHENG MA 33.4%	
<i>Pueraria Root</i>	FUNCTIONS: Dispel wind, outthrust papules, resolve toxin, and rectify the center.
GE GEN 22.2%	
<i>White Peony</i>	INDICATIONS: Treats early-stage measles or rashes that do not express easily, fever and chills, headache, generalized body aches, sneezing, cough, red eyes, tearing, thirst, a red tongue with a dry fur, and a floating, rapid pulse.
BAI SHAO 22.2%	
<i>Licorice (Prepared)</i>	
ZHI GAN CAO 11.1%	
<i>Ginger (Fresh)</i>	
SHENG JIANG 11.1%	

This formula was designed to treat the initial stage of pox disorders. The combination's goal is to outthrust papules and thus speed the progression of the disorder by clearing internal heat-toxin. It can be used for chicken pox, measles, and other rashes that occur during the course of a wind-heat disorder. In modern times its use has been extended to include the initial stage of herpes eruptions.

Sheng Ma Ge Gen Tang may also be useful for acute bacterial dysentery if the formula is properly modified. See suggestions below.

In one study published in China this formula was used to treat psoriasis. It had a substantial improvement rate of over 60 percent. This study used Sheng Ma Ge Gen Tang as the base formula and modified it according to the constitutions and presenting symptoms of the patients.

MODIFICATIONS

- For high fever, add Chai Hu (Bupleurum) and Huang Qin (Scute).
- For herpes zoster, add Zi Cao Gen (Arnebia), Chai Hu (Bupleurum), Ju Hua (Chrysanthemum), and Ban Lan Gen (Isatis Root).
- For headache, add Man Jing Zi (Vitex) and Ju Hua (Chrysanthemum).
- For sore throat, add Niu Bang Zi (Arctium) and Jie Geng (Platycodon).
- To help to express papules, add Niu Bang Zi (Arctium) and Bo He (Mint).
- For diarrhea (dysentery), add Huang Qin (Scute) and Huang Lian (Coptis).

Sheng Mai San • 1220**GINSENG & OPHIOPOGON FORMULA [AVAILABLE IN TABLETS]**

<i>Ginseng</i> REN SHEN	50%	SOURCE: <i>On Clarifying Confusion about Internal and External Damage (Nei Wai Shang Bian Huo Lun)</i>
<i>Ophiopogon</i> MAI MEN DONG	30%	FUNCTIONS: Boost qi, moisten the lung, nourish yin, engender fluids, constrain the lung, suppress cough, constrain yin, and alleviate sweating.
<i>Schizandra</i> WU WEI ZI	20%	INDICATIONS: Addresses two conditions: first, summerheat with profuse sweating that has depleted qi and damaged the fluids; second, chronic cough due to lung vacuity with damage to both qi and yin. The former pattern presents with fatigue, shortness of breath, dry mouth and thirst, and a fine, vacuous pulse. The latter is characterized by scant, difficult-to-expectorate phlegm, shortness of breath, spontaneous sweating, a dry mouth and tongue, a thin tongue fur with scant fluid, and a pulse that is either vacuous and rapid or vacuous and fine.

This formula is suited for treating summerheat thirst and fluid depletion because Ren Shen (Ginseng) engenders fluids and relieves thirst and Mai Men Dong (Ophiopogon) enriches lung and stomach yin. It should be supplemented, however, with agents to clear heat and resolve toxin.

When this formula is used for chronic qi-yin vacuity cough, Ren Shen supplements lung and spleen qi and engenders fluids, Mai Men Dong enriches lung yin, and Wu Wei Zi (Schizandra) relieves cough and astringes the lung. Adding other cough-relieving agents may be useful. Tao Ren (Persica) is one herb that can be added to downbear lung qi and also move blood; this is especially appropriate for chronic cough because intense and frequent coughing can create blood stasis, which acts as a secondary pathogen that makes the cough more difficult to cure.

Sheng Mai San is also commonly used to replenish yin and qi after a heat disorder has been dispelled from the body. To avoid trapping the pathogen within the body it is important that it is thoroughly dispelled before administering Sheng Mai San. The supplementing function of the formula is also sometimes applied to coronary heart disease or qi-vacuity anemia.

Sheng Mai San is also known as Sheng Mai Yin and Sheng Mai Tang. The translation *Pulse Engendering Powder* (or *Decoction* or *Cool-Decoction*) reflects the formula's ability to sustain those who are close to death and those whose pulse is verging on expiry.

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MODIFICATIONS

- For chronic vacuity cough, add Tao Ren (Persica) and Bai Bu (Stemona), add Sha Shen (Glehnia) if yin is particularly depleted.
- For summerheat thirst, add Lu Gen (Phragmites) and Jin Yin Hua (Lonicera Flower).
- For angina, add Xue Jie (Dragon's Blood), Tian Qi (Notoginseng), and Dan Shen (Salvia Root).
- For qi-vacuity anemia, add [Dang Gui Bu Xue Tang](#) (Tangkuei & Astragalus Combination), Ji Xue Teng (Spatholobi), and He Shou Wu (Polygonum).
- For extreme qi vacuity, add Huang Qi (Astragalus) and Gan Cao (Licorice); this variation is known as Sheng Mai Bao Yuan Tang.

Sheng Yang San Huo Tang • 0860

BUPLEURUM & GINSENG COMBINATION

<i>Ginseng</i>	SOURCE: <i>On the Spleen and Stomach (Pi Wei Lun)</i>
REN SHEN	12.5%
<i>Cimicifuga</i>	FUNCTIONS: Dissipate depressed fire and expel damp-heat.
SHENG MA	12.5%
<i>Pueraria Root</i>	INDICATIONS: Treats over-consumption of cold foods leading to
GE GEN	stomach vacuity and restrained yang qi in the yang channels. The
<i>Tuhuo Angelica</i>	main presenting symptoms are heat and fatigue in the four limbs or
DU HUO	steaming bone fever.
<i>Notopterygium</i>	—————
QIANG HUO	This formula is intended to treat depressed fire in the yang channels
<i>White Peony</i>	that presents as heat in the four limbs. Nowadays, it is often used to
BAI SHAO	treat steaming bone fevers that are warm to the touch when these are
<i>Bupleurum</i>	owing to damp-heat and depressed fire in the stomach channel. It can
CHAI HU	also be applied to treat chronic cough that presents as depressed heat
<i>Licorice</i>	in the three burners.
GAN CAO	The source text implies that the heat in this pattern is due to yang qi
<i>Siler</i>	trapped in the interior after the central burner qi has been weakened
FANG FENG	by over-consumption of cold or uncooked food. This depressed yang
<i>Licorice (Prepared)</i>	qi subsequently generates heat. Thus, the formula combines acrid dis-
ZHI GAN CAO	persing agents to disperse depressed fire with sour agents to protect the
	yin and qi and supplementing agents to supplement qi. The goal is to
	disperse depressed fire without causing further damage to qi or yin.
	The formula's Chinese name translates literally as <i>Yang-Lifting Fire-Dispersing Decoction</i> . This is a reference to the light, upward-moving herbs in the formula that uplift yang to promote free flow through the three burners and the acrid herbs, fewer in number, that disperse depressed fire. The absence of true heat-clearing herbs indicates that the heat in this syndrome is from depressed qi and blood-yin vacuity. When its root cause is removed, the heat naturally dissipates.

MODIFICATIONS

- For steaming bone fevers, add Yin Chai Hu (*Stellaria Root*).
- For chronic cough with phlegm that is difficult to expectorate, add Sang Bai Pi (*Mulberry Bark*), Gua Lou (*Trichosanthes*), and Huang Qin (*Scute*).

Sheng Yu Tang • 3780

TANGKUEI FOUR PLUS COMBINATION

<i>Tangkuei</i>		SOURCE: <i>The Golden Mirror of Medicine</i> (<i>Yi Zong Jin Jian</i>)
DANG GUI	31.2%	FUNCTIONS: Boost qi, supplement blood, and contain blood.
<i>Astragalus</i>		INDICATIONS: Treats dual vacuity of qi and blood. It is often applied to qi-vacuity blood loss or dual vacuity of yin and qi that gives rise to vexation heat, thirst, and disturbed sleep. The patient often displays a lusterless complexion, a pale tongue with a thin fur, and a weak, fine pulse.
HUANG QI	31.2%	
<i>Rehmannia (Cooked)</i>		
SHU DI HUANG	9.4%	
<i>White Peony</i>		
BAI SHAO	9.4%	
<i>Ligusticum</i>		
CHUAN XIONG	9.4%	The source text recommends this formula for blood loss or dual vacuity of yin and qi that leaves the patient susceptible to vexation-heat, thirst, and disturbed sleep. It is also put forward as a general formula for the treatment of dual vacuity of qi and blood. The construction of the formula supports this, as it is comprised of the prominent blood-supplementing formula, Si Wu Tang (Tangkuei Four Combination), and large doses of two major qi-supplementing agents, Huang Qi (<i>Astragalus</i>) and Ren Shen (<i>Ginseng</i>).
<i>Ginseng</i>		
REN SHEN	9.4%	
<p>Discussing the formula's use as a qi-blood supplementing combination, <i>The Golden Mirror of Medicine</i> points out that Sheng Yu Tang differs from Ba Zhen Tang (Tangkuei & Ginseng Eight Combination) and Shi Quan Da Bu Tang (<i>Ginseng</i> & Tangkuei Ten Combination) in not containing Bai Zhu (<i>Atractylodes</i>), Fu Ling (<i>Poria</i>), or Rou Gui (<i>Cinnamon Bark</i>). This is an advantage in treating qi-blood vacuity that presents with signs of yin-vacuity heat. The author explains: "Bai Zhu is dry and does not benefit kidney yin; Fu Ling percolates and drains, [it] hinders engendering and uplifting; Rou Gui is acrid and warm, it stirs vacuity fire." Thus, among formulas that treat dual vacuity of qi and blood, Sheng Yu Tang is the most appropriate for treating conditions that tend to yin vacuity as well. In such cases, adding agents to supplement yin and clear vacuity heat is often helpful.</p> <p>In the clinic, there are two general applications of this formula. Alone, it can address branch and root of qi-blood vacuity that causes insomnia, vexation-heat, thirst, and bleeding. Combined with other formulas or amended with single herbs, it functions as a base formula to treat various manifestations of dual vacuity of qi and blood. For example, menopausal heat symptoms in patients with qi and blood vacuity can be treated by Sheng Yu Tang with the addition of Yin Chai Hu (<i>Stellaria Root</i>) and Sheng Di Huang (Fresh <i>Rehmannia</i>), or by combining Sheng Yu Tang with a formula such as Er Xian Tang (<i>Curculigo & Epimedium Combination</i>). When qi and blood vacuity gives rise to toxic swellings</p>		

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that are slow to come to a head, one can give Shen Yu Tang with Zao Jiao Ci (Gleditsia Spine), Jie Geng (Platycodon), Jin Yin Hua (Lonicera Flower), and Lian Qiao (Forsythia). See [Tuo Li Xiao Du Yin](#) (Gleditsia Combination) as an example. Sheng Yu Tang is also prescribed for menstrual, postpartum, and post-surgical disorders associated with dual vacuity of qi and blood.

This version of Sheng Yu Tang differs from an earlier version from the *Secret Treasure of the Orchid Chamber* (*Lan Shi Mi Cang*) because it includes Bai Shao (White Peony), lacks Sheng Di Huang (Fresh Rehmannia), and (in modern times at least) uses larger doses of Huang Qi and Ren Shen.

The formula name translates as *Sage's Cure Decoction*, reflecting the effectiveness expected of it.

MODIFICATIONS

- For prolonged menstrual bleeding, add Han Lian Cao (Eclipta); give this formula for two weeks following the menstrual period.
- For bleeding disorders, add Xian He Cao (Agrimony) or Tian Qi (Notoginseng).
- For dull abdominal pain before the period, add Xu Duan (Dipsacus) and Hong Hua (Carthamus).
- For qi-blood vacuity postpartum disorders, combine with [Sheng Hua Tang](#) (Tangkuei & Ginger Combination) and add Fang Feng (Siler) and Yi Mu Cao (Leonurus).
- For menopausal vacuity-heat, add Yin Chai Hu (Stellaria Root) or combine with [Er Xian Tang](#) (Curculigo & Epimedium Combination).
- For insomnia, add Ye Jiao Teng (Polygonum multifloru Vine) or combine with [Suan Zao Ren Tang](#) (Zizyphus Combination).
- For post-surgical incisions that are slow in healing, add Chi Shao (Red Peony), Ru Xiang (Mastic), and Mo Yao (Myrrh); if there is inflammation, include Pu Gong Ying (Dandelion) and Huang Bai (Phellodendron Bark).

Shi Liu Wei Liu Qi Yin • 0140

TANGKUEI SIXTEEN HERBS COMBINATION

<i>Tangkuei</i>	SOURCE: <i>Guidelines for Pattern Identification and Treatment</i> <i>(Zheng Zhi Zhun Sheng)</i>
DANG GUI	8.0%
<i>Ligusticum</i>	FUNCTIONS: Supplement qi, nourish blood, expel pus, and disperse swelling.
CHUAN XIONG	8.0%
White Peony	INDICATIONS: Treats unnamed toxic sores, flat abscesses, breast cancer, hard swellings, and skin conditions caused by qi depression and stagnation.
BAI SHAO	8.0%
<i>Cinnamon Twig</i>	—
GUI ZHI	8.0%
<i>Ginseng</i>	The source text describes use of this formula for hard swellings in the breast that after an extended period develop into open sores. Excess worry that engenders qi stagnation is thought to be the cause. Since this is a chronic condition, agents to supplement qi and support the correct qi such as Ren Shen (<i>Ginseng</i>) and Huang Qi (<i>Astragalus</i>) are included, along with herbs that move qi and disperse accumulation. Nowadays, this formula is used to address mastitis, breast cancer, enlarged thyroid, and swollen lymph nodes.
REN SHEN	8.0%
<i>Platycodon</i>	The name of this formula – literally, <i>Sixteen Ingredient Cool-Decoction for [Promoting] Flow of Qi</i> – implies that if qi flows smoothly, the condition for which the formula is intended will naturally recede.
JIE GENG	8.0%
<i>Angelica</i>	—
BAI ZHI	5.2%
<i>Astragalus</i>	—
HUANG QI	5.2%
<i>Vladimiria</i>	—
MU XIANG	5.2%
<i>Lindera</i>	—
WU YAO	5.2%
<i>Magnolia Bark</i>	MODIFICATIONS
HOU PO	• For enlarged lymph nodes or thyroid, add Xuan Shen (<i>Scrophularia</i>), Xia Ku Cao (<i>Prunella</i>), and Zhe Bei Mu (<i>Fritillaria</i>).
<i>Aurantium Fruit</i>	• For breast disorders, add Wang Bu Liu Xing (<i>Vaccaria Seed</i>) and Pu Gong Ying (<i>Dandelion</i>).
ZHI KE	• Carcinomas call for the addition of agents such as Bai Hua She She Cao (<i>Oldenlandia</i>), Shan Ci Gu (<i>Cremastra</i>), Ban Zhi Lian (<i>Scute Barbata</i>), and Zao Xiu (<i>Paris</i>).
Areca Seed	—
BING LANG	—
<i>Perilla</i>	—
ZI SU YE	—
<i>Siler</i>	—
FANG FENG	—
<i>Licorice</i>	—
GAN CAO	—

Shi Quan Da Bu Tang • 0160

GINSENG & TANGKUEI TEN COMBINATION [AVAILABLE IN TABLETS]

<i>Ginseng</i>	SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
REN SHEN 8.6%	
<i>Tangkuei</i>	FUNCTIONS: Supplement qi, nourish blood, regulate construction (ying), and rectify defense (wei).
DANG GUI 8.6%	
<i>Rehmannia (Cooked)</i>	INDICATIONS: Treats qi and blood vacuity-taxation disorders. Symptoms include reduced appetite, seminal loss, fatigue, and weakness of the lower extremities. Some cases may also present with midcycle spotting or sores that refuse to heal. This formula is often applied to patients recovering from weakness after prolonged or severe illness.
SHU DI HUANG 8.6%	
<i>Astragalus</i>	
HUANG QI 8.6%	
<i>Atractylodes (Alba)</i>	
BAI ZHU 8.6%	
<i>White Peony</i>	Formed by combining Si Wu Tang (Tangkuei Four Combination) and Si Jun Zi Tang (Major Four Herb Combination) and adding Rou Gui (Cinnamon Bark) and Huang Qi (Astragalus), this formula is intended to provide a well-rounded approach to supplementation. Thus the name – <i>Perfect Great Supplementation Decoction</i> . By supplementing blood, qi, and kidney yang, it addresses conditions characterized by long-term distress that whittles away at the body's resources.
BAI SHAO 8.6%	
<i>Cinnamon Bark</i>	
ROU GUI 8.6%	
<i>Ligusticum</i>	
CHUAN XIONG 8.6%	
<i>Poria</i>	This formula is often applied to post-surgical or post-illness weakness because it can address the complex vacuity patterns that often accompany those situations. In addition, we find it used for weakness in the circulatory system or the digestive system, anemia, blood-vacuity dry skin, hypothyroid, and many other vacuity disorders. This formula is decidedly warm and is inappropriate for patients who present with prominent heat signs or yin-vacuity fire.
FU LING 8.6%	
<i>Licorice (Prepared)</i>	
ZHI GAN CAO 8.6%	
<i>Ginger (Fresh)</i>	
SHENG JIANG 8.6%	
<i>Jujube</i>	
DA ZAO 5.4%	

MODIFICATIONS

- For poor appetite, add Qian Shi (Euryale), Shan Yao (Dioscorea), and Chen Pi (Citrus Peel).
- For vacuity joint pain, add Wu Jia Pi (Acanthopanax), Niu Xi (Achyranthes), and Wei Ling Xian (Clematis).
- For heart yang qi vacuity palpitations or weakness, combine with [Yang Xin Tang](#) (Astragalus & Zizyphus Combination).
- For vacuity taxation (i.e., long-term illness that depletes the qi and blood) with insomnia or listless spirit, combine with [Tian Wang Bu Xin Dan](#) (Ginseng & Zizyphus Formula).

Shi Shen Tang • 0150

EPHEDRA & CIMICIFUGA COMBINATION [AVAILABLE IN TABLETS]

<i>Perilla</i>	SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
ZI SU YE	15.5%
<i>Pueraria Root</i>	FUNCTIONS: Dispel wind, effuse the exterior, disinhibit qi, and dissipate evil.
GE GEN	15.5%
<i>Ephedra</i>	INDICATIONS: Treats epidemic diseases, common cold due to wind cold, fever with aversion to cold, nasal congestion, headache, cough, and absence of sweating. It can also be applied to wind-cold-damp bi patterns.
MA HUANG	8.1%
<i>Cimicifuga</i>	—————
SHENG MA	8.1%
<i>Ligusticum</i>	
CHUAN XIONG	8.1%
<i>Angelica</i>	This Song dynasty formula is intended to treat external contractions of epidemic warmth or wind-cold. It resolves the exterior and rectifies qi. One can apply this formula regardless of the exact manifestation of the pattern. As one classical commentator remarks: “The ancients, when treating wind-cold, [felt it] necessary to differentiate between the six channels [when] applying herbs. However, [we] also have situations where there is fever, headache, aversion to cold and nasal congestion and not a clearly distinguished channel pattern.” This all-purpose approach is appropriate when a patient has signs of heat and cold plus signs of both an interior and an exterior pattern.
BAI ZHI	8.1%
<i>Licorice</i>	
GAN CAO	6.1%
<i>Citrus Peel</i>	
CHEN PI	6.1%
<i>Cyperus</i>	
XIANG FU	6.1%
<i>White Peony</i>	
BAI SHAO	6.1%
<i>Ginger (Fresh)</i>	Some modern practitioners use this formula for prevention by prescribing it during an outbreak of flu or cold. A smaller than normal dose can be used with this approach; two grams per dose, three times a day should be sufficient. Keep in mind that this formula contains Ma Huang (Ephedra) and should not be taken for extended periods. Even though it contains only a small amount of that herb, care should be taken with patients who have high blood pressure or heart disorders.
SHENG JIANG	6.1%
<i>Allium</i>	
CONG BAI	6.1%
Both <i>Xiang Su San</i> (Cyperus & Perilla Formula) and Shi Shen Tang treat wind-cold contractions that present with internal qi stagnation. Both of them resolve the exterior and rectify qi. Shi Shen Tang is better able to both rectify qi and resolve the exterior and in addition can harmonize blood, diffuse lung qi, and relieve cough. It can treat serious external wind-cold patterns that present with substantial signs of internal qi stagnation. Xiang Su San provides a more gentle approach to rectifying qi and resolving the exterior and is not able to diffuse lung qi and relieve cough. It is suitable for light cases of exterior cold that present with only mild signs of internal stagnation.	
<i>Shen Su Yin</i> (Ginseng & Perilla Combination) also treats external wind-cold with productive cough. However, it is less able to resolve the exterior and better able to dispel phlegm and relieve cough. Thus,	

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for intense wind-cold patterns that present with mild cough, choose Shi Shen Tang, but for light wind-cold patterns with copious phlegm and cough, think of Shen Su Yin. This is especially true if the patient has a vacuous constitution.

The name of the formula implies the effectiveness of its approach. It can be rendered in English as *Decoction of Ten Miraculous Ingredients*.

MODIFICATIONS

- For fullness in the chest, add Zhi Ke (Aurantium Fruit).
- For cough with phlegm, add Qian Hu (Peucedanum).

Shi Wei Bai Du Tang • 0180

BUPLEURUM & SCHIZONEPETA FORMULA [AVAILABLE IN TABLETS]

<i>Poria</i>	SOURCE: Family formula of Japanese practitioner
FU LING	16.0%
<i>Bupleurum</i>	Hua Gang Qing Zhou
CHAI HU	12.0%
<i>Tuhuo Angelica</i>	FUNCTIONS: Dispel wind, transform damp, clear heat, and resolve
DU HUO	toxin.
<i>Rosa laevigata</i>	INDICATIONS: Treats carbuncles, jie sores, damp papules (eczema),
JIN YING ZI	mastitis, hives, and toxic swellings.
<i>Siler</i>	
FANG FENG	12.0%
<i>Platycodon</i>	This modification of Jing Fang Bai Du San (Schizonepeta & Siler Formula) is designed to treat toxic sores in their initial stage, that is,
JIE GENG	swellings that have not yet suppurated. The herbs in the formula are
<i>Ligusticum</i>	intended to open the exterior, dispel the lesion toxin, and outrush pus.
CHUAN XIONG	In modern times the treatment scope of the formula has extended to
<i>Schizonepeta</i>	include internal and external ear infections because they are also con-
JING JIE	sidered a toxic accumulation in the presence of an exterior pattern.
<i>Licorice</i>	
GAN CAO	4.0%
<i>Ginger (Fresh)</i>	Keep in mind that this type of formula is intended for the initial stage
SHENG JIANG	of toxic sores and is inappropriate when the sores have already burst.
	This particular formula is based on a formula for resolving the exterior,
	and thus its strength is in mitigating symptoms such as chills and fever
	that often accompany the outbreak of toxic sores.
	Japanese books report that the formula is able to correct the constitu-
	tional imbalance of people with allergic skin disorders. Examples
	include hives and mild cases of chronic eczema.
	The formula's name reflects its primary function of treating toxic
	sores and reveals its origin as a modification of Jing Fang Bai Du San
	(<i>Schizonepeta and Siler Powder for Vanquishing Toxin</i>). It translates
	as <i>Ten Ingredient Powder for Vanquishing Toxin</i> .

MODIFICATIONS

- For mastitis, add Pu Gong Ying (Dandelion) and Wang Bu Liu Xing (Vaccaria Seed).
- For sties, add Lian Qiao (Forsythia), Ju Hua (Chrysanthemum), and Pu Gong Ying (Dandelion).
- To encourage outrushing of pus, add Zao Jiao Ci (Gleditsia Spine).
- For ear infections, combine with [Qing Bi Tang](#) (Pueraria Nasal Combination) and add Huang Qin (Scute).
- For hives, add Fu Ping (Spirodela) and Bai Ji Li (Tribulus).
- For damp papules, add Yi Yi Ren (Coix), Bai Xian Pi (Dictamnus), and Bai Ji Li (Tribulus).

Shi Wei Xiang Ru Yin • 0170

ELSHOLTZIA TEN COMBINATION

<i>Elsholtzia</i>		SOURCE: <i>One Hundred and One Emergency Formulas</i> (<i>Zhou Hou Bai Yi Fang</i>)
XIANG RU	20.0%	
<i>Ginseng</i>		FUNCTIONS: Dissipate summerheat, harmonize the spleen, expel damp, and clear heat.
REN SHEN	10.0%	
<i>Licorice</i>		INDICATIONS: For externally contracted summerheat conditions characterized by steaming hot skin, heaviness and pain in the head, spontaneous sweating, fatigued limbs, vexation, thirst, vomiting, and diarrhea.
GAN CAO	10.0%	
<i>Atractylodes (Alba)</i>		
BAI ZHU	10.0%	
<i>Poria</i>		
FU LING	10.0%	This formula treats summerheat patterns. These are flu-like disorders that most frequently occur in the summer and are characterized by signs of both heat and damp. Look for heavy-headedness, poor appetite, clouding of the spirit, general malaise, fever, and digestive discomfort (diarrhea and vomiting) as key signs. Usually a thick tongue fur will accompany this condition, and often the fever will come and go for an extended period.
<i>Dolichos Nut</i>		
BAI BIAN DOU	10.0%	
<i>Astragalus</i>		
HUANG QI	10.0%	
<i>Chaenomeles</i>		
MU GUA	10.0%	
<i>Magnolia Bark</i>		The formula contains herbs to supplement the central burner qi and thus is especially appropriate for persons with qi vacuity who contract a summerheat pattern. A weak pulse, fatigue, and spontaneous sweating indicate this condition. For these patients, adding Wu Wei Zi (Schizandra) and Mai Men Dong (Ophiopogon) may also be helpful. With the Ren Shen (Ginseng) already in the formula, these form the trio that comprises <i>Sheng Mai San</i> (Ginseng & Ophiopogon Formula).
HOU PO	10.0%	
		The name of the formula literally translates as <i>Ten Ingredient Elsholtzia Cool-Decoction</i> .

MODIFICATIONS

- For dry throat and thirst, add Shi Gao (Gypsum) and Zhi Mu (Anemarrhena).
- For diarrhea, add Huang Lian (Coptis) and Mu Xiang (Vladimiria).
- For vomiting and nausea, add Huo Xiang (Agastache), Bo He (Mint), and Ban Xia (Pinellia).

Shu Gan Tang • 3240

BUPLEURUM & EVODIA COMBINATION

<i>Bupleurum</i>		SOURCE: <i>Return to Spring from the Myriad Diseases</i> (<i>Wan Bing Hui Chun</i>)
CHAI HU	14.9%	
<i>Tangkuei</i>		FUNCTIONS: Dispel stasis, relieve pain, quicken blood, and drain heat.
DANG GUI	14.9%	INDICATIONS: Treats pain in the liver channel of the chest, as in intercostal neuralgia, bruised or broken ribs, and pancreatitis.
<i>Coptis</i>		
HUANG LIAN	14.9%	
<i>Persica</i>		
TAO REN	9.9%	This formula treats pain in the ribcage owing to stagnation of qi and blood in the liver channel. It includes Huang Lian (<i>Coptis</i>) to clear the heat that results from depression of liver qi. This formula's name translates as <i>Liver-Coursing Decoction</i> . It is also known as Shu Gan San (<i>Liver-Coursing Powder</i>).
<i>Citrus viride</i>		
QING PI	9.9%	
<i>Aurantium Fruit</i>		
ZHI KE	9.9%	
<i>White Peony</i>		
BAI SHAO	7.7%	
<i>Ligusticum</i>		
CHUAN XIONG	7.7%	
<i>Carthamus</i>		
HONG HUA	5.1%	
<i>Evodia</i>		
WU ZHU YU	5.1%	

MODIFICATIONS

- For intercostal neuralgia, add Chuan Lian Zi (Melia).
- For trauma to the ribs, combine with [Xue Fu Zhu Yu Tang](#) (*Persica & Carthamus Combination*).

Shu Jin Li An San • 3250B

CLEMATIS & CARTHAMUS COMBINATION

<i>Clematis</i>	
WEI LING XIAN	4.0%
<i>Carthamus</i>	
HONG HUA	4.0%
<i>Rehmannia (Fresh)</i>	
SHENG DI HUANG	4.0%
<i>Atractylodes</i>	
CANG ZHU	4.0%
<i>Ligusticum</i>	
CHUAN XIONG	4.0%
<i>Persica</i>	
TAO REN	4.0%
<i>Poria</i>	
FU LING	4.0%
<i>Achyranthes</i>	
NIU XI	4.0%
<i>Stephania</i>	
FANG JI	4.0%
<i>Notopterygium</i>	
QIANG HUO	4.0%
<i>Siler</i>	
FANG FENG	4.0%
<i>Citrus Peel</i>	
CHEN PI	4.0%
<i>Angelica</i>	
BAI ZHI	4.0%
<i>Licorice</i>	
GAN CAO	4.0%
<i>Pinellia</i>	
BAN XIA	4.0%
<i>Tuhuo Angelica</i>	
DU HUO	4.0%
<i>Arisaema</i>	
TIAN NAN XING	4.0%
<i>Gentiana</i>	
LONG DAN CAO	4.0%
<i>Forsythia</i>	
LIAN QIAO	4.0%
<i>Atractylodes (Alba)</i>	
BAI ZHU	4.0%
<i>Chaenomeles</i>	
MU GUA	4.0%
<i>Aconite (Prepared)</i>	
FU ZI	4.0%
<i>Clematis armandi</i>	
MU TONG	4.0%
<i>Bamboo Shaving</i>	
ZHU RU	4.0%
<i>Scute</i>	
HUANG QIN	4.0%

SOURCE: *Return to Spring from the Myriad Diseases* (*Wan Bing Hui Chun*)

FUNCTIONS: Course the channels, quicken blood, dispel wind, cold, and damp, and relieve pain.

INDICATIONS: Treats invasion of the channels by wind-damp-cold and the resultant blood stasis. Symptoms include muscle aches and pain in the joints.

This formula comes from the section of the source text that discusses treatment of pain in the one hundred joints and four limbs.

Shu Jin Li An San is almost identical to [Shu Jing Huo Xue Tang](#) (Clematis & Stephania Combination) but includes more herbs to move blood and to dispel and transform damp and cold. While Shu Jing Huo Xue Tang was specifically designed to treat wind-bi patterns owing to intemperate lifestyle, this formula treats a more entrenched arthritic condition caused by invasion of wind, cold, and damp. Though both formulas dispel cold, Shu Jin Li An San also contains herbs that clear heat in order to address the local inflammation common to painful joint disorders. For chronic bi patterns with few signs of inflammation, a formula such as [San Bi Tang](#) (Tuhuo & Astragalus Combination) may be more suitable.

This formula is a good initial formula for the treatment of wind-cold bi. As treatment progresses, it can be combined with more nourishing formulas such as [Du Huo Ji Sheng Tang](#) (Tuhuo & Loranthus Combination) to nourish liver-blood and supplement the kidney.

The formula name which translates as *Sinew-Soothing Powder to Bring Peace*, reveals the formula's goal of relieving pain in the joints and sinews.

MODIFICATIONS

- For extreme pain, add Ru Xiang (Mastic) and Mo Yao (Myrrh).
- For pain in joints that are cold to the touch and worsen in cold weather, add extra Fu Zi (Prepared Aconite).

Shu Jing Huo Xue Tang • 3250A

CLEMATIS & STEPHANIA COMBINATION [AVAILABLE IN TABLETS]

<i>Ginger (Fresh)</i>	SOURCE: <i>Return to Spring from the Myriad Diseases</i> (<i>Wan Bing Hui Chun</i>)
SHENG JIANG 11.0%	
<i>White Peony</i>	FUNCTIONS: Course the channels, quicken blood, dispel wind, cold, and damp, and relieve pain.
BAI SHAO 9.1%	
<i>Clematis</i>	INDICATIONS: Treats invasion of the channels by wind-damp and resultant blood stasis. Symptoms include migratory stabbing pain in the bones and joints of the whole body, muscle aches, joint pain, and radiating pain or numbness in the leg (worse in the left leg).
WEI LING XIAN 7.3%	
<i>Rehmannia (Fresh)</i>	
SHENG DI HUANG 7.3%	
<i>Atractylodes</i>	
CANG ZHU 7.3%	<i>Return to Spring from the Myriad Diseases</i> mentions this formula as treatment for intemperate alcohol intake and excessive sexual activity that leaves the sinews and vessels empty and easily invaded by wind and cold. In this pattern, wind-cold enwraps embedded heat (from alcohol consumption) and gives rise to migratory stabbing pain. The pain is worse in the left leg because, as the text states, “the left belongs to blood.”
<i>Citrus Peel</i>	
CHEN PI 7.3%	
<i>Persica</i>	
TAO REN 7.3%	Modern applications of the formula are not as limited in scope. It is used for painful wind-cold-damp bi patterns that worsen at night. This formula can also treat second- or third-stage trauma where wind-damp-cold and blood stasis have settled into the trauma site. Sciatic pain, lumbar pain, arthritis, non-sciatic numbness and pain in the lower extremities, sprains, and strains of the knees, legs, or lower back can all be addressed with Shu Jing Huo Xue Tang.
<i>Tangkuei</i>	
DANG GUI 7.3%	
<i>Cyathula</i>	
CHUAN NIU XI 7.3%	This formula nourishes blood but not qi and thus should not be used long-term unless amended with supplementing medicinals. See the modications section.
<i>Stephania</i>	
FANG JI 3.6%	The name Shu Jing Huo Xue Tang translates literally as <i>Decoction for Coursing the Channels and Quicken Blood</i> . The formula has more blood-nourishing and blood-moving ingredients than Juan Bi Tang (<i>Notopterygium & Turmeric Combination</i>) but is less able to supplement qi. Shang Zhong Xia Tong Yong Tong Feng Wan (<i>Cinnamon & Angelica Formula</i>) and Shu Jing Huo Xue Tang both treat migratory bi pain. The former is more drying and less nourishing to the blood than the latter.
<i>Poria</i>	
FU LING 3.6%	
<i>Gentiana</i>	
LONG DAN CAO 3.6%	
<i>Notopterygium</i>	
QIANG HUO 3.6%	
<i>Siler</i>	
FANG FENG 3.6%	
<i>Ligusticum</i>	
CHUAN XIONG 3.6%	
<i>Angelica</i>	
BAI ZHI 3.6%	
<i>Licorice</i>	
GAN CAO 3.6%	

CONTINUED

MODIFICATIONS

- For chronic low back pain, combine with **Du Huo Ji Sheng Tang** (Tuhuo & Loranthus Combination) plus Xu Duan (Dipsacus) and extra Du Zhong (Eucommia).
- For second-stage trauma to the lower extremities, add Hong Hua (Carthamus), Ru Xiang (Mastic), and Mo Yao (Myrrh).
- If there is phlegm, add Ban Xia (Pinellia) and Tian Nan Xing (Arisaema).
- For bi pain in the lower body, add Mu Tong (Clematis armandi), Huang Bai (Phellobendron Bark), Yi Yi Ren (Coix), and Mu Gua (Chaenomeles).
- For qi vacuity, add Ren Shen (Ginseng), Bai Zhu (Atractylodes alba), and Gui Ban (Testudinis).

Shuang Jie Tong Sheng San • 1460

SILER & PLATYCODON FORMULA (MINUS RHUBARB)

<i>Talc</i>		SOURCE: <i>The Golden Mirror of Medicine</i> (<i>Yi Zong Jin Jian</i>)
HUA SHI	23.1%	FUNCTIONS: Dispel wind, clear heat, supplement and nourish blood.
<i>Licorice</i>		INDICATIONS: Treats strong fever and aversion to cold, dizziness, sore, red eyes, difficulty swallowing, nasal congestion with thick and sticky discharge, a bitter taste in the mouth, dry mouth, glomus and oppression in the chest and diaphragm, dark, rough urination, a yellow, greasy tongue fur, and a pulse that is flooding and rapid or wiry and slippery.
GAN CAO	15.5%	
<i>Platycodon</i>		
JIE GENG	7.8%	
<i>Gypsum</i>		
SHI GAO	7.8%	
<i>Scute</i>		
HUANG QIN	7.8%	This formula is the same as Fang Feng Tong Sheng San (Siler & Platycodon Formula) but has Da Huang (Rhubarb) and Mang Xiao (Mirabilitum) removed. This modification reduces the formula's ability to clear internal heat and treat constipation. It is applied to the same disorders as Fang Feng Tong Sheng San when they present without constipation.
<i>Siler</i>		
FANG FENG	3.8%	
<i>Atractylodes</i>		
BAI ZHU	3.8%	
<i>Ligusticum</i>		
CHUAN XIONG	3.8%	The name of this formula, which translates as <i>Dual Resolution Sage-Inspired Powder</i> , reveals the combination's ability to resolve heat simultaneously from the interior and exterior.
<i>Mint</i>		
BO HE	3.8%	
<i>Ephedra</i>		
MA HUANG	3.8%	
<i>Gardenia</i>		
SHAN ZHI ZI	3.8%	
<i>Forsythia</i>		
LIAN QIAO	3.8%	
<i>White Peony</i>		
BAI SHAO	3.8%	
<i>Tangkuei</i>		
DANG GUI	3.8%	
<i>Schizonepeta</i>		
JING JIE	3.8%	

MODIFICATIONS

- For lung heat with cough and phlegm, add Qian Hu (Peucedanum), Gua Lou Shi (Trichosanthes Fruit), Yu Xing Cao (Houttuynia), and extra Huang Qin (Scute).
- For nasal infections, add Chi Shao (Red Peony), Cang Er Zi (Xanthium), and Xin Yi Hua (Magnolia Flower).
- For conjunctivitis, add Ju Hua (Chrysanthemum) and Man Jing Zi (Vitex).
- For acute, hot rashes, add Bai Ji Li (Tribulus), Jin Yin Hua (Lonicera Flower), and Bai Mao Gen (Imperata).
- For hot (red) hives, add Fu Ping (Spirodela) and Bai Ji Li (Tribulus).

Si Jun Zi Tang • 0960

MAJOR FOUR HERB COMBINATION [AVAILABLE IN TABLETS]

<i>Ginseng</i>	SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
REN SHEN 23.1%	
<i>Atractylodes (Alba)</i>	FUNCTIONS: Supplement yang, boost qi, rectify the center, and fortify the spleen and stomach.
BAI ZHU 23.1%	
<i>Poria</i>	INDICATIONS: Treats spleen and stomach qi vacuity presenting as a pale complexion, a low, weak voice, weakness in the four limbs, poor appetite, abdominal distention, loose stools, a pale tongue, and a fine pulse that is either moderate or weak. This pattern is often seen as what Western medicine calls gastritis, enteritis, anemia, or diarrhea.
FU LING 23.1%	
<i>Licorice (Prepared)</i>	
ZHI GAN CAO 11.5%	
<i>Ginger (Fresh)</i>	
SHENG JIANG 11.5%	
<i>Jujube</i>	
DA ZAO 7.7%	This is the primary formula for pure central burner qi-yang vacuity. It strongly supplements the center and also helps the spleen to process (transform) damp. It is an ideal formula for addressing a root condition and can be combined with other formulas or single herbs to address more complex patterns. The four main ingredients of the formula are warm and supporting. They promote harmony among the five viscera. This is reminiscent of the behavior of a Confucian gentleman; thus the four herbs are referred to as the four gentlemen (Si Jun Zi), and the formula is called <i>Four Gentlemen Decoction</i> .

MODIFICATIONS

- For vacuity cold stomach pain, combine with [Fu Zi Li Zhong Tang](#) (Aconite, Ginseng, & Ginger Combination) or add Ba Yue Zha (Akebia Fruit) and Gan Jiang (Dried Ginger).
- For qi vacuity afternoon fevers, add Chai Hu (Bupleurum) and Bai Shao (White Peony).
- For fright insomnia, add Suan Zao Ren (Zizyphus Seed) and Yuan Zhi (Polygala).
- For extreme qi vacuity, add Huang Qi (Astragalus) and Shan Yao (Dioscorea).
- For vacuity constipation, increase Bai Zhu (Atractylodes alba) and add Dang Gui (Tangkuei) and Huo Ma Ren (Hemp Seed).
- For loose stools, add Shan Yao (Dioscorea) and Yi Yi Ren (Coix).
- For qi vacuity with damp that results in irregular menstruation, add Dang Gui (Tangkuei), Bai Shao (White Peony), Chen Pi (Citrus Peel), and Ban Xia (Pinellia).
- For qi vacuity with damp that results in vaginal discharge, add Qian Shi (Euryale), Chun Gen Pi (Ailanthus Bark), and Yi Yi Ren (Coix).
- For qi vacuity cold diarrhea, add Pao Jiang (Charred Ginger), Rou Dou Kou (Myristica), Gan Jiang (Dried Ginger), and Fu Zi (Prepared Aconite).
- For spleen vacuity water swelling, add Yi Yi Ren (Coix), Ze Xie (Alisma), and Gui Zhi (Cinnamon Twig).

Si Ni San • 0970

BUPLEURUM & AURANTIUM IMMATURUS FORMULA

<i>Bupleurum</i>	
CHAI HU	25.0%
<i>Aurantium</i>	
<i>Immaturus</i>	
ZHI SHI	25.0%
<i>Licorice (Prepared)</i>	
ZHI GAN CAO	25.0%
<i>White Peony</i>	
BAI SHAO	25.0%

SOURCE: *On Cold Damage (Shang Han Lun)*

FUNCTIONS: Expel evil, resolve depression, course the liver, and rectify the spleen.

INDICATIONS: Treats a depressed pathogen in the interior that prevents qi from flowing normally to the four limbs. Aside from counterflow frigidity of the four limbs, the pattern may also include palpitations, difficult urination, abdominal pain, and diarrhea with rectal heaviness.

This formula was originally intended to treat a depressed pathogen in the interior in the shao yin stage of an illness. Though one might be tempted to treat an internal accumulation such as this by draining precipitation (purging the bowels), that would be too harsh a treatment for a patient with a shao yang disorder. Thus, the treatment is more moderate and concentrates on resolving depression and rectifying qi.

While both [Si Ni Tang](#) (Aconite, Ginger, & Licorice Combination) and Si Ni San are associated with counterflow frigidity of the four limbs, the former is intended to treat counterflow caused by extreme yang vacuity. In the Si Ni San pattern the counterflow is related to qi that is depressed in the interior and is unable to flow to the extremities. For Si Ni Tang to be appropriate the abdomen should be cold to the touch, as opposed to the warm abdomen in a Si Ni San pattern. Naturally, the pulse and tongue pictures also reflect the different root conditions.

A literal translation of the formula name could be rendered as *Powder [to Treat] Counterflow Frigidity in the Four Limbs*. In modern times the scope of this formula goes well beyond what the name implies. It is now used to treat many conditions where binding depression of liver qi causes symptoms such as abdominal pain, flank pain, diarrhea, and poor digestion.

This formula is similar to [Xiao Yao San](#) (Tangkuei & Bupleurum Formula) in that both treat binding depression of liver qi. It is more powerful than Xiao Yao San for rectifying qi and coursing the liver but lacks that formula's ability to nourish liver blood.

CONTINUED

MODIFICATIONS

- For stomach pain due to liver invading the stomach, add Fo Shou (*Citrus sarcodactylus*) and Ba Yue Zha (*Akebia* Fruit).
- For belching and distention from disharmony between the liver and spleen-stomach, add Xiang Fu (*Cyperus*) and Fo Shou (*Citrus sarcodactylus*).
- For inhibited urination, add Mu Tong (*Clematis armandi*) and Sheng Di (Fresh *Rehmannia*).
- For constipation, add a large dose of Mai Ya (*Barley Sprout*), Huo Ma Ren (*Hemp Seed*), and a small dose of Da Huang (*Rhubarb*).
- For depressed heat with nausea and vomiting, add Sheng Jiang (*Fresh Ginger*) and a small dose of Huang Lian (*Coptis*).
- For spleen vacuity, add Dang Shen (*Codonopsis*) and Bai Zhu (*Atractylodes alba*).
- For liver-gallbladder disorders, add Yin Chen Hao (*Capillaris*), Yu Jin (*Curcuma*), Dan Shen (*Salvia Root*), and Jin Qian Cao (*Desmodium*).
- For diarrhea and rectal heaviness, add Huang Lian (*Coptis*) and Mu Xiang (*Vladimiria*).

Si Ni Tang • 0950

ACONITE, GINGER, & LICORICE COMBINATION

<i>Licorice (Prepared)</i>	
ZHI GAN CAO	50.0%
<i>Dried Ginger</i>	
GAN JIANG	33.3%
<i>Aconite (Prepared)</i>	
FU ZI	16.7%

SOURCE: *On Cold Damage (Shang Han Lun)*

FUNCTIONS: Warm the channels, dispel cold, revive yang, and obviate counterflow.

INDICATIONS: Treats two patterns: first, shao yin disease with severe cold in the four limbs, extreme aversion to cold, tendency to lie down and curl up in a ball, vomiting, absence of thirst, abdominal pain, diarrhea, weak spirit with a desire to sleep, white, glossy tongue, and weak, fine pulse; second, tai yang disease that has been inappropriately treated with sweat-inducing herbs, thereby causing yang collapse. In modern times the formula is applied to conditions of yang collapse compounded by internal collection of cold regardless of the cause. This extreme condition is characterized by cold abdomen, fatigue, and counterflow frigidity of the four limbs.

This formula treats a wide scope of disorders. It may be applied to internal cold conditions such as chronic diarrhea, central burner cold, cold-type jaundice, and chronic fatigue. Nowadays it is also prescribed for such conditions as yang-vacuity heart disorders, hypothyroid, and adrenal insufficiency. If collection of internal water is part of the picture, [Zhen Wu Tang](#) (Ginger, Aconite, Poria, & Peony Combination) may be more appropriate.

Note that this formula is extremely warm and dispersing and is not appropriate for long-term use. Adding agents such as Bai Shao (White Peony) and Bai Zhu (Atractylodes alba) allows it to be taken for a longer period of time.

Si Ni Tang translates as *Four Counterflow Decoction* where “four counterflow” is an abbreviation of the longer expression, “counterflow cold of the four limbs” a main symptom that the formula treats. A less literal but more accurate translation may be *Decoction for Counterflow Cold in the Four Limbs*. This formula should be differentiated from [Si Ni San](#) (Bupleurum & Aurantium Immaturus Formula), which also treats counterflow cold in the four limbs. In the case of Si Ni San, however, the counterflow is caused by qi that is bound in the interior owing to binding depression of liver qi, not by yang vacuity.

CONTINUED

MODIFICATIONS

- For cold abdominal pain, add Rou Gui (Cinnamon Bark), Gao Liang Jiang (Galanga), and Bai Shao (White Peony).
- For stubborn bi pain, add Gui Zhi (Cinnamon Twig) and Bai Zhu (Atractylodes alba).
- For chronic heart weakness, add Ren Shen (Ginseng) and Wu Wei Zi (Schizandra).
- For water swelling associated with heart disease (owing to yang vacuity), add Fu Ling (Poria) and Ren Shen (Ginseng).
- For cold limbs, add Gui Zhi (Cinnamon Twig).
- For cold jaundice, add Yin Chen Hao (Capillaris).

Si Sheng Wan • 0920**REHMANNIA FOUR FORMULA**

<i>Rehmannia (Fresh)</i>	
SHENG DI HUANG	25.0%
<i>Biota Leaf</i>	
CE BAI YE	25.0%
<i>Lotus Leaf</i>	
HE YE	25.0%
<i>Artemisia argyi</i>	
AI YE	25.0%

SOURCE: *Good Remedies for Women (Fu Ren Liang Fang)*

FUNCTIONS: Cool blood and stanch bleeding.

INDICATIONS: Treats blood-heat frenetic movement manifesting as nosebleeds or coughing, spitting, or vomiting of blood. The blood in this pattern is bright red. The patient usually presents with a dry mouth and throat, a red or crimson tongue, and a wiry, rapid pulse.

Though this formula is intended to treat blood-heat bleeding in the upper body, it has also been used successfully for other blood-heat bleeding disorders. Functional uterine bleeding and blood in the stools are two examples. This formula addresses branch conditions and should be followed by a formula that addresses the root cause of the bleeding.

The formula contains He Ye (Lotus Leaf) to disperse stasis and prevent the other herbs from causing stagnation. Sheng Di Huang (Rehmannia) addresses the blood and fluid depletion that are common in a bleeding disorder. These two agents complement the blood-stanching prowess of the other herbs to create a well-balanced formula. Note that the original formula calls for a pill made of the fresh herbs – thus the name *Four Fresh [Ingredients] Pills*. In concentrated granules, however, dried herbs rather than fresh are used, and obviously the formula is not in pill form.

MODIFICATIONS

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- For functional uterine bleeding, add A Jiao (Gelatin) and Pu Huang Tan (Black Bulrush).
 - For coughing of blood, add Bai Mao Gen (Imperata).
 - For blood in the stools, add Di Yu (Sanguisorba).

Si Wu Tang • 0940**TANGKUEI FOUR COMBINATION [AVAILABLE IN TABLETS]**

<i>Tangkuei</i>	SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
DANG GUI 25.0%	
<i>Rehmannia (Cooked)</i>	FUNCTIONS: Supplement and harmonize blood.
SHU DI HUANG 25.0%	
<i>White Peony</i>	INDICATIONS: Treats vacuity in the penetrating and conception vessels (Chong Mai and Ren Mai) that results in irregular menses, infertility, menstrual block, flooding and spotting, postpartum blood stasis, blood masses, and other gynecologic disorders related to blood stasis and blood vacuity. In addition, it may be applied to dry skin disorders, palpitations, cramping in the lower limbs, dizziness, insomnia, and other disorders traditionally associated with blood vacuity.
BAI SHAO 25.0%	
<i>Ligusticum</i>	
CHUAN XIONG 25.0%	

Si Wu Tang is the classic formula for supplementation of blood and thus is a main weapon in the gynecologist's arsenal. It is a variation of [Xiong Gui Jiao Ai Tang](#) (Tangkuei & Gelatin Combination) from the *Essential Prescriptions of the Golden Coffer* (*Jin Gui Yao Lüe*). That formula was intended to treat abnormal vaginal bleeding and the attendant blood vacuity. By removing three ingredients – Gan Cao (Licorice), Ai Ye (Artemisia argyi), and A Jiao (Gelatin) – from Xiong Gui Jiao Ai Tang, the formulator of Si Wu Tang removed most of the blood-stanching function and left the blood-supplementing function intact. While Si Wu Tang is appropriate for most cases of blood vacuity, caution is advised for those who suffer from either qi vacuity or central-burner damp. Thus, most sources contraindicate this formula for those who have loose stools, a thick tongue fur, or bloating and distention in the abdomen. For those cases, [Er Zhi Wan](#) (Ligustrum & Eclipta Combination) or [Dang Gui Bu Xue Tang](#) (Tangkuei & Astragalus Combination) may be more suitable.

According to the Ming dynasty text *Medical Remedies Researched* (*Yi Fang Kao*), this formula does not supplement blood directly. Rather, it nourishes the yin of the five viscera, thus allowing them to function normally and produce the blood that the body needs. For this reason it is appropriate for chronic blood vacuity, but not suitable for acute conditions, where [Du Shen Tang](#) (*Ren Shen Single Ingredient Decoction*) or [Dang Gui Bu Xue Tang](#) (Tangkuei & Astragalus Combination) would be more effective.

CONTINUED

Si Wu Tang is discussed in *Medical Remedies Researched* in the section on gynecologic disorders, where it is described as the primary formula for harmonizing the menses. “Early periods indicate heat and late periods are generally the result of cold, depression, vacuity, or phlegm.” Below are some modifications from that book that address various causes of menstrual irregularity.

In modern China, most gynecologists prescribe this formula at the beginning of the cycle (just after the period) in order to “fill that which is empty.” More agents to move blood and qi and invigorate yang can be added later in the cycle as appropriate.

The common, nondescript translation of the formula’s name, *Four Materials Decoction*, does not reveal what the originator was thinking. The character “Wu” can imply a type or class of item. Most scholars surmise that the name refers to the four ingredients’ similar, blood-nourishing character. Thus, *Four-of-a-Kind Decoction* may be more true to the original meaning.

MODIFICATIONS

- For internal heat characterized by dark purple blood and a rapid pulse, add Huang Qin (Scute) and Huang Lian (Coptis).
- If the pulse is slow, indicating cold, add Rou Gui (Cinnamon Bark) and Fu Zi (Prepared Aconite).
- For patients who are overweight and harbor phlegm, add Ban Xia (Pinellia), Chen Pi (Citrus Peel), and Tian Nan Xing (Arisaema).
- For thin patients with a fire pattern, add Shan Zhi Zi (Gardenia), Huang Bai (Phellodendron Bark), and Zhi Mu (Anemarrhena).
- For depression (of qi), add Xiang Fu (Cyperus), Sha Ren (Amomum), Cang Zhu (Atractylodes), and Shen Qu (Massa Medicata Fermentata).
- For blood stasis, add Tao Ren (Persica), Hong Hua (Carthamus), Yan Hu Suo (Corydalis), and Rou Gui (Cinnamon Bark).
- For insomnia, add Suan Zao Ren (Zizyphus Seed) and Ye Jiao Teng (Polygonum multifloru Vine).
- For qi vacuity, add Huang Qi (Astragalus) and Ren Shen (Ginseng).
- For blood vacuity with taxation-heat signs, add Mu Dan Pi (Moutan) and Di Gu Pi (Lycium Root Bark).
- For cold uterus that gives rise to excessive bleeding, add A Jiao (Gelatin) and Ai Ye (Artemisia argyi).
- For menstrual block owing to stasis, add Ma Bian Cao (Verbena) and Tao Ren (Persica).
- For menstrual pain, add Liu Ji Nu (Artemisiae anomiae) and Yan Hu Suo (Corydalis).

Su Zi Jiang Qi Tang • 4210

PERILLA SEED COMBINATION

<i>Perilla Seed</i>		SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> (<i>He Ji Ju Fang</i>)
SU ZI	18.5%	
<i>Pinellia</i>		FUNCTIONS: Downbear qi, calm asthmatic breathing, dispel phlegm, and relieve cough.
BAN XIA	18.5%	
<i>Citrus Peel</i>		INDICATIONS: Treats repletion in the upper body with vacuity in the lower body. This pattern is characterized by productive cough, wheezing, shortness of breath, and fullness in the epigastrium. These symptoms may be accompanied by lumbar pain, weakness in the legs, fatigue in the body and limbs, general body swelling, and a tongue fur that is white and either glossy or greasy.
CHEN PI	11.1%	
<i>Cinnamon Bark</i>		
ROU GUI	11.1%	
<i>Peucedanum</i>		
QIAN HU	7.4%	
<i>Magnolia Bark</i>		
HOU PO	7.4%	The source text records that this formula is for “treating men or women with vacuity yang attacking the upper [body]. Qi is not born upward or downward; the upper [body] is effulgent and the lower [body] vacuous. The diaphragm is congested and phlegm copious, the throat is inhibited [and there is] cough, vacuity-vexation thirst, clouding and dizziness of the head and eyes, lumbar pain, and weak legs.” The text goes on to mention the following signs of qi stagnation and lower-body vacuity that are often omitted from modern texts: qi diarrhea, cramping abdominal pain, wind constipation, and poor appetite.
<i>Licorice</i>		
GAN CAO	7.4%	
<i>Tangkuei</i>		
DANG GUI	7.4%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	7.4%	
<i>Jujube</i>		
DA ZAO	3.8%	This description evinces a clear picture of congestion in the area of the epigastrium leading to repletion (stagnation and phlegm) above that point and vacuity below. The formula aims to break up diaphragmatic phlegm congestion and thus open the pathway for the normal flow of qi from the lung downward to the kidney. It also rectifies central burner qi to address qi diarrhea, cramping abdominal pain, constipation, and lack of appetite. Note that normally this formula treats a cold condition with clear or white phlegm. For cases where heat, wheezing, and phlegm congestion are severe, it may be beneficial to begin treatment with Ma Xing Gan Shi Tang (Ephedra & Apricot Seed Combination) to treat the acute condition and gradually integrate Su Zi Jiang Qi Tang into the formula as heat signs recede.
		For patients with chronic bronchitis, bronchial asthma, or asthma, this formula can help to relieve wheezing and cough and transform phlegm. When symptoms are relieved, the practitioner should begin adding herbs to address the root disharmony (often kidney-spleen vacuity). Suggestions can be found in the modifications section.

CONTINUED

This formula is named *Perilla Seed Decoction for Downbearing Qi*. It is based on Sun Si-Miao's formula called *Perilla Seed Decoction* (*Zi Su Zi Tang*) which he mentions in his writings as a treatment for leg weakness and qi ascent.

MODIFICATIONS

- For acute asthma with repletion-heat, add Shi Gao (Gypsum), Huang Qin (Scute), Xing Ren (Apricot Seed), and Ma Huang (Ephedra).
- For exterior cold, add Ma Huang (Ephedra) and Xing Ren (Apricot Seed).
- For lung-kidney vacuity, add Rou Gui (Cinnamon Bark) and Dong Chong Xia Cao (Cordyceps).
- For spleen-kidney vacuity, add Ren Shen (Ginseng) and Bu Gu Zhi (Psoralea). If diarrhea is part of the pattern, add Rou Dou Kou (Myristica) and Shan Yao (Dioscorea).
- For binding depression of liver qi, combine with [Xiao Yao San](#) (Tangkuei & Bupleurum Formula).
- For cough, add Xing Ren (Apricot Seed) and Zhe Bei Mu (Fritillaria-Zhe).
- For constipation, add Gua Lou Shi (Trichosanthes Fruit).
- For chronic phlegm, combine with [Er Chen Tang](#) (Citrus & Pinellia Combination).

Suan Zao Ren Tang • 3860

ZIZYPHUS COMBINATION [AVAILABLE IN TABLETS]

<i>Zizyphus Seed</i>			SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> <i>(Jin Gui Yao Liie)</i>
SUAN ZAO REN	45.5%		
<i>Poria</i>			FUNCTIONS: Nourish yin, quiet the spirit, clear heat, and dispel vexation.
FU LING	18.2%		
<i>Ligusticum</i>			INDICATIONS: Treats vacuity taxation, vacuity vexation, and insomnia. These manifest as palpitations, night sweats, dizziness, blurred vision, a dry mouth and throat, and a fine, wiry pulse.
CHUAN XIONG	18.2%		
<i>Licorice</i>			
GAN CAO	9.1%		
<i>Anemarrhena</i>			
ZHI MU	9.1%		
			This formula is intended for the weak, frail patient who has insomnia, excessive dreaming, or heart vexation. It treats vacuity of the heart and liver that gives rise to these symptoms. This dual vacuity is displayed in the wiry and fine pulse typical of this pattern. Heart palpitations and night sweats are frequently attendant symptoms.
			This formula is used in modern clinics to treat menopausal symptoms in frail women who present with liver yin-blood vacuity and vexation insomnia, night sweats, and palpitations. See the suggested modifications section.
			Suan Zao Ren Tang can also be applied to fright wind and other sleep disorders in small children, unilateral headaches owing to liver-vacuity wind, and chronic fatigue disorders. See the modifications section.
			Suan Zao Ren Tang addresses insomnia related to vacuity of the heart and liver. Compare this with Tian Wang Bu Xin Dan (Ginseng & Zizyphus Formula), which treats vacuity insomnia owing to heart-kidney vacuity, and Gui Pi Tang (Ginseng & Longan Combination), which treats insomnia owing to spleen-heart vacuity.
			The patient should take a large dose of the formula (4 grams for adults) a half hour before bed for best results. It is sometimes appropriate to prescribe another formula that addresses the patient's root disharmony to be taken during the day and prescribe Suan Zao Ren Tang only for the evening dose. This is especially useful for patients who tend to have loose stools because this formula contains a large dose of Suan Zao Ren (Zizyphus Seed), which lubricates the intestines.

CONTINUED

MODIFICATIONS

- For the weak patient with signs of phlegm-damp, combine with [Wen Dan Tang](#) (Poria & Bamboo Combination).
- For vexation heat, add a small dose of Huang Lian (Coptis).
- For yin vacuity, add Bai He (Lily) and Sheng Di Huang (Fresh Rehmannia).
- For qi vacuity, add Tai Zi Shen (Pseudostellaria).
- For menopausal sleep disorders, add Bai Shao (White Peony), Sheng Di (Fresh Rehmannia), and Ye Jiao Teng (Polygonum multifloru Vine). If liver yang ascent is present, add Shi Jue Ming (Haliotis). Blood stasis can be addressed by adding Dan Shen (Salvia Root).
- For liver headache, add Bai Shao (White Peony), Dang Gui (Tangkuei), and Yu Jin (Curcuma).
- For vacuity taxation insomnia (as in chronic fatigue patterns), combine with [Tian Wang Bu Xin Dan](#) (Ginseng & Zizyphus Formula) or [Gui Pi Tang](#) (Ginseng & Longan Combination) to address multiple vacuities.

Tao Hong Si Wu Tang • 2550

TANGKUEI FOUR, PERSICA, & CARTHAMUS COMBINATION

<i>Tangkuei</i>		SOURCE: <i>The Golden Mirror of Medicine (Yi Zong Jin Jian)</i>
DANG GUI	20.0%	FUNCTIONS: Nourish blood, quicken blood, adjust the menses, and dispel stasis.
<i>Persica</i>		INDICATIONS: Treats scant menstrual bleeding with purplish blood or large clots, menstrual block, irregular menses, premenstrual pain, mid-cycle bleeding, chronic pelvic inflammatory disorder, and headaches. The pulse is rough and fine or rough and wiry.
TAO REN	20.0%	
<i>White Peony</i>		
BAI SHAO	20.0%	
<i>Rehmannia (Cooked)</i>		
SHU DI HUANG	20.0%	
<i>Carthamus</i>		This formula is a variation of Si Wu Tang (Tangkuei Four Combination) that extends that formula's ability to quicken blood and dispel stasis.
HONG HUA	10.0%	It also supplements blood and thus is ideal for female patients who tend to blood vacuity and blood stasis. For this reason, it is commonly used in gynecology clinics in China.
<i>Ligusticum</i>		
CHUAN XIONG	10.0%	
<p>Women with blood stasis in the lower abdomen will present with abdominal pain that is worse with pressure. This, along with clotted blood in the menses, a rough and wiry pulse, and painful menstruation, are good indications for the use of Tao Hong Si Wu Tang. The tongue usually carries a purple hue.</p> <p>In ophthalmology, this formula is used to treat clear-eye blindness (optic atrophy). See the modification suggestions that follow.</p> <p>Keep in mind that this formula is based on Si Wu Tang and thus is applicable in cases of blood vacuity. If no signs of blood vacuity are present, other formulas may be better suited. For example, for cold-stasis in the lower abdomen, consider Wen Jing Tang (Tangkuei & Evodia Combination). For severe blood stasis in the absence of blood vacuity, Shao Fu Zhu Yu Tang (Fennel Seed & Corydalis Combination) is usually more suitable.</p> <p>The formula's ability to move blood and dispel stasis is sometimes applied to second-stage trauma injuries where stasis is frequently a main concern. In this application it is particularly suited for women or patients who have lost blood.</p>		

MODIFICATIONS

- For menstrual pain, add Liu Ji Nu (Artemisiae anomiae), Pu Huang (Bulrush), and Wu Ling Zhi (Pteropus).
- For midcycle bleeding, add Xian He Cao (Agrimony). If stasis has turned to heat, add Sheng Di (Fresh Rehmannia), Di Yu (Sanguisorba), and Mu Dan Pi (Moutan).

CONTINUED

- For chronic pelvic inflammatory disorder, add Hong Teng (Sargentodoxa Vine).
- For menstrual block, add Chuan Niu Xi (Cyathula) and Ma Bian Cao (Verbena).
- For binding depression of liver qi that results in menstrual pain or irregularity, add Xiang Fu (Cyperus), Chai Hu (Bupleurum), and Yu Jin (Curcuma).
- If abdominal pain decreases with warmth, add Xiao Hui Xiang (Fennel), Rou Gui (Cinnamon Bark), or Wu Zhu Yu (Evodia).
- For second-stage trauma, add Fang Feng (Siler), Ru Xiang (Mastic), and Mo Yao (Myrrh). Add Chuan Niu Xi (Cyathula) for trauma to the lower limbs, Gui Zhi (Cinnamon Twig) for the upper limbs, and Chai Hu (Bupleurum) to treat the chest and flanks.
- For clear-eye blindness, add Chong Wei Zi (Leonurus Fruit), Chi Xiao Dou (Phaseolus), Yin Yang Huo (Epimedium), Che Qian Zi (Plantago Seed), and Chai Hu (Bupleurum). If there is copious exudate in the eye, add Cang Zhu (Atractylodes) and Bai Zhu (Atractylodes alba).

Tao Ren Cheng Qi Tang • 2590

PERSICA & RHUBARB COMBINATION [AVAILABLE IN TABLETS]

<i>Persica</i>	SOURCE: <i>On Cold Damage (Shang Han Lun)</i>
TAO REN 31.4%	FUNCTIONS: Break blood and precipitate stasis.
<i>Rhubarb</i>	INDICATIONS: Addresses accumulation of blood in the lower burner.
DA HUANG 31.4%	The pattern presents with stagnation and pain in the lesser abdomen, absence of urinary difficulties, delirious speech, vexing thirst, and night fevers. In severe cases, the person may display signs of mania.
<i>Cinnamon Twig</i>	—————
GUI ZHI 15.7%	
<i>Licorice (Prepared)</i>	Modern use of this formula is concentrated in gynecology. It treats
ZHI GAN CAO 15.7%	stasis-heat in the lower abdomen that manifests as menstrual block (amenorrhea), retention of the lochia, or painful menstruation. The formula also addresses blood stasis that heats the blood and results in bleeding disorders such as uterine bleeding or bleeding from the nose during the period (inverted menstruation).
<i>Mirabililium</i>	Signs of stasis such as a firm yet elastic lower abdomen, pain in the
MANG XIAO 5.8%	lower abdomen, clotted menstrual blood, and a purple tongue, confirm that this is the appropriate formula. Its stasis-precipitating function is used to treat symptoms of acute trauma, such as post-concussion headaches or intestinal sluggishness that can follow the trauma of a broken bone. For broken bones, the sooner the formula is given following the trauma, the more effective it will be.
	Since this formula contains purging agents to precipitate blood stasis, it is appropriate for short-term use only. Generally, it is taken only for one or two days at a time.
	The original name of the formula was Tao He Cheng Qi Tang, or <i>Persica Qi-Ordering Decoction</i> . Note that Tao He is an old name for Persica kernels (Tao Ren). Later books substituted the moniker Tao Ren for Tao He.

MODIFICATIONS

- For menstrual block, add Chi Shao (Red Peony), San Leng (Scirpus), and E Zhu (Zedoaria).
- For blood-heat bleeding disorders, add Mu Dan Pi (Moutan), Sheng Di (Fresh Rehmannia), and Di Yu (Sanguisorba).
- For retention of the lochia, combine with [Sheng Hua Tang](#) (Tangkuei & Ginger Combination).
- For pelvic inflammatory disease, add Hong Teng (Sargentodoxa Vine) and Pu Gong Ying (Dandelion).
- For post-concussion headaches, add Bai Zhi (Angelica).
- For broken bones, combine with [Shu Jing Huo Xue Tang](#) (Clematis & Stephania Combination).

Tian Ma Gou Teng Yin • 0880

GASTRODIA & GAMBIR COMBINATION

<i>Polygonum multifloru</i> Vine YE JIAO TENG	16.8%	SOURCE: <i>New Significance of Patterns and Treatment in Miscellaneous Disorders (Za Bing Zheng Zhi Xin Yi)</i> FUNCTIONS: Calm the liver, extinguish wind, clear heat, move blood, and supplement the liver and kidney. INDICATIONS: Treats patterns of ascendant hyperactivity of liver yang and ascent of liver wind. The patient presents with headache, dizziness, insomnia, and other signs of repletion in the upper body.
<i>Haliotis</i> SHI JUE MING	16.8%	
<i>Loranthus</i> SANG JI SHENG	13.6%	
<i>Gambir</i> GOU TENG	8.4%	This formula's strong point is that it treats both branch and root. By clearing heat and extinguishing wind, it relieves branch symptoms of hyperactive liver yang and ascent of liver wind such as headache, dizziness, insomnia, tinnitus, tremors, and visual clouding. By nourishing the liver and kidney, it addresses the root cause of these symptoms. This formula in fact addresses branch more than root. Therefore, for long-term use, agents that address the root condition can be added as the branch symptoms recede.
<i>Poria (Fushen)</i> FU SHEN	8.4%	
<i>Leonurus</i> YI MU CAO	8.4%	
<i>Cyathula</i> CHUAN NIU XI	6.8%	
<i>Gastrodia</i> TIAN MA	5.2%	Note that the formula includes blood-moving agents such as Yi Mu Cao (Leonurus) and Chuan Niu Xi (Cyathula). This is ideal for long-standing conditions which, inevitably, spawn blood stasis. In modern times, this formula is most often applied to migraine headaches or high blood pressure associated with ascendant hyperactivity of liver yang and ascent of liver wind.
<i>Eucommia</i> DU ZHONG	5.2%	
<i>Gardenia</i> SHAN ZHI ZI	5.2%	
<i>Scute</i> HUANG QIN	5.2%	This formula does not have the heavy-settling, yang-subduing, or yin-nourishing strength of <i>Zhen Gan Xi Feng Tang</i> (Hematite & Scrophularia Combination), but it is better able to clear heat and calm the liver. Though both formulas aim to treat ascent of liver yang, Tian Ma Gou Teng Yin can better address those patterns that exhibit heat and present with more signs of wind. <i>Zhen Gan Xi Feng Tang</i> can better treat liver yang ascent patterns that have little wind and heat but are part of an overall yin-vacuity pattern. Though both formulas address the heart-spirit, Tian Ma Gou Teng Yin nourishes the heart and quiets the spirit, while <i>Zhen Gan Xi Feng Tang</i> employs heavy-settling agents to quiet fright and settle the spirit.

CONTINUED

MODIFICATIONS

- For hypertension, add Bai Shao (White Peony), Mao Dong Qing (*Ilex pubescens*), and extra Gou Teng (Gambir).
- For headache, add Man Jing Zi (Vitex) and Ju Hua (Chrysanthemum).
- For eye disorders, add Ju Hua (Chrysanthemum) and Bai Ji Li (Tribulus) or combine with [Qi Ju Di Huang Wan](#) (Lycium, Chrysanthemum, & Rehmannia Formula).
- For insomnia, add Suan Zao Ren (Zizyphus Seed) or combine with [Suan Zao Ren Tang](#) (Zizyphus Combination).

Tian Wang Bu Xin Dan • 0830**GINSENG & ZIZYPHUS FORMULA [AVAILABLE IN TABLETS]**

<i>Ginseng</i>	SOURCE: <i>Effective Formulas from Generations of Physicians</i> (<i>Shi Yi De Xiao Fang</i>)
REN SHEN 5.6%	
<i>Rehmannia (Fresh)</i>	FUNCTIONS: Enrich yin, moisten dryness, nourish the heart, and quiet the spirit.
SHENG DI HUANG 5.6%	
<i>Zizyphus Seed</i>	INDICATIONS: Treats yin-blood vacuity presenting as vacuity-vexation, insomnia, palpitations, lassitude of the spirit, dream emissions, forgetfulness, dry stools, and mouth and tongue sores. The pattern often includes a red tongue with scant fur and a fine, rapid pulse.
SUAN ZAO REN 5.55%	
<i>Poria</i>	
FU LING 5.55%	
<i>Polygala</i>	
YUAN ZHI 5.55%	
<i>Acorus</i>	This formula is a primary treatment for insomnia, palpitations, and vacuity-heat night sweating owing to vacuity in the heart. Its strength is in nourishing the yin, blood, and qi of the heart. It only mildly clears heat, so it must be modified if heat signs are prominent. This formula is similar in function to Suan Zao Ren Tang (Zizyphus Combination), but it concentrates on nourishing the heart while Suan Zao Ren Tang aims primarily to nourish the liver. Therefore, as a rule of thumb for treating vacuity insomnia, if the pulse is wiry, consider Suan Zao Ren Tang, and if the pulse is fine and weak, Tian Wang Bu Xin Dan may be better. The two can be combined to treat a dual condition.
SHI CHANG PU 5.55%	
<i>Scrophularia</i>	
XUAN SHEN 5.55%	
<i>Biota Seed</i>	
BAI ZI REN 5.55%	
<i>Platycodon</i>	
JIE GENG 5.55%	
<i>Asparagus Tuber</i>	
TIAN MEN DONG 5.55%	This formula can be excellent for older folks who have trouble sleeping and also suffer from dry-stool constipation. It is also suitable for many long-term fatigue patterns characterized by poor sleep, fatigue, and night sweats. Women often find that it relieves many menopausal symptoms.
<i>Salvia Root</i>	
DAN SHEN 5.55%	
<i>Licorice</i>	
GAN CAO 5.55%	Note that this version of the formula is different from the one from the <i>Secret Investigations into Obtaining Health</i> (<i>She Sheng Mi Po</i>). That formula has a large dose of Sheng Di Huang (Fresh Rehmannia) and must be used very carefully with patients who have weak central burner qi. This formula is more balanced, and though one must still use caution, it is much less apt to damage stomach qi.
<i>Ophiopogon</i>	
MAI MEN DONG 5.55%	
<i>Stemona</i>	
BAI BU 5.55%	
<i>Eucommia</i>	
DU ZHONG 5.55%	Legend has it that, a Buddhist monk named Dao Xuan, who lived at the close of the Tang dynasty, was assigned to the section of his monastery dedicated to one of the Heavenly Emperors (the four deities who protect sentient beings). Committed to his task, he recited Buddhist scriptures day and night, and his body and spirit became weakened and run down – a condition called taxation of the heart. The Heavenly Emperor took pity on Dao Xuan and in a dream gave him the formula later known as <i>Heavenly Emperor's Heart-Supplementing Elixir</i>
<i>Poria (Fushen)</i>	
FU SHEN 5.55%	
<i>Tangkuei</i>	
DANG GUI 5.55%	
<i>Schizandra</i>	
WU WEI ZI 5.55%	

CONTINUED

(Tian Wang Bu Xin Dan). This orally transmitted legend is mimicked in a story found in texts recently recovered from Tang-dynasty caves. The formula version mentioned in the writings is called Bu Xin Dan (*Heart-Supplementing Elixir*) and is similar to what we use today.

MODIFICATIONS

- For tongue and mouth sores, add Huang Lian (Coptis) and Mu Dan Pi (Moutan), or combine with [Qing Wei San](#) (Coptis & Rehmannia Formula).
- For dry-stool constipation, add Huo Ma Ren (Hemp Seed), Zhi Shi (Aurantium Immaturus), and Hou Po (Magnolia Bark), or combine with [Ma Zi Ren Wan](#) (Apricot Seed & Hemp Seed Formula).
- For insomnia, add Ye Jiao Teng (Polygonum multifloru Vine) and He Huan Hua (Albizia Flower).
- For dream emissions, add Qian Shi (Euryale), Long Gu (Dragon Bone Fossil), and Jin Ying Zi (Rosa laevigata).
- For excessive rumination, combine with [Xiao Yao San](#) (Tangkuei & Bupleurum Formula).

Tiao Wei Cheng Qi Tang • 3890

RHUBARB & MIRABILITUM COMBINATION

<i>Rhubarb</i>	
DA HUANG	40.0%
<i>Mirabilitum</i>	
MANG XIAO	40.0%
<i>Licorice (Prepared)</i>	
ZHI GAN CAO	20.0%

SOURCE: *On Cold Damage (Shang Han Lun)*

FUNCTIONS: Harmonize the center, drain heat, moisten dryness, and moderately precipitate.

INDICATIONS: Treats yang ming patterns with dryness and heat in the stomach and intestines characterized by constipation, thirst, heart vexation, and steaming bone fever. Other symptoms include distension and fullness in the abdomen and painful and swollen gums. In extreme cases, symptoms such as delirious speech, papules, or vomiting of blood may present.

This formula is mentioned in two sections of the source text. The first discusses using it to treat a patient who, owing to inappropriate use of diaphoretic herbs, is left with damaged qi and liquids and internal repletion heat. The formula ameliorates this situation because it can moisten dryness, disperse internal repletion-heat in the stomach and intestines, and protect stomach yin. In this usage, small doses of the formula are deemed prudent and sufficient. The second mention of this formula is for the treatment of a mild form of the yang ming repletion heat for which [Da Cheng Qi Tang](#) (Major Rhubarb Combination) is normally prescribed. The replacement of acrid dispersing Hou Po (Magnolia Bark) and Zhi Shi (Aurantium Immaturus), found in Da Cheng Qi Tang, with sweet and supplementing Zhi Gan Cao (Prepared Licorice), makes Tiao Wei Cheng Qi Tang a better choice for mild occurrences and weaker patients.

In the modern clinic, this formula is commonly applied to post-illness constipation where a yang ming illness has damaged yin and fluids and left repletion heat-bind in the abdomen. Symptoms include dry mouth and throat, fatigue, dry-stool constipation, and vexation. Other uses include treatment of central burner dispersion-thirst patterns where repletion heat in the central burner gives rise to voracious appetite, constipation, and thirst, or lingering fever of unknown origin with symptoms of yang ming repletion-dryness such as thirst, steaming bone fever, constipation, abdominal fullness, and vexation.

The formula name translates as *Stomach-Harmonizing Qi-Ordering Decoction*. This appellation reveals the formula's intent to promote orderly flow of qi through the gastrointestinal system without damaging stomach qi.

MODIFICATIONS

- For abdominal fullness, add Hou Po (Magnolia Bark).
- For glomus, add Zhi Shi (Aurantium Immaturus).
- For post-illness fluid-depletion constipation, add Dang Gui (Tangkuei) and Dang Shen (Codonopsis).

Tong Qiao Huo Xue Tang • 2910

PERSICA & LIGUSTICUM COMBINATION

<i>Persica</i>		SOURCE: <i>Correction of Errors in the Field of Medicine</i> (<i>Yi Lin Gai Cuo</i>)
TAO REN	20.7%	FUNCTIONS: Quicken blood, dispel stasis, and free the portals.
Ginger (<i>Fresh</i>)		INDICATIONS: Treats stasis and obstruction in the head, face, or outer body that give rise to headache, dizziness, hearing loss, hair loss, vitiligo, dry-blood taxation in women, and children's gan patterns that present with distended abdomen, weight loss, and tidal fevers.
SHENG JIANG	20.7%	
<i>Carthamus</i>		
HONG HUA	20.7%	
<i>Jujube</i>		
DA ZAO	17.2%	
<i>Ligusticum</i>		
CHUAN XIONG	6.9%	Wang Qing-Ren, the author of <i>Correction of Errors in the Field of Medicine</i> , treated blood stasis patterns according to a system of three locations: the upper and outer body, the blood mansion (thorax), and the abdomen (below the diaphragm). Tong Qiao Huo Xue Tang is his principal formula for addressing stasis in the upper and outer body.
<i>Red Peony</i>		
CHI SHAO	6.9%	
<i>Allium</i>		
CONG BAI	6.9%	Blood stasis disorders evolve from long-standing disharmonies and can manifest as a large variety of symptoms. Blood-stasis symptoms are persistent, do not move around, and are accompanied by a rough pulse and a tongue with a purple hue. Wang Qing-Ren lists the following as symptoms that Tong Qiao Huo Xue Tang can treat: hair loss, red or painful eyes, drinker's nose, chronic hearing loss, white patch wind (vitiligo), infantile gan, and taxation disorders including taxation blood-dryness menstrual block. For all of these disorders, the source text suggests that a few days' treatment will bring relief.
		Though most disorders that this formula treats are chronic ones, nowadays it is also used for sudden deafness and post-concussion headaches. See the modifications for suggestions related to these disorders.
		The name of this formula, which translates as <i>Portal-Freeing Blood-Quickening Decoction</i> , reminds practitioners that this is a blood-moving formula for disorders of the head and face (home of the portals). Though the original formula contained She Xiang (Musk), it is not in most brands of concentrated herb granules because of ethical and legal issues surrounding its use. Some suggested herbs in the modifications section are intended to help compensate for the absence of She Xiang.

CONTINUED

MODIFICATIONS

- Taking this formula with a small glass of warm rice wine will increase its blood-quicken properties and help guide the herbs to the upper burner.
- For chronic blood-stasis hearing loss, take this formula at night. In the morning, take a formula consisting of Chai Hu (Bupleurum), Xiang Fu (Cyperus), and Chuan Xiong (Ligusticum).
- For post-concussion headaches or dizziness, add Bai Zhi (Angelica).
- For sudden deafness, add Chai Hu (Bupleurum), Ge Gen (Pueraria Root), and Shi Chang Pu (Acorus).
- For red and painful eyes, add Ju Hua (Chrysanthemum).
- For blood-dryness menstrual block, combine with [Si Wu Tang](#) (Tangkuei Four Combination).
- For hair loss, add Dang Gui (Tangkuei).

Tuo Li Xiao Du Yin • 1380

GLEBITSIA COMBINATION

<i>Lonicera Flower</i>		SOURCE: <i>The Golden Mirror of Medicine</i> (<i>Yi Zong Jin Jian</i>)
JIN YIN HUA	10.0%	FUNCTIONS: Supplement qi, quicken blood, resolve toxin, and expel pus.
<i>Ligusticum</i>		
CHUAN XIONG	10.0%	
<i>Astragalus</i>		INDICATIONS: Treats qi-vacuity patients who suffer from welling abscesses and flat abscesses. It dissipates sores that have not yet formed pus and outr thrusts pus from those that already have. Boils, abscesses (including breast abscesses), inflamed lymph nodes, and other toxic swellings are all covered by this formula.
HUANG QI	10.0%	
<i>Tangkuei</i>		
DANG GUI	10.0%	
<i>White Peony</i>		
BAI SHAO	10.0%	
<i>Atractylodes (Alba)</i>		
BAI ZHU	10.0%	
<i>Ginseng</i>		
REN SHEN	10.0%	
<i>Poria</i>		
FU LING	10.0%	
<i>Gleditsia Spine</i>		
ZAO JIAO CI	5.0%	
<i>Licorice</i>		
GAN CAO	5.0%	
<i>Platycodon</i>		
JIE GENG	5.0%	
<i>Angelica</i>		
BAI ZHI	5.0%	

There are many formulas in the Chinese literature intended to treat toxic swellings. This formula is specifically designed to address swellings in patients who suffer from qi vacuity. These are sores that refuse to come to a head or, after bursting, are slow to heal and continue to leak thin pus. Signs of qi vacuity in this type of pattern are a weak pulse, a pale tongue, shortness of breath, pale complexion, fatigue, and lassitude of the spirit.

Note that the formula includes *Si Jun Zi Tang* (Major Four Herb Combination) to supplement qi and Huang Qi (Astragalus) to secure the exterior and outr thrust pus. It combines these supplementing agents with agents typically used to disperse toxic swellings, clear heat, and resolve toxin. This is an example of simultaneous treatment of branch and root. The Chinese name of the formula, which translates as *Cool-Decoction to Support the Interior and Disperse Toxin*, reflects this dual treatment principle.

MODIFICATIONS

- For breast abscesses, add Wang Bu Liu Xing (Vaccaria Seed) and Pu Gong Ying (Dandelion).
- If qi is particularly deficient, add extra Ren Shen (Ginseng) and Huang Qi (Astragalus Root).

Wan Dai Tang • 1570

ATRACTYLODES & DIOSCOREA COMBINATION [AVAILABLE IN TABLETS]

<i>Atractylodes (Alba)</i>		SOURCE: <i>Fu Qing-Zhu's Gynecology (Fu Qing Zhu Nü Ke)</i>
BAI ZHU	28.1%	FUNCTIONS: Fortify the spleen, dispel damp, harmonize the stomach, and dissipate stagnation.
<i>Dioscorea</i>		INDICATIONS: Treats vaginal discharge owing to spleen vacuity and liver stagnation with turbid-damp accumulating in the lower burner. Discharge may be white or slightly yellow, thin, and odorless. The patient may have a pale complexion, fatigue, loose stools, a pale tongue with a white fur, and a pulse that is moderate or weak and soft.
SHAN YAO	28.1%	
<i>White Peony</i>		
BAI SHAO	14.0%	
<i>Plantago</i>		
CHE QIAN ZI	8.4%	
<i>Atractylodes</i>		
CANG ZHU	8.4%	This formula deals with a situation where central burner qi is depleted and also obstructed by invasion of liver qi. In the words of Fu Qing-Zhu, the formula's originator: "The treatment method is to greatly supplement the qi of the spleen and stomach and assist by including agents to soothe the liver. This causes wood-wind to cease from obstructing earth-center." Once the central burner is functioning properly, vaginal discharge naturally recedes. According to the source text, this should take about six days. Follow-up treatment with a formula such as Shen Ling Bai Zhu San (Ginseng & Atractylodes Formula) or Bu Zhong Yi Qi Tang (Ginseng & Astragalus Combination) to treat central burner vacuity can help insure that the condition does not return.
<i>Ginseng</i>		
REN SHEN	5.6%	
<i>Licorice</i>		
GAN CAO	2.8%	
<i>Bupleurum</i>		
CHAI HU	1.8%	
<i>Citrus Peel</i>		
CHEN PI	1.4%	A patient with this condition will present with pale complexion, lack of appetite, fatigue, and other signs of spleen vacuity. The formula is mostly applied only to white vaginal discharge, but in recent times it has also been used to treat dizziness in patients with spleen-vacuity damp accompanied by binding depression of liver qi.
<i>Schizonepeta</i>		
JING JIE	1.4%	
		The formula name translates as <i>Discharge-Ending Decoction</i> , which clearly states the formula's goal. The character "Dai" not only means discharge but also brings to mind the girdling vessel, the Dai Mai. Since disorders of the girdling vessel can result in vaginal discharge (Dai Xia), the formula name carries a double meaning. The second meaning suggests the translation <i>Complete Girdling-Vessel Decoction</i> .

MODIFICATIONS

- For lower back pain that accompanies white vaginal discharge, add Tu Si Zi (Cuscuta), Du Zhong (Eucommia), and Xu Duan (Dipsacus).
- For cold pain in the lower abdomen, add Wu Yao (Lindera) and Xiao Hui Xiang (Fennel).
- For long-term vacuity-cold white vaginal discharge, add Lu Rong (Deer Antler Velvet).

Wei Ling Tang • 1980

MAGNOLIA & PORIA COMBINATION

<i>Magnolia Bark</i>		SOURCE: <i>Essential Teachings of Zhu Dan-Xi (Dan Xi Xin Fa)</i>
HOU PO	12.9%	FUNCTIONS: Dry damp, fortify the spleen, transform qi, disinhibit water, move qi, and abduct stagnation.
<i>Poria</i>		INDICATIONS: Treats spleen vacuity with effulgent damp that manifests as distention and fullness in the abdomen and epigastrium, diarrhea, and short, scanty urine. This formula is also indicated for patients with jaundice and swelling in addition to the symptoms above.
FU LING	12.9%	
<i>Citrus Peel</i>		
CHEN PI	12.9%	
<i>Atractylodes (Alba)</i>		
BAI ZHU	12.9%	
<i>Atractylodes</i>		
CANG ZHU	12.9%	This formula is a combination of Ping Wei San (Magnolia & Ginger Formula) and Wu Ling San (Poria Five Herb Formula). This accounts for the name Wei Ling Tang (using the second character of each formula). It was originally intended to treat patients who, during a summerheat stroke, consume too much cold food or liquid. This damages the spleen-stomach qi and leaves water-damp in the central burner, where it obstructs the spleen's function of sending the clear upward and discharging the turbid below. Hindered central burner function gives rise to glomus and oppression in the epigastrium, fatigue, disgust with food, vomiting, and diarrhea. A thick, greasy tongue fur is an important determinant for this pattern, and the pulse is usually slippery or soggy. Wei Ling Tang is also used to treat typical summerheat-damp patterns that present with diarrhea and vomiting, whether or not the patient has consumed cold food and liquids.
<i>Alisma</i>		
ZE XIE	8.7%	
<i>Polyporus</i>		
ZHU LING	8.7%	
<i>Licorice</i>		
GAN CAO	5.2%	
<i>Cinnamon Bark</i>		
ROU GUI	4.3%	Over time the scope of disorders for which Wei Ling Tang is used has grown. By and large, these disorders fall into two categories: digestive disorders owing to damage to the spleen-stomach, and water metabolism dysfunction that reflects the spleen's failure to transform and transport fluids.
<i>Ginger (Fresh)</i>		
SHENG JIANG	4.3%	The digestive disorders for which this formula is used generally present with watery stools, thoracic oppression, and lack of appetite. The water metabolism ailments are usually seen as water swelling that is either primary or due to another pattern. In either case, a thick, greasy tongue fur and a slippery or soggy pulse confirm this formula's suitability.
<i>Jujube</i>		
DA ZAO	4.3%	Modern practitioners use Wei Ling Tang to treat gastritis, enteritis, edema, and stomach flu. Some dermatologists use variations of the formula for treating exudative eczema.
		Note that this combination of Ping Wei San and Wu Ling San contains Rou Gui (Cinnamon Bark) and not Gui Zhi (Cinnamon Twig),

CONTINUED

following the Wu Ling San in *On Cold Damage* (*Shang Han Lun*). This is because Wei Ling Tang is from the works of Zhu Dan-Xi, and his version of Wu Ling San employs Rou Gui.

MODIFICATIONS

- For summerheat-damp patterns, add Huo Xiang (Agastache) and Mu Gua (Chaenomeles).
- For damp-encumbrance diarrhea, add Bai Dou Kou (Cardamon) and Sha Ren (Amomum).
- For abdominal pain, add Mu Xiang (Vladimiria).
- For exudative eczema, add Tu Fu Ling (Smilax), Fang Feng (Siler), Jing Jie (Schizonepeta), and Chi Shao (Red Peony); if heat signs are prominent, add Huang Qin (Scute).
- For diarrhea, add Che Qian Zi (Plantago Seed) and Shen Qu (Massa Medicata Fermentata). For watery stools, add Rou Dou Kou (Myristica) and if combined with abdominal pain, add Bai Shao (White Peony).

Wen Dan Tang • 3480

PORIA & BAMBOO COMBINATION

<i>Citrus Peel</i>		SOURCE: <i>A Unified Treatise on Diseases, Patterns, and Remedies according to the Three Causes (San Yin Ji Yi Bing Zheng Fang Lun)</i>
CHEN PI	24.0%	
<i>Bamboo Shaving</i>		FUNCTIONS: Rectify qi, transform phlegm, harmonize the stomach, and quiet the spirit.
ZHU RU	15.9%	
<i>Pinellia</i>		INDICATIONS: Treats gallbladder-stomach disharmony with phlegm and heat harassing the interior. Symptoms include glomus, bitter taste, vacuity vexation, insomnia, nausea, vomiting, unsubstantiated fear, hiccups, heart palpitations, and seizures. A rapid pulse, which may also be slippery or wiry, and a yellow tongue fur are important signs.
BAN XIA	15.9%	
<i>Aurantium Immaturus</i>		
ZHI SHI	15.9%	
<i>Poria</i>		
FU LING	11.1%	This formula was originally designed to treat post wind-cold exterior patterns that have left the patient with a gallbladder-stomach disharmony. This disharmony disrupts the central burner's functions and gives rise to internal production of phlegm. Qi depression, which is inherent in this pattern, produces heat that in turn mixes with phlegm and rises to disturb the heart and spirit. This sequence of events results in symptoms such as glomus, bitter taste, vexation insomnia, dizziness, palpitations, and nausea.
<i>Licorice</i>		
GAN CAO	6.2%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	6.2%	Because this disturbance of the central burner can generate so many different symptoms, Wen Dan Tang is used for a wide variety of disorders. Key to the correct use of this formula is the determination of phlegm in the central burner that creates symptoms in the upper body owing to disturbed heart-spirit or counterflow of stomach qi. The categories of disease to which this formula is frequently applied include:
<i>Jujube</i>		
DA ZAO	4.8%	
		<ul style="list-style-type: none"> • Disorders owing to phlegm that confounds the orifices of the heart or phlegm-heat that disturbs the heart or spirit, such as schizophrenia, mania, depression, insomnia, palpitations, or fright. • Dizziness or tinnitus owing to obstruction of clear qi. This type of disorder is often accompanied by nausea. Meniere's disorder is an example. • Digestive disorders such as gastritis or duodenal ulcers. • Gallbladder disorders such as gallstones or cholecystitis. • Miscellaneous disorders such as morning sickness, icteric hepatitis, infantile fright, post-surgical weakness, or chemotherapy that brings on thoracic oppression, nausea, or loss of appetite.

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There are many explanations for this formula's seemingly contradictory name, which is generally translated as *Gallbladder-Warming Decoction* even though it treats warm disorders. One explanation is that gallbladder cold, caused by obstruction of shao-yang yang qi, is the root of the condition, and this formula, by clearing phlegm and rectifying qi, allows shao-yang yang qi to warm the gallbladder. A second explanation posits that the character “Wen” (warm) is an adjective and not a verb. Thus the name points out that the formula treats warm gallbladder disorders. The translation *Warm Gallbladder Decoction* would serve this interpretation.

MODIFICATIONS

- For qi vacuity, add Dang Shen (Codonopsis) and Huang Qi (Astragalus). If heart qi vacuity is evident, add Wu Wei Zi (Schizandra) and Mai Men Dong (Ophiopogon).
- For fright or fright palpitations, add Suan Zao Ren (Zizyphus Seed).
- For vexation-heat, add Huang Lian (Coptis) and Mai Men Dong (Ophiopogon).
- For insomnia, add Suan Zao Ren (Zizyphus Seed), He Huan Pi (Albizzia Bark), and Yuan Zhi (Polygala).
- For gastritis, add Wu Zhu Yu (Evodia) and Huang Lian (Coptis); these two herbs comprise Zuo Jin Wan.
- For psychological disorders, add Yu Jin (Curcuma), Dan Nan Xing (Arisaema pulvis), and Shi Chang Pu (Acorus).
- For dizziness, add Tian Ma (Gastrodia), Huang Qin (Scute), Dai Zhe Shi (Hematite), and Bai Shao (White Peony).
- For gallbladder stones, add Chai Hu (Bupleurum), Hua Shi Cao (Orthosiphon), Jin Qian Cao (Desmodium), and Chuan Lian Zi (Melia).
- For post-illness nausea or nausea caused by chemotherapy, combine with [Xuan Fu Dai Zhe Shi Tang](#) (Inula & Hematite Combination).

Wen Jing Tang • 3490

TANGKUEI & EVODIA COMBINATION

<i>Pinellia</i>	SOURCE: <i>Essential Prescriptions of the Golden Coffer</i>
BAN XIA	13.2%
<i>Ophiopogon</i>	(<i>Jin Gui Yao Lüe</i>)
MAI MEN DONG	13.2%
<i>Evodia</i>	FUNCTIONS: Warm the channels, disperse cold, nourish blood, and transform stasis.
WU ZHU YU	10.0%
<i>Ginger (Fresh)</i>	INDICATIONS: Treats vacuity cold, blood stasis, and blockage in the thoroughfare (chong) and conception (ren) vessels. This pattern is characterized by incessant spotting, painful menstruation, vaginal discharge, irregular menses that can be either early or late, a menstrual flow that does not stop, two periods in one month, or amenorrhea.
SHENG JIANG	10.0%
<i>Tangkuei</i>	Accompanying symptoms may include sensation of heat in the evening, heat in the palms and soles, dry mouth and lips, urgent pain in the lesser abdomen, and abdominal fullness. This formula is also used to treat infertility (cold uterus).
DANG GUI	6.7%
<i>Ligusticum</i>	—
CHUAN XIONG	6.7%
<i>White Peony</i>	Symptoms that point to vacuity-cold in the lower abdomen include discomfort that is relieved by warmth, abdominal cramping, and cold low-back pain. A pale-purple tongue and a deep, tight pulse may also present. In the pattern this formula treats, yin-blood vacuity complicates the picture with symptoms such as dry mouth and heat in the palms and soles.
BAI SHAO	6.7%
<i>Ginseng</i>	Wen Jing Tang was originally intended for menopausal or post-menopausal women; hence its emphasis on vacuity and cold. In the centuries that followed its introduction, however, the formula's scope extended to younger women as well, as is evident in its application to painful menstruation and infertility (cold uterus). Nowadays, the formula is also given to men for treatment of impotence, shan-qì pain in the testicles, urinary incontinence, and seminal insufficiency (ejaculation of only small amounts of semen).
REN SHEN	6.7%
<i>Cinnamon Twig</i>	Since cold stasis in the lower abdomen can set the stage for fibroids and other accumulations, Wen Jing Tang is sometimes used to treat this type of disorder. In these cases, it is usually supplemented with blood-moving agents or combined with a formula such as Gui Zhi Fu Ling Wan (Cinnamon & Poria Combination).
GUI ZHI	6.7%
<i>Moutan</i>	Wen Jing Tang translates as <i>Menses-Warming Decoction</i> . The name of the formula unambiguously states its function. Practitioners should be aware that there are other formulas with this same name and similar functions.
MU DAN PI	6.7%
<i>Licorice</i>	
GAN CAO	6.7%
<i>Gelatin</i>	
A JIAO	6.7%

CONTINUED

MODIFICATIONS

- For menstrual pain, add Hong Hua (Carthamus), Pu Huang (Bulrush), and Rou Gui (Cinnamon Bark).
- For uterine bleeding, add Ai Ye (Artemisia argyi), A Jiao (Gelatin), and Xian He Cao (Agrimony).
- For yang-vacuity cold, add Ai Ye (Artemisia argyi), Xiao Hui Xiang (Fennel), and Fu Zi (Prepared Aconite).
- For infertility (cold uterus), add Zi Shi Ying (Fluorite), Lu Jiao Shuang (Cornus Cervi Fragments), and Yin Yang Huo (Epimedium).
- For vacuity vexation and dry mouth, add Sheng Di Huang (Fresh Rehmannia) and Wu Wei Zi (Schizandra).
- For cold pain in the lower back, add Xu Duan (Dipsacus) and Fu Zi (Prepared Aconite).
- For impotence or seminal insufficiency, add Tu Si Zi (Cuscuta), Ba Ji Tian (Morinda), and Yin Yang Huo (Epimedium).
- For cold shan qi pain in the testicles, add Xiao Hui Xiang (Fennel), Ju He (Citrus Seed), and Gui Zhi (Cinnamon Twig).
- For urinary incontinence, add Yi Zhi Ren (Alpinia Fruit).

Wen Qing Yin • 3500

TANGKUEI & GARDENIA COMBINATION

<i>Rehmannia (Cooked)</i>	SOURCE: Master Shen's Life-Respecting Book (<i>Shen Shi Zun Sheng Shu</i>)
SHU DI HUANG 11.2%	
<i>Tangkuei</i>	FUNCTIONS: Warm channels, nourish blood, cool blood, clear heat, and resolve toxin.
DANG GUI 11.1%	
<i>Gardenia</i>	INDICATIONS: Treats combined presence of blood vacuity and blood heat that results in flooding and spotting, hot abdominal pain, dry, itching skin, vaginal discharge, hot, toxic swellings, and inflammation of the bladder, urinary tract, uterus, or ovaries.
SHAN ZHI ZI 11.1%	
<i>White Peony</i>	
BAI SHAO 11.1%	
<i>Ligusticum</i>	
CHUAN XIONG 11.1%	This formula is a combination of Si Wu Tang (Tangkuei Four Combination) and Huang Lian Jie Du Tang (Coptis & Scute Combination). It is most commonly used to treat blood-heat uterine bleeding but also can treat hot skin disorders in patients who suffer from blood vacuity.
<i>Scute</i>	
HUANG QIN 11.1%	
<i>Coptis</i>	The appellation Wen Qing Yin, which translates as <i>Warming and Clearing Cool-Decoction</i> , reveals the formula's function. Wen Qing Yin is also known as <i>Toxin-Resolving Four Ingredients Decoction</i> (Jie Du Si Wu Tang).
HUANG LIAN 11.1%	
<i>Phellodendron</i>	
HUANG BAI 11.1%	
<i>Rehmannia (Fresh)</i>	
SHENG DI HUANG 11.1%	

MODIFICATIONS

- For blood-heat uterine bleeding, combine with [Si Sheng Wan](#) (Rehmannia Four Formula).
- For toxic swellings, add Jin Yin Hua (Lonicera Flower), Lian Qiao (Forsythia), and Zao Jiao Ci (Gleditsia Spine).
- For eczema or other hot dry skin disorders, combine with [Xiao Feng San](#) (Tangkuei & Arctium Formula).
- For inflammation of the urinary tract, add Mu Tong (Clematis armandi) and Hua Shi (Talc).
- For constipation, add Da Huang (Rhubarb).

Wu Ji San • 0720

TANGKUEI & MAGNOLIA FIVE FORMULA [AVAILABLE IN TABLETS]

<i>Atractylodes</i>	SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
CANG ZHU	25.8%
<i>Platycodon</i>	FUNCTIONS: Warm the center, resolve the exterior, expel damp, JIE GENG dispel phlegm, move blood, and disperse accumulations.
MA HUANG	13.0%
<i>Ephedra</i>	INDICATIONS: Treats externally contracted wind-cold compounded MA HUANG by internal cold damage. This condition manifests as fever with no
ZHI KE	sweating, head and body aches, neck and back stiffness, thoracic fullness, 6.5% aversion to food, nausea, vomiting, and abdominal pain. This
<i>Aurantium Fruit</i>	formula can also be used to treat painful menstruation and abdominal CHEN PI pain due to cold.
<i>Citrus Peel</i>	—————
SHENG JIANG	Since the central burner (spleen and stomach) are responsible for transformation and transportation, damage there gives rise to stagnation and accumulation. This formula assumes that an external cold pathogen has exacerbated the central burner's already weak condition and thus debilitated its ability to move qi, digesta, and fluids. The formula's name (<i>Five Accumulations Powder</i>) claims the formula treats the five accumulations (phlegm, digesta, blood, qi and cold). Aside from its traditional uses, Wu Ji San can treat accumulations owing to cold even in the absence of an external cold pathogen. Cold pain in the abdomen or lower back (especially premenstrual and menstrual pain) is an example of a condition that can be treated with this formula even though it involves no external pattern.
<i>Magnolia Bark</i>	3.2%
HOU PO	3.2%
<i>Dried Ginger</i>	4.8%
GAN JIANG	4.8%
<i>Tangkuei</i>	3.2%
DANG GUI	3.2%
<i>Pinellia</i>	3.2%
BAN XIA	3.2%
<i>Poria</i>	3.2%
FU LING	3.2%
<i>Licorice (Prepared)</i>	3.2%
ZHI GAN CAO	3.2%
<i>Angelica</i>	3.2%
BAI ZHI	3.2%
<i>White Peony</i>	3.2%
BAI SHAO	3.2%
<i>Ligusticum</i>	3.2%
CHUAN XIONG	3.2%
<i>Cinnamon Bark</i>	3.2%
ROU GUI	3.2%

MODIFICATIONS

- For wind-cold headache, add Fang Feng (Siler) and Gao Ben (Ligusticia Kaopen).
- For cold menstrual pain, add Ai Ye (Artemisia argyi), Liu Ji Nu (Artemisiae anomiae), and Xiang Fu (Cyperus).
- For digesta accumulation with lack of appetite, bloating, and abdominal pain, add Shan Zha (Crataegus) and Mai Ya (Barley Sprout).
- For qi vacuity, add Ren Shen (Ginseng) and Bai Zhu (Atractylodes alba).
- For abdominal pain, add Wu Zhu Yu (Evodia).

Wu Lin San • 0710

GARDENIA & PORIA FORMULA

<i>Red Poria</i> CHI FU LING	23.4%	SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> (<i>He Ji Ju Fang</i>)
<i>Tangkuei</i> DANG GUI	18.8%	FUNCTIONS: Clear heat, cool blood, disinhibit water, and free strangury.
<i>Licorice</i> GAN CAO	18.8%	INDICATIONS: Treats heat in the urinary tract manifesting as bloody strangury with pain and inhibited urine flow, cloudy urine, or urine containing stones or calculus. In Western medicine, these symptoms correspond to urinary tract infections, urinary tract calculus, or kidney stones.
<i>Gardenia</i> SHAN ZHI ZI	15.6%	
<i>Red Peony</i> CHI SHAO	15.6%	
<i>Juncus</i> DENG XIN CAO	7.8%	This formula is particularly useful for heat, blood, or stone strangury (painful, inhibited urination). While Ba Zheng San (Dianthus Formula) is better for damp-heat that causes those disorders, this formula is better if the cause is heat. Signs that heat is primary include burning urination, thirst, fever, absence of a thick tongue fur, and blood in the urine.
		The source text designates this formula for treatment of inhibited or painful urination in patients having kidney vacuity with bladder heat. A version in <i>The Essential Teachings of Zhu Dan-Xi (Dan Xi Xin Fa)</i> adds Huang Qin (Scute) and suggests adding agents such as Shou Di Huang (Cooked Rehmannia) and Gui Ban (Testudinis) to address kidney vacuity.
		The name of the formula, when translated directly is simply <i>Five Strangury Powder</i> . This most likely describes the formula's ability to treat the five types of strangury. Or it could mean the five-herb combination that treats strangury. Note that the original formula does not contain Deng Xin Cao (Juncus), a sixth herb added in concentrated granules from Taiwan. The addition of Deng Xin Cao to this version possibly stems from a suggestion by Zhu Dan-Xi.

MODIFICATIONS

- For thirst, add Shi Gao (Gypsum) and Hua Shi (Talc).
- For jaundice, add Yin Chen Hao (Capillaris) and Huang Qin (Scute).
- For inhibited urination, add Mu Tong (Clematis armandi) and Fang Ji (Stephania).
- For mouth or tongue sores and disturbed spirit, combine with [Dao Chi San](#) (Rehmannia & Clematis Armandi Formula).

Wu Ling San • 0700

PORIA FIVE HERB FORMULA [AVAILABLE IN TABLETS]

<i>Alisma</i>		SOURCE: <i>On Cold Damage (Shang Han Lun)</i>
ZE XIE	26.7%	FUNCTIONS: Disinhibit water, dispel damp, drain heat, and resolve the exterior.
<i>Poria</i>		INDICATIONS: Treats three conditions: first, an external pattern with internal accumulation of damp accompanied by headache and fever, severe thirst or vomiting immediately after drinking, difficult urination, a white tongue fur, and a floating pulse; second, simple internal water and damp accumulation with swelling, diarrhea, difficult urination or sudden turmoil disorder (Huo Luan); thirdly, phlegm-rheum collection accompanied by a pulsating vessel under the navel, vomiting of frothy saliva, dizziness, shortness of breath, and cough.
FU LING	20.0%	
<i>Polyporus</i>		
ZHU LING	20.0%	
<i>Atractylodes (Alba)</i>		
BAI ZHU	20.0%	These three categories include such biomedically defined disorders as acute or chronic nephritis, edema, inhibited urination, acute gastritis or enteritis (vomiting and diarrhea), stomach prolapse, retention of fluids in the stomach, gastrectasis, and infections in the genitourinary tract.
<i>Cinnamon Twig</i>		
GUI ZHI	13.3%	

Wu Ling San is the classic formula for dealing with water metabolism problems. It was originally designed to treat external patterns that disrupt the water path but subsequently has been applied to all manner of triple burner water disturbances. The common thread in all disorders that it treats is inhibited flow of water along the water path, usually including inhibited urination. In the upper burner, this pattern presents as fluid accumulation; in the central burner, it presents as digestive disorders; in the lower body, it presents as urinary dysfunction.

The formula name can be simply translated as *Five-Herb Poria Powder*. The character “Ling,” however, can also mean to make or cause (if the grass radical on top is removed from it). Thus, some scholars suggest that the name *Five Ling Powder* (Wu Ling San) hides a double meaning – five herbs causing water to flow. Rendering it as *Five-Herb Poria Powder to Cause Water Flow* imparts the dual meaning implicit in the Chinese.

CONTINUED

MODIFICATIONS

- For vexation in the upper burner, add Shan Zhi Zi (Gardenia).
- For vomiting and diarrhea, combine with [Ping Wei San](#) (Magnolia & Ginger Formula).
- For severe edema, add Sang Bai Pi (Mulberry Bark) and Da Fu Pi (Areca Husk).
- Adding Ren Shen (Ginseng) to the formula creates Chun Ze Tang (Poria Five-Herb Formula plus Ginseng). This combination is for patients suffering from qi vacuity water path disturbances.

Wu Mei Wan • 2560 MUME FORMULA

<i>Coptis</i>	SOURCE: <i>On Cold Damage (Shang Han Lun)</i>
HUANG LIAN	21.7%
<i>Mume</i>	FUNCTIONS: Warm the five viscera and quiet roundworms.
WU MEI	13.5%
<i>Dried Ginger</i>	INDICATIONS: Treats roundworm infestations with vexation in the area
GAN JIANG	of the heart, intermittent nausea, and vomiting. Other symptoms can
<i>Asarum</i>	include vomiting of roundworms after eating, cold hands and feet,
XI XIN	and abdominal pain. This formula may also be used to treat long-term
<i>Phellodendron Bark</i>	diarrhea or dysentery.
HUANG BAI	8.1%
<i>Aconite (Prepared)</i>	This has become one of the main formulas for treating roundworms
FU ZI	in both the digestive tract and the gallbladder. It is also useful for
<i>Cinnamon Twig</i>	long-term intractable diarrhea or dysentery that presents with cold in
GUI ZHI	the lower body and heat in the upper body, dull pain in the abdomen,
<i>Ginseng</i>	pus in the stool, cold limbs, and poor appetite.
REN SHEN	8.1%
<i>Zanthoxylum</i>	When using this formula to treat roundworms, one should remember
HUA JIAO	that it primarily quiets the worms. This is the first step in treatment;
<i>Tangkuei</i>	subsequently, agents such as Da Huang (Rhubarb) and Bing Lang
DANG GUI	(Areca Seed) should be added to the formula to expel the worms. In the
	case of gallbladder duct roundworms, adding Chuan Lian Zi (Melia)
	and Ku Lian Pi (Melia Bark) will help to expel the parasites.
	5.4%
	5.4%
	In recent times, Wu Mei Wan has also been used to treat hookworms
	and schistosomiasis; see the suggested modifications below.
	Wu Mei Wan is also applied to various chronic disorders that present
	with an intermixing of hot and cold symptoms. Examples include
	chronic conjunctivitis, cold menstrual pain, enlarged prostate, chronic
	gastritis, and duodenal ulcers.

MODIFICATIONS

- For roundworms, add Shi Jun Zi (Quisqualis); as a second step, to expel the parasites, include Da Huang (Rhubarb), Bing Lang (Areca Seed), and Mang Xiao (Mirabilitum).
 - For bile duct roundworms, add Ku Lian Pi (Melia Bark), Chuan Lian Zi (Melia), Chai Hu (Bupleurum), Shi Jun Zi (Quisqualis), Bing Lang (Areca Seed), Da Huang (Rhubarb), and Mang Xiao (Mirabilitum), or combine with **Da Chai Hu Tang** (Major Bupleurum Combination) and add Bing Lang (Areca Seed) and Ku Lian Pi (Melia Bark).
 - For chronic (white) dysentery, add Rou Dou Kou (Myristica), Fu Zi (Prepared Aconite), Rou Gui (Cinnamon Bark), and Bai Zhu (Atractylodes alba).
 - For schistosomiasis, add Chai Hu (Bupleurum), Da Huang (Rhubarb), Chuan Lian Zi (Melia), and Bai Shao (White Peony).

Wu Pi Yin • 0730

PORIA & ARECA COMBINATION

<i>Poria</i>	SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
FU LING PI	20.0%
<i>Areca Husk</i>	FUNCTIONS: Disinhibit damp, dispel wind, disperse swelling, rectify
DA FU PI	qi, and fortify the spleen.
<i>Acanthopanax</i>	INDICATIONS: Treats spleen vacuity with effulgent damp and super-
WU JIA PI	superficial edema. Specific symptoms include slight swelling over the entire
<i>Lycium Root Bark</i>	body, heavy limbs, distention and fullness in the abdomen and chest,
DI GU PI	wheezing due to counterflow ascent of qi, and difficult urination. A
<i>Ginger (Fresh)</i>	white, slimy tongue fur and a deep, wiry pulse are typical of this pat-
SHENG JIANG	tern. The formula may also be applied to edema in pregnancy.

This formula, whose Chinese name translates as *Five Peels Cool-Decoction*, is primarily used to treat superficial water swelling owing to a spleen encumbered by damp. The source text also recommends it for water swelling in the lower body. Some sources use Sang Bai Pi (Mulberry Bark) instead of Wu Jia Pi (Acanthopanax) and Chen Pi (Citrus Peel) instead of Di Gu Pi (Lycium Root Bark), in which case the formula is more suited for superficial water swelling of the face. One can add these herbs to address that condition. Nowadays, this formula is used to treat edema related to disorders of either the kidney or the heart (referring here to the biomedical anatomical organs).

This formula is also known as Wu Pi San, *Five Peels Powder*.

MODIFICATIONS

- For facial water swelling, add Sang Bai Pi (Mulberry Bark) and Chen Pi (Citrus Peel).
- For water accumulation of the central burner, add Bai Zhu (Atractylodes alba) and Cang Zhu (Atractylodes).
- For edema during pregnancy, add Bai Zhu (Atractylodes alba).

Wu Wei Xiao Du Yin • 0740

DANDELION & WILD CHRYSANTHEMUM COMBINATION

<i>Dandelion</i>	SOURCE: <i>The Golden Mirror of Medicine</i> (<i>Yi Zong Jin Jian</i>)
PU GONG YING 21.7%	FUNCTIONS: Clear heat, resolve toxin, and dissipate clove sores (ding chuang).
<i>Wild Chrysanthemum</i>	INDICATIONS: Treats clove sores, welling abscesses, and boils due to accumulation of fire toxins. These lesions present initially with local swelling, redness, heat, and pain and may be accompanied by fever and aversion to cold. This formula is also used to treat hard, nail-shaped sores with a base deep in the skin (clove sores). The pattern includes a rapid pulse and a red tongue with a yellow fur.
YE JU HUA 21.7%	
<i>Viola</i>	
ZI HUA DI DING 21.7%	
<i>Lonicera Flower</i>	
JIN YIN HUA 21.7%	
<i>Begonia</i>	
TIAN KUI 13.2%	
	<p>Wu Wei Xiao Du Yin consists mostly of flowers. Since flowers are light, they ascend and so are best used to treat the upper body. For this reason, this formula is mostly applied to swellings and lesions in the upper body. It emphasizes clearing heat and resolving toxin. Unlike other formulas directed at treating toxic swellings, it does not contain herbs to disperse accumulation (such as Lian Qiao [Forsythia] or Zhi Shi [Aurantium Immaturus]) or outthrust pus (such as Zao Jiao Ci [Gleditsia Spine] or Jie Geng [Platycodon]). The formula can often benefit from the addition of these items or by combining it with a formula such as Pai Nong San (Platycodon & Aurantium Immaturus Formula) or Tuo Li Xiao Du Yin (Gleditsia Combination).</p> <p>Aside from boils and clove sores, this formula can address such swellings and collections of toxin as mastitis, tonsillitis, and inflammatory gum disease. In modern dermatology, it is used as a base for treatment of hot rashes, especially if these occur in the upper body. The formula's name translates literally as <i>Five Ingredient Cool-Decoction to Disperse Toxin</i>. A more complete rendering would be <i>Five Ingredient Cool-Decoction to Disperse Swellings and Resolve Toxin</i>.</p>

MODIFICATIONS

- For extremely hot toxic swellings, add Huang Lian (Coptis) and Lian Qiao (Forsythia).
- For mastitis, add Pu Gong Ying (Dandelion), Zhe Bei Mu (Fritillaria), and Gua Lou Pi (Trichosanthes Rind); in severe cases, include Zao Xiu (Paris) and Bai Zhi (Angelica).
- If blood heat is extreme, add Chi Shao (Red Peony), Mu Dan Pi (Moutan), and Sheng Di Huang (Fresh Rehmannia).
- For damp-heat rashes, add Bai Xian Pi (Dictamnus), Di Fu Zi (Kochia), and Tu Fu Ling (Smilax).

Wu Yao Shun Qi San • 2600

LINDERA FORMULA [AVAILABLE IN TABLETS]

<i>Lindera</i>	SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
WU YAO 13.8%	
<i>Citrus Peel</i>	FUNCTIONS: Dispel wind, normalize qi, transform phlegm, and clear heat.
CHEN PI 13.8%	
<i>Ephedra</i>	INDICATIONS: Treats wind attacking the extremities resulting in joint pain or numbness, weakness in the knees and lower back, Bell's palsy, headache, and dizziness. In severe cases, hemiplegia, spasms, or difficulty in walking or speaking may present. In addition, this formula may be used to treat cold attacking the chest and armpit in the elderly. This causes stabbing pain in the flanks, distention in the epigastrium and abdomen, vomiting, diarrhea, and borborygmus.
MA HUANG 13.8%	
<i>Ginger (Fresh)</i>	
SHENG JIANG 10.4%	
<i>Angelica</i>	
BAI ZHI 6.9%	
<i>Platycodon</i>	
JIE GENG 6.9%	
<i>Aurantium Fruit</i>	This formula treats what the modern world refers to as stroke. This can be a channel strike, characterized by numbness and debility of the limbs, or an internal strike that is evidenced by speech difficulties. It is best for recent strokes and is not intended for protracted vacuity cases. The <i>Medical Remedies Researched</i> (<i>Yi Fang Kao</i>) cautions, “For chronic cases or for qi vacuity patterns, don’t use this formula [or if you do use it] combine it with supplementing agents.”
ZHI KE 6.9%	
<i>Silkworm</i>	
JIANG CAN 6.9%	
<i>Ligusticum</i>	
CHUAN XIONG 6.9%	
<i>Licorice</i>	
GAN CAO 6.9%	Wind strike is often complicated by the presence of phlegm; thus, the patient will usually have a thick tongue fur. The usual recommendation is that Wu Yao Shun Qi San be followed by a supplementing formula once the pathogen is cleared from the channels. Note, however, that the tongue fur should be markedly reduced before a subsequent supplementing formula is given.
<i>Dried Ginger</i>	
GAN JIANG 3.4%	
<i>Jujube</i>	
DA ZAO 3.4%	
	The author of the <i>Prescriptions in Rhymed Verse</i> (<i>Tang Tou Ge Jue</i>) posits that the formula’s ability to normalize counterflow qi gives it its name, <i>Lindera Qi-Normalizing Powder</i> . He also suggests that counterflow ascent of liver qi is the initial cause of stroke disorders the formula treats.
	The pattern of cold attacking the chest in elderly patients, which is listed as a disorder this formula addresses, is far less common than stroke. This formula should be used for that purpose cautiously, as the elderly frequently suffer from qi vacuity.
	Wu Yao Shun Qi San can also treat acute wind-cold-bi patterns and Bell’s palsy. See the suggested modifications.

CONTINUED

This formula differs from bi-doctoring formulas like [Juan Bi Tang](#) (Notopterygium & Turmeric Combination) and [San Bi Tang](#) (Tuhuo & Astragalus Combination) that contain supplementing medicinals and treat both root and branch. That type of formula can be given for a longer period of time than Wu Yao Shun Qi San.

A powerful post-stroke formula like [Xiao Huo Luo Dan](#) (Myrrh & Aconite Formula) treats acute cases where the pathogen is firmly entrenched. Because Wu Yao Shun Qi San is only moderately proficient at moving qi and dispelling cold, it is best suited for treatment of acute cases where the pathogen is less entrenched. On the other hand, it is less harmful to the body's qi and fluids than more powerful formulas.

MODIFICATIONS

- For difficulty speaking, add Shi Chang Pu (Acorus) and Yuan Zhi (Polygala).
- For Bell's palsy or facial paralysis, add Fang Feng (Siler), Bai Fu Zi (Typhonium), and Quan Xie (Buthus).
- For cold bi, add Gui Zhi (Cinnamon Twig) and Wei Ling Xian (Clematis).
- For weak and sore knees and back, add Du Zhong (Eucommia) and Niu Xi (Achyranthes).
- For qi vacuity, add Ren Shen (Ginseng), Bai Zhu (Atractylodes alba), and Dang Gui (Tangkuei).

Wu Zhu Yu Tang • 1600

EVODIA COMBINATION

<i>Ginger (Fresh)</i>	SOURCE: <i>On Cold Damage (Shang Han Lun)</i>
SHENG JIANG	33.3%
<i>Evodia</i>	FUNCTIONS: Disperse cold, relieve vomiting, harmonize the stomach, relieve pain, and supplement central burner qi.
WU ZHU YU	27.8%
<i>Jujube</i>	INDICATIONS: Treats three categories of conditions: first, vacuity cold in the stomach with nausea, fullness in the chest and diaphragm, gastric pain, acid regurgitation, and gurgling; second, jue yin headache with dry retching and vomiting of foaming saliva; and third, shao yin disease with vomiting and diarrhea, frigid limbs, and a wiry pulse.
DA ZAO	
<i>Ginseng</i>	
REN SHEN	22.2%
	16.7%

This formula is unique in its approach. It not only downbears qi but also supplements and warms the center. Thus, it is primarily used for counterflow qi that originates from vacuity cold in the central burner. In modern terms, this corresponds to headaches, nausea, vomiting of clear fluid, hepatitis, stomach ulcers, morning sickness, and even high blood pressure when these symptoms occur in concert with signs of central burner vacuity cold such as cold stomach pain, pale facial complexion, pale tongue with tinges of purple, cold hands and feet, or diarrhea. Often the pulse associated with this pattern is slow and wiry owing to the presence of internal cold.

Many symptoms can arise when central burner (or liver) cold is the patient's prominent disharmony. Examples include retracted genitals, painful menstruation, and excessive lacrimation of cold tears. Thus, it is wise to keep this formula in mind when central burner (or liver) cold gives rise to unusual symptoms.

Both [Li Zhong Tang](#) (Ginseng & Ginger Combination) and Wu Zhu Yu Tang treat cold in the central burner. While the former treats cold abdominal pain or diarrhea that is uncomplicated by counterflow stomach or liver qi, the latter not only treats cold pain in the abdomen but also addresses symptoms associated with counterflow such as vomiting, dizziness, and headache.

MODIFICATIONS

- For headache and dizziness, add Dang Gui (Tangkuei) and Bai Shao (White Peony); if headache is prominent, add Chuan Xiong (Ligusticum).
- For vomiting and nausea (or for morning sickness), add Ban Xia (Pinellia) and Sha Ren (Amomum).
- For cold stomach pain, add Gao Liang Jiang (Galanga).

Xi Gan Ming Mu San • 2050

GARDENIA & VITEX COMBINATION

<i>Gardenia</i>		SOURCE: <i>Return to Spring from the Myriad Diseases</i> (<i>Wan Bing Hui Chun</i>)
SHAN ZHI ZI	5.3%	
<i>Tangkuei Tail</i>		FUNCTIONS: Dispel wind, clear heat, disperse swelling, and brighten the eyes.
DANG GUI WEI	5.3%	
<i>Ligusticum</i>		INDICATIONS: Treats red, swollen and painful eyes, conjunctivitis, iritis, or scleritis.
CHUAN XIONG	5.3%	
<i>Red Peony</i>		
CHI SHAO	5.3%	
<i>Rehmannia (Fresh)</i>		This formula is specifically indicated for repletion-heat eye disorders characterized by rubor, swelling, or pain. This pattern is often accompanied by fever, headache, or chills. It is an acute situation, and thus the formula is a powerful one intended for short-term use.
SHENG DI HUANG	5.3%	
<i>Coptis</i>		
HUANG LIAN	5.3%	
<i>Scute</i>		The Chinese name of the formula literally translates as <i>Liver-Washing Eye-Brightening Powder</i> . It is a branch formula, and treatment usually requires follow-up with a constitutional formula such as Qi Ju Di Huang Wan (Lycium, Chrysanthemum, & Rehmannia Formula).
HUANG QIN	5.3%	
<i>Chrysanthemum</i>		
JU HUA	5.3%	
<i>Tribulus</i>		
BAI JI LI	5.3%	
<i>Gypsum</i>		
SHI GAO	5.3%	
<i>Forsythia</i>		
LIAN QIAO	5.3%	
<i>Siler</i>		
FANG FENG	5.3%	
<i>Vitex</i>		
MAN JING ZI	5.2%	
<i>Schizonepeta</i>		
JING JIE	5.2%	
<i>Mint</i>		
BO HE	5.2%	
<i>Notopterygium</i>		
QIANG HUO	5.2%	
<i>Platycodon</i>		
JIE GENG	5.2%	
<i>Licorice</i>		
GAN CAO	5.2%	
<i>Cassia Seed</i>		
JUE MING ZI	5.2%	

MODIFICATIONS

- If liver fire is extreme, add Long Dan Cao (Gentiana) and Chai Hu (Bupleurum).
- For constipation, add Da Huang (Rhubarb).

Xiang Ru Yin • 1960

ELSHOLTZIA COMBINATION

<i>Elsholtzia</i>	SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> (<i>He Ji Ju Fang</i>)
XIANG RU	50.0%
Dolichos Nut BAI BIAN DOU	25.0%
Magnolia Bark HOU PO	25.0%

FUNCTIONS: Dispel summerheat, resolve the exterior, transform damp, and harmonize the center.

INDICATIONS: Treats summertime colds and flu due to exposure to cool winds or drinking of cold liquids. Symptoms are those of cold and damp such as a hot body with an aversion to cold, pain and heaviness in the head, absence of sweating, fatigued limbs, thoracic fullness, nausea or vomiting, abdominal pain, diarrhea, a white, greasy tongue fur, and a floating pulse.

Xiang Ru Yin is used to treat cool or cold exterior patterns that occur in the summer months. It can be thought of as a mild [Ma Huang Tang](#) (Ephedra Combination) for summerheat patterns – a concept that reflects the long-standing belief that Xiang Ru (Elsholtzia) is the “Ma Huang (Ephedra) of the summer.”

This formula is almost identical to [San Wu Xiang Ru Yin](#) (Elsholtzia Three Combination). The only difference is the percentages used. Why two so similar versions are available is unclear.

MODIFICATIONS

- For summerheat-heat or summerheat-damp (thirst, skin that is hot to the touch, irritability, etc.) disorders, add Huang Lian (Coptis) and Jin Yin Hua (Lonicera Flower).
- To emphasize the formula’s ability to harmonize the center and transform internal damp, add Fu Ling (Poria), and Gan Cao (Licorice).
- If abdominal distention, vomiting, and diarrhea are severe, add Mu Gua (Chaenomeles), Fu Ling (Poria), and Gan Cao (Licorice).
- If central qi is compromised (fatigue, clouding of the spiritual, etc.), add agents to supplement the center such as Huang Qi (Astragalus Root), Bai Zhu (Atractylodes alba), Ren Shen (Ginseng), and Fu Ling (Poria).

Xiang Sha Liu Jun Zi Tang • 1940

VLADIMIRIA & AMOMUM COMBINATION [AVAILABLE IN TABLETS]

<i>Atractylodes (Alba)</i>		SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era (He Ji Ju Fang)</i>
BAI ZHU	18.0%	
<i>Poria</i>		FUNCTIONS: Fortify the spleen, harmonize the stomach, rectify central burner qi, disperse accumulation, transform damp, and relieve pain.
FU LING	17.9%	
<i>Ginger (Fresh)</i>		INDICATIONS: Treats vacuity of the spleen and stomach with cold and damp stagnation in the central burner. This pattern presents with poor appetite, belching, abdominal distention, fullness or pain in the abdomen and epigastrium, nausea or vomiting, and diarrhea. A typical pulse for this pattern is slippery or weak, and the tongue is generally pale with a greasy fur.
SHENG JIANG	17.9%	
<i>Ginseng</i>		
REN SHEN	8.9%	
<i>Pinellia</i>		
BAN XIA	8.9%	
<i>Vladimiria</i>		
MU XIANG	7.1%	
<i>Amomum</i>		This formula is a modification of Liu Jun Zi Tang (Major Six Herb Combination). It adds two qi-rectifying agents: Mu Xiang (Vladimiria) and Sha Ren (Amomum). Older versions sometimes used Xiang Fu (Cyperus) in place of Mu Xiang.
SHA REN	7.1%	
<i>Citrus Peel</i>		
CHEN PI	7.1%	
<i>Licorice</i>		The pattern Xiang Sha Liu Jun Zi Tang treats is usually long-standing. Protracted central burner vacuity leads to accumulation of cold and damp, and the spleen's ability to transform and transport is impaired. Distention after eating, belching, poor appetite, and diarrhea or loose stools are the most common symptoms of this pattern.
GAN CAO	7.1%	
Once the symptoms of qi stagnation are reduced, one can gradually switch to a formula that more strongly supplements the spleen such as Liu Jun Zi Tang or Si Jun Zi Tang (Major Four Herb Combination). Inclusion of some agents to disperse digesta such as Shan Zha (Crataegus) or Mai Ya (Barley Sprout) can be useful initially. If liver qi stagnation compounds central burner stagnation, including herbs to course and soothe the liver will speed recovery. See the modifications section for further details.		
Since this formula addresses a chronic vacuity condition, treatment can last several months. The patient often takes this formula for two to three months, during which time it is gradually changed to a more supplementing formula to address the underlying spleen vacuity. It is helpful to give guidance on diet, as consumption of greasy or cold foods, or foods that are hard to digest, will inhibit progress.		
Xiang Sha Liu Jun Zi Tang is sometimes used to treat morning sickness in patients who clearly suffer from central burner yang vacuity. Modification is necessary, however, and this usage is contraindicated for patients with heat signs.		

CONTINUED

The formula name translates as *Vladimiria and Amomum Six Gentlemen Decoction*. See [Si Jun Zi Tang](#) (*Four Gentlemen Decoction*) for more information on the term *Gentlemen*.

MODIFICATIONS

- For stomach-cold pain, add Gan Jiang (Dried Ginger) and Xiao Hui Xiang (Fennel).
- For liver qi invading the spleen or stomach, add Fo Shou (Citrus sarcodactylus), Yu Jin (Curcuma), Mai Ya (Barley Sprout), and Xiang Fu (Cyperus) or combine with [Chai Hu Shu Gan Tang](#) (Bupleurum & Cyperus Combination).
- For digesta accumulation with belching that retains the taste of a meal eaten hours before, add Mai Ya (Barley Sprout), Shen Qu (Massa Medicata Fermentata), and Shan Zha (Crataegus).
- If distention is intense, add Hou Po (Magnolia Bark).
- For spleen-vacuity diarrhea with undigested food particles, add Rou Dou Kou (Myristica), Pao Jiang (Charred Ginger), and Bu Gu Zhi (Psoralea).
- For vacuity-cold morning sickness, add Su Ye (Perilla) and Zhu Ru (Bamboo Shaving).

Xiang Sha Ping Wei San • 1930

CYPERUS, AMOMUM, & ATRACTYLODES FORMULA

<i>Atractylodes</i>		SOURCE: <i>Return to Spring from the Myriad Diseases</i> (<i>Wan Bing Hui Chun</i>)
CANG ZHU	17.7%	
<i>Magnolia Bark</i>		FUNCTIONS: Rectify central burner qi, disperse digesta, disperse accumulation, and transform damp.
HOU PO	17.7%	
<i>Citrus Peel</i>		INDICATIONS: Treats food stagnation characterized by abdominal distention and pain, no desire to eat, vomiting of sour fluid, belching, constipation, or diarrhea that does not relieve abdominal pain.
CHEN PI	17.7%	
<i>Cyperus</i>		
XIANG FU	9.3%	
<i>Raphanus</i>		
LAI FU ZI	5.2%	This formula is mentioned in the source text for treating food depression. Food depression is one of the six depressions (damp, food, qi, blood, heat, and phlegm) and is characterized by stagnation in the central burner that gives rise to belching, vomiting of sour fluid, decreased appetite, glomus, and irregular stool movements.
<i>Amomum</i>		
SHA REN	4.2%	The <i>Golden Mirror of Medicine</i> (<i>Yi Zong Jin Jian</i>) has a similar formula by the same name, which it recommends for treatment of digesta pain, which is digesta stagnation accompanied by constipation, abdominal fullness, pain that is worse with food, and a desire to drink cool liquids. It suggests treating this disorder with Xiao Cheng Qi Tang (Minor Rhubarb Combination) and, if the condition is not resolved, following with Xiang Sha Ping Wei San.
<i>Aurantium Fruit</i>		
ZHI KE	4.2%	
<i>Massa Medicata Fermentata</i>		
SHEN QU	4.2%	Modern practitioners use this formula to treat infantile gan disorders, digestive weakness, and chronic or acute gastroenteritis. It treats damp accumulation and digesta stagnation but does little to supplement the center. For this reason, it is best suited for short-term use and should be followed with a formula that addresses the root condition such as Liu Jun Zi Tang (Major Six Herb Combination) or Xiang Sha Liu Jun Zi Tang (Vladimiria & Amomum Combination). The formula name reflects that it is a modification of Ping Wei San (Magnolia & Ginger Formula, or <i>Stomach-Calming Powder</i>), with added Mu Xiang (Vladimiria) and Sha Ren (Amomum), among other things. Thus its name can be rendered in English as <i>Vladimiria and Amomum Stomach-Calming Powder</i> .
<i>Dried Ginger</i>		
GAN JIANG	4.2%	
<i>Vladimiria</i>		
MU XIANG	4.2%	
<i>Crataegus</i>		
SHAN ZHA	4.2%	
<i>Barley Sprout</i>		
MAI YA	4.2%	
<i>Licorice</i>		
GAN CAO	3.0%	

MODIFICATIONS

- For abdominal pain, add Bai Shao (White Peony).
- For chronic conditions, combine with [Shen Ling Bai Zhu San](#) (Ginseng & Atractylodes Formula).
- For heat signs, add a small amount of Huang Lian (Coptis).

Xiang Sha Yang Wei Tang • 1920

CYPERUS & CARDAMON COMBINATION

<i>Atractylodes (Alba)</i>		SOURCE: <i>Return to Spring from the Myriad Diseases</i> (<i>Wan Bing Hui Chun</i>)
BAI ZHU	11.3%	
<i>Poria</i>		FUNCTIONS: Rectify qi, transform damp, fortify the spleen and stomach, and boost qi.
FU LING	11.3%	
<i>Cyperus</i>		INDICATIONS: Treats damp encumbrance, central qi vacuity, and qi stagnation in the spleen and stomach manifesting as distention, fullness, and pain in the gastric region, lack of appetite, dulling of the palate, nausea, vomiting of sour fluid, and indigestion. This pattern will usually present with a slippery and weak pulse and a pale tongue with a thick fur.
XIANG FU	7.8%	
<i>Cardamon</i>		
BAI DOU KOU	7.8%	
<i>Atractylodes</i>		
CANG ZHU	7.8%	
<i>Magnolia Bark</i>		
CHUAN HOU PO	7.8%	The major symptoms of spleen-stomach vacuity and encumbrance by damp are abdominal distention after eating, lack of appetite, nausea, dulling of the palate, and glomus and oppression in the epigastrium. To treat this condition, it is necessary to supplement the center, rectify central burner qi, and transform damp. This formula addresses these three things in a balanced fashion. It builds on a base of Si Jun Zi Tang (Major Four Herb Combination) and adds agents to rectify qi and harmonize the center.
<i>Citrus Peel</i>		
CHEN PI	7.8%	
<i>Ginseng</i>		
REN SHEN	7.8%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	7.8%	
<i>Vladimiria</i>		
MU XIANG	5.7%	This formula is similar to Xiang Sha Liu Jun Zi Tang (Vladimiria & Amomum Combination), but instead of Ban Xia (Pinellia), contains Bai Dou Kou (Cardamon), Cang Zhu (Atractylodes), Hou Po (Magnolia Bark), and Xiang Fu (Cyperus). The absence of Ban Xia makes Xiang Sha Yang Wei Tang less able to downbear stomach qi and treat nausea and vomiting than Xiang Sha Liu Jun Zi Tang, but the inclusion of the other ingredients makes it better at rectifying qi and dispersing distension. Keep in mind that both formulas are decidedly warm and are inappropriate for patients with upper body heat signs such as mouth sores, bleeding gums, or red facial complexion.
<i>Amomum</i>		
SHA REN	5.7%	
<i>Licorice</i>		
GAN CAO	5.7%	
<i>Jujube</i>		
DA ZAO	5.7%	
		The Chinese name of this formula translates as <i>Vladimiria and Amomum Decoction to Nourish the Stomach</i> .

CONTINUED

MODIFICATIONS

- For signs of spleen-stomach cold such as loose stools or cold pain, add Gan Jiang (Dried Ginger) and Rou Gui (Cinnamon Bark).
- For food-damage diarrhea (diarrhea owing to intemperate diet), add Gan Jiang (Dried Ginger) and Wu Mei (Mume).
- For fullness in the chest and abdomen, add Zhi Ke (Aurantium Fruit), Lai Fu Zi (Raphanus), and Da Fu Pi (Areca Husk).
- For abdominal pain, add Mu Xiang (Vladimiria).
- For nausea or vomiting, add Huo Xiang (Agastache), Sheng Jiang (Fresh Ginger), and Ban Xia (Pinellia).

Xiang Sheng Po Di San • 4250

GASPING FORMULA

<i>Mint</i>		SOURCE: <i>Return to Spring from the Myriad Diseases</i> (<i>Wan Bing Hui Chun</i>)
BO HE	21.8%	
<i>Forsythia</i>		FUNCTIONS: Clear, cool and dispel phlegm, disperse accumulation, disinhibit the throat, and free the voice.
LIAN QIAO	14.5%	
<i>Ligusticum</i>		INDICATIONS: Treats hoarseness or loss of voice from overuse or from flaring of internal heat.
CHUAN XIONG	14.5%	
<i>Licorice</i>		
GAN CAO	10.9%	This formula was specifically designed to treat loss of voice from overuse. It can also be used to treat laryngitis that results from heat in the lungs or stomach, in which case it should be combined with herbs to address lung or stomach heat. See suggestions below.
<i>Catechu</i>		
ER CHA	10.9%	The source texts suggest mixing the herbs with egg white and forming them into a pill to be slowly dissolved in the mouth. We suggest that honey will work as well, and mixing the herb concentrates with honey will give them a more pleasant taste.
<i>Platycodon</i>		
JIE GENG	10.9%	
<i>Amomum</i>		The name of this formula translates loosely as <i>Powder for the Sound of a Broken Flute</i> , an obvious reference to the disorder it addresses.
SHA REN	5.5%	This formula is quite different from similarly named Xiang Sheng Po Di Wan or <i>Pill for the Sound of a Broken Flute</i> .
<i>Rhubarb</i>		
DA HUANG	5.5%	
<i>Chebule</i>		
HE ZI	5.5%	

MODIFICATIONS

- For stomach heat, add Shi Hu (*Ephemerantha fimbriata*) and Zhi Mu (*Anemarrhena*).
- For lung heat, add Huang Qin (*Scute*) and Sang Bai Pi (*Mulberry Bark*).

Xiang Su San • 1950

CYPERUS & PERILLA FORMULA [AVAILABLE IN TABLETS]

<i>Cyperus</i>	SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i>
XIANG FU	28.6% (He Ji Ju Fang)
<i>Perilla</i>	FUNCTIONS: Dispel cold, rectify qi, resolve the exterior, and
ZI SU YE	28.6% harmonize the center.
<i>Citrus Peel</i>	INDICATIONS: Treats external wind-cold with internal qi stagnation.
CHEN PI	Symptoms include cold limbs while the body is hot, headache, absence
<i>Ginger (Fresh)</i>	of sweating, glomus and fullness in the chest and epigastrium, lack of
SHENG JIANG	appetite, a thin, white tongue fur, and a floating pulse.

<i>Allium</i>	Xiang Su San was originally intended to treat digestive disturbances
CONG BAI	related to mild wind-cold exterior patterns. It was theorized that
<i>Licorice (Prepared)</i>	a wind-cold pathogen rides the lung channel into the central burner.
ZHI GAN CAO	This causes qi stagnation and disturbs the spleen's function of transporting and transforming. The formula's ability to address this situation makes it very soothing, especially if imbibed warm. The herbs not only dispel the cold pathogen but also settle the stomach.

In later times, practitioners began to use Xiang Su San for digestive disorders not related to exterior cold patterns. Generally it is applied to mild cases of disharmony between the liver and stomach with symptoms such as distention and pain in the upper abdomen, pain that extends to the flanks, belching, nausea, and vomiting of sour fluid. It is also used to treat chronic diarrhea related to liver qi invading the spleen. Liver involvement is usually evident through a wiry pulse and symptoms that worsen with stress.

Other disorders to which this formula can be applied are food poisoning owing to eating tainted fish, allergic rhinitis, and menstrual block or other menstrual irregularities that are due to qi stagnation and do not respond to a typical blood-moving formula. For menstrual conditions add Dang Gui (Tangkuei).

Note that there are several formulas named Xiang Su San. The one given here is the most commonly used at present.

MODIFICATIONS

- For exterior wind-cold patterns with severe cold symptoms, add Jing Jie (Schizonepeta) and Fang Feng (Siler).
- For headache related to wind-cold exterior patterns, add Bai Zhi (Angelica) and Chuan Xiong (Ligusticum).

CONTINUED

- For cough during an exterior pattern, add Xing Ren (Apricot Seed) and Qian Hu (Peucedanum).
- For wind-cold patterns with nasal congestion, add Bo He (Mint), Cang Er Zi (Xanthium), and Xin Yi Hua (Magnolia Flower), or combine with [Cang Er San](#) (Xanthium Formula).
- For allergic rhinitis, add Bai Zhi (Angelica), Ze Lan (Lycopus), Huang Qin (Scute), and Ge Gen (Pueraria Root).
- For liver qi stagnation patterns where liver qi stagnation is severe, add Chai Hu (Bupleurum) and Yu Jin (Curcuma).
- For vomiting of sour fluid owing to liver qi invading the stomach, add Hai Piao Xiao (Cuttlebone) and Wa Leng Zi (Ark Shell).
- For stomach pain that is relieved by warmth, add Gao Liang Jiang (Galanga) and Gan Jiang (Dried Ginger).
- For digesta stagnation, add Shan Zha (Crataegus) and Shen Qu (Massa Medicata Fermentata).

Xiao Ban Xia Jia Fu Ling Tang • 0500

MINOR PINELLIA & PORIA COMBINATION

<i>Pinellia</i>		SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> <i>(Jin Gui Yao Lie)</i>
BAN XIA	45.4%	
<i>Ginger (Fresh)</i>		FUNCTIONS: Dispel phlegm, move water, dissipate qi, and disperse glomus.
SHENG JIANG	36.4%	
<i>Poria</i>		INDICATIONS: Treats counterflow ascent of water-rheum, a syndrome accompanied by vomiting, epigastric glomus, dizziness and palpitations.
FU LING	18.2%	

Designed to treat thirst and vomiting of clear fluid, this formula is useful for fluid retention in the epigastric region. Some sources suggest this formula is for patients who drink a large amount of fluids because they are thirsty and then vomit after drinking. In modern times the formula is used to treat various conditions such as viral myocarditis, morning sickness, gastroneurosis, and food poisoning. If applied to morning sickness, care should be taken because of the large percentage of Ban Xia (Pinellia).

This formula is for short-term use only. Generally two or three doses are sufficient.

MODIFICATIONS

- For vomiting of clear fluid without thirst, add Bai Zhu (Atractylodes alba) and Gui Zhi (Cinnamon Twig).
- For morning sickness, combine with [Ban Xia Xie Xin Tang](#) (Pinellia Combination).
- For vacuity cold in the stomach which gives rise to vomiting, add Fu Zi (Prepared Aconite) and Wu Zhu Yu (Evodia).
- For stagnant accumulation of digesta, add Shen Qu (Massa Medicata Fermentata) and Shan Zha (Crataegus).
- For vomiting owing to vacuity of stomach yin, add Sha Shen (Glehnia), Pi Pa Ye (Eriobotrya), Shi Hu (Ephemerantha fimbriata), and Mai Men Dong (Ophiopogon).

Xiao Chai Hu Tang • 0430A**MINOR BUPLEURUM COMBINATION [AVAILABLE IN TABLETS]**

<i>Bupleurum</i>		SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> (<i>Jin Gui Yao Lüe</i>)
CHAI HU	25.8%	
<i>Pinellia</i>		FUNCTIONS: Harmonize and resolve shao yang.
BAN XIA	25.8%	
<i>Scute</i>		INDICATIONS: Treats two types of conditions: first, shao yang syndrome, which manifests as alternating fever and chills, fullness in the chest and rib sides, lack of appetite, vexation in the epigastrium with vomiting, bitter taste in the mouth, a dry throat, and blurry vision; second, various internal conditions with signs of shao yang disease pattern, including cold injury to the uterus, heat in the uterus, malaria, and jaundice.
HUANG QIN	9.7%	
<i>Ginseng</i>		
REN SHEN	9.7%	
<i>Licorice (Prepared)</i>		
ZHI GAN CAO	9.7%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	9.7%	
<i>Jujube</i>		
DA ZAO	9.6%	
		Shao yang stage disorders are characterized by alternating fevers and chills, bitter taste, flank pain, and lack of appetite. Patterns not strictly indicative of shao yang can also be treated with this formula if many of the above symptoms are present. The complete scope of disorders that Xiao Chai Hu Tang addresses in modern times can be divided into six categories:
		<ul style="list-style-type: none"> • Febrile disorders with alternating fevers and chills and other shao yang symptoms. These include colds and flu, tonsillitis and upper respiratory infections (bronchitis and bronchial asthma), pleurisy, mumps, and malaria. • Liver, gallbladder, and digestive disorders such as hepatitis, cirrhosis of the liver, cholecystitis, gastritis, gastric ulcers, and acute pancreatitis. • Gynecologic disorders such as postpartum headaches, full hardness in the abdomen, menopause, morning sickness, or breast abscesses. This formula is classically recommended for heat entering the blood chamber, which is characterized by alternating fever and chills, with hard fullness in the chest and flanks, and nonsensical talking at night. <i>On Cold Damage</i> (<i>Shang Han Lun</i>) recommends needling Liver 14 for this condition as well. • Psychological disorders such as insomnia, epilepsy, anxiety, and poor memory; also painful disorders such as headache, nerve pain, and miscellaneous pain. • Urogenital disorders such as nephritis, cystitis, urinary tract infections in children, and bedwetting in children. • Other disorders such as enlarged thyroid, diabetes, hypertension, irregular heartbeat, and inflamed lymph glands.

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Xiao Chai Hu Tang also treats gallbladder channel disorders; symptoms can include hearing loss, headache, and tinnitus. Generally, bitter taste, flank pain, a wiry pulse, and thoracic fullness are present in these patterns.

Aside from using it to treat the disorders listed above, some modern practitioners prescribe this formula at the tail end of flu-like disorders to clear heat remaining in the inner body. When using Xiao Chai Hu Tang in this way, it is important to be careful not to damage the yin and fluids that may be compromised from shao yang or yang ming heat.

Because of the drying nature of several herbs in this formula, it is not suitable for long-term use. This is especially true for children or older patients whose yin may be compromised.

MODIFICATIONS

- For copious phlegm and cough, add Jie Geng (Platycodon) and Qian Hu (Peucedanum).
- For thoracic glomus, add Zhi Shi (Aurantium Immaturus) and Qing Pi (Citrus viride).
- For malarial symptoms, add Chang Shan (Dichroa Root) and Cao Guo (Tsaoko Fruit).
- For accumulation of food and drink, combine with [Ping Wei San](#) (Magnolia & Ginger Formula).
- For flank pain, add Yu Jin (Curcuma), Yan Hu Suo (Corydalis), and Chuan Lian Zi (Melia).
- For heat entering the blood chamber (uterus), add Tao Ren (Persica), and Mu Dan Pi (Moutan).

Xiao Chai Hu Tang (w/o Ginseng) • 0430B

MINOR BUPLEURUM COMBINATION (MINUS GINSENG)

<i>Bupleurum</i>		SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> <i>(Jin Gui Yao Lüe)</i>
CHAI HU	28.6%	
<i>Pinellia</i>		FUNCTIONS: Harmonize and resolve shao yang.
BAN XIA	28.6%	
<i>Scute</i>		INDICATIONS: Treats two types of conditions: first, shao yang syndrome, which manifests as alternating fever and chills, fullness in the chest and rib sides, lack of appetite, vexation in the epigastrium with vomiting, bitter taste in the mouth, a dry throat, and blurry vision; second, various internal conditions with signs of shao yang disease pattern, including cold injury to the uterus, heat in the uterus, malaria, and jaundice.
HUANG QIN	10.7%	
<i>Licorice (Prepared)</i>		
ZHI GAN CAO	10.7%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	10.7%	
<i>Jujube</i>		
DA ZAO	10.7%	Since it lacks Ren Shen (Ginseng), this version of <i>Xiao Chai Hu Tang</i> is more able to dispel a pathogen from the shao yang but less able to support the correct qi while doing so. Thus, this formula may be suitable for strong patients who have no need of supplementation.

Xiao Cheng Qi Tang • 0470

MINOR RHUBARB COMBINATION

<i>Rhubarb</i>		SOURCE: <i>On Cold Damage (Shang Han Lun)</i>
DA HUANG	50.0%	FUNCTIONS: Clear heat, free the intestines, and drain accumulation.
<i>Magnolia Bark</i>		INDICATIONS: Treats repletion in the yang ming bowel with delirium, tidal fever, constipation (or diarrhea), and fullness or glomus in the chest and abdomen.
HOU PO	25.0%	
<i>Aurantium</i>		
<i>Immaturus</i>		
ZHI SHI	25.0%	
		This formula treats the same disorder as Da Cheng Qi Tang (Major Rhubarb Combination). Since it lacks Mang Xiao (Mirabilitum) to moisten the intestines, it is aimed more at abdominal repletion and less at dryness.

Xiao Feng San • 2610

TANGKUEI & ARCTIUM FORMULA [AVAILABLE IN TABLETS]

<i>Tangkuei</i>		SOURCE: <i>Orthodox External Medicine (Wai Ke Zheng Zong)</i>
DANG GUI	8.3%	FUNCTIONS: Dispel wind, clear heat, nourish blood, and dispel damp.
<i>Arctium</i>		
NIU BANG ZI	8.3%	INDICATIONS: Treats red wind-papules and damp-papules that appear all over the body or move about. In Western medicine, these types of skin disorders can equate to hives, eczema, and various allergic skin rashes. Specific symptoms include papules with itching, possibly with exudate after scratching, a white or yellow tongue fur, and a floating, rapid, forceful pulse.
<i>Schizonepeta</i>		
JING JIE	8.3%	
<i>Siler</i>		
FANG FENG	8.3%	
<i>Rehmannia (Fresh)</i>		
SHENG DI HUANG	8.3%	
<i>Sophora flavescens</i>		This formula treats all manner of rashes owing to wind, heat, and damp. At the same time, it cools and supplements blood to address damage by the heat pathogen to yin and blood. Since this formula focuses primarily on clearing heat and coursing wind, it is ideal for acute or subacute situations. When addressing chronic skin disorders, a formula such as Dang Gui Yin Zi (Tangkuei & Tribulus Combination) is often more effective.
KU SHEN	8.3%	
<i>Atractylodes</i>		
CANG ZHU	8.3%	
<i>Cicada Molting</i>		
CHAN TUI	8.3%	
<i>Sesame Seed</i>		
HU MA REN	8.3%	The Chinese name of the formula translates as <i>Wind-Dispelling Powder</i> , referring to its wind-dispelling properties. Think of this formula for such disorders as allergic skin rashes, dermatitis, heat rash, drug reaction rashes, hives, acute eczema, and psoriasis. For chronic disorders such as eczema, Xiao Feng San can be the initial treatment but thereafter must be combined with agents or formulas that address the patient's root condition.
<i>Anemarrhena</i>		
ZHI MU	8.3%	
<i>Gypsum</i>		
SHI GAO	8.3%	
<i>Licorice</i>		
GAN CAO	4.4%	There are several versions of this formula; each is designed to emphasize treating either wind, damp, or heat. The formula listed here is the one most commonly used in modern times.
<i>Clematis armandi</i>		
MU TONG	4.3%	

MODIFICATIONS

- For strong heat signs such as severe itching and a red rash (especially in the upper body), add Jin Yin Hua (Lonicera Flower), Lian Qiao (Forsythia), and Huang Qin (Scute).
- For damp weeping disorders, add Tu Fu Ling (Smilax) and Di Fu Zi (Kochia).
- For heat in the blood aspect (itching that is worse at night and a bright red or purple rash or purpura), add Chi Shao (Red Peony) and Zi Cao Gen (Arnebia); also add extra Sheng Di Huang (Fresh Rehmannia).
- For binding depression of liver qi, combine with [Jia Wei Xiao Yao San](#) (Bupleurum & Peony Formula).

Xiao Huo Luo Dan • 0440

MYRRH & ACONITE FORMULA

<i>Aconite Tsao Wu (prepared)</i>	SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era (He Ji Ju Fang)</i>
CAO WU 21.1%	FUNCTIONS: Dispel wind-damp, transform phlegm, warm the channels, free the network vessels, quicken blood, and relieve pain.
<i>Aconite Wu Tou (prepared)</i>	INDICATIONS: Treats wind-cold-damp stagnation in the channels with pain and spasms in the limbs, migratory pain, and an inability to extend the joints. The formula also treats wind paralysis of the limbs, especially in cases where the patient does not improve after a long time and has damp, phlegm, or static blood in the channels.
CHUAN WU 21.1%	
<i>Arisaema</i>	
TIAN NAN XING 21.1%	
<i>Earthworm</i>	
DI LONG 21.1%	
<i>Myrrh</i>	This formula is used in modern day China to treat post-stroke paralysis, trigeminal neuralgia, and chronic wind-damp joint pain.
MO YAO 7.8%	
<i>Mastic</i>	
RU XIANG 7.8%	The herbs in this combination are quite strong, and it is thus inappropriate for long-term use. It should not be given to pregnant women or patients who suffer from yin vacuity or heat patterns. In addition, do not give large doses of this formula. Start with one gram, three times per day, and increase dosage over a several-day period to two grams, three times per day. One should alert the patient to watch for adverse side effects including racing or irregular heartbeat, headache, and thoracic oppression.
	The most effective and safest way to use this formula is to combine it with another that addresses the patient's constitutional imbalance. For example, if a post-stroke patient presents with qi vacuity along with symptoms of paralysis on one side of the body, one might give a formula of 75% <i>Shen Ling Bai Zhu San</i> (Ginseng & Atractylodes Formula) and 25% Xiao Huo Luo Dan. Used this way and in this type of dosage, the formula can usually be given for several weeks without concern.

MODIFICATIONS

- For patients with vacuity of liver, kidney, blood, and qi, combine with *Du Huo Ji Sheng Tang* (Tuhuo & Loranthus Combination).
- For painful or chronic conditions, add either extra Ru Xiang (Mastic) and Mo Yao (Myrrh), or add Quan Xie (Buthus).
- For damp, add Fang Ji (Stephania), Cang Zhu (Atractylodes), and Wei Ling Xian (Clematis).
- For wind disorders, add Fang Feng (Siler).
- If cold is prominent, add Gui Zhi (Cinnamon Twig).

Xiao Jian Zhong Tang • 0480**MINOR CINNAMON & PEONY COMBINATION [AVAILABLE IN TABLETS]**

<i>White Peony</i> BAI SHAO	30.0%	SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> (<i>Jin Gui Yao Lüe</i>)
<i>Cinnamon Twig</i> GUI ZHI	15.0%	FUNCTIONS: Warm and harmonize the center, supplement qi, and moderate pain.
<i>Ginger (Fresh)</i> SHENG JIANG	15.0%	INDICATIONS: Treats taxation fatigue disorders manifesting as acute intermittent abdominal pain that is relieved by warmth and touch. This condition is the result of taxation that has caused internal injury and given rise to vacuity and cold in the center. The formula also addresses taxation fatigue yang vacuity that gives rise to heart palpitations, vacuity vexation, dream emissions, and vexation heat in the hands and feet.
<i>Jujube</i> DA ZAO	15.0%	
<i>Barley Malt</i> YI TANG	15.0%	
<i>Licorice (Prepared)</i> ZHI GAN CAO	10.0%	

The Chinese name of this formula, which can be rendered as *Minor Center-Constructing Decoction*, reflects the formula's ability to reconstruct central burner qi. The character "Minor" differentiates this formula from [Da Jian Zhong Tang](#) (*Major Center-Constructing Decoction*).

Xiao Jian Zhong Tang is a modification of [Gui Zhi Tang](#) (Cinnamon Combination) formed by increasing Bai Shao (Peony) and adding Yi Tang (Barley Malt). This change brings out the warming and supplementing nature of Gui Zhi Tang and obviates its tendency to resolve the exterior. The dispersing nature of the formula is decreased because the sour-astringent sapor of Bai Shao counteracts the acrid-dispersing properties of Gui Zhi (Cinnamon Twig). In addition, the large dose of Bai Shao combined with Zhi Gan Cao (Prepared Licorice) comprises [Shao Yao Gan Cao Tang](#) (Peony & Licorice Combination), which gives Xiao Jian Zhong Tang the ability to moderate pain and tension in the abdomen. Because of this the formula is used in the modern clinic to address gastric or duodenal ulcers, ulcerative colitis, and other painful gastrointestinal disorders.

Both this formula and [Li Zhong Tang](#) (Ginseng & Ginger Combination) treat vacuity-cold pain in the central burner. Of the two, Li Zhong Tang attends to more serious conditions as it more directly warms and supplements the center. Xiao Jian Zhong Tang, on the other hand, contains Bai Shao and therefore can address the disharmony between the spleen and liver that often accompanies central burner qi-vacuity patterns. If a vacuity-cold pattern is complicated by damp (evidenced by a thick tongue fur and pronounced abdominal distention and fullness), [Hou Po Wen Zhong Tang](#) (Magnolia & Vladimiria Combination) may be the formula of choice.

CONTINUED

MODIFICATIONS

- If vacuity is extreme, add Ren Shen (Ginseng) or Huang Qi (Astragalus), or both. Adding Huang Qi (Astragalus) creates the formula [Huang Qi Jian Zhong Tang](#) (Astragalus Combination).
- For postpartum central burner vacuity cold, add Dang Gui (Tangkuei). This is known as Dang Gui Jian Zhong Tang.
- For upper burner vacuity that produces vexation, add Wu Wei Zi (Schizandra) and Mai Men Dong (Ophiopogon).
- For vacuity seminal emissions, combine with [Jin Suo Gu Jing Wan](#) (Lotus Stamen Formula).

Xiao Luo Wan • 2611

SCROPHULARIA & FRITILLARIA COMBINATION

<i>Oyster Shell</i>	SOURCE: <i>Medical Insights (Yi Xue Xin Wu)</i>
MULI	52.6%
<i>Scrophularia</i>	FUNCTIONS: Clear heat, transform phlegm, soften hardness, and disperse binds.
XUAN SHEN	26.3%
<i>Fritillaria (Zhe)</i>	INDICATIONS: Treats phlegm-fire nodules such as scrofulus swellings, phlegm nodules, hyperthyroid, inflamed thyroid, and lymph node swellings.
ZHE BEI MU	21.1%

This simple formula is designed to treat scrofulus swellings owing to yin-vacuity fire that scorches fluids as it rises and causes swellings along the course of the liver channel divergence of the neck. While paying some attention to the root (liver fire), the formula mostly addresses the swelling itself. In order to address the root, agents should be added according to the cause of the liver fire (binding depression of liver qi, yin vacuity, blood vacuity, etc.). The source text suggests combining this formula with [Jia Wei Xiao Yao San](#) (Bupleurum & Peony Formula) to address what it considers the main root cause of scrofulus swellings: liver fire from binding depression of liver qi. Xiao Luo Wan can be translated directly as *Scrofula-Dispersing Pills*.

MODIFICATIONS

- For liver yin vacuity fire, add Zhi Mu (Anemarrhena), Mu Dan Pi (Moutan), and extra Xuan Shen (Scrophularia).
- For heat signs in the upper body, add Xia Ku Cao (Prunella).
- For signs of phlegm-fire, add extra Zhe Bei Mu (Fritillaria-Zhe) and include Gua Lou Shi (Trichosanthes Fruit).
- For binding depression of liver qi, add Chai Hu (Bupleurum), Yu Jin (Curcuma), and Huang Qin (Scute), or combine with [Si Ni San](#) (Bupleurum & Aurantium Immaturus Formula) or [Jia Wei Xiao Yao San](#) (Bupleurum & Peony Formula).
- If lymph nodes are inflamed, combine with [Huang Lian Jie Du Tang](#) (Coptis & Scute Combination) and add Zi Cao Gen (Arnebia) and Xia Ku Cao (Prunella).
- For scrofula, add Hai Zao (Sargassum) and Mu Dan Pi (Moutan).

Xiao Qing Long Tang • 0460

MINOR BLUE DRAGON COMBINATION [AVAILABLE IN TABLETS]

<i>Pinellia</i>	SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> <i>(Jin Gui Yao Lüe)</i>
BAN XIA	14.8%
<i>Ephedra</i>	FUNCTIONS: Dispel wind, effuse sweat, expel cold, and move water.
MA HUANG	14.8%
<i>White Peony</i>	INDICATIONS: Treats wind-cold invading the exterior with water-rheum collecting internally. This usually manifests as aversion to cold with a fever, coughing and wheezing, expectoration of copious, clear phlegm, and absence of sweating. Patients may also have a productive cough, be unable to breathe while lying down, or have heaviness or swelling in the limbs and face.
BAI SHAO	14.8%
<i>Dried Ginger</i>	
GAN JIANG	14.8%
<i>Licorice (Prepared)</i>	
ZHI GAN CAO	14.8%
<i>Cinnamon Twig</i>	
GUI ZHI	14.8%
<i>Schizandra</i>	This modification of Ma Huang Tang (Ephedra Combination) was
WU WEI ZI	designed to treat phlegm-rheum accumulation in the chest that occurs
<i>Asarum</i>	in combination with an exterior-cold contraction. This corresponds
XI XIN	to biomedical disorders such as acute and subacute bouts of asthma,
	pleurisy, or bronchitis. The important differentiating symptoms for
	this pattern are cough with expectoration of copious, clear (or white
	and foamy) fluid, absence of sweating, difficulty breathing (ranging
	from mild dyspnea to asthmatic wheezing), edema of the limbs, and
	aversion to cold. Because it contains Ma Huang (Ephedra) and Xi Xin
	(Asarum), this formula should not be taken for extended periods. After
	the acute symptoms have subsided, it is best to gradually switch to
	a milder formula that addresses the root of the disorder.
	Cyan dragons are a symbol in Chinese folklore for the motivating force
	behind the creation of rain clouds. Since Xiao Qing Long Tang causes
	sweating (rain) to achieve its effect, it is named for the Cyan Dragon. The
	term “Minor” distinguishes this formula from the “Major” version.

MODIFICATIONS

- For cough and wheezing with copious phlegm, add Bai Jie Zi (Mustard Seed) and Zi Su Zi (Perilla Seed).
- For water swelling in the limbs, add Sheng Jiang Pi (Fresh Ginger Peel) and Fu Ling (Poria).
- For signs of heat in the lungs, add Shi Gao (Gypsum) and Huang Qin (Scute).

Xiao Xian Xiong Tang • 0490

MINOR TRICHOSANTHES COMBINATION

<i>Trichosanthes Fruit</i>	
GUA LOU SHI	44.4%
<i>Pinellia</i>	
BAN XIA	44.4%
<i>Coptis</i>	
HUANG LIAN	11.2%

SOURCE: *On Cold Damage (Shang Han Lun)*

FUNCTIONS: Clear heat, flush-out phlegm, open binds, and loosen the chest.

INDICATIONS: Treats a pattern of phlegm-heat bind characterized by glomus and fullness in the chest and epigastrium (it is painful when pressed), cough with thick, yellow sputum that is difficult to expectorate, a white, slimy tongue fur, and a slippery and rapid pulse.

This formula treats phlegm in the lung that is difficult to expectorate. This situation is often seen in the end stage of a cold or flu when the pathogen settles in the chest and turns to phlegm-heat. Tightness in the chest, an aversion to pressure being applied to the epigastrium, and thick, yellow phlegm that is difficult to expectorate are the key symptoms for application of this formula. Disorders such as pneumonia, bronchitis, intercostal neuralgia, and gallbladder stones can be treated with Xiao Xian Xiong Tang.

The Chinese name of this formula can be awkwardly rendered as *Minor Decoction for [Pathogens that] Sink into the Chest*. This reveals the formula's intention of treating a cold pathogen that turns to heat and sinks into the chest. As is usually the case, where there is a "Minor" formula, there is a "Major" formula as well. *Major Decoction for [Pathogens that] Sink into the Chest* (Da Xian Xiong Tang), however, is a formula that treats severe heat-water bind in the chest and upper abdomen and is not made in concentrated granule form.

MODIFICATIONS

- For lung heat with wheezing, combine with [Ma Xing Gan Shi Tang](#) (Ephedra & Apricot Seed Combination).
- For phlegm that is yellow and sticky, add Dan Nan Xing (Arisaema pulvis) and Huang Qin (Scute).
- For extreme pain or distention in the epigastrium, add Zhi Shi (Aurantium Immaturus).

Xiao Xu Ming Tang • 0520

EPHEDRA & PEONY COMBINATION

<i>Ginger (Fresh)</i>		SOURCE: <i>A Thousand Gold Pieces Prescriptions (Qian Jin Yao Fang)</i>
SHENG JIANG	20.7%	FUNCTIONS: Dispel wind and support the correct qi.
<i>Siler</i>		INDICATIONS: This formula treats stroke due to invasion of wind.
FANG FENG	10.4%	Symptoms include hemiplegia, deviated eyes and mouth, and slow and slurred speech. Often this condition is accompanied by a pale tongue with a thin, white fur and a vacuous, floating pulse.
<i>Ephedra</i>		—————
MA HUANG	6.9%	
<i>White Peony</i>		This variation of Gui Zhi Ma Huang Ge Ban Tang (Cinnamon & Ephedra Combination) was intended to treat wind invasion that gives rise to what we nowadays call stroke. Even though there are several acrid and drying agents in the formula, it is safe to use for several weeks because these agents are counterbalanced by sweet-supplementing and sour-constringing agents. Keep in mind that this formula is for post-stroke symptoms that present as vacuity and invasion of wind-cold, not for the same symptoms owing to liver wind.
BAI SHAO	6.9%	
<i>Apricot Seed</i>		
XING REN	6.9%	This formula is now also used for chronic wind-damp bi patterns. For this application, it is best to add agents to dispel wind-damp and relieve pain such as Wei Ling Xian (Clematis) and Wu Jia Pi (Acanthopanax), and blood-moving agents such as Dang Gui (Tangkuei) and Tao Ren (Persica).
<i>Ligusticum</i>		
CHUAN XIONG	6.9%	Xiao Xu Ming Tang dispels the invading pathogen and supports correct qi so one can go on living despite the setback of a wind-strike. The name of the formula reflects this; in English it can be rendered as <i>Minor Decoction of Perennial Life</i> .
<i>Ginseng</i>		
REN SHEN	6.9%	
<i>Licorice</i>		
GAN CAO	6.9%	
<i>Scute</i>		
HUANG QIN	6.9%	
<i>Stephania</i>		
FANG JI	6.9%	
<i>Cinnamon Twig</i>		
GUI ZHI	6.9%	
<i>Jujube</i>		
DA ZAO	3.4%	
<i>Aconite (Prepared)</i>		
FU ZI	3.4%	

MODIFICATIONS

- For deviation of the mouth and eyes, add Wu Gong (Centipede) and Quan Xie (Buthus).
- For hemiplegia, add Cao Wu (Aconite Tsao Wu) or Chuan Wu Tou (Aconite Wu Tou), or combine with [Xiao Huo Luo Dan](#) (Myrrh & Aconite Formula).
- For chronic bi patterns, add Wei Ling Xian (Clematis), Wu Jia Pi (Acanthopanax), and Dang Gui (Tangkuei).

Xiao Yao San • 2940

TANGKUEI & BUPLEURUM FORMULA [AVAILABLE IN TABLETS]

<i>Tangkuei</i>	SOURCE: <i>Imperial Grace Formulary of the Tai Ping Era</i> <i>(He Ji Ju Fang)</i>
DANG GUI	14.3%
<i>Bupleurum</i>	FUNCTIONS: Supplement qi, nourish blood, resolve depression, and course the liver.
CHAI HU	14.3%
<i>White Peony</i>	INDICATIONS: Addresses liver depression with blood vacuity that causes rib-side pain, alternating chills and fever, headache, visual dizziness, dry mouth and throat, lassitude of spirit, decreased appetite, abdominal distention, irregular menses, breast distention, a pale tongue, and a wiry but vacuous pulse.
BAI SHAO	14.3%
<i>Poria</i>	
FU LING	14.3%
<i>Atractylodes (Alba)</i>	
BAI ZHU	14.3%
<i>Ginger (Charred)</i>	
PAO JIANG	14.3%
<i>Mint</i>	This formula is from the section of the source text dealing with gynecological disorders. It is listed there as treating blood-vacuity taxation fatigue. Symptoms mentioned include vexation-heat in the five centers, pain in the body and limbs, dizziness, fright palpitations, dry mouth and throat, heat effusion, night sweating, decreased appetite, and lassitude. The formula is also mentioned for menstrual irregularities, alternating fever and chills that mimic malarial disorders, and emaciating, consumptive disorders owing to vacuity of yin and blood (especially in young women).
BO HE	7.1%
<i>Licorice (Prepared)</i>	
ZHI GAN CAO	7.1%
<p>The underlying disharmonies that link all of the above symptoms are binding depression of liver qi, liver-spleen disharmony, and blood vacuity. These three factors are mutually engendering, and thus the formula treats them simultaneously. Mutually engendering means that depression of liver qi can attack the spleen and weaken it; a weak spleen fails to produce blood to nourish the liver, which, owing to lack of nourishment, further fails in its mission of governing the free coursing of qi.</p> <p>When a combination of blood vacuity, binding depression of liver qi, and disharmony of liver and spleen present in the clinic, Xiao Yao San is often the formula prescribed. When the underlying pattern described produces substantial heat signs, Jia Wei Xiao Yao San (Bupleurum & Peony Formula) is used. See other variations in the modifications section. Because of monthly blood loss, women are more likely to suffer from blood vacuity and subsequent binding depression of liver qi. This formula, however, can also be used to treat men. Since liver-spleen disharmony and binding depression of liver qi can produce a wide variety of disorders, a list of all symptoms this formula could be applied to would be extensive. The main categories, however, include:</p>	

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- Gynecological disorders. Menstrual irregularity or pain including breast distention, menopausal disorders, premenstrual facial acne, and headaches or fever during the menstrual period.
- Digestive symptoms. Distention after eating, lack of appetite, weight loss, and chronic diarrhea. This often equates to what Western medicine terms gastritis.
- Taxation fatigue. Heat effusion, lassitude, clouded head and eyes, heat in the five centers, heart palpitations, and flushed cheeks.
- Miscellaneous disorders. Nasal dryness or allergies, prolonged low fever of unknown origin, chronic sore throat, and chronic skin disorders such as eczema and recurring hives. In recent times the formula has also been applied to chronic hepatitis.

The source for this formula is a Song dynasty text. Judging from its infrequent inclusion in formula collections of later dynasties, Xiao Yao San was presumably rarely used. In recent times, however, owing perhaps to an accelerated pace of life and the increased stress associated with urban living, this formula has become commonly used in both China and the West.

Since the term “Xiao Yao” has come to mean free-spirited, the Chinese name of the formula is usually translated as *Free Wanderer Powder*, or something similar. This interpretation expresses the way one feels after taking the formula. Perhaps, however, a deeper meaning or dual meaning was originally intended. Some sources claim this formula’s name most likely stems from a quote from Taoist philosopher, Chuang Zi. He describes a boat on the river as “Xiao Yao” and reflects: “Yang moves and ice disperses (xiao); the ice is diminished yet the source [the water] is not. [In the same manner] the boat moves and the water is stirred (yao), but the movement causes no loss.” In like fashion, Xiao Yao San disperses qi stasis and stirs blood without damaging correct qi. Thus renderings such as *Dispersing and Stirring Powder*, or, more abstractly, *Dispersion without Loss Powder* could also be justified.

MODIFICATIONS

- For more severe yin-blood vacuity where there is heat, add Shu Di Huang (Cooked Rehmannia); where there is no heat, add Sheng Di Huang (Fresh Rehmannia). This combination is known as Hei Xiao Yao San. Alternatively, add extra Bai Shao (White Peony) and Dang Gui (Tangkuei).
- For menstrual pain, add Xiang Fu (Cyperus), Dan Shen (Salvia Root), and Pu Huang (Bulrush).
- For breast distention, add Ba Yue Zha (Akebia Fruit) and Xiang Fu (Cyperus); if there are heat signs, use Yu Jin (Curcuma) and Chuan Lian Zi (Melia) instead.
- To increase the formula’s ability to rectify qi, add Chen Pi (Citrus Peel).
- For qi vacuity, add Ren Shen (Ginseng) and Huang Qi (Astragalus).
- For qi stagnation, add Yu Jin (Curcuma) and Xiang Fu (Cyperus).
- For insomnia, add He Huan Pi (Albizzia Bark) and Ye Jiao Teng (Polygonum multifloru Vine).
- For breast lumps, add Chuan Lian Zi (Melia), Zao Jiao Ci (Gleditsia Spine), Zhe Bei Mu (Fritillaria-Zhe), and Wang Bu Liu Xing (Vaccaria Seed).

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- For eye disorders, add Ju Hua (Chrysanthemum) and Gou Qi Zi (Lycium Fruit).
- For eczema, combine with [Dang Gui Yin Zi](#) (Tangkuei & Tribulus Combination).
- For allergic rhinitis, combine with [Qing Bi Tang](#) (Pueraria Nasal Combination) and add Chi Shao (Red Peony).
- For chronic sore throat, add Xuan Shen (Scrophularia).
- For chronic diarrhea, add Bai Bian Dou (Dolichos Nut), Shan Yao (Dioscorea), Qian Shi (Euryale), and Rou Dou Kou (Myristica).

Xie Bai San • 4110

MULBERRY & LYCIUM FORMULA [AVAILABLE IN TABLETS]

<i>Mulberry Bark</i>	SOURCE: <i>Discourse in Verse on Differentiation and Treatment in Pediatrics (Shao Er Yao Zheng Zhi Jue)</i>
SANG BAI PI	28.6%
<i>Lycium Root Bark</i>	FUNCTIONS: Drain the lung, clear heat, relieve cough, and calm asthmatic breathing.
DI GU PI	28.5%
<i>Licorice</i>	INDICATIONS: Treats cough due to lung heat. If the condition is severe, the patient may exhibit shortness of breath, wheezing, steaming heat in the skin, fever that is worse in the afternoon, a red tongue with a yellow fur, and a fine, rapid pulse.
GAN CAO	14.3%
<i>Rice</i>	—————
GENG MI	14.3%
<i>Lophatherum</i>	This is a classic formula for treating lung-heat cough. It derives from a pediatric text and, thus, while clearing heat, it pays attention to avoiding damaging yin with bitter herbs. This reflects the belief of practitioners of Chinese medicine that a child's yin qi is not fully developed and is easily depleted by heat illnesses and incorrect treatment.
DAN ZHU YE	14.3%
	It must be emphasized that this formula treats internal lung heat and is not suitable for treatment of cough during the course of an external pattern. Internal heat, or deep-lying heat, is heat that remains in the body after the signs of an external contraction have dissipated. In some cases this internal heat occurs from internal disharmonies or from the direct strike of an external pathogen to the interior without the patient having had an exterior pattern.
	While an ideal formula for children, Xie Bai San is also used to treat lung heat in adults. A list of disorders to which its lung-clearing function can be applied includes bronchitis, bronchial asthma, pneumonia, pulmonary tuberculosis, whooping cough, and nosebleed. See the modifications section for treatment suggestions.
	The version of this formula made into concentrated granules adds Dan Zhu Ye (Lophatherum) to the original. It is not clear where this variation comes from. Dan Zhu Ye does, however, provide two benefits: it helps to discharge heat through urination, and it abates vexation associated with heat in the upper burner.
	The name of the formula reflects its function. It is called <i>White-Draining Decoction</i> because it drains lung heat, and the lung belongs to the metal phase and is thus associated with the color white. Li Shi-Zhen states, "This is the exemplar for formulas [that] drain the lung." Another name for this formula is <i>Lung-Draining Decoction</i> . Note that there are several formulas called <i>White-Draining Decoction</i> . They

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are found in *Life-Enhancing Formulary* (*Ji Sheng Fang*), *Guidelines for Pattern Identification and Treatment* (*Zheng Zhi Zhun Sheng*), and *Incisive Light on the Source of Miscellaneous Disease* (*Za Bing Yuan Liu Xi Zhu*). They all have similar functions, but since their ingredients differ markedly, one should check the ingredients of any product by this name before prescribing it.

MODIFICATIONS

- For severe lung heat, add Huang Qin (Scute) and Zhi Mu (Anemarrhena).
- For liver fire invading the lung causing flank pain, cough, or coughing of blood, add Hai Ge Fen (Cyclina), Qing Dai Fen (Indigo Pulverata), Bai Shao (White Peony), and Huang Qin (Scute).
- For yin vacuity, add Sha Shen (Glehnia); for dry cough, include Gua Lou Ren (Trichosanthes Seed) and Chuan Bei Mu (Fritillaria Chuan).
- For lingering low-grade fevers that worsen in the afternoon, add Bai He (Lily), Mai Men Dong (Ophiopogon), and Bai Bu (Stemonae).
- For vexation-heat irritability, add Hu Huang Lian (Picrorrhiza).
- For lung-heat coughing of blood, add Bai Ji (Bletilla), Ou Jie (Lotus Node), or Xian He Cao (Agrimony).
- For yin-vacuity fevers, add Qing Hao (Artemisia Qing Hao), Bie Jia (Turtle Shell), and Yin Chai Hu (Stellaria Root).
- For cough and fever related to the initial stage of measles, add Niu Bang Zi (Arctium), Chan Tui (Cicada Molting), Bo He (Mint), and Xing Ren (Apricot Seed).
- For lung-heat asthma, combine with [Ma Xing Gan Shi Tang](#) (Ephedra & Apricot Seed Combination).
- For nosebleed, add Bai Mao Gen (Imperata) and Xian He Cao (Agrimony).
- For phlegm that is difficult to expectorate, add Nan Sha Shen (Adenophora).

Xie Huang San • 4120

SILER & LICORICE FORMULA

<i>Siler</i>			SOURCE: <i>Discourse in Verse on Differentiation and Treatment in Pediatrics (Shao Er Yao Zheng Zhi Jue)</i>
FANG FENG	48.8%		
<i>Licorice</i>			FUNCTIONS: Drain deep-lying heat from the spleen and stomach.
GAN CAO	12.2%		INDICATIONS: Treats deep-lying heat in the spleen and stomach with symptoms of mouth sores, mouth odor (sweet or foul), vexing thirst, frequent hunger, dry mouth and lips, a red tongue, and a rapid pulse. Also treats infantile diarrhea with yellow, frothy stools, and gan heat.
<i>Gardenia</i>			
SHAN ZHI ZI	12.2%		
<i>Licorice (Prepared)</i>			
ZHI GAN CAO	12.2%		
<i>Agastache</i>			
HUO XIANG	8.5%		The formula name Xie Huang San translates as <i>Yellow-Draining Decoction</i> , testifying to this formula's ability to drain heat from the central burner (earth phase – yellow). It derives from a pediatric text, where it is mentioned for treatment of heat in the flesh, dry mouth and lips, mouth sores, mouth odor, vexation heat, frequent hunger, and the symptom of the patient incessantly exploring the mouth and lips with his or her tongue. Because it is intended for children, the formula pays particular attention to avoiding damage to the central burner qi and yin. The actions of the herbs are described in the <i>Medical Remedies Researched (Yi Fang Kao)</i> as: “wind medicinals to disperse deep-lying heat, clearing medicinals to drain accumulated heat, and . . . sweet, moderating [medicinals] to harmonize the center, causing no harm to the correct qi.”
<i>Gypsum</i>			
SHI GAO	6.1%		
<p>This quote explains the lack of Huang Lian (Coptis) in a formula that might seem to call for it. This conservative approach to clearing depressed heat in the stomach is justified by the presumption that the key principle in treating deep-lying heat in the stomach is dispersion of the depressed heat. If acrid-dispersing agents are used in force, the heat is easily dispersed without the use of large amounts of bitter and cold herbs that would damage the spleen and stomach. The choice of Fang Feng (Siler) for the role of dispersing heat follows the common belief that, among the wind-dispelling medicinals (acrid-drying), Fang Feng alone is moistening. Huo Xiang (Agastache) assists in this function. The use of Shi Gao (Gypsum) to downbear fire is important to offset the upward bearing of Fang Feng.</p> <p>The challenge for the practitioner is determining whether stomach heat in a given circumstance requires a bitter, cold formula such as Qing Wei San (Coptis & Rehmannia Formula) to clear stomach heat or the acrid-dispersing action of Xie Huang San to disperse deep-lying heat. Though several factors should be taken into consideration, the</p>			

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intensity of the heat signs and the condition of the patient's yin and fluids are the premier determinants. Deep-lying heat, by definition, is less obvious than repletion heat. The main indication that a patient has deep-lying heat is the presence of signs of damaged yin from the hidden pathogen. Thus, if heat signs are intense, a formula such as Qing Wei San is generally more appropriate than Xie Huang San. If, however, yin vacuity is a concern, the more conservative approach taken by Xie Huang San may be advisable.

While the most common use of this formula is in the treatment of disorders of the oral cavity, it also can treat childhood gan disorders. In dermatology, Xie Huang San is sometimes used to treat eczema in the area around the nose. In the ear, nose, and throat clinic, it is sometimes applied to inflammation of the nasal vestibule and to erosion or lesions in the throat.

MODIFICATIONS

- For damp-heat with yellowed skin and heat in the extremities, add Yin Chen Hao (Capillaris) and Huang Qin (Scute).
- For mouth sores, add a small amount of Huang Lian (Coptis) to increase the formula's ability to clear heat; if yin vacuity is a concern, use Sheng Di Huang (Fresh Rehmannia) and Chi Shao (Red Peony); if there is constipation, add Da Huang (Rhubarb).
- For vexation thirst, add Zhi Mu (Anemarrhena).
- For gan-heat or depressed-heat diarrhea, add Hu Huang Lian (Picrorrhiza).

Xin Yi Qing Fei Yin • 1560**MAGNOLIA & GYPSUM COMBINATION [AVAILABLE IN TABLETS]**

<i>Gypsum</i>		SOURCE: <i>Orthodox External Medicine (Wai Ke Zheng Zong)</i>
SHI GAO	11.8%	FUNCTIONS: Clear heat, free the portals, diffuse lung qi, and moisten dryness.
<i>Scute</i>		INDICATIONS: Treats lung heat that gives rise to nasal polyps, nasal congestion, rhinitis, or sinusitis.
HUANG QIN	11.8%	
<i>Gardenia</i>		
SHAN ZHI ZI	11.8%	
<i>Ophiopogon</i>		
MAI MEN DONG	11.8%	This formula was originally designed to treat nasal polyps that are the result of heat in the lungs. It includes agents that moisten the lungs to prevent the bitter and cold agents in the formula from further damaging the yin of the lung, which is already compromised by the heat pathogen.
<i>Lily</i>		
BAI HE	11.8%	With the addition of a few herbs to diffuse lung qi and relieve cough, Xin Yi Qing Fei Yin can be an excellent formula for treating lung-heat cough with yellow phlegm and thoracic oppression. This is especially true if the pattern includes nasal congestion. Other modifications can make the formula suitable to treat nasal infections and acute sinusitis. See the modifications below as a guide.
<i>Anemarrhena</i>		
ZHI MU	11.8%	
<i>Eriobotrya</i>		
PI PA YE	11.8%	
<i>Magnolia flower</i>		
XIN YI HUA	7.8%	
<i>Licorice</i>		
GAN CAO	5.8%	
<i>Cimicifuga</i>		
SHENG MA	3.8%	

MODIFICATIONS

- For lung-heat cough with yellow phlegm and nasal congestion, add Qian Hu (Peucedanum) and Gua Lou Shi (Trichosanthes Fruit). If phlegm is thick and sticky, add Dan Nan Xing (Arisaema pulvis), Sang Bai Pi (Mulberry Bark), and Zhe Bei Mu (Fritillaria-Zhe).
- For lung-heat nasal congestion or sinusitis, add Bo He (Mint), Chi Shao (Red Peony), and a small amount of Bai Zhi (Angelica).

Xin Yi San • 1550**MAGNOLIA FLOWER FORMULA [AVAILABLE IN TABLETS]**

<i>Magnolia Flower</i>	
XIN YI HUA	10.0%
<i>Angelica</i>	
BAI ZHI	10.0%
<i>Cimicifuga</i>	
SHENG MA	10.0%
<i>Ligusticia (Kaopen)</i>	
GAO BEN	10.0%
<i>Siler</i>	
FANG FENG	10.0%
<i>Ligusticum</i>	
CHUAN XIONG	10.0%
<i>Asarum</i>	
XI XIN	10.0%
<i>Clematis armandi</i>	
MU TONG	10.0%
<i>Licorice</i>	
GAN CAO	10.0%
<i>Tea</i>	
CHA YE	10.0%

SOURCE: *Life-Enhancing Formulary (Ji Sheng Fang)*

FUNCTIONS: Dispel wind-cold and damp and free the portals.

INDICATIONS: Treats nasal congestion and pain, persistent, copious nasal discharge, loss of sense of smell, and wind-cold headache.

When wind-cold fetters the lung and disrupts its ability to diffuse qi, nasal congestion is one possible outcome. This formula treats this disorder with warm and acrid herbs to resolve the exterior, dispel wind-cold, and free the nasal passages.

Xin Yi San is very similar to [Chuan Xiong Cha Tiao San](#) (Ligusticum & Tea Formula). However, it is less able to resolve the exterior and treat attendant symptoms and is more focused on nasal congestion than that formula. With modification, either of these formulas can treat not only acute wind-cold patterns but also chronic cases of sinusitis, rhinitis, or cold-stasis headaches.

MODIFICATIONS

- For wind-cold nasal congestion with clear discharge, add Qiang Huo (Notopterygium) and Jing Jie (Schizonepeta).
- For chronic or allergic (cold-type) rhinitis or sinusitis (deep-source nasal congestion), add Cang Er Zi (Xanthium), Ge Gen (Pueraria Root), and Ze Lan (Lycopus).
- For cold-stasis headaches, add Qiang Huo (Notopterygium).

Xing Su Yin • 1520

APRICOT SEED & PERILLA FORMULA [AVAILABLE IN TABLETS]

<i>Apricot Seed</i>	SOURCE: <i>The Golden Mirror of Medicine (Yi Zong Jin Jian)</i>
XING REN 13.3%	FUNCTIONS: Resolve the exterior, disperse pathogens, downbear counterflow, and transform phlegm.
<i>Perilla Leaf</i>	INDICATIONS: Treats wind-cold patterns that fetter the lung and bring about symptoms such as gasping, cough, and runny nose.
ZI SU YE 13.3%	
<i>Peucedanum</i>	
QIAN HU 13.3%	
<i>Poria</i>	
FU LING 13.3%	The formula is designed to treat a wind-cold pathogen that enters the lung and disrupts the lung's ability to diffuse and downbear qi. The main symptoms of this pattern are aversion to cold, and cough or asthmatic breathing. For patterns of cough with clear phlegm and signs of wind-cold such as aversion to cold and runny nose, the formula can be used unmodified. Adding agents to clear lung heat makes it suitable if the cold pathogen begins to transform into heat.
<i>Pinellia</i>	
BAN XIA 13.3%	
<i>Platycodon</i>	
JIE GENG 6.6%	
<i>Aurantium Fruit</i>	
ZHI KE 6.6%	
<i>Pueraria Root</i>	
GE GEN 6.6%	
<i>Citrus Peel</i>	
CHEN PI 6.6%	
<i>Licorice</i>	
GAN CAO 3.5%	
<i>Ginger (Fresh)</i>	
SHENG JIANG 3.5%	

MODIFICATIONS

- For wind-cold asthmatic breathing, combine with [Ding Chuan Tang](#) (Ephedra & Ginkgo Combination).
- When the pathogen begins to transform into heat in the lungs with slightly yellow phlegm, add Huang Qin (Scute) and Shi Gao (Gypsum).
- For stronger exterior resolution, add Jing Jie (Schizonepeta) and Fang Feng (Siler).

Xing Su Yin (Pediatric) • 1510

APRICOT SEED & PERILLA PEDIATRIC FORMULA [AVAILABLE IN TABLETS]

<i>Apricot Seed</i>		SOURCE: <i>The Golden Mirror of Medicine</i> (<i>Yi Zong Jin Jian</i>)
XING REN	9.5%	FUNCTIONS: Dispel wind, downbear counterflow, transform phlegm, and diffuse lung qi.
<i>Perilla Leaf</i>		INDICATIONS: Treats external wind pathogens that cause a slight fever, aversion to cold, headache, a cough with thin sputum, dry, congested nasal passages, a white tongue fur, and a moderate, floating pulse.
ZI SU YE	9.5%	
<i>Peucedanum</i>		
QIAN HU	9.5%	
<i>Platycodon</i>		
JIE GENG	9.5%	
<i>Aurantium</i>		
<i>Immaturus</i>		
ZHI SHI	9.5%	This formula is excellent for mild wind-cold pathogens that have just begun to sink into the lung and turn to heat. It not only mildly resolves the exterior but also transforms phlegm and diffuses lung qi to relieve cough. Because it includes agents to moisten and protect lung yin, this version of Xing Su Yin is good for children and older patients. These two populations are especially susceptible to yin damage for opposite reasons – children because their yin has not yet developed fully, and older patients because their yin is waning. The pattern for which this formula is designed manifests as what Western medicine would term common cold or flu, or chronic bronchitis.
<i>Mulberry Bark</i>		
SANG BAI PI	9.5%	
<i>Scute</i>		
HUANG QIN	9.5%	
<i>Ophiopogon</i>		
MAI MEN DONG	9.5%	
<i>Fritillaria (Zhe)</i>		
ZHE BEI MU	9.5%	With modifications, the formula can also treat adults with external pathogens that have sunk into the lung and present with cough. Note that the herbs in this formula do not have a strong ability to resolve the exterior; its strength lies in its ability to diffuse lung qi, transform phlegm, and relieve cough.
<i>Licorice</i>		
GAN CAO	4.9%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	4.8%	Compared with the standard version of Xing Su Yin, this formula is mild and less able to resolve the exterior, downbear qi, and transform phlegm. See that formula for further details.
<i>Red Tangerine Peel</i>		
JU HONG	4.8%	

MODIFICATIONS

- For lung-heat cough, add Gua Lou Shi (Trichosanthes Fruit) and extra Huang Qin (Scute).
- To increase the formula's ability to resolve the exterior, add Jing Jie (Schizonepeta).
- If nasal congestion is part of the pattern, combine with *Qing Bi Tang* (Pueraria Nasal Combination).

Xiong Gui Jiao Ai Tang • 1490

TANGKUEI & GELATIN COMBINATION [AVAILABLE IN TABLETS]

<i>Rehmannia (Fresh)</i>	
SHENG DI HUANG	23.8%
<i>White Peony</i>	
BAI SHAO	19.1%
<i>Tangkuei</i>	
DANG GUI	14.3%
<i>Artemisia argyi</i>	
AI YE	14.3%
<i>Gelatin</i>	
A JIAO	9.5%
<i>Ligusticum</i>	
CHUAN XIONG	9.5%
<i>Licorice (Prepared)</i>	
ZHI GAN CAO	9.5%

SOURCE: *Essential Prescriptions of the Golden Coffer*
(*Jin Gui Yao Lüe*)

FUNCTIONS: Nourish blood, stanch bleeding, harmonize the menses, and quiet the fetus.

INDICATIONS: Treats functional uterine bleeding, excessive menstrual bleeding, mid-cycle bleeding, spotting during pregnancy, continued bleeding following miscarriage, and abdominal pain.

In the source text, this formula is cited for treatment of uterine bleeding. From analysis of the formula we can deduce that it is meant for bleeding owing to blood vacuity and cold. Many sources refer to this as vacuity of the chong and ren (thoroughfare and controlling) vessels. The chong mai is known as the Sea of Blood and the ren mai governs conception and the uterus. Thus, vacuity or damage to these vessels will give rise to profuse uterine bleeding, unsecured fetus, excessive menstrual bleeding, etc. A patient with this pattern will usually display signs of vacuity that include pale complexion, dizziness, heart palpitations, cold hands and feet, a pale tongue with a scant fur, and a fine, weak pulse.

This formula is the precursor of the well-known blood-supplementing formula, [Si Wu Tang](#) (Tangkuei Four Combination). While it supplements blood like its descendant, this formula also warms the uterus and stanches bleeding. Xiong Gui Jiao Ai Tang is appropriate for almost all cases of uterine bleeding owing to blood vacuity. Exceptions would be cases where damp or heat is prominent, as this formula is too rich and warm for such circumstances.

The formula's function of quieting the fetus refers primarily to the treatment of spotting during pregnancy, but the function can also be applied to restless fetus or habitual miscarriage. When prescribing this formula for pregnant women, one must take care to amend the formula to address the whole picture. The modifications that follow are meant to be a guide for that purpose.

This formula is also known as Jiao Ai Tang, or Jiao Ai Si Wu Tang.

CONTINUED

MODIFICATIONS

- For dual vacuity of qi and blood, add Huang Qi (Astragalus Root) or Ren Shen (Ginseng).
- For restless fetus, add Bai Zhu (Atractylodes alba) and Du Zhong (Eucommia); if heat signs are evident, add Huang Qin (Scute).
- For profuse bleeding (of pale blood), add Xian He Cao (Agrimony), Tian Qi (Notoginseng), and Di Yu Tan (Charred Sanguisorba).
- For low back pain, add Sang Ji Sheng (Loranthus) and Du Zhong (Eucommia).

Xiong Gui Tiao Xue Yin • 1500

LIGUSTICUM & REHMANNIA COMBINATION

<i>Ligusticum</i>	SOURCE: <i>Return to Spring from the Myriad Diseases</i> (<i>Wan Bing Hui Chun</i>)
CHUAN XIONG 7.7%	
<i>Rehmannia (Cooked)</i>	FUNCTIONS: Harmonize the liver and spleen, course the liver, resolve depression, boost qi, nourish blood, transform stasis, and engender the new.
SHU DI HUANG 7.7%	
<i>Tangkuei</i>	INDICATIONS: Treats postpartum symptoms of vacuity and stasis that include retained lochia, excessive postpartum bleeding, vexation, asthmatic breathing, abdominal pain, dizziness, tinnitus, and fever.
DANG GUI 7.7%	
<i>Atractylodes</i>	
BAI ZHU 7.7%	
<i>Lindera</i>	
WU YAO 7.7%	This formula is similar to <i>Sheng Hua Tang</i> (<i>Tangkuei & Ginger Combination</i>), but it pays more attention to supplementation of qi and blood and is less able to quicken blood and dispel stasis. It is appropriate for women who are depleted by the pregnancy and birthing process. Such patients will present with vacuity symptoms such as pale complexion, dizziness, flowery vision, weak voice, dull abdominal pain, and, in some cases, fever and aversion to cold.
<i>Moutan</i>	
MU DAN PI 7.7%	
<i>Citrus Peel</i>	
CHEN PI 7.7%	
<i>Cyperus</i>	
XIANG FU 7.7%	
<i>Poria</i>	
FU LING 7.7%	The source text mentions over thirty modifications, so Xiong Gui Tiao Xue Yin is clearly intended to treat a wide variety of postpartum disorders. The formula's utilitarian nature is reflected in its name. A literal translation is <i>Ligusticum and Tangkuei Blood-Adjusting Cool-Decoction</i> . The vague term <i>blood-adjusting</i> implies that the formula can nourish and engender blood as well as dispel blood stasis.
<i>Leonurus</i>	
YI MU CAO 7.7%	
<i>Ginger (Fresh)</i>	
SHENG JIANG 7.7%	
<i>Licorice</i>	
GAN CAO 7.7%	
<i>Jujube</i>	
DA ZAO 3.8%	
<i>Dried Ginger</i>	
GAN JIANG 3.8%	
MODIFICATIONS	
<ul style="list-style-type: none"> • For qi vacuity that results in fever and aversion to cold, add Fang Feng (Siler), Ren Shen (Ginseng), and Huang Qi (Astragalus Root). • For poor appetite owing to spleen vacuity, add Huang Qi (Astragalus Root). • For cold pain in the abdomen, add Ding Xiang (Clove). • For postpartum bleeding, add Di Yu Tan (Charred Sanguisorba) and A Jiao (Gelatin). • For vexation-heat thirst and dry mouth, add Sheng Di Huang (Fresh Rehmannia) and Huang Qin (Scute). • For vacuity headache, add Bai Zhi (Angelica) and Huang Qi (Astragalus Root). • For postpartum blood-vacuity constipation, add Huo Ma Ren (Hemp Seed). • For insomnia, add Suan Zao Ren (Zizyphus Seed) and Mai Men Dong (Ophiopogon). 	

Xu Ming Tang • 4230

EPHEDRA & GINSENG COMBINATION

<i>Ephedra</i>	SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> (<i>Jin Gui Yao Lüe</i>)
MA HUANG	11.2%
<i>Ginseng</i>	FUNCTIONS: Dispel wind and support the correct.
REN SHEN	11.1%
<i>Cinnamon Twig</i>	INDICATIONS: Treats wind strike with symptoms of paralysis and aphasia (without pain). The patient may be unable to recognize friends and surroundings.
GUI ZHI	11.1%
<i>Dried Ginger</i>	—————
GAN JIANG	11.1%
<i>Apricot Seed</i>	This formula is drawn from the <i>Essential Prescriptions of the Golden Coffer</i> , where it is mentioned for treating the paralysis and aphasia left after a wind strike. This condition is probably analogous to what the modern world calls cerebral stroke. The ancient Chinese saw this event as wind taking advantage of an individual with weakened correct qi and invading the construction and defense. The formula aims to dispel the pathogen from the channels with acrid, warm herbs, like Ma Huang (Ephedra) and Gui Zhi (Cinnamon Twig), and to supplement correct qi with Ren Shen (Ginseng), Dang Gui (Tangkuei), and Gan Cao (Licorice). This is termed simultaneous attack and supplementation.
XING REN	11.1%
<i>Ligusticum</i>	—————
CHUAN XIONG	11.1%
<i>Tangkuei</i>	Nowadays, this formula is used in Chinese hospitals to treat stroke patients soon after the stroke. It is also prescribed for acute wind-cold damp pain. Note that Xu Ming Tang is for an acute situation and is intended for short-term use, whereas Xiao Xu Ming Tang (Ephedra & Peony Combination) is for a more enduring condition and can be given for a longer period of time.
DANG GUI	11.1%
<i>Licorice</i>	The name of the formula, <i>Decoction of Perennial Life</i> , refers to its life-saving capabilities.
GAN CAO	11.1%
<i>Gypsum</i>	—————
SHI GAO	11.1%

MODIFICATIONS

- For aphasia, add Shi Chang Pu (Acorus) and Yuan Zhi (Polygala).
- For paralysis of the lower limbs, add Niu Xi (Achyranthes).
- For joint pain, add Fang Ji (Stephania), Fang Feng (Siler), Ru Xiang (Mastic), and Mo Yao (Myrrh).

Xuan Fu Dai Zhe Shi Tang • 3030

INULA & HEMATITE COMBINATION

<i>Ginger (Fresh)</i>		SOURCE: <i>On Cold Damage (Shang Han Lun)</i>
SHENG JIANG	26.3%	FUNCTIONS: Downbear qi, expel phlegm, regulate the center, and transform phlegm.
<i>Inula Flowers</i>		INDICATIONS: Treats weakness and vacuity of stomach qi complicated by interior obstruction by phlegm and turbidity. The loss of the stomach's downbearing function causes counterflow ascent with symptoms of nausea, vomiting, glomus and fullness below the heart, and belching that does not bring relief. The formula can also treat dizziness, cough, and asthmatic breathing.
XUAN FU HUA	15.8%	
<i>Pinellia</i>		
BAN XIA	15.8%	
<i>Licorice</i>		
GAN CAO	15.8%	
<i>Ginseng</i>		
REN SHEN	10.5%	
<i>Jujube</i>		In the source text, this formula is suggested for patients who, owing to misguided treatment and prolonged illness, suffer from vacuity in the central burner that gives rise to belching, epigastric glomus (subjective feeling of a lump), and fullness. When the weakened spleen no longer processes fluids efficiently, phlegm and rheum accumulate and stomach qi rises counterflow, leading to the symptoms this formula addresses.
DA ZAO	10.5%	
<i>Hematite</i>		
DAI ZHE SHI	5.3%	
		This formula has come to be used for other manifestations of central burner vacuity characterized by phlegm obstruction and counterflow ascent of qi. These include nausea, dizziness, and vomiting. The formula can be used to relieve the nausea and vomiting associated with chemotherapy. In addition, modern practitioners use this formula to treat Meniere's disease, morning sickness, loss of voice, constipation in newborns, gastritis, bronchial asthma, bronchitis, and pneumonia. Note that although sometimes used to treat morning sickness, this formula should be used very cautiously during pregnancy as its downbearing medicinals are generally contraindicated for pregnant women.

MODIFICATIONS

- For nausea, add Zhu Ru (Bamboo Shaving).
- For constipation, add Mu Xiang (Vladimiria), Da Huang (Rhubarb), and Zhi Shi (Aurantium Immaturus).
- For loss of voice (with phlegm), add Jie Geng (Platycodon) and Zhe Bei Mu (Fritillaria-Zhe); if there are heat signs, add Yu Xing Cao (Houttuynia) and Chan Tui (Cicada Molting).
- For asthma, add Zi Su Zi (Perilla Seed) and Xing Ren (Apricot Seed).
- When insomnia is associated with the pattern that this formula treats, add Bai He (Lily), He Huan Hua (Albizzia Flower), and Yuan Zhi (Polygala).
- For Meniere's disease, add Bai Shao (White Peony), Gou Teng (Gambir), Zhu Ru (Bamboo Shaving), and Fu Ling (Poria).

Xue Fu Zhu Yu Tang • 1390

PERSICA & CARTHAMUS COMBINATION

<i>Persica</i>	
TAO REN	16.0%
<i>Carthamus</i>	
HONG HUA	12.0%
<i>Tangkuei</i>	
DANG GUI	12.0%
<i>Rehmannia (Fresh)</i>	
SHENG DI HUANG	12.0%
<i>Cyathula</i>	
CHUAN NIU XI	12.0%
<i>Aurantium Fruit</i>	
ZHI KE	8.0%
<i>Red Peony</i>	
CHI SHAO	8.0%
<i>Platycodon</i>	
JIE GENG	6.0%
<i>Ligusticum</i>	
CHUAN XIONG	6.0%
<i>Bupleurum</i>	
CHAI HU	4.0%
<i>Licorice</i>	
GAN CAO	4.0%

SOURCE: *Correction of Errors in the Field of Medicine*
(*Yi Lin Gai Cuo*)

FUNCTIONS: Quicken blood, dispel stasis, move qi, and relieve pain.

INDICATIONS: Treats blood stasis in the chest and binding depression of liver qi. Modern practitioners employ this formula to treat headaches, intercostal neuralgia, heart disorders (including irregular heartbeat and coronary heart disease), fibrous breast lumps, upper body bleeding during menstruation, trauma to the thoracic region, gastric reflux, insomnia, night sweats, spontaneous sweats, and Behcet's disease.

This formula is a combination of [Si Ni San](#) (Bupleurum & Aurantium Immaturus Formula) and [Tao Hong Si Wu Tang](#) (Tangkuei Four, Persica, & Carthamus Combination). It treats blood stasis in the chest and binding depression of liver qi. Obstruction of the flow of qi and blood through the chest can give rise to numerous and varied symptoms. The source text lists the following: headache, chest pain, intolerance of weight on the chest, desire for heavy coverings on the chest, sweating (spontaneous or thieving sweats), inhibited swallowing, lantern disorder (heart heat), visual depression (spirit depression, with confusion and degradation of vision), agitation, excessive dreaming, belching, gagging on liquids, insomnia, infantile night crying, racing pulse or irregular heartbeat, nighttime agitation, unprovoked anger, dry retching, and nighttime heat.

In addition, since all enduring disorders can give rise to blood stasis, Xue Fu Zhu Yu Tang can be used in combination with other formulas to treat chronic disorders. In Chinese medicine there is a saying: "Peculiar disorders arise from stasis"; thus, Xue Fu Zhu Yu Tang may also prove effective for unexplained or strange symptoms.

The formula's name can be literally translated as *Decoction for Expelling Stasis from the Blood Mansion*. The term *blood mansion* is a reference to the area below the lungs and above the diaphragm, which Wang Qing-Ren (author of the formula) believed to be the storage place of the body's blood.

Xue Fu Zhu Yu Tang treats replete conditions and is not intended for long-term use without modification. Include Ren Shen (Ginseng) or other supplementing herbs, or combine with a supplementing formula, if giving this formula for an extended period.

CONTINUED

MODIFICATIONS

- For blood-stasis headache, add the following herbs according to location of the headache: top of the head, Gao Ben (Ligusticia Kaopen); unilateral headache, Bai Shao (White Peony); occipital region, Ge Gen (Pueraria Root); forehead, Bai Zhi (Angelica).
- For insomnia, add He Huan Pi (Albizzia Bark), Suan Zao Ren (Zizyphus Seed), and a small amount (2%) of Huang Lian (Coptis).
- For thoracic pain, add Dan Shen (Salvia Root) and Yan Hu Suo (Corydalis).
- For chronic qi counterflow gagging, belching, or gastric reflux, add Xuan Fu Hua (Inula Flower) and Dai Zhe Shi (Hematite).
- For angina pain, add Hong Jing Tian (Rhodiola), Xue Jie (Dragon's Blood), and Dan Shen (Salvia Root). If vacuity fatigue is present, include Ren Shen (Ginseng) and Wu Wei Zi (Schizandra).
- For fibrous breast lumps, add Wang Bu Liu Xing (Vaccaria Seed), Zao Jiao Ci (Gleditsia Spine), and Pu Gong Ying (Dandelion).

Yang Xin Tang • 3900

ASTRAGALUS & ZIZYPHUS COMBINATION

<i>Astragalus</i>		SOURCE: <i>Essential Teachings of Zhu Dan-Xi (Dan Xi Xin Fa)</i>
HUANG QI	9.1%	FUNCTIONS: Supplement heart qi, nourish heart blood, transform phlegm, and quiet the spirit.
<i>Poria (Fushen)</i>		INDICATIONS: Treats heart vacuity and insufficiency of blood that results in fright palpitations or racing heart.
FU SHEN	9.1%	
<i>Poria</i>		
FU LING	9.1%	
<i>Tangkuei</i>		
DANG GUI	9.1%	Vacuity of qi and blood in the heart leaves that viscus unable to properly house the spirit and also subjects it to occupation by phlegm or rheum. Having an uneasy spirit, the patient is unable to respond appropriately to loud sounds or strange sights and thus experiences fright palpitations. Racing heartbeat, according to Zhu Dan-Xi in his discussion of this formula, is owing to insufficiency of blood and is sometimes complicated by stagnant phlegm (or phlegm-fire) in the heart. His formula combines Wu Wei Zi (<i>Schizandra</i>) and Huang Qi (<i>Astragalus</i>) to supplement heart qi, Ban Xia (<i>Pinellia</i>), Yuan Zhi (<i>Polygala</i>), and Fu Ling (<i>Poria</i>) to transform phlegm and rheum, Dang Gui (<i>Tangkuei</i>) to nourish blood, and herbs such as Suan Zao Ren (<i>Zizyphus Seed</i>) to quiet the spirit. In this way, all aspects of the root and branch are addressed. Zhu Dan-Xi does not mention his reason for including Rou Gui (<i>Cinnamon Bark</i>), but the <i>Medical Remedies Researched (Yi Fang Kao)</i> posits that it is included to conduct the other herbs in the formula to the heart (acid and hot herbs stem from the fire phase and thus hone to the heart).
<i>Biota Seed</i>		
BAI ZI REN	6.1%	The patient for whom this formula is appropriate will have a pale tongue, lusterless complexion, a fine, weak pulse, and other signs of qi and blood vacuity. Because it addresses vacuity of qi and blood in the heart, the formula can also be applied to consequences of this disharmony other than palpitations. Examples include insomnia, excessive dreaming, and irritability.
<i>Schizandra</i>		
WU WEI ZI	6.1%	
<i>Polygon</i>		
YUAN ZHI	6.1%	
<i>Ginseng</i>		
REN SHEN	6.1%	
<i>Cinnamon Bark</i>		
ROU GUI	6.1%	Zhu Dan-Xi modified this formula from an earlier one by the same name – identical except that it included Huang Qin (<i>Scute</i>) instead of Huang Qi. The name of the formula in English is <i>Heart-Nourishing Decoction</i> . There are other formulas with this name, so one should be sure to note the ingredients when prescribing.
<i>Jujube</i>		
DA ZAO	3.0%	
<i>Licorice (Prepared)</i>		
ZHI GAN CAO	3.0%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	3.0%	

CONTINUED

MODIFICATIONS

- For vexation-heat, add a small amount of Huang Lian (Coptis).
- For fright palpitations, add Long Gu (Dragon Bone Fossil) or Long Chi (Dragon Teeth Fossil).
- For insomnia, add Ye Jiao Teng (Polygonum multifloru Vine).
- For blood stasis, add He Huan Pi (Albizzia Bark).
- For collection of fluids or rheum that gives rise to palpitations (collecting-rheum palpitations), add Bing Lang (Areca Seed) and Chi Fu Ling (Red Poria).

Yi Gan San • 1610

BUPLEURUM FORMULA

<i>Tangkuei</i>	SOURCE: <i>Guidelines for Pattern Identification and Treatment</i> <i>(Zheng Zhi Zhun Sheng)</i>
DANG GUI 17.2%	
<i>Atractylodes (Alba)</i>	FUNCTIONS: Course and soothe the liver, settle spasms, and quiet the spirit.
BAI ZHU 17.2%	
<i>Poria</i>	INDICATIONS: Treats liver stasis and heat that results in spasms or gnashing of teeth, fright palpitations, vomiting of phlegm-drool, abdominal distention, lack of appetite, and restless sleep.
FU LING 17.2%	
<i>Gambir</i>	
GOU TENG 17.2%	
<i>Ligusticum</i>	
CHUAN XIONG 13.8%	This formula was originally used to treat children with liver channel deficiency-heat characterized by spasms, feverishness, grinding of teeth, palpitations with anxiety, fever, and chills, or vomiting of phlegm and saliva, abdominal distention, reduced appetite, and restless sleep. These symptoms are thought to be due to liver-wood over-controlling earth-spleen. The name of the formula, which translates literally as <i>Liver-Restraining Powder</i> , conveys the formula's goal of treating these symptoms by restraining liver-wood.
<i>Bupleurum</i>	
CHAI HU 8.7%	
<i>Licorice</i>	
GAN CAO 8.7%	In more recent times, this formula is used to treat males and females of all ages who suffer from binding depression of liver qi or liver qi ascent. Typically, this patient will be nervous, easily angered, and have other signs of an over-stimulated nervous system. He or she may have symptoms like those listed above as well as others such as seizures, menstrual pain, and insomnia.
	This formula is similar to Xiao Yao San (<i>Tangkuei & Bupleurum Formula</i>) because both formulas supplement blood and qi, soothe the liver, harmonize the liver and spleen, and resolve depression. Yi Gan San, however, primarily addresses liver depression that gives rise to wind symptoms such as spasms, seizures, headache, and dizziness. The inclusion of Gou Teng (<i>Gambir</i>), an herb to calm the liver, extinguish wind, and settle spasm, underscores the importance of these functions in the formula, and highlights how Yi Gan San differs from Xiao Yao San.

CONTINUED

MODIFICATIONS

- For headache, dizziness, and general disquietude, add Bai Shao (White Peony) and a small amount of Huang Lian (Coptis).
- For dual vacuity of qi and blood, add Ren Shen (Ginseng), Huang Qi (Astragalus Root), Bai Shao (White Peony), and Sheng Di Huang (Fresh Rehmannia).
- For upper-body itching skin rashes owing to blood vacuity and binding depression of liver qi, add Sheng Di Huang (Fresh Rehmannia), Bai Ji Li (Tribulus), and Shan Zhi Zi (Gardenia).
- For menstrual pain, add Pu Huang (Bulrush) and Wu Ling Zhi (Pteropus).
- For abdominal distention, add Zhi Shi (Aurantium Immaturus) and Hou Po (Magnolia Bark).
- For agitation-insomnia, add Ye Jiao Teng (Polygonum multifloru Vine) and He Huan Hua (Albizia Flower).

Yi Guan Jian • 0013

LINKING DECOCTION

<i>Rehmannia (Fresh)</i>	
SHENG DI HUANG	30.8%
<i>Lycium Fruit</i>	
GOU QI ZI	15.4%
<i>Glehnia</i>	
SHA SHEN	15.4%
<i>Ophiopogon</i>	
MAI MEN DONG	15.4%
<i>Tangkuei</i>	
DANG GUI	15.4%
<i>Melia</i>	
CHUAN LIAN ZI	7.6%

SOURCE: *Continued Categorized Cases of Famous Physicians*
(Xu Ming Yi Lei An)

FUNCTIONS: Nourish yin and blood and course the liver.

INDICATIONS: Treats liver and kidney yin vacuity that coexists with binding depression of liver qi. This pattern is characterized by yin vacuity signs such as thirst, dry throat and mouth, and symptoms of depressed liver qi such as pain in the abdomen, thorax, or flank. Typically the pattern displays a red tongue with scant fur.

Biomedical diseases which this formula may address include chronic hepatitis, chronic gastritis, ulcers in the stomach or duodenum, and intercostal neuralgia.

This formula can be thought of as yin nourishing with a slight ability to course the liver and rectify qi. It is ideal for conditions where a vacuity of liver and kidney yin have left the liver undernourished and hindered its ability to course qi, giving rise to pain in the abdomen, rib-sides, or thorax. In modern times, this formula is considered useful for duodenal ulcers that present as yin vacuity with liver invading the stomach. For such cases, the addition of Bai Shao (White Peony) is recommended. Yi Guan Jian is also noted in modern texts for the treatment of chronic hepatitis.

Both Yi Guan Jian and [Xiao Yao San](#) (Tangkuei & Bupleurum Formula) treat flank pain caused by liver qi depression; however, the formulas are quite different. Xiao Yao San courses liver qi, supplements the spleen, and nourishes blood. Its main goal is to restore the free-coursing function of the liver. Yi Guan Jian primarily nourishes yin and only pays secondary attention to coursing the liver.

The formula's name derives from a saying, attributed to Confucius concerning a principle of universal love that permeates and links various seemingly unrelated philosophies. The formula nourishes yin and courses the liver; it treats seemingly unrelated symptoms such as flank pain and vomiting of sour fluid. Thus, an accurate rendering into English should reflect this underlying uniting principle. *Permeating-Principle Decoction* would be fitting, though not literal. *Linking Decoction* is a more literal, yet somewhat unrevealing, translation.

CONTINUED

MODIFICATIONS

- For dry-stool constipation, add Gua Lou Ren (Trichosanthes Seed) or Huo Ma Ren (Hemp Seed).
- For vacuity heat or profuse sweating, add Di Gu Pi (Lycium Root Bark).
- For copious phlegm, add Zhe Bei Mu (Fritillaria-Zhe) and Gua Lou Ren (Trichosanthes Seed).
- A dry, red tongue indicating severe damage to stomach yin calls for the addition of Shi Hu (Ephemerantha fimbriata) or Yu Zhu (Polygonatum odorati).
- For pain and distention in the flank region, which is hard when palpated, add Bie Jia (Turtle Shell) and Ji Nei Jin (Gallus).
- For vexation-heat and thirst, add Zhi Mu (Anemarrhena) and Shi Gao (Gypsum).
- For abdominal pain, add Bai Shao (White Peony) and Gan Cao (Licorice).
- For weakness in the legs, add Niu Xi (Achyranthes) and Yi Yi Ren (Coix).
- For insomnia, add Suan Zao Ren (Zizyphus).
- For dry mouth with bitter taste, add a small amount of Huang Lian (Coptis).

Yi Qi Cong Ming Tang • 2540

GINSENG, ASTRAGALUS, & PUERARIA COMBINATION

<i>Ginseng</i>	SOURCE: <i>Guidelines for Pattern Identification and Treatment</i> <i>(Zheng Zhi Zhun Sheng)</i>
REN SHEN 22.2%	
<i>Astragalus</i>	FUNCTIONS: Boost qi, supplement the center, clear the ears, and
HUANG QI 22.2%	brighten the eyes.
<i>Pueraria Root</i>	INDICATIONS: Treats superficial visual obstructions, cloudy vision,
GE GEN 13.3%	diminished visual acuity, and deafness and ringing of the ears.
<i>Vitex</i>	
MAN JING ZI 13.3%	
<i>White Peony</i>	This formula treats vacuity-based eye and ear disorders such as tinnitus,
BAI SHAO 8.9%	hearing loss, and degradation of vision. It is not intended for acute or
<i>Phellodendron Bark</i>	inflammatory disorders.
HUANG BAI 8.9%	
<i>Cimicifuga</i>	Whereas Qi Ju Di Huang Wan (Lycium, Chrysanthemum, & Rehmannia Formula) treats liver and kidney yin vacuity that gives rise to
SHENG MA 6.7%	eye disorders, those disorders are usually warm in nature. Yi Qi Cong
<i>Licorice (Prepared)</i>	Ming Tang treats generalized qi vacuity that produces chronic disorders
ZHI GAN CAO 4.5%	characterized by diminished acuity of sight and hearing. No strong heat
	signs are associated with these qi-vacuity conditions.
	The Chinese name of the formula translates into English as <i>Qi-Boosting Vision-Sharpening Decoction</i> , which describes its function of supple-
	menting central burner qi to improve vision (and hearing).

MODIFICATIONS

- For blurred vision, add Ju Hua (Chrysanthemum) and Gou Qi Zi (Lycium Fruit).
- For kidney-vacuity eye disorders, combine with [Zi Shen Ming Mu Tang](#) (Chrysanthemum Combination).

Yi Yi Ren Tang • 4080

COIX COMBINATION [AVAILABLE IN TABLETS]

<i>Coix</i>		SOURCE: <i>Zhang's Clear View of Medicine (Zhang Shi Yi Tong)</i>
YI YI REN	42.4%	FUNCTIONS: Warm the channels, supplement blood, disperse cold, dispel damp, and relieve pain.
<i>White Peony</i>		INDICATIONS: Treats wind-damp-cold bi patterns where damp and cold are prominent. A slippery pulse and a glossy tongue fur are typical.
BAI SHAO	12.7%	
<i>Tangkuei</i>		
DANG GUI	12.7%	
<i>Atractylodes (Alba)</i>		
BAI ZHU	8.5%	This formula treats joint pain that is predominantly damp and cold. The formula not only dispels damp-cold but supplements and moves blood as well. For this reason, it is especially appropriate for blood deficient patients who suffer from damp-cold bi patterns.
<i>Ephedra</i>		
MA HUANG	6.8%	
<i>Cinnamon Twig</i>		
GUI ZHI	6.8%	The condition worsening in damp or cold weather, a glossy tongue fur, and pain predominantly in the lower body are signs that cold and damp are the root of the disorder.
<i>Licorice</i>		
GAN CAO	5.9%	
<i>Ginger (Fresh)</i>		
SHENG JIANG	4.2%	Both this formula and Ma Xing Yi Gan Tang (Ephedra & Coix Combination) treat damp-cold inflammatory joint disorders. Whereas Ma Xing Yi Gan Tang treats mild and initial stage disorders, Yi Yi Ren Tang treats a more severe and chronic pattern. The disorder Gui Zhi Shao Yao Zhi Mu Tang (Cinnamon & Anemarrhena Combination) treats is similar to the one Yi Yi Ren Tang addresses, except that in the case of Gui Zhi Shao Yao Zhi Mu Tang the disorder has become entrenched and has existed long enough to damage yin and engender blood stasis.
		There are several formulas with the name Yi Yi Ren Tang, so one must check the ingredients before prescribing.

MODIFICATIONS

- For spontaneous sweating, add Shi Gao (Gypsum).
- For vexation-heat pain, add Huang Bai (Phellodendron Bark).
- For cold efflux cramping in the extremities, add Fu Zi (Prepared Aconite).

Yi Zi Tang • 0010

CIMICIFUGA COMBINATION [AVAILABLE IN TABLETS]

<i>Tangkuei</i>	SOURCE: Experiential formula attributed to the Japanese physician
DANG GUI	Yuan Nan-Yang
<i>Bupleurum</i>	FUNCTIONS: Clear heat, drain stagnation, cool blood, and
CHAI HU	resolve toxin.
<i>Scute</i>	INDICATIONS: Treats intestinal wind (bloody stool from bleeding of
HUANG QIN	the lower intestines), bleeding hemorrhoids or fistulas, profuse uterine
<i>Licorice</i>	bleeding or spotting, excessive bleeding during childbirth, or blood
GAN CAO	stasis abdominal pain. It may also address itching or pain in the vagina
<i>Cimicifuga</i>	owing to heat-stasis.
SHENG MA	—————
<i>Rhubarb</i>	This formula addresses two general types of disorders. The first is rectal
DA HUANG	bleeding from hemorrhoids or other disorders of the lower portion of
	the intestinal tract. The second is heat-stasis in the lower burner that
	results in uterine bleeding or vaginal itching. Both types of disorders
	can be the consequence of stasis and heat in the lower body. The for-
	rmula uses Da Huang (Rhubarb) and Huang Qin (Scute) to clear heat,
	Dang Gui (Tangkuei) to move blood and dissipate stasis, and Sheng Ma (Cimicifuga) and Chai Hu (Bupleurum) to uplift yang qi.
	The formula treats the above-mentioned disorders when they are owing
	to heat and stagnation. These are repletion patterns, and treatment
	primarily applies to the branch of the disorder. The draining nature
	of the formula shows it is intended for short-term use. As the main
	symptoms recede, this formula should be combined with a formula that
	addresses the root condition, the percentage of Yi Zi Tang gradually
	decreasing until treatment consists only of the root formula.
	This formula and Huai Hua San (Sophora Flower Formula) both
	treat heat-stasis in the lower body that gives rise to bleeding from the
	rectum or uterus. Yi Zi Tang is better at addressing stasis and Huai
	Hua San is better at clearing heat and stanching bleeding. In addition,
	Yi Zi Tang uplifts yang.
	We surmise that the name of the formula is a reference to the intestines, though we find no literature to support this. In ancient China, the character “Yi” was used to represent the intestines of fish, based on the resemblance of the character to the intestines’ winding shape. The character “Zi” represents a Chinese pictograph. Thus, <i>Twisting Pictograph Decoction</i> or <i>Fish Intestines Decoction</i> might bring to mind the intestines, as does the name in Chinese.

CONTINUED

MODIFICATIONS

- If heat is prominent, combine with [Huai Hua San](#) (Sophora Flower Formula), or add Huang Bai (Phellodendron Bark) and Sheng Di Huang (Fresh Rehmannia).
- If stasis is extreme, add Tao Ren (Persica), Hong Hua (Carthamus) or San Leng (Scirpus) or, for gynecologic disorders, combine with [Gui Zhi Fu Ling Wan](#) (Cinnamon & Poria Formula).
- Damp-heat calls for the addition of Yi Yi Ren (Coix) and Huang Bai (Phellodendron Bark).
- To increase the formula's ability to stanch bleeding, add Di Yu (Sanguisorba).
- For vaginal itching, add Jin Yin Hua (Lonicera Flower) and Lian Qiao (Forsythia).
- For hemorrhoid pain, add Wu Yao (Lindera) and Xiang Fu (Cyperus).

Yin Chen Hao Tang • 2500

CAPILLARIS COMBINATION [AVAILABLE IN TABLETS]

<i>Capillaris</i>	SOURCE: <i>On Cold Damage (Shang Han Lun)</i>
YIN CHEN HAO	54.5%
<i>Gardenia</i>	FUNCTIONS: Clear and disinhibit damp-heat and abate jaundice.
SHAN ZHI ZI	27.3%
<i>Rhubarb</i>	INDICATIONS: Treats damp-heat jaundice that manifests as a fresh
DA HUANG	yellow color on the face, the entire body, or in the eyes. Attendant
	symptoms include sweating from the head, slight fullness in the abdomen,
	nausea, thirst, short, dark urine, a greasy, yellow tongue fur, and
	a slippery, rapid pulse.

This formula is for jaundice that exhibits more heat than damp, a condition known as yang jaundice. In Western medicine, this pattern can manifest as cholecystitis, gallbladder stones, or hepatitis.

Since Yin Chen Hao Tang can clear damp-heat in the lower burner, if amended it can also address lower burner damp-heat patterns that give rise to strangury disorders (painful or inhibited urination, or urinary calculus). Western medicine may label the symptoms of this pattern as urinary tract infection or nephritis.

The formula's function of clearing damp-heat is sometimes used in the treatment of acute, itching skin disorders (such as hives), or inflammatory disorders of the oral cavity or eyes. Generally, for these disorders, herbs are added to the formula to guide it to the location of the symptoms.

MODIFICATIONS

- For binding depression of liver qi with bitter taste, flank pain, or alternating chills and fever, add Chai Hu (Bupleurum), Shan Zhi Zi (Gardenia), and Yu Jin (Curcuma).
- For very bright jaundice, add Ji Gu Cao (Abrus) and Shan Zhi Zi (Gardenia).
- For eye disorders, add Ju Hua (Chrysanthemum).
- For skin rashes, add Chi Shao (Red Peony) and Fang Feng (Siler).
- For inflammation of the oral cavity, add Huang Lian (Coptis) and Sheng Ma (Cimicifuga).
- For severe heat signs, add Huang Qin (Scute) and Shan Zhi Zi (Gardenia), or, in extreme cases, Long Dan Cao (Gentiana).
- For urinary tract disorders, add Yu Xing Cao (Houttuynia), Hai Jin Sha (Lygodium Spores), Jin Qian Cao (Desmodium), and Huang Bai (Phellodendron Bark).
- For nausea, add Zhu Ru (Bamboo Shaving) and Shen Qu (Massa Medicata Fermentata).

Yin Chen Wu Ling San • 2510**CAPILLARIS & PORIA FIVE FORMULA [AVAILABLE IN TABLETS]**

<i>Capillaris</i>			SOURCE: <i>Essential Prescriptions of the Golden Coffer</i> <i>(Jin Gui Yao Lüe)</i>
YIN CHEN HAO	66.5%		
<i>Alisma</i>		10.4%	FUNCTIONS: Disinhibit damp and abate jaundice.
ZE XIE			INDICATIONS: Treats damp-heat jaundice when there is more damp than heat and urine is inhibited.
<i>Poria</i>			
FU LING	6.3%		
<i>Polyporus</i>			
ZHU LING	6.3%		
<i>Atractylodes (Alba)</i>			This formula treats jaundice that is predominantly damp. Note that this formula does not have a strong ability to clear heat but is very good at draining damp. The major symptom (aside from jaundice) to confirm use of this formula is inhibited urination. A thick tongue fur and a slippery pulse are also part of the picture.
BAI ZHU	6.3%		
<i>Cinnamon Twig</i>			
GUI ZHI	4.2%		In dermatology, this formula is sometimes used to treat damp-heat skin rashes, especially in the genital region.

MODIFICATIONS

- For flank pain or bitter taste, add Yu Jin (Curcuma).
- For heat signs, add Shan Zhi Zi (Gardenia) and Huang Qin (Scute).
- For damp-heat skin rashes, add Cang Zhu (Atractylodes), Huang Bai (Phellodendron Bark), Fang Feng (Siler), and Yi Yi Ren (Coix).

Yin Qiao San • 3870

LONICERA & FORSYTHIA FORMULA [AVAILABLE IN TABLETS]

<i>Lonicera Flower</i>	SOURCE: <i>Systematized Identification of Warm Diseases</i> (<i>Wen Bing Tiao Bian</i>)
JIN YIN HUA 18.0%	
<i>Forsythia</i>	FUNCTIONS: Penetrate the exterior with acrid coolness, clear heat, and resolve toxin.
LIAN QIAO 17.9%	
<i>Platycodon</i>	INDICATIONS: Treats the initial stage of warm disease characterized by fever with no sweating or inhibited sweating, slight aversion to wind and cold, headache, thirst, cough, sore throat, a red tongue tip, a thin white or yellow fur, and a floating, rapid pulse.
JIE GENG 10.7%	
<i>Arctium</i>	
NIU BANG ZI 10.7%	
<i>Mint</i>	
BO HE 10.7%	The most common use of Yin Qiao San is in the treatment of initial-stage wind-heat exterior patterns. It gently resolves the exterior, clears heat, and resolves toxin without damaging the body's qi or liquids. This is important because wind-heat illnesses present with fever that can damage liquids and disperse qi.
<i>Licorice</i>	
GAN CAO 8.9%	
<i>Soja</i>	
DAN DOU CHI 8.9%	
<i>Lophatherum</i>	The formula follows the tenet of the <i>Inner Canon (Nei Jing)</i> : "Internal wind excess [should be] treated with acrid cool [medicinals] assisted by bitter and sweet [ones]." In this way, it clears heat without damaging liquids and dispels the pathogen without dispersing qi.
DAN ZHU YE 7.1%	
<i>Schizonepeta</i>	
JING JIE 7.1%	
	It is important to distinguish clearly between wind-cold and wind-heat exterior patterns, as treating a wind-heat pattern with acid warm medicinals is to be avoided. Initial wind-heat presents with slight aversion to wind, thirst, sore throat, fever, sweating that is absent or inhibited, a red tongue tip, and a rapid floating pulse. This contrasts sharply with the wind-cold symptoms of defined aversion to wind and cold, absence of thirst, scratchy throat, absence of sweating, a tongue without a red tip, and a tight, floating pulse.
	This formula can be given frequently during the initial stage of a wind-heat attack. <i>Systematized Identification of Warm Diseases</i> suggests that it can be given every four hours. Nowadays, it is common practice to administer a large dose of the formula (around four grams of concentrate) every three to four hours for the first one or two days of a wind-heat exterior pattern.
	If, during the course of this pattern, heat becomes extreme, adding bitter and cold agents such as Huang Qin (Scute) can help the formula to clear heat and resolve toxin. In addition, specific agents can be added to address particular symptoms – for example, to make the formula suitable for pox disorders such as measles and chicken pox. Many modifications follow, some of which are drawn from the source text.

CONTINUED

Yin Qiao San's ability to clear heat and resolve toxin is sometimes used to treat disorders other than defense-aspect warm patterns. For example, flare-ups of acute or chronic gastritis can be comforted with this formula. After the acute flare-up is relieved, the root cause of the disorder must be taken care of. Other examples are the initial stage of toxic swellings (especially if accompanied by chills and fever), wind-heat eye disorders, and acute skin rashes or hives. When combined with blood-moving medicinals, this formula can also be used for acute sprains or contusions.

MODIFICATIONS

- For high fever, add Shi Gao (Gypsum), Zhi Mu (Anemarrhena), and Huang Qin (Scute).
- For wind-heat exterior patterns accompanied by damp or turbidity, add Huo Xiang (Agastache) and Yu Jin (Curcuma). This pattern is characterized by thoracic oppression and fullness.
- For thirst, add Tian Hua Fen (Trichosanthes Root).
- For sore throat, add Ban Lan Gen (Isatis Root), She Gan (Belamcanda), and Huang Qin (Scute), or, as the source text suggests, add Xuan Shen (Scrophularia) and Ma Bo (Lasiosphaera Puffball).
- For cough, add Qian Hu (Peucedanum) and Xing Ren (Apricot Seed).
- For nasal congestion, combine with [Qing Bi Tang](#) (Pueraria Nasal Combination).
- For wind-heat eye disorders such as conjunctivitis, add Ju Hua (Chrysanthemum), Man Jing Zi (Vitex), and Bai Ji Li (Tribulus).
- For acute wind-heat skin rashes, combine with [Xiao Feng San](#) (Tangkuei & Arctium Formula) and add Bai Ji Li (Tribulus); for hives, also add Fu Ping (Spirodela).
- For acute injury by trauma (sprains and contusions), add Tian Qi (Notoginseng), Ru Xiang (Mastic), Mo Yao (Myrrh), and Bai Zhi (Angelica).
- For pox disorders, add Chan Tui (Cicada Molting) and Ge Gen (Pueraria Root) to help to outrush papules.
- For toxic swellings, add Pu Gong Ying (Dandelion) and Huang Lian (Coptis), or combine with [Huang Lian Jie Du Tang](#) (Coptis & Scute Combination); include Da Huang (Rhubarb) if the patient has constipation.

You Gui Wan • 1260

EUCOMMIA & REHMANNIA FORMULA [AVAILABLE IN TABLETS]

<i>Rehmannia (Cooked)</i>	
SHU DI HUANG	24.5%
<i>Eucommia</i>	
DU ZHONG	12.3%
<i>Cornus</i>	
SHAN ZHU YU	12.3%
<i>Dioscorea</i>	
SHAN YAO	12.3%
<i>Lycium Fruit</i>	
GOU QI ZI	12.3%
<i>Cuscuta</i>	
TU SI ZI	12.3%
<i>Aconite (Prepared)</i>	
FU ZI	6.1%
<i>Cinnamon Bark</i>	
ROU GUI	6.1%
<i>Cornus Cervi Gelatin</i>	
LU JIAO JIAO	0.9%
<i>Tangkuei</i>	
DANG GUI	0.9%

SOURCE: *Jing-Yue's Complete Compendium (Jing Yue Quan Shu)*

FUNCTIONS: Warm and supplement kidney yang, increase essence, and supplement blood.

INDICATIONS: Treats kidney yang vacuity and decline of the life gate fire. This syndrome is characterized by chronic illness, weak qi, lassitude of spirit, cold limbs, and aversion to cold. It may also present with impotence and seminal efflux, infertility, or loose stools. Severe cases can present with urinary incontinence, weakness in the knees and lower back, or water swelling in the lower limbs.

This formula is similar to [Ba Wei Di Huang Wan](#) (Rehmannia Eight Formula) but is more directed at kidney yang and symptoms specific to kidney yang vacuity such as impotence, seminal loss, low back weakness and pain, frequent urination, or urinary incontinence. This formula is best applied to long-term kidney vacuity and thus is often given to older persons. Note that it lacks the half-supplementing and half-draining makeup of Ba Wei Di Huang Wan and is thus less suited to treating vacuity heat signs or relieving signs of qi stagnation. It is, however, ideally suited to treating a pure kidney-yang vacuity pattern.

In his discussion of yang supplementation, the author of this formula mentions: If “yang is depleted and qi vacuous one needs to include Ren Shen (Ginseng) . . . , when desiring to supplement the life gate yang, without adding Ren Shen one cannot achieve results.” Thus, unless it is contraindicated (high blood pressure, for example), it is usually best to add Ren Shen when using this formula.

Modern practitioners find this formula useful for treating osteoporosis. This use stems from the belief in Chinese medicine that the kidney governs the bones. Some modern sources also suggest this formula for treating insufficient sperm count in males and cold uterus (yang-vacuity infertility) in women.

The Chinese names [Zuo Gui Wan](#) (Cyathula & Rehmannia Formula) and You Gui Wan translate loosely as *Left Restoring Pills* and *Right Restoring Pills*, respectively. These derive from a statement in the *Classic of Difficulties (Nan Jing)*: “That on the left is the kidney and that on the right is the life gate (Ming Men).” Since the kidney is related to water the true source of water is on the left and that of fire is on the right. Therefore, *Left Restoring Pills* are aimed at restoring water (yin) and *Right Restoring Pills* are designed to restore fire (yang).

CONTINUED

MODIFICATIONS

- For osteoporosis, add Bu Gu Zhi (Psoralea) and Lu Jiao Shuang (Cornus Cervi Fragments).
- For cold uterus, add Yang Qi Shi (Actiolite) and Lu Jiao Shuang (Cornus Cervi Fragments).
- For impotence, add Bu Gu Zhi (Psoralea) and Yin Yang Huo (Epimedium).
- For incontinence or frequent urination, add Yi Zhi Ren (Alpinia Fruit).
- For insufficient sperm count, add He Shou Wu (Polygonum).
- For qi vacuity, add Ren Shen (Ginseng).
- For loose stools, add Bu Gu Zhi (Psoralea), Fu Ling (Poria), and Bai Zhu (Atractylodes alba).
- Vacuity-cold vaginal discharge can be addressed by combining this formula with [Wan Dai Tang](#) (Atractylodes & Dioscorea Combination).

Yu Nü Jian • 1180

REHMANNIA & GYPSUM COMBINATION

<i>Rehmannia (Cooked)</i>	
SHU DI HUANG	30.3%
<i>Gypsum</i>	
SHI GAO	30.3%
<i>Ophiopogon</i>	
MAI MEN DONG	15.2%
<i>Cyathula</i>	
CHUAN NIU XI	12.1%
<i>Anemarrhena</i>	
ZHI MU	12.1%

SOURCE: *Jing-Yue's Complete Compendium (Jing Yue Quan Shu)*

FUNCTIONS: Enrich yin, clear stomach heat, cool blood, relieve thirst, and moisten dryness.

INDICATIONS: Treats yin-vacuity stomach heat. This syndrome presents as vexation heat, dryness, thirst, headache, toothache, bleeding gums, and a red tongue with a yellow and dry fur. Another common application of this formula is treating dispersion-thirst (xiao ke), a syndrome associated with diabetes.

The main application of this formula is to treat stomach yin vacuity that gives rise to upper body heat signs such as mouth sores and bleeding gums. Since this is considered yang ming heat, Shi Gao (Gypsum) and Zhi Mu (Anemarrhena), major components of [Bai Hu Tang](#) (Gypsum Combination), are key to this formula. This heat-clearing pair is coupled with agents to nourish yin. Chuan Niu Xi (Cyathula) is included to downbear qi and thus address upper body heat signs.

The most common use of this formula is in treatment of bleeding gums and mouth sores. For these disorders, see the recommended modifications. Since this formula both enriches yin and clears heat, it is also appropriate for dispersion-thirst disorders with signs of yang ming heat such as mouth sores, bleeding gums, headache, etc. Since the formula has a large amount of Shi Gao, it is not appropriate for long-term use. As the acute symptoms recede, one can gradually switch to a formula such as [Yu Quan Wan](#) (Jade Source Combination) to treat the root condition.

This is a good formula to modify, or to combine with others, when treating disorders that have a component of yin-vacuity stomach heat. These may include acute skin disorders such as hives, acute eczema, and undiagnosed itching dermatitis, or other disorders such as dry rhinitis, or chronic dry eyes.

The Chinese name of the formula translates literally as *Jade Female Decoction*. There are several explanations for this name. One points out that *Jade Female* is an old Taoist name for the kidney, which, like the formula, is a source of yin. A second theory posits that the formula is named after the girl known as *Jade Female*, who stands at the right-hand side of the Guan Yin Bodhisattva. She holds the willow branch that Guan Yin dips into her water bowl to sprinkle water and nourish the land. A third explanation says *Jade Female* refers to the pure, white nature of Shi Gao, a major component of this formula.

CONTINUED

MODIFICATIONS

- For diabetes-like disorders (dispersion-thirst), add Tian Hua Fen (Trichosanthes Root), Ge Gen (Pueraria Root), and Shan Yao (Dioscorea).
- For acute skin disorders, combine with [Xiao Feng San](#) (Tangkuei & Arctium Formula).
- For mouth sores, combine with [Qing Wei San](#) (Coptis & Rehmannia Formula).
- For bleeding gums, combine with [Gan Lu Yin](#) (Sweet Combination) and include a small amount of Huang Lian (Coptis).
- For dry-type rhinitis, combine with [Qing Bi Tang](#) (Pueraria Nasal Combination) and add Chi Shao (Red Peony).

Yu Ping Feng San • 1190

ASTRAGALUS & SILER FORMULA

<i>Astragalus</i>	
HUANG QI	60.0%
<i>Siler</i>	
FANG FENG	20.0%
<i>Atractylodes (Alba)</i>	
BAI ZHU	20.0%

SOURCE: *Essential Teachings of Zhu Dan-Xi (Dan Xi Xin Fa)*

FUNCTIONS: Supplement qi, secure the exterior, and arrest sweating.

INDICATIONS: This formula is for patients who catch cold easily or sweat spontaneously owing to defense (wei) qi vacuity.

This is a very old formula that was in use long before Zhu Dan-Xi wrote it down in the Yuan dynasty. It has become the standard formula for treating qi-vacuity sweating. In addition, it is used for patients who have qi vacuity and frequently catch cold. Owing to the helpful effect that Huang Qi (Astragalus) has been shown to have on the immune system, modern practice includes this formula in the treatment of various allergic disorders. Whether treating patients who suffer from allergic disorders or patients who frequently catch cold, it is best to give the formula when the symptoms are not present or combine the formula with one that treats the acute condition.

The name of the formula, *Jade Wind-Screen Powder*, is an allusion to both the preciousness of the prescription and its ability to screen the body from wind.

MODIFICATIONS

- For allergic rhinitis or sinusitis, combine with [Qing Bi Tang](#) (Pueraria Nasal Combination) in the acute stage and add Chi Shao (Red Peony) and Huang Qin (Scute). When symptoms have dissipated, combine this formula with one matching the patient's constitutional imbalance.
- For spontaneous sweating, add Ma Huang Gen (Ephedra Root) and Fu Xiao Mai (Wheat Levis).
- For hives (wind-cold type), combine with [Gui Zhi Tang](#) (Cinnamon Combination) and add Jing Jie (Schizonepeta) and Fu Ping (Spirodela).
- For postpartum usage to prevent colds or flu, combine with [Sheng Hua Tang](#) (Tangkuei & Ginger Combination) or another formula, depending on presenting symptoms.
- For breasts that are leaking milk (during breast feeding period), add Shan Yao (Dioscorea), Qian Shi (Euryale), Dang Shen (Codonopsis), and Wu Wei Zi (Schizandra). This treatment is for vacuity leakage; thus, if breasts are painful or engorged, it is contraindicated.
- For qi vacuity, add Ren Shen (Ginseng) and Gan Cao (Licorice).
- For those who easily catch cold, combine with [Gui Zhi Tang](#) (Cinnamon Combination).
- For blood-vacuity headaches, add Dang Gui (Tangkuei) and Chuan Xiong (Ligusticum).

Yu Quan Wan • 1170

JADE SOURCE COMBINATION

<i>Trichosanthes Root</i>	
TIAN HUA FEN	16.5%
<i>Pueraria Root</i>	
GE GEN	16.5%
<i>Ophiopogon</i>	
MAI MEN DONG	11.2%
<i>Ginseng</i>	
REN SHEN	11.2%
<i>Poria</i>	
FU LING	11.2%
<i>Mume</i>	
WU MEI	11.2%
<i>Licorice</i>	
Gan Cao	11.2%
<i>Astragalus</i>	
HUANG QI	5.5%
<i>Astragalus (Prepared)</i>	
ZHI HUANG QI	5.5%

SOURCE: *Essential Teachings of Zhu Dan-Xi (Dan Xi Xin Fa)*

FUNCTIONS: Boost qi, enrich yin, clear heat, and engender fluids.

INDICATIONS: Treats dispersion thirst, a disorder that equates approximately with diabetes. Symptoms include vexation thirst, frequent urination, increased appetite, and weight loss.

In the source text Zhu Dan-Xi says dispersion thirst is characterized by extreme thirst, frequent urination, red tongue and lips, and thoracic vexation. His remedy for this situation is to nourish the spleen (which in turn engenders fluids), clear heat, and nourish yin and fluids. Yu Quan Wan is one of his formulas intended to meet those goals.

Historically, most Chinese medicine practitioners have stressed the three-burner classification of dispersion thirst, but the famous Qing dynasty physician Ye Tian-Shi disagreed: “The three dispersions are one pattern. Though [this disorder] is divided into upper, central and lower, in fact it is simply yin depletion, yang hyperactivity, [and] parching of fluids [by] heat excess.”

Ye proposed a version of Yu Quan Wan formulated to treat all types of dispersion thirst. It included herbs to supplement and secure kidney yin. Combining Zhu Dan-Xi’s version of Yu Quan Wan with *Liu Wei Di Huang Wan* (Rehmannia Six Formula) approximates Ye’s version and forms a good combination to treat diabetes-like disorders.

With modifications, Zhu Dan-Xi’s Yu Quan Wan can treat diabetes-like disorders of any burner but is most effective for upper-burner patterns or in cases that are not yet extreme. It can help patients taking insulin reduce their dosage; it can also help those attempting to control their glucose levels with diet and exercise.

Though good for dispersion thirst, Yu Quan Wan is less able to address the dark or cloudy urine associated with lower-burner patterns. For this, formulas like *Qing Xin Lian Zi Yin* (Lotus Seed Combination) or *Zi Yin Jiang Huo Tang* (Phelodendron Combination) are better, either alone or combined with a formula like Yu Quan Wan.

The fluids of the mouth, are called Jade Spring or Jade Source (Yu Quan). The formula makes fluids flow as if from a mountain spring; thus the name Jade Spring Pills or Jade Source Pills. The many formulas by this name all treat dispersion thirst, though their ingredients differ.

MODIFICATIONS

- For qi vacuity, add Shan Yao (Dioscorea) and extra Ren Shen (Ginseng).
- If heat is severe, add Huang Qin (Scute), Zhi Mu (Anemarrhena), Sheng Di Huang (Fresh Rehmannia) and Shi Gao (Gypsum).

Yue Bi Jia Zhu Tang • 3290

ATRACTYLODES COMBINATION

<i>Gypsum</i>	
SHI GAO	32.0%
<i>Ephedra</i>	
MA HUANG	24.0%
<i>Atractylodes (Alba)</i>	
BAI ZHU	16.0%
<i>Ginger (Fresh)</i>	
SHENG JIANG	12.0%
<i>Licorice</i>	
GAN CAO	8.0%
<i>Jujube</i>	
DA ZAO	8.0%

SOURCE: *Essential Prescriptions of the Golden Coffer* (*Jin Gui Yao Lüe*)

FUNCTIONS: Dispel wind, resolve the flesh, clear heat, and disinhibit water.

INDICATIONS: Treats wind-water in the body's exterior. Symptoms include mild water swelling over the entire body, inhibited urination, a floating pulse, thirst, a mild fever, and continuous spontaneous sweating.

This formula treats wind-invasion of the exterior with water swelling and spontaneous sweating. Because Yue Bi Jia Zhu Tang treats an exterior repletion pattern, the formula employs Ma Huang (Ephedra) even though there is spontaneous sweating. This is appropriate because the sweating is presumed to stem from depressed heat and not exterior vacuity.

Both this formula and [Fang Ji Huang Qi Tang](#) (Stephania & Astragalus Combination) treat wind-water. Because Fang Ji Huang Qi Tang treats qi-vacuity patients who present with water swelling, it aims to not only dispel wind-water but also secure the exterior and boost qi. Yue Bi Jia Zhu Tang treats wind-water that has bound the exterior and engendered heat, and thus it aims to dispel wind-water, clear heat, and resolve the exterior. In sum, Yue Bi Jia Zhu Tang treats a repletion pattern and Fang Ji Huang Qi Tang treats a vacuity pattern.

Modern use of Yue Bi Jia Zhu Tang has grown to include treatment of wind-damp joint pain, water swelling associated with acute nephritis, scrotal edema, and wind-damp skin disorders.

This formula is composed of Yue Bi Tang (*Maidservant from Yue Decoction*) and Bai Zhu; thus it is named *Maidservant from Yue plus Atractylodes Decoction*. Yue Bi Tang is not available in concentrated granules. The origin of the name “Yue Bi Tang” is unknown. One source claims it reflects the formula’s mild nature, which resembles the maids of the Southern province of Yue. Another states this formula was used to treat a maid from Yue. A third reference claims that the name reminds practitioners that the pathogen in this pattern is trapped in the flesh just as a maid-servant is trapped by her social standing. The rendering *Maidservant-Freeing Decoction* might express this last interpretation.

CONTINUED

MODIFICATIONS

- For cough, add Ban Xia (Pinellia).
- For aversion to cold, add Fu Zi (Prepared Aconite).
- For vexation-thirst, add Zhi Mu (Anemarrhena) and Huang Bai (Phelodendron Bark).
- For joint pain, add Wei Ling Xian (Clematis) and Fang Ji (Stephania).
- For inhibited urination, add Fu Ling (Poria) and Fang Ji (Stephania).

Yue Ju Tang • 3300

CYPERUS & ATRACTYLODES COMBINATION

<i>Cyperus XIANG FU</i>	20.0%	SOURCE: <i>Essential Teachings of Zhu Dan-Xi (Dan Xi Xin Fa)</i> FUNCTIONS: Soothe the liver, resolve depression, move qi, rectify spleen qi, and dissipate stagnation. INDICATIONS: Treats qi depression causing glomus and oppression in the chest and diaphragm, distention and pain in the abdomen and gastric region, belching of sour fluid, nausea, vomiting, and inhibited digestion.
<i>Atractylodes CANG ZHU</i>	20.0%	
<i>Ligusticum CHUAN XIONG</i>	20.0%	
<i>Gardenia SHAN ZHI ZI</i>	20.0%	
<i>Massa Medicata Fermentata SHEN QU</i>	20.0%	<p>This formula addresses liver qi stagnation that influences the functioning of the spleen and gives rise to the six depressions (blood, qi, digesta, damp, phlegm, and fire). In the formula, Chuan Xiong (<i>Ligusticum</i>) treats blood depression, Xiang Fu (<i>Cyperus</i>) treats qi depression, Shen Qu (<i>Massa Medicata Fermentata</i>) treats digesta depression, Cang Zhu (<i>Atractylodes</i>) treats phlegm-damp depression, and Shan Zhi Zi (<i>Gardenia</i>) treats fire depression.</p> <p>Symptoms can vary depending on the extent of each depression, but common symptoms include thoracic oppression and glomus, lack of appetite, poor digestion, abdominal pain and distention, and belching of sour fluid. In gynecology, the formula treats premenstrual bloating or breast distention, menstrual irregularity, and menstrual pain. Though it is not mentioned in Chinese texts, one would expect the patient to have a wiry pulse and a red tongue with yellow fur.</p> <p>Jiao Shu-De mentions that he uses a variation of this formula to treat plum pit qi. He adds herbs such as Xuan Fu Hua (<i>Inula Flowers</i>), Ban Xia (<i>Pinellia</i>), Hou Po (<i>Magnolia Bark</i>), Fu Ling (<i>Poria</i>), and Wu Mei (<i>Mume</i>), among others.</p> <p>The formula name can be translated (with a little stretching) as <i>Pills to Relieve Depression</i>. One interpretation of the name points out that the character “Ju” was an ancient name for a ball and the rendering <i>Kick the Ball Pills</i> would suggest the dispersion of glomus and depressions. Another probable explanation says the character “Yue” was part of the ancient name for Shan Zhi Zi (<i>Yue Tao</i>) and the word “Ju” was part of an ancient name for Chuan Xiong (<i>Ju Xiong</i>); thus the translation <i>Gardenia and Ligusticum Pills</i> would be fitting. An alternate name for this formula is Liu Yu Wan, which unambiguously translates as <i>Six Depressions Pills</i>.</p>

CONTINUED

MODIFICATIONS

- For menstrual pain, add Pu Huang (Bulrush), Chai Hu (Bupleurum), and Hong Hua (Carthamus).
- For glomus and thoracic oppression, add Hou Po (Magnolia Bark) and Zhi Shi (Aurantium Immaturus); include Huang Qin (Scute) and Chai Hu (Bupleurum) if there are heat signs.
- For digesta depression, add Shan Zha (Crataegus) and Mai Ya (Barley Sprout).
- For phlegm and damp, add Ban Xia (Pinellia).
- For breast distention, add Yu Jin (Curcuma), Chai Hu (Bupleurum), and Ba Yue Zha (Akebia Fruit).
- For bloating or distention in the abdomen, add Chen Pi (Citrus Peel), Fu Ling (Poria), and Qing Pi (Citrus viride).
- For nausea or belching, add Ban Xia (Pinellia), Sheng Jiang (Fresh Ginger), and Zhu Ru (Bamboo Shaving).

Zhe Chong Yin • 1590

CINNAMON & PERSICA COMBINATION

<i>Persica</i>	SOURCE: <i>On Birth (Chan Lun)</i>
TAO REN 17.5%	FUNCTIONS: Dispel stasis, quicken and nourish blood, transform accumulation, and dissipate stagnation.
Tangkuei 17.5%	INDICATIONS: Treats blood stasis in the lower abdomen that results in menstrual pain, delayed menstruation, menstrual block, post-miscarriage blood stasis pain and bleeding, and abdominal accumulations.
DANG GUI 10.5%	Zhe Chong Yin was designed to treat discharge of clotted blood during pregnancy. This use of the formula is now rare. Much more common is its application to menstrual pain, menstrual block, and abdominal accumulations (including fibroid tumors). It is used more commonly in Japan than in China.
<i>Cinnamomum</i> 10.5%	Blood stasis in the lower abdomen is characterized by stabbing pain of fixed location, painful menstruation with clots in the menstrual blood, and irregular menstruation. With modifications, this formula is used in modern clinics to treat Western medical disorders such as pelvic inflammatory disease, inflammation of the fallopian tubes, post-miscarriage bleeding and pain, functional uterine bleeding, delayed menstruation, and painful menstruation.
CHUAN XIONG 10.5%	This formula differs from many that treat menstrual disorders in that it leaves out agents such as Chai Hu (Bupleurum) to course the liver. It concentrates primarily on dispelling stasis and moving blood while mildly soothing the liver with Dang Gui (Tangkuei) and Bai Shao (White Peony).
Moutan 10.5%	The formula name carries a double meaning. The phrase <i>zhe chong</i> means to repel an attack. Thus, the name could be rendered as <i>Attack-Repelling Cool-Decoction</i> . The originator was undoubtedly engaging in wordplay when he named the formula, however, since this common military phrase contains the same character, “Chong,” as the name of the penetrating vessel “Chong Mai.” A rendering such as <i>Cool-Decoction to Turn Back the Penetrating Vessel</i> reveals the hidden meaning. By turning back the downpour of blood in the penetrating vessel, bleeding is checked and the pregnancy is saved.
BAI SHAO 10.5%	
<i>Ligusticum</i> 8.8%	
YAN HU SUO 8.8%	
<i>Cyathula</i> 8.8%	
CHUAN NIU XI 8.8%	
<i>Carthamus</i> 5.4%	
HONG HUA 5.4%	

CONTINUED

MODIFICATIONS

- For abdominal masses such as fibroids, add E Zhu (Zedoaria) and San Leng (Scirpus).
- For painful menstruation, add Pu Huang (Bulrush), Xiang Fu (Cyperus), and Liu Ji Nu (Artemisiae anomiae); for cold menstrual pain, combine with [Wu Ji San](#) (Tangkuei & Magnolia Five Formula).
- For pelvic inflammatory disorder, add Huang Bai (Phellodendron Bark) and Hong Teng (Sargentodoxa Vine).
- For uterine bleeding, add Di Yu (Sanguisorba) and Tian Qi (Notoginseng).
- For menstrual block, add San Leng (Scirpus) and E Zhu (Zedoaria).

Zhen Gan Xi Feng Tang • 4130

HEMATITE & SCROPHULARIA COMBINATION

<i>Hematite</i>		SOURCE: <i>Record of the Adaptation of Chinese Medicine Toward a Western View (Yi Xue Zhong Zhong Can Xi Lu)</i>
DAI ZHE SHI	19.1%	
<i>Achyranthes</i>		FUNCTIONS: Settle the liver, extinguish wind, nourish yin, and subdue yang.
HUAI NIU XI	19.1%	
<i>Scrophularia</i>		INDICATIONS: Treats liver and kidney yin vacuity with ascent of liver yang and chaotic counterflow of qi and blood. Symptoms may include dizziness, visual dizziness, distended eyes, tinnitus, heat and pain in the head, vexation heat in the heart region, face color of a drunk person (flushed), and frequent sighing. There may also be gradual loss of control of the limbs, a wry mouth that develops gradually, dizziness and falls, unconsciousness that may or may not have lasting effects, inability to concentrate, and a wiry, long, forceful pulse.
XUAN SHEN	9.5%	
<i>Asparagus Tuber</i>		
TIAN MEN DONG	9.5%	
<i>Dragon Bone (Fossil)</i>		
LONG GU	9.5%	
<i>Oyster Shell</i>		
MU LI	9.5%	
<i>White Peony</i>		
BAI SHAO	9.5%	This formula treats a variety of conditions that result from yin-vacuity ascent of liver yang. It combines heavy-settling medicinals such as Dai Zhe Shi (Hematite) with agents to nourish yin, calm the liver, and extinguish wind. It also includes agents like Yin Chen Hao (Capillaris) and Chuan Lian Zi (Melia) to help clear and drain liver yang.
<i>Melia</i>		
CHUAN LIAN ZI	3.8%	
<i>Barley Sprout</i>		
MAI YA	3.8%	The type of patient for whom this formula is appropriate may be in a dangerous condition. Liver wind can erupt from this condition and lead to wind strike. If the patient has a pulse on one side of the body that is considerably stronger than the other and presents with light-headedness and tingling in the shins, a wind-strike may be imminent. Naturally, the course of such a condition can vary greatly, and the ascent of liver yang can give rise to other outcomes such as headache, dizziness, seizures, eye pain, or high blood pressure.
<i>Capillaris</i>		
YIN CHEN HAO	3.8%	
<i>Licorice</i>		
GAN CAO	2.9%	

CONTINUED

ease, the above-mentioned strategy should be employed. This is particularly true for patients with weak digestion owing to spleen yang vacuity.

It is not uncommon for ascending liver yang patterns to coincide with phlegm-fire. This results in phlegm blocking the portals and affecting the patient's state of consciousness. For these cases, it is necessary to add agents that transform phlegm and clear heat. See the modifications below for suggestions.

The disorders that this formula treats are categorized by modern medicine as migraine headaches, trigeminal neuralgia, hypertension, cerebral arteriosclerosis, epilepsy, sequelae to head trauma, or cerebral vascular accident.

The name of this formula translates as *Liver-Settling, Wind-Extinguishing Decoction*, a clear declaration of the goal of the combination.

MODIFICATIONS

- For phlegm-heat, add Dan Nan Xing (Arisaema pulvis) and Tian Zhu Huang (Bamboo Silicea); if phlegm is prominent this formula is not suitable.
- For hypertension, add Tian Ma (Gastrodia) and Gou Teng (Gambir), or combine with [Tian Ma Gou Teng Yin](#) (Gastrodia & Gambir Combination).
- For eye distention or visual dizziness, combine with [Qi Ju Di Huang Wan](#) (Lycium, Chrysanthemum, & Rehmannia Formula).
- For wind-strike with numbness, paralysis, or loss of function, add Tian Ma (Gastrodia), Di Long (Earthworm), Dan Shen (Salvia Root), and Hong Hua (Carthamus).
- For headache, add Xia Ku Cao (Prunella) and Ju Hua (Chrysanthemum).
- For vexation-heat, add Shan Zhi Zi (Gardenia) and Huang Qin (Scute).
- For insomnia or excessive dreaming, add Ye Jiao Teng (Polygonum multifloru Vine).
- For blood stasis following sequelae to head trauma or cerebral vascular accident, add Tao Ren (Persica), Hong Hua (Carthamus), and Dan Shen (Salvia Root).
- For liver heat, add Huang Qin (Scute).

Zhen Ren Huo Ming Yin • 2570

ANGELICA & MASTIC COMBINATION

<i>Lonicera Flower</i>	SOURCE: <i>Guidelines for Pattern Identification and Treatment</i> <i>(Zheng Zhi Zhun Sheng)</i>
JIN YIN HUA 26.0%	
<i>Angelica</i>	FUNCTIONS: Dissipate stasis, disperse swelling, clear heat, resolve
BAI ZHI 8.8%	toxin, transform pus, and engender flesh.
<i>Mastic</i>	INDICATIONS: Treats the initial stage of yang swellings (red, hot, and
RU XIANG 8.8%	painful) and encourages suppuration. The list of swellings treated by
<i>Licorice</i>	this formula include inflamed lymph nodes, boils, breast abscesses,
GAN CAO 8.8%	appendicular abscess, suppurative tonsillitis, and inflamed, deep-
<i>Fritillaria (Zhe)</i>	lying cysts. This formula can also help close sores that have already
ZHE BEI MU 8.8%	supporated.
<i>Trichosanthes Root</i>	
TIAN HUA FEN 8.8%	This is a classic formula for treatment of toxic swellings. There is
<i>Citrus Peel</i>	some disagreement as to whether it addresses only yang (hot, painful)
CHEN PI 7.0%	swellings or can also treat yin (no color change) swellings. The author
<i>Tangkuei</i>	of the <i>The Golden Mirror of Medicine</i> (<i>Yi Zong Jin Jian</i>) sums up his
DANG GUI 7.0%	opinion: "This formula treats all toxic swellings (yong and ju) regard-
<i>Siler</i>	less of yin or yang. If they have not yet ripened it will cause them to
FANG FENG 7.0%	disperse; if they have already ripened it will cause them to suppurate.
<i>Myrrh</i>	[It] transforms pus and engenders flesh, disperses stasis and dissipates
MO YAO 4.5%	swelling."
<i>Gleditsia Spine</i>	Many other writers disagree and say this formula is for yang swellings
ZAO JIAO CI 4.5%	only. The fact that the main herb in the formula, Jin Yin Hua (Lonicera
	Flower), clears heat and resolves toxin weighs in their favor.
	This formula is for swellings in people who are not weakened by illness
	or the passage of the years. It does not supplement qi but aims to help
	the body's qi expel the pathogen and dissipate the attendant swelling.
	For patients whose qi is debilitated or whose swellings are long-stand-
	ing, a formula such as Tuo Li Xiao Du Yin (Gleditsia Combination)
	would be more suitable. In addition, Zhen Ren Huo Ming Yin does
	not have a strong ability to clear heat and resolve toxin. For strong
	toxic-heat patterns, combine this formula with one such as Wu Wei
	Xiao Du Yin (Dandelion & Wild Chrysanthemum Combination) or
	Huang Lian Jie Du Tang (Coptis & Scute Combination).
	In the final stage of a toxic swelling, when it has fully suppurred and
	is closing, one can use this formula to engender flesh and aid the sore to
	close. It is important to make sure the infection has cleared before the
	sore closes. Adding agents such as Huang Qi (Astragalus) will increase
	the formula's ability to engender flesh and close the sore.

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Since suppurative tonsillitis, mastitis, appendicitis, and other interior swellings are considered toxic swellings by Chinese medicine, this formula can also treat them. See the suggested modifications below.

The Chinese name of the formula can be rendered literally as *Enlightened Person's Life-Giving Cool-Decoction*. Another name of the formula is Xian Ren Huo Ming Yin, which translates as *Immortal's Life-Giving Cool-Decoction*. Both names refer to the legend that this formula was presented to a sufferer in response to his plea to an immortal.

The original formula contains Chuan Shan Jia (Pangolin Scale). Since this item is derived from an endangered species and trade in it is illegal, responsible companies do not include it. Adding Wang Bu Liu Xing (Vacaria Seed) to the formula can help to make up for this omission.

MODIFICATIONS

- For sores that are slow to heal after suppuration, add Huang Qi (Astragalus).
- For signs of strong heat toxin such as fever, combine with [Huang Lian Jie Du Tang](#) (Coptis & Scute Combination).
- For suppurative tonsillitis, combine with [Pu Ji Xiao Du Yin](#) (Scute & Cimicifuga Combination).
- For mastitis, add Pu Gong Ying (Dandelion), Huang Qin (Scute) and Chai Hu (Bupleurum), and extra Wang Bu Liu Xing (Vaccaria Seed).
- For swellings in the lower limbs, add Chuan Niu Xi (Cyathula).
- For swellings in the upper limbs, add Jiang Huang (Turmeric).
- For intestinal yong (appendicitis), combine with [Da Huang Mu Dan Tang](#) (Rhubarb & Moutan Combination).

Zhen Wu Tang • 2580

GINGER, ACONITE, PORIA, & PEONY COMBINATION

<i>Ginger (Fresh)</i>	
SHENG JIANG	25.0%
<i>Poria</i>	
FU LING	25.0%
<i>White Peony</i>	
BAI SHAO	25.0%
<i>Atractylodes (Alba)</i>	
BAI ZHU	16.7%
<i>Aconite (Prepared)</i>	
FU ZI	8.3%

SOURCE: *On Cold Damage (Shang Han Lun)*

FUNCTIONS: Warm the kidney, dispel cold, fortify the spleen, and disinhibit water.

INDICATIONS: This formula treats two conditions: first, an unresolved tai yang disease; second, a shao yin pattern with spleen and kidney yang vacuity causing internal water-qi accumulation. The former has symptoms including sweating that does not resolve the exterior and does not lessen the fever, palpitations in the epigastrium, dizziness and quivering, and twitching. The latter presents with difficult urination, heaviness and pain in the limbs, aversion to cold, abdominal pain, diarrhea, and generalized water swelling.

There are two mentions of Zhen Wu Tang in the source text. The first is for treatment of the symptoms related to unresolved fever after overuse or incorrect use of diaphoretic herbs during the treatment of a tai yang pattern. The second mention is for treatment of abdominal pain during the course of a shao yin disorder. What these two situations have in common is depleted yang qi and accumulation of water. In the case of a tai yang disorder, this manifests as fever (from outward floating of vacuous yang qi), palpitations, dizziness, and twitching and quivering. In the shao yin stage, yang vacuity and water collection present as abdominal pain, inhibited urination, heaviness and pain in the limbs, and diarrhea.

One can consider this formula for all yang-vacuity cold patterns that affect the transportation and transformation of fluids in the body. This can range from heart-yang-vacuity water swelling to cough and asthma (with clear phlegm). Other disorders include post-operative urinary difficulty, hypothyroid conditions, pleurisy, high blood pressure, Meniere's disease, chronic prostatitis, phlebitis, chronic diarrhea, and wind-cold-damp bi patterns.

This formula was originally called Xuan Wu Tang (*Mysterious Warrior Decoction*), which is named for a group of constellations (Xuan Wu) found in the northern sky. North is the direction related to the kidney and water in the five phases system; thus, the name reflects this formula's action on the shao yin channel. The name was changed to *True Warrior Decoction* in the Song dynasty. The True Warrior was a legendary supernatural figure from the North who ruled the waters. Similarly, Zhen Wu Tang rules (treats) water in the body.

CONTINUED

As the name implies, the herbs in this formula primarily address water metabolism and secondarily address yang vacuity. For yang vacuity patterns without water collection, formulas such as [Ba Wei Di Huang Wan](#) (Rehmannia Eight Formula) or [You Gui Wan](#) (Eucommia & Rehmannia Formula) are more suitable.

MODIFICATIONS

- For heart-yang-vacuity water swelling, add Wu Wei Zi (Schizandra), Wu Yao (Lindera), Ren Shen (Ginseng), and Gui Zhi (Cinnamon Twig).
- For chronic prostatitis, combine with [Bei Xie Fen Qing Yin](#) (Tokoro Combination).
- For chronic yang-vacuity watery diarrhea, add Rou Dou Kou (Myristica), Rou Gui (Cinnamon Bark), and Shan Yao (Dioscorea).
- For wind-cold-damp bi patterns, add Gui Zhi (Cinnamon Twig) and Wei Ling Xian (Clematis).

Zheng Gu Zi Jin Dan • 0990

CALAMUS & CARTHAMUS FORMULA

<i>Tangkuei</i>		SOURCE: <i>The Golden Mirror of Medicine</i> (<i>Yi Zong Jin Jian</i>)
DANG GUI	13.5%	FUNCTIONS: Soothe sinews, quicken the network vessels, relieve pain, move stasis, and disperse swelling.
<i>Lotus Seed</i>		INDICATIONS: Treats pain and blood stasis due to trauma. It is especially indicated for strained or sprained muscles and sinews or for broken bones.
LIAN ZI	13.5%	
<i>Poria</i>		
FU LING	13.5%	
<i>White Peony</i>		
BAI SHAO	13.5%	
<i>Carthamus</i>		
HONG HUA	6.8%	This formula emphasizes the dispersion of stasis and is thus most suitable for second-stage trauma. This is the stage of an injury where swelling has mostly receded and the most pressing symptom is pain. Blood stasis is prominent in this pattern, so the formula combines blood movers with pain-relieving agents, qi movers, and bone-knitting agents. Fu Ling (Poria), Lian Zi (Lotus Seed), Dang Gui (Tangkuei), and Bai Shao (White Peony) also supplement blood and qi and nourish the heart.
<i>Clove</i>		
DING XIANG	6.8%	
<i>Vladimiria</i>		
MU XIANG	6.8%	
<i>Dragon's Blood</i>		
XUE JIE	6.8%	Since this formula is used to treat second- (or even third-) stage trauma, it is often appropriate to combine it with a constitutional formula to bring the five viscera into harmony and help the body recover quickly. If more blood moving is necessary, combining this formula with Shu Jing Huo Xue Tang (Clematis & Stephania Combination) may be helpful. If the trauma is in the chest, Xue Fu Zhu Yu Tang (Persica & Carthamus Combination) is a good companion formula. Having the patient take this formula with a small amount of rice wine will enhance its effect.
<i>Catechu</i>		
ER CHA	6.8%	
<i>Rhubarb</i>		
DA HUANG	6.8%	
<i>Moutan</i>		
MU DAN PI	3.4%	
<i>Licorice</i>		
GAN CAO	1.8%	The formula name translates as <i>Bonesetter's Purple-Gold Elixir</i> . This describes the color of powdered formula and its main use.

MODIFICATIONS

- For broken bones, add Zi Ran Tong (Pyrite), Du Zhong (Eucommia), Gui Ban (Testudinis), and Xu Duan (Dipsacus).
- For injury to tendons and muscles, add Xu Duan (Dipsacus) and Shen Jin Cao (Lycopodium).
- For trauma to the lower limbs, add Chuan Niu Xi (Cyathula).
- For trauma to the upper limbs, add Sang Zhi (Mulberry Twig) or Gui Zhi (Cinnamon Twig).
- For severe pain, add Yan Hu Suo (Corydalis).

Zhi Bai Di Huang Wan • 1720

ANEMARRHENA, PHELLODENDRON, & REHMANNIA FORMULA

[AVAILABLE IN TABLETS]

<i>Rehmannia (Cooked)</i>		SOURCE: <i>The Golden Mirror of Medicine (Yi Zong Jin Jian)</i>
SHU DI HUANG	27.7%	FUNCTIONS: Enrich yin, drain fire, moisten dryness, and boost qi.
<i>Cornus</i>		INDICATIONS: Treats yin-vacuity effulgent fire that causes steaming bone fever, vacuity vexation, night sweats, lumbar soreness and pain, or seminal efflux.
SHAN ZHU YU	13.8%	
<i>Dioscorea</i>		
SHAN YAO	13.8%	
<i>Moutan</i>		
MU DAN PI	10.3%	This variation of Liu Wei Di Huang Wan (Rehmnnia Six Formula) is intended to treat yin-vacuity constitutions where vacuity heat signs are prominent. The addition of Zhi Mu (Anemarrhena) and Huang Bai (Phellodendron Bark) to the original six ingredients creates a formula that can not only supplement yin but also drain vacuity heat.
<i>Alisma</i>		
ZE XIE	10.3%	
<i>Poria</i>		
FU LING	10.3%	
<i>Anemarrhena</i>		
ZHI MU	6.9%	This formula is often applied to menopausal women or older patients where yin vacuity gives rise to steaming bones, thirst, bone wilting (gu wei – extreme weakness in the back and legs), night sweats, heat in the five hearts, or nocturnal emissions. In addition, when modified, this formula can treat painful or difficult urination (including urinary tract infections) if this is part of a yin-vacuity pattern. Lastly, this treats yin-vacuity fire that gives rise to chronic sore throat and dry mouth.
<i>Phellodendron Bark</i>		
HUANG BAI	6.9%	
		Since this formula contains herbs that are bitter and cold along with herbs like Shu Di Huang (Cooked Rehmnnia) that are difficult to digest, it is not appropriate for patients with loose stools or weak digestive systems. Long-term use should be monitored to insure that the digestive function is not harmed.

MODIFICATIONS

- For night sweating and steaming bones, add Yin Chai Hu (Stellaria Root).
- For urinary tract infections, add Bai Jiang Cao (Thlaspi) and Pu Gong Ying (Dandelion).
- For chronic sore throat, add Xuan Shen (Scrophularia) and Jie Geng (Platycodon).
- For insomnia, add Suan Zao Ren (Zizyphus) or combine with [Suan Zao Ren Tang](#) (Zizyphus Combination).
- For yin-vacuity fire that presents as high blood pressure, add Gou Teng (Gambir), Shi Jue Ming (Haliotis), Niu Xi (Achyranthes), and Xuan Shen (Scrophularia).

Zhi Gan Cao Tang • 1750

LICORICE COMBINATION [AVAILABLE IN TABLETS]

<i>Rehmannia (Fresh)</i>	SOURCE: <i>On Cold Damage (Shang Han Lun)</i>
SHENG DI HUANG 38.2%	FUNCTIONS: Boost qi, engender fluids, nourish yin, and revive the pulse.
<i>Licorice (Prepared)</i>	INDICATIONS: Treats palpitations, racing heart, irritability, anxiety, insomnia, wasting, shortness of breath, a dry mouth and throat, and constipation.
ZHI GAN CAO 9.5%	
<i>Hemp Seed</i>	
HUO MA REN 9.5%	
<i>Jujube</i>	
DA ZAO 9.5%	In <i>On Cold Damage</i> , this formula is mentioned for patients who present with a bound pulse and racing heart (palpitations) after a cold-damage disorder has been resolved. A bound pulse is also called “intermittent” and refers to a pulse that is moderate in speed, weak in strength, and pauses at regular intervals.
<i>Cinnamon Twig</i>	
GUI ZHI 7.9%	
<i>Ophiopogon</i>	
MAI MEN DONG 7.9%	
<i>Ginger (Fresh)</i>	The formula later came to be used for various manifestations of qi and yin vacuity. For example, in the Tang dynasty, Sun Si-Miao used it to treat vacuity taxation – long-standing vacuity disorders that wear away at the body’s qi and blood. Later sources cite the effectiveness of Zhi Gan Cao Tang for lung wilting (fei wei – chronic cough with expectoration of thin sputum, emaciation, a dry, red tongue, and a vacuous, rapid pulse).
SHENG JIANG 7.9%	
<i>Ginseng</i>	
REN SHEN 4.8%	
<i>Gelatin</i>	
A JIAO 4.8%	
	Nowadays, this combination is used for both post-illness rehabilitation and for chronic vacuity disorders when they present as simultaneous vacuity of qi, blood, and fluids. Major symptoms include palpitations, anxiety, racing heartbeat, constipation, dry mouth and throat, and insomnia.
	This formula can be thought of as particularly intended for the upper burner. It treats two categories of disorders. The first, associated with the heart, involves palpitations, a bound pulse, insomnia, and general weakness. The second, associated with both lungs and heart but more strongly with the lungs, involves chronic cough (dry or with scant phlegm), shortness of breath, vacuity vexation, insomnia, spontaneous sweating, constipation, and a vacuous and rapid pulse.
	Modern practitioners have extended the scope of this formula to include hyperthyroid, angina, and irregular heartbeat. In addition, it is a popular formula in both geriatrics and ophthalmology, where it is frequently used to treat habitual constipation, insomnia, glaucoma, and dry eyes. In earlier times the formula was used to treat spitting of blood related to lung wilting or lung taxation (synonymous with pulmonary tuberculosis in this case). In modern times, its treatment

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of bleeding disorders has expanded to include such symptoms as excessive menstruation, purpura, nosebleed, incessant lochial bleeding, and profuse uterine bleeding when these disorders are related to dual vacuity of qi and blood. See the modifications below for more information.

Both [Sheng Mai San](#) (Ginseng & Ophiopogon Formula) and Zhi Gan Cao Tang treat post-illness depletion of yin and qi. In fact, an alternate name for Zhi Gan Cao Tang is Fu Mai Tang (*Pulse-Reviving Decoction*), which is very similar to Sheng Mai San (*Pulse-Engendering Powder*). Zhi Gan Cao Tang, however, contains more agents to supplement blood and moisten dryness while Sheng Mai San aims to supplement qi and astringe sweating. The main distinction between the two is the large dose of Sheng Di Huang (Fresh Rehmannia) included in Zhi Gan Cao Tang, which reveals its intent to strongly supplement blood and fluids.

MODIFICATIONS

- For chronic constipation, especially in older patients, combine with [Ma Zi Ren Wan](#) (Apricot Seed & Hemp Seed Formula) initially; later, as symptoms improve, substitute that with a formula to address the patient's underlying imbalance.
- For insomnia, add Ye Jiao Teng (Polygonum multifloru Vine) and Suan Zao Ren (Zizyphus), or combine with either [Gui Pi Tang](#) (Ginseng & Longan Combination) or [Suan Zao Ren Tang](#) (Zizyphus Combination).
- For hyperthyroid, add Xuan Shen (Scrophularia), Xia Ku Cao (Prunella), and Chi Shao (Red Peony).
- For glaucoma, add Che Qian Zi (Plantago Seed), Chi Shao (Red Peony), and Chong Wei Zi (Leonurus Fruit).
- For dry eyes, add Ju Hua (Chrysanthemum), Tu Si Zi (Cuscuta), and Gou Qi Zi (Lycium Fruit).
- For racing heartbeat, add Wu Wei Zi (Schizandra), Hong Jing Tian (Rhodiola), and Mu Li (Oyster Shell).
- For angina, add Xue Jie (Dragon's Blood), Tian Qi (Notoginseng), and Dan Shen (Salvia Root).
- For dry cough, add Sha Shen (Glehnia) and Bai Bu (Stemonae).
- For qi vacuity, add Huang Qi (Astragalus Root).
- For excessive menstruation or profuse menstrual bleeding, add Xian He Cao (Agrimony) and Di Yu (Sanguisorba).
- For nosebleed, add Bai Mao Gen (Imperata).
- For excessive lochial bleeding, add Di Yu (Sanguisorba) and Tian Qi (Notoginseng).

Zhi Sou San • 0870**CITRUS & ASTER FORMULA**

<i>Aster</i>		SOURCE: <i>Medical Insights (Yi Xue Xin Wu)</i>
ZI WAN	16.9%	FUNCTIONS: Alleviate cough, transform phlegm, course the exterior, and diffuse lung qi.
<i>Platycodon</i>		INDICATIONS: Treats wind-cold invading the lung, presenting as cough with phlegm that is difficult to expectorate, headache, slight aversion to wind, fever, and a thin, white tongue fur.
JIE GENG	16.9%	
<i>Schizonepeta</i>		
JING JIE	16.9%	
<i>Stemona</i>		
BAI BU	16.9%	This is a popular formula for treatment of wind-cold cough. Its strength is that it relieves cough, diffuses lung qi, and transforms phlegm without damaging or drying the lung.
<i>Cynanchum stauntoni</i>		
BAI QIAN	16.9%	The source text recommends taking this formula with a decoction of ginger if the wind-cold pattern is still in the initial stage. It also recommends taking it after eating when the patient is comfortably resting in bed.
<i>Citrus Peel</i>		
CHEN PI	8.5%	
<i>Licorice</i>		
GAN CAO	7.0%	Zhi Sou San can be translated literally as <i>Cough-Relieving Powder</i> . As might be expected of such a generic appellation, there are many formulas with this name.

MODIFICATION

- If heat signs are present, combine with [Yin Qiao San](#) (Lonicera & Forsythia Formula) or add Huang Qin (Scute).

Zhi Suo Er Chen Tang • 1820

AURANTIUM IMMATURUS & AMOMUM COMBINATION

<i>Pinellia</i>		SOURCE: <i>Return to Spring from the Myriad Diseases</i> (<i>Wan Bing Hui Chun</i>)
BAN XIA	13.4%	
<i>Poria</i>		FUNCTIONS: Transform phlegm, disinhibit qi, dispel cold, and relieve pain.
FU LING	13.3%	
<i>Corydalis</i>		INDICATIONS: Treats fluid and phlegm accumulation in the area around the diaphragm that yields pain in the ribcage or epigastrium, nausea, or vomiting. In modern terms, this often equates to gastritis, angina, intercostal neuralgia, gastric ulcers, or pleurisy.
YAN HU SUO	9.1%	
<i>Cyperus</i>		
XIANG FU	9.1%	
<i>Magnolia Bark</i>		
HOU PO	9.1%	This formula derives from the section of the source text devoted to heart pain. In truth, many of the formulas in that section deal with what we in the modern world call pain in the epigastrium or diaphragm.
<i>Citrus Peel</i>		
CHEN PI	9.1%	
<i>Ginger (Fresh)</i>		Gong Yan-Xian, the author of <i>Return to Spring from the Myriad Diseases</i> , notes that this formula treats “great pain in the heart/diaphragm which penetrates to the back and reversal-cold retching and vomiting.” He points out that these are caused by phlegm-drool in the heart and diaphragm and that one should first use emetics to cause the patient to vomit out the phlegm-drool and then apply this formula to address the underlying condition.
SHENG JIANG	9.1%	
<i>Aurantium</i>		
<i>Immaturus</i>		
ZHI SHI	6.7%	
<i>Amomum</i>		
SHA REN	6.7%	
<i>Vladimiria</i>		
MU XIANG	4.8%	This formula is used by modern practitioners to treat collection of cold and fluids in the diaphragm and stomach. This presents as gastric disorders characterized by cold signs and vomiting of clear fluid. The formula also treats cold patterns affecting the diaphragm and presenting as intercostal neuralgia or back pain.
<i>Katsumadai</i>		
CAO DOU KOU	4.8%	
<i>Fennel Seed</i>		
XIAO HUI XIANG	4.8%	In the original text, this formula is called Zhi Shi Er Chen Tang. It is unclear why the name was changed in modern times. In either name, however, the <i>er chen</i> portion refers to Ban Xia (<i>Pinellia</i>) and Chen Pi (<i>Citrus Peel</i>), both of which are better with age and thus referred to as <i>vintage (chen)</i> . In the modern name, the character “Suo” is a reference to Suo Sha Ren (<i>Amomum</i>); thus an English rendering would be <i>Aurantium and Amomum Double Vintage Decoction</i> .

MODIFICATIONS

- For cold stomach pain, add Gao Liang Jiang (Galanga), and Sheng Jiang (Fresh Ginger).
- For intercostal neuralgia, add Chai Hu (Bupleurum).
- For cold angina, add Ren Shen (Ginseng), Wu Wei Zi (Schizandra), and Fu Zi (Prepared Aconite).

Zhi Zhuo Gu Ben Wan • 1730

PORIA & POLYPORUS FORMULA

<i>Licorice (Prepared)</i>	SOURCE: <i>True Lineage of Medicine (Yi Xue Zheng Chuan)</i>
ZHI GAN CAO	20.7%
<i>Polyporus</i>	FUNCTIONS: Clear heat, disinhibit damp, boost qi, and secure essence.
ZHU LING	17.2%
<i>Lotus Stamen</i>	INDICATIONS: Treats central burner damp-heat that pours into the lower burner and results in cloudy urine, seminal discharge, white vaginal discharge, and frequent urination. In modern times, this formula has also been used to treat chronic prostatitis.
LIAN XU	13.8%
<i>Coptis</i>	—————
HUANG LIAN	13.8%
<i>Poria</i>	This formula was designed to treat turbid discharge from the anterior yin (urinary tract), which is known as white turbidity (Bai Zhuo) in Chinese medicine. There are several causes of this condition. Zhi Zhuo Gu Ben Wan focuses on treating damp-heat in the spleen-stomach that percolates into the bladder as continuous turbid discharge (generally through the urine).
FU LING	6.9%
<i>Phellodendron</i>	A patient with this pattern will have signs of spleen-stomach damp-heat such as a yellow tongue fur, nausea, and abdominal distention. The discharge can display as cloudy urine or as damp-heat seminal discharge.
HUANG BAI	6.9%
<i>Alpinia Fruit</i>	The Ming dynasty text <i>Medical Remedies Researched (Yi Fang Kao)</i> says the following about Zhi Zhuo Gu Ben Wan: “[In] this formula Ban Xia (<i>Pinellia</i>) dries stomach damp; Fu Ling (<i>Poria</i>) and Zhu Ling (<i>Polyporus</i>) percolate damp [from] the stomach. Gan Cao (<i>Licorice</i>), Sha Ren (<i>Amomum</i>), and Yi Zhi Ren (<i>Alpinia Fruit</i>) are fragrant and sweet and are spleen-boosting materials; they boost the spleen and also control damp. Huang Lian (<i>Coptis</i>) and Huang Bai (<i>Phellodendron</i>) are bitter and treat damp-heat. Lian Xu (<i>Lotus Stamen</i>) is astringent and stops slippery drainage. [The formula] is named ‘Root-Securing’ because the stomach qi is known as ‘Root.’”
YI ZHI REN	6.9%
<i>Amomum</i>	Though we tend to think of turbid discharge as an affair of the lower burner, this quote makes it clear that this formula is relevant only when the root cause is in the central burner. Thus, the Chinese name of the formula, which translates as <i>Turbidity-Treating Root-Securing Pills</i> , reflects both the treatment principle of the combination and the main symptom for which the formula is used.
SHA REN	6.9%
<i>Pinellia</i>	Nowadays, this formula is often applied to chronic damp-heat prostatitis. Generally, for this purpose, agents are included that move and cool blood and disinhibit urine. In women, central burner damp-heat downpour into the girdling vessel (Dai Mai) can result in turbid vaginal discharge. The formula can be adjusted to treat this condition, as explained in the modifications.
BAN XIA	6.9%

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This formula is not intended for long-term use, but because it contains herbs to support the central burner, it can usually be prescribed for one to two weeks. After damp-heat has cleared from the spleen-stomach, it is usually wise to give a supplementing formula such as [Liu Jun Zi Tang](#) (Major Six Herb Combination).

MODIFICATIONS

- For seminal emissions or frequent urination, add Long Gu (Dragon Bone Fossil) and Mu Li (Oyster Shell).
- For turbid discharge, add Sang Piao Xiao (Mantis Cocoon) and Bei Xie (Tokoro).
- For pain and weakness in the lower back and knees, add Niu Xi (Achyranthes) and Du Zhong (Eucommia).
- For chronic prostatitis, add Hu Po (Amber) and Chi Shao (Red Peony).
- For vaginal discharge, add Bai Guo (Ginkgo Nut) or Chun Gen Pi (Ailanthus Bark).

Zhi Zi Chi Tang • 3100

GARDENIA & SOJA COMBINATION

<i>Soja</i> DAN DOU CHI	57.1%
<i>Gardenia</i> SHAN ZHI ZI	42.9%

SOURCE: *On Cold Damage (Shang Han Lun)* and *Essential Prescriptions of the Golden Coffer (Jin Gui Yao Lüe)*

FUNCTIONS: Clear heat, diffuse lung qi, and dispel vexation.

INDICATIONS: Treats fever, irritability, nausea, insomnia, restlessness and fullness in the chest related to depressed heat in the chest, and central burner vacuity. A red tongue with a yellow fur is typical for this pattern.

In the source texts, this formula is mentioned for treating two distinct types of disorders, both of which display the symptoms of irritability and insomnia. The first type of disorder occurs after an external pattern in which central burner qi was damaged and heat left from the now-resolved exterior pattern remains in the chest. The second is a yang ming pattern where purgation has drained the pathogen from below the diaphragm but has left heat in the thoracic region. What these patterns share are the symptoms of vexation and difficult sleep, and a weakened central burner. This is emphasized in *On Cold Damage*, where this pattern is referred to as vacuity vexation. An important diagnostic parameter of this pattern is palpated softness in the epigastrium. Heat in the chest is evident from the presence of vexation and insomnia, and softness in the epigastrium points to central burner vacuity.

This formula thus is ideal for any condition that presents with remnants of heat in the chest plus central burner vacuity. This may occur post-surgically or at the end of a wind-cold or wind-heat pattern. The symptoms may include not only insomnia and vexation but also nosebleed, mouth sores, lack of appetite, and nausea or vomiting.

In summary, this formula aims to clear depressed heat in the chest, relieve vexation, and harmonize the central burner. See the modifications below for some suggested uses.

MODIFICATIONS

- For nausea and vomiting, add Sheng Jiang (Fresh Ginger).
- To increase the formula's ability to supplement the central burner, add Gan Cao (Licorice).
- For patients suffering from yin vacuity taxation who contract an external heat pathogen, add Cong Bai (Allium), Bo He (Mint), Mai Men Dong (Ophiopogon), Dan Zhu Ye (Lophatherum), and Di Gu Pi (Lycium Root Bark).
- For post-surgical vexation-insomnia, add Gan Cao (Licorice) and Dan Zhu Ye (Lophatherum).

Zhu Ling Tang • 4000

POLYPORUS COMBINATION [AVAILABLE IN TABLETS]

<i>Polyporus</i>	SOURCE: <i>On Cold Damage (Shang Han Lun)</i>
ZHU LING	20.0%
<i>Poria</i>	FUNCTIONS: Drain heat, disinhibit water, and foster yin.
FU LING	20.0%
<i>Alisma</i>	INDICATIONS: Treats mutually bound water and heat characterized by inhibited urination, fever, thirst with a desire to drink, heart vexation, and insomnia. The pattern may also exhibit cough, nausea, vomiting, or diarrhea. Urinary tract disorders such as blood strangury, pain and hesitant urination, urinating only in small droplets, and pain and fullness in the lower abdomen are also characteristic of the disorders to which the formula is applied.
ZE XIE	20.0%
<i>Talc</i>	20.0%
HUA SHI	20.0%
<i>Gelatin</i>	20.0%
A JIAO	20.0%

It is clear from the source text that Zhu Ling Tang is intended to treat a condition that results from damage to yin with remnants of internal heat. The text is not entirely clear about what has led to this situation. Perhaps a yang ming pattern was treated inappropriately and, though mostly dispersed, the evil (along with the treatment) has left the patient with injured yin and some heat dwelling in the interior. This heat binds with water in the lower burner to produce heat-water bind and symptoms of painful or inhibited urination and pain and distention in the lower abdomen. The patient will also present with thirst, vexation, fever, a red tongue, and a fine, rapid pulse.

In modern times, urinary strangury resulting from the above-described water-heat bind is one of the most common disorders for which Zhu Ling Tang is used. If heat accumulation causes blood to leave the network vessels, blood strangury can be the result. In that case, treatment may call for adding agents to cool blood and stanch bleeding. Western medicine regards these disorders as infections of the urinary tract or bladder.

Note that this formula and [Dao Chi San](#) (Rehmannia & Clematis Armandi Formula) both treat heart vexation accompanied by strangury. The difference is that Dao Chi San treats heart heat that pours down to the small intestine, whereas Zhu Ling Tang treats internal water-heat bind that damages yin and causes vexation above and strangury below. The distinguishing symptoms for prescribing Dao Chi San, such as mouth sores, agitation, and bleeding gums, indicate that Dao Chi San is intended for a pattern in which heat in the upper body is more prominent.

The yin-vacuity, heat-water bind, and internal accumulation of heat associated with the Zhu Ling Tang pattern can give rise to numerous attendant symptoms. If yin-vacuity heat rises to disturb the spirit,

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insomnia and vexation will ensue; if the water path is obstructed with heat-water bind and the qi dynamic is inhibited, water and heat can invade the lung and produce phlegm-cough or invade the stomach and give rise to vomiting. Further, water that is not properly channeled can seep into the intestines and bring about diarrhea.

While nowadays it is more common to use Zhu Ling Tang to treat urinary tract problems than other miscellaneous disorders, one should keep this formula in mind for patients who present with yin vacuity and internal water-heat bind regardless of the branch symptoms or original cause. The formula's strength is that it can disinhibit water without damaging yin and can nourish yin without trapping in a heat pathogen.

Less commonly, Zhu Ling Tang is used to treat damp-heat steaming that prompts damp-heat skin rashes or rises to the eyes and brings about vitreous opacity (clouding of the fluid of the eye).

MODIFICATIONS

- For blood in the urine, add Bai Mao Gen (Imperata).
- For vexation, agitation or thirst, add Zhi Mu (Anemarrhena), Shi Gao (Gypsum) and a small amount of Huang Lian (Coptis).
- For calculi in the bladder or kidney, combine with [Shao Yao Gan Cao Tang](#) (Peony & Licorice Combination) and add Ji Nei Jin (Gallus), Hua Shi Cao (Orthosiphon) and Yan Hu Suo (Corydalis).

Zhu Ru Wen Dan Tang • 1370

BAMBOO & GINSENG COMBINATION

<i>Bamboo Shaving</i>		SOURCE: <i>Return to Spring from the Myriad Diseases</i> (<i>Wan Bing Hui Chun</i>)
ZHU RU	15.0%	
<i>Platycodon</i>		FUNCTIONS: Clear heat, transform phlegm, disinhibit qi and quiet
JIE GENG	15.0%	the spirit
<i>Aurantium</i>		INDICATIONS: Treats insomnia, fright, and hypersensitivity owing
<i>Immaturus</i>		to damp accumulation that gives rise to depressed fire. Additional
ZHI SHI	15.0%	signs include thoracic oppression, a greasy tongue fur, and decreased
<i>Bupleurum</i>		appetite.
CHAI HU	10.6%	
<i>Citrus Peel</i>		This formula, a variation of Wen Dan Tang (Poria & Bamboo Combi-
CHEN PI	6.7%	nation), treats a condition similar to what that formula treats, but one
<i>Pinellia</i>		that is more serious or entrenched. It focuses on dispersing accumula-
BAN XIA	6.7%	tion and rectifying qi more than its mother formula does.
<i>Poria</i>		Long-term spirit disorders that present with signs of damp accumula-
FU LING	6.7%	tion and depressed fire are often effectively treated with Zhu Ru Wen
<i>Cyperus</i>		Dan Tang. Common disorders include insomnia, disturbed sleep, fright
XIANG FU	6.7%	palpitations, and irritability. The formula can also address nausea and
<i>Ginseng</i>		vomiting associated with phlegm and depressed heat in the central
REN SHEN	4.4%	burner. Note that this formula is somewhat drying in nature and is
<i>Coptis</i>		appropriate only if signs of phlegm or damp are present. It is contra-
HUANG LIAN	4.4%	indicated for patients with yin vacuity.
<i>Ginger (Fresh)</i>		For patients with chronic disorders, such as chronic fatigue syndrome,
SHENG JIANG	4.4%	who present with a thick tongue fur, one can begin treatment with
<i>Licorice</i>		this formula and progress to a more root-oriented formula once the
GAN CAO	2.2%	patient's tongue fur has cleared. Please refer to the section on Wen
<i>Jujube</i>		Dan Tang for a discussion of the formula name.
DA ZAO	2.2%	

MODIFICATIONS

- For fright palpitations, add Shi Chang Pu (Acorus).
- If heat signs are extreme, add Shan Zhi Zi (Gardenia).

Zhu Ye Shi Gao Tang • 1360

BAMBOO LEAVES & GYPSUM COMBINATION [AVAILABLE IN TABLETS]

<i>Gypsum</i>	
SHI GAO	41.0%
<i>Ophiopogon</i>	
MAI MEN DONG	15.4%
<i>Rice</i>	
GENG MI	15.4%
<i>Pinellia</i>	
BAN XIA	10.3%
<i>Ginseng</i>	
REN SHEN	7.7%
<i>Lophatherum</i>	
DAN ZHU YE	5.1%
<i>Licorice (Prepared)</i>	
ZHI GAN CAO	5.1%

SOURCE: *On Cold Damage (Shang Han Lun)*

FUNCTIONS: Clear heat, boost qi, and engender liquids.

INDICATIONS: Treats the lingering heat and damage to fluids, qi, and yin that may occur after warm diseases, cold damage, or summerheat patterns. Symptoms include dry mouth, thirst, profuse sweating, vacuity-vexation insomnia, body heat, tightness in the chest, nausea, and vomiting. The typical pulse is vacuous and rapid, and the tongue is usually red with a scant fur.

This variation of [Bai Hu Tang](#) (Gypsum Combination) is mentioned in *On Cold Damage* for the treatment of post-heat (including summerheat) illness where some heat remains and the patient's qi and liquids are damaged. It can be applied to the latter stages of various heat disorders if they present with signs of fluid and qi damage and counterflow qi. Important symptoms include thoracic oppression, dry throat, thirst, nausea or vomiting, cough, irritability, and sweating. Western medicine may see this pattern as bronchitis or pneumonia.

This formula can also be used to treat stomach-yin-vacuity vomiting and nausea. This pattern presents with a peeled or dry, red tongue and thirst. It can occur as a post-illness situation or as the result of chemotherapy.

This formula and Bai Hu Tang both clear heat, engender liquids, and boost qi. Bai Hu Tang, however, is targeted primarily at treating yang ming heat and secondarily protects fluids and qi. Zhu Ye Shi Gao Tang aims more to replenish fluids and qi and secondarily clears heat. In addition, it contains Ban Xia (Pinellia) to downbear counterflow and Dan Zhu Ye (Lophatherum) to relieve vexation.

Though most sources caution against using this formula too early during a summerheat pattern, the modern-day practitioner Jiao Shu-De says the following about various formulas that treat summerheat disorders: "For dual interior-exterior summerheat patterns use [San Wu Xiang Ru Yin](#) (Elsholtzia Three Combination). For summerheat qi vacuity with spleen damp use [Qing Shu Yi Qi Tang](#) (Astragalus & Atractylodes Combination). For summerheat that damages lung qi with lung-vacuity cough use [Sheng Mai San](#) (Ginseng & Ophiopogon Formula). For summerheat disorders that present with dual damage to qi and yin with a leaning toward stomach heat use Zhu Ye Shi Gao Tang."

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MODIFICATIONS

- For yin-vacuity nausea and vomiting induced by chemotherapy, add Shi Hu (*Ephemerantha fimbriata*) and Xuan Fu Hua (*Inula Flower*).
- If cough is severe, add Xing Ren (*Apricot Seed*).
- For stomach yin that is severely damaged, add Sha Shen (*Glehnia*), Tian Hua Fen (*Trichosanthes Root*), and Shi Hu (*Ephemerantha fimbriata*).
- For mouth sores owing to stomach fire, combine with [Qing Wei San](#) (*Coptis & Rehmannia Formula*).
- For summerheat that has damaged qi and fluids, add Xiang Ru (*Elsholtzia*).

Zi Cao Gen Mu Li Tang • 2980

ARNEBIA & OYSTER SHELL COMBINATION

<i>Tangkuei</i>		SOURCE: <i>New Book of Rotting Swellings (Mei Li Xin Shu)</i>
DANG GUI	19.3%	FUNCTIONS: Clear heat, resolve toxin, uplift yang, dissipate swelling, and dispel malign sores.
<i>Oyster Shell</i>		INDICATIONS: Treats malign sores and tumors, mastitis, stubborn skin lesions, and enlarged lymph nodes.
MU LI	15.4%	
<i>Arnebia Root</i>		
ZI CAO GEN	11.5%	
<i>Ligusticum</i>		
CHUAN XIONG	11.5%	This formula clears heat and resolves toxin to treat malign sores and swellings. It also includes Huang Qi (Astragalus) to supplement qi and blood. Its formulator most likely intended it to treat deep-seated malign sores whose prolonged existence had weakened the body's qi and blood. Nowadays, the formula is most commonly used in Japan, where it is applied to carcinomas of the lymph system and breasts. It also treats syphilitic sores.
<i>White Peony</i>		
BAI SHAO	11.5%	
<i>Cimicifuga</i>		
SHENG MA	7.7%	
<i>Astragalus</i>		
HUANG QI	7.7%	
<i>Rhubarb</i>		
DA HUANG	5.8%	
<i>Lonicera Flower</i>		
JIN YIN HUA	5.8%	
<i>Licorice</i>		
GAN CAO	3.8%	

MODIFICATIONS

- For breast disorders, add herbs such as Wang Bu Liu Xing (Vaccaria Seed), Ba Yue Zha (Akebia Fruit), or Zao Jiao Ci (Gleditsia Spine); Shan Ci Gu (Cremastera) and Zao Xiu (Paris) are often included for malignant lesions.
- For pain, add Ru Xiang (Mastic) and Mo Yao (Myrrh).
- For lymph disorders, add Zhe Bei Mu (Fritillaria-Zhe), Xuan Shen (Scrophularia), Mu Dan Pi (Moutan), and Xia Ku Cao (Prunella).

Zi Shen Ming Mu Tang • 3600

CHRYSANTHEMUM COMBINATION

<i>Rehmannia (Cooked)</i>	SOURCE: <i>Return to Spring from the Myriad Diseases</i> (<i>Wan Bing Hui Chun</i>)
SHU DI HUANG 10.0%	
<i>White Peony</i>	FUNCTIONS: Enrich yin, nourish blood, clear heat, brighten the eyes, and boost qi.
BAI SHAO 10.0%	
<i>Tangkuei</i>	INDICATIONS: Treats liver-kidney yin-blood vacuity that results in a decrease in visual acuity, visual dizziness, eyes that tire easily, dry eyes, excessive tearing, and cataracts.
DANG GUI 10.0%	
<i>Rehmannia (Fresh)</i>	
SHENG DI HUANG 10.0%	
<i>Ligusticum</i>	The formula's name can be rendered in English as <i>Kidney Enriching Decoction to Brighten the Eyes</i> . This reflects its usage to treat eye disorders caused by kidney yin vacuity. In truth, the formula also nourishes the liver and thus the eyes.
CHUAN XIONG 10.0%	
<i>Chrysanthemum</i>	
JU HUA 5.0%	
<i>Platycodon</i>	This formula is intended for chronic taxation disorders that present with yin-blood vacuity and the eye symptoms listed above.
JIE GENG 5.0%	
<i>Ginseng</i>	
REN SHEN 5.0%	
<i>Gardenia</i>	
SHAN ZHI ZI 5.0%	
<i>Angelica</i>	
BAI ZHI 5.0%	
<i>Coptis</i>	
HUANG LIAN 5.0%	
<i>Licorice</i>	
GAN CAO 5.0%	
<i>Vitex</i>	
MAN JING ZI 5.0%	
<i>Juncus</i>	
DENG XIN CAO 5.0%	
<i>Tea</i>	
CHA YE 5.0%	

MODIFICATIONS

- For visual dizziness, add Gou Qi Zi (Lycium Fruit) and Huang Qi (Astragalus).
- For tired eyes, add Bai Zhu (Atractylodes alba) and Fu Ling (Poria).
- For dry eyes, add Tu Si Zi (Cuscuta) and Gou Qi Zi (Lycium Fruit).
- For wind-heat that causes red, swollen eyes, add Lian Qiao (Forsythia) and Huang Qin (Scute).

Zi Wan Tang • 2990

ASTER COMBINATION

Aster		SOURCE: <i>Medical Ramparts and Chariots (Yi Lei Yuan Rong)</i>
ZI WAN	15.7%	FUNCTIONS: Protect the lung, nourish blood, transform phlegm, and clear heat.
Gelatin		INDICATIONS: Treats vacuity-taxation chronic cough characterized by bloody sputum, fever, and difficulty breathing.
A JIAO	15.7%	
Anemarrhena		
ZHI MU	15.7%	
<i>Fritillaria (Zhe)</i>		
ZHE BEI MU	15.7%	This formula was created to treat vacuity-taxation disorders with cough, fevers, night sweating, fatigue, and labored breathing. This pattern resembles pulmonary tuberculosis and can include a cough that produces scant, blood-streaked sputum. Further, the formula treats pulmonary abscesses that have already suppurred so the patient expectorates phlegm streaked with pus and blood. With regard to pulmonary abscesses, the formula was designed for weak patients who have suffered from lung wilting and subsequently developed an abscess.
<i>Platycodon</i>		
JIE GENG	7.8%	
<i>Ginseng</i>		
REN SHEN	7.8%	
<i>Poria</i>		
FU LING	7.8%	
<i>Licorice (Prepared)</i>		
ZHI GAN CAO	7.8%	In a less strict usage, Zi Wan Tang can treat older patients, weak patients, or children with chronic cough (lung wilting). The patient should have signs of vacuity of both qi and yin such as labored breathing, fatigue, night sweats, or tidal fevers and thirst. Classically, this formula is mentioned for qi extreme, one of the six extremes. The six extremes are excessive vacuity detriment conditions that were first discussed in the <i>Essential Prescriptions of the Golden Coffer (Jin Gui Yao Lie)</i> . Another text, <i>The Origin and Indicators of Disease (Zhu Bing Yuan Hou Lun)</i> , states that qi extreme is characterized by “internal vacuity, insufficiency of the five viscera, plethora of evil qi with scant correct qi, and, no desire to speak.”
<i>Schizandra</i>		
WU WEI ZI	6.0%	
Both this formula and Mai Men Dong Tang (Ophiopogon Combination) treat lung wilting and consumptive disorders. While Mai Men Dong Tang treats these disorders when they result from yin vacuity of the stomach and lung, Zi Wan Tang treats them when they are due to a vacuity in the lung of both qi and yin.		
This formula is also known as Hai Cang Zi Wan Tang after its formulator, Wang Hai-Cang. Some versions do not include A Jiao (Gelatin) or Fu Ling (Poria).		

CONTINUED

MODIFICATIONS

- For lung wilting that gives rise to abscess (yong), add Ting Li Zi (Lepidium) and Hong Zao (Red Jujube); if the abscess has not yet suppurated, combine with [Pai Nong San](#) (Platycodon & Aurantium Immaturus Formula).
- For chronic cough that produces little phlegm, add Mai Men Dong (Ophiopogon) and Nan Sha Shen (Adenophora).
- For coughing of blood in a vacuity-taxation pattern, add Sheng Di (Fresh Rehmannia) and Xian He Cao (Agrimony).

Zi Yin Di Huang Wan • 3620

REHMANNIA, BUPLEURUM, & SCUTE FORMULA

<i>Rehmannia (Cooked)</i>	
SHU DI HUANG	18.2%
<i>Bupleurum</i>	
CHAI HU	15.0%
<i>Rehmannia (Fresh)</i>	
SHENG DI HUANG	13.9%
<i>Scute</i>	
HUANG QIN	9.4%
<i>Tangkuei</i>	
DANG GUI	9.4%
<i>Asparagus Tuber</i>	
TIAN MEN DONG	5.6%
<i>Lycium Root Bark</i>	
DI GU PI	5.6%
<i>Schizandra</i>	
WU WEI ZI	5.6%
<i>Coptis</i>	
HUANG LIAN	5.6%
<i>Ginseng</i>	
REN SHEN	3.9%
<i>Licorice</i>	
GAN CAO	3.9%
<i>Aurantium Fruit</i>	
ZHI KE	3.9%

SOURCE: *Secret Treasure of the Orchid Chamber (Lan Shi Mi Cang)*

FUNCTIONS: Nourish yin, drain fire, supplement qi, and nourish blood.

INDICATIONS: Treats kidney-vacuity clouded vision or dilated pupils.

According to Li Dong-Yuan, this formula treats blood-vacuity and kidney yin-vacuity that leave the heart undernourished. Lack of nourishment to the heart produces heart fire that rises and affects the eyes. Aside from the eye disorders mentioned in the source text, this formula can treat various eye disorders related to failure of blood and yin to nourish the heart and liver.

The formula name translates as *Yin-Enriching Rehmannia Decoction*. It is also known as Shu Gan Di Huang Wan because it contains both Shu Di Huang (Cooked Rehmannia) and Gan Di Huang (Dried Rehmannia). In modern times Sheng Di Huang (Fresh Rehmannia) and Gan Di Huang are synonymous.

MODIFICATION

- For red itching eyes, add Ju Hua (Chrysanthemum) and Bai Ji Li (Tribulus).

Zi Yin Jiang Huo Tang • 3610

PHELLODENDRON COMBINATION

<i>Ginger (Fresh)</i>	SOURCE: <i>Master Shen's Life-Respecting Book</i>
SHENG JIANG 12.5%	(<i>Shen Shi Zun Sheng Shu</i>)
<i>Tangkuei</i>	FUNCTIONS: Enrich yin, downbear fire, nourish blood, and boost qi.
DANG GUI 10.4%	INDICATIONS: Addresses yin-vacuity with effulgent fire that causes cough, asthmatic breathing, night sweats, dry mouth, fever, coughing of blood, dispersion thirst, or steaming bones. The pattern can also present with a dry or sore throat or throat sores.
<i>White Peony</i>	
BAI SHAO 10.4%	
<i>Atractylodes (Alba)</i>	
BAI ZHU 8.3%	
<i>Rehmannia (Cooked)</i>	
SHU DI HUANG 8.3%	
<i>Jujube</i>	This formula treats yin-vacuity fire that ascends to the upper body to cause cough, coughing of blood, night sweats, and other symptoms of lung-taxation. It treats both branch and root of this pattern and can be taken for an extended period of time. A patient with this pattern will usually also present with thirst, a fine, rapid pulse, and scant tongue fur. In some cases, if vacuity fire scorches the throat, the patient may present with sore throat, throat sores, hoarseness, and dry throat. Western medicine would see the disorders this formula treats as pulmonary tuberculosis, bronchitis, pharyngitis, diabetes, and menopausal changes.
DA ZAO 8.3%	
<i>Asparagus Tuber</i>	
TIAN MEN DONG 8.3%	
<i>Ophiopogon</i>	
MAI MEN DONG 8.3%	
<i>Rehmannia (Fresh)</i>	
SHENG DI HUANG 6.3%	
<i>Citrus Peel</i>	The Chinese name of this formula translates as <i>Decoction to Enrich Yin and Downbear Fire</i> , indicating its general function. The formula is similar to Zhi Bai Di Huang Wan (Anemarrhena, Phellodendron, & Rehmannia Formula) in function but is more specific to vacuity heat that scorches the lung. This is revealed by the inclusion of herbs that specifically nourish lung yin and herbs that transform phlegm and rectify lung qi. There are several formulas with this name, some of which treat disorders quite different from those treated by the formula presented here.
CHEN PI 6.3%	
<i>Phellodendron</i>	
HUANG BAI 4.2%	
<i>Licorice (Prepared)</i>	
ZHI GAN CAO 4.2%	
<i>Anemarrhena</i>	
ZHI MU 4.2%	

MODIFICATIONS

- For night sweats, add Ma Huang Gen (Ephedra Root), Suan Zao Ren (Zizyphus), and Huang Qi (Astragalus).
- For cough, add Bai Bu (Stemonae), Sang Bai Pi (Mulberry Bark), and Zi Wan (Aster).
- For dry cough with sore throat or throat sores, add Huang Qin (Scute), Zhe Bei Mu (Fritillaria-Zhe), Xing Ren (Apricot Seed), and Sang Bai Pi (Mulberry Bark).
- For steaming bones, add Di Gu Pi (Lycium Root Bark).

Zuo Gui Wan • 1250

CYATHULA & REHMANNIA FORMULA

<i>Rehmannia (Cooked)</i>	
SHU DI HUANG	23.0%
<i>Dioscorea</i>	
SHAN YAO	11.4%
<i>Lycium Fruit</i>	
GOU QI ZI	11.4%
<i>Cornus</i>	
SHAN ZHU YU	11.4%
<i>Cuscuta</i>	
TU SI ZI	11.4%
<i>Cornus Cervi Gelatin</i>	
LU JIAO JIAO	11.4%
<i>Testudinis Gel</i>	
GUI BAN JIAO	11.4%
<i>Cyathula</i>	
CHUAN NIU XI	8.6%

SOURCE: *Jing-Yue's Complete Compendium (Jing Yue Quan Shu)*

FUNCTIONS: Enrich yin, supplement the kidney, boost essence and marrow.

INDICATIONS: Treats insufficient true yin. Symptoms include dizziness or visual dizziness, poor memory, lack of sleep, weakness and pain in the lower back and knees, seminal efflux, spontaneous sweating, night sweats, heat in the five centers, a dry mouth and throat, thirst with a desire to drink, a red tongue with scant fur, and a fine or rapid pulse.

This formula is commonly used to address kidney yin vacuity. Since, as the *Inner Canon (Nei Jing)* states, “the kidney governs the bones and marrow” and “the brain is the sea of marrow,” we can see why this formula is best known for treating kidney yin vacuity that gives rise to symptoms such as dizziness, hearing loss, and poor memory, as well as the more standard kidney vacuity signs of lower back pain and weakness, spontaneous or night sweating, seminal emissions, poor sleep, thirst, dry mouth and eyes, etc.

This formula is a stronger yin-supplementing formula than [Liu Wei Di Huang Wan](#) (Rehmannia Six Formula) but contains fewer agents to clear vacuity heat. In other words, it is less balanced. For more serious cases of yin vacuity that do not have strong signs of vacuity fire, use Zuo Gui Wan. Also, in contradistinction to Liu Wei Di Huang Wan, Zuo Gui Wan addresses kidney yang vacuity by including the yang-supplementing agent Lu Jiao Jiao (Cornus Cervi Gelatin). This is a clinical application of the theoretical principle of interdependence and mutual engendering of yin and yang.

The Chinese names Zuo Gui Wan and [You Gui Wan](#) (Eucommia & Rehmannia Formula) translate loosely as *Left Restoring Pills* and *Right Restoring Pills* respectively. These derive from a statement in the *Classic of Difficulties (Nan Jing)*: “That on the left is the kidney and that on the right is the life gate (Ming Men).” Since the kidney is related to water, thus the true source of water is on the left and that of fire is on the right. Therefore, *Left Restoring Pills* are aimed at restoring water (yin) and *Right Restoring Pills* are designed to restore fire (yang).

Jing-Yue's Complete Compendium also contains a formula called Zuo Gui Yin (*Left Restoring Cool-Decoction*). It is very similar to Zuo Gui Wan, but lacks the yang-supplementing agents that are in Zuo Gui Wan.

CONTINUED

MODIFICATIONS

- If vacuity heat signs are present, add Ze Xie (Alisma), Mu Dan Pi (Moutan), and Huang Bai (Phellodendron Bark).
- For dual vacuity of qi and yin, add Ren Shen (Ginseng).
- For yin vacuity dry-stool constipation, add Huo Ma Ren (Hemp Seed) and Dang Gui (Tangkuei).
- For sleep and memory disorders, add Dan Shen (Salvia Root) and a small amount of Yuan Zhi (Polygala), or combine with [Tian Wang Bu Xin Dan](#) (Ginseng & Zizyphus Formula).
- For low back pain, add Du Zhong (Eucommia) and Xu Duan (Dipsacus).
- For seminal loss, add Bu Gu Zhi (Psoralea).
- For frequent urination, add Yi Zhi Ren (Alpinia Fruit).
- For osteoporosis, add Bu Gu Zhi (Psoralea) and Huang Jing (Polygonatum Root).

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INDEX OF FORMULAS BY COMMON NAME

A | B | C | D | E | F | G | H | I | J | L | M | N | O | P | R | S | T | V | X | Z

A

ACONITE, GINGER, & LICORICE COMBINATION, 294
Si Ni Tang

ACONITE, GINSENG, & GINGER COMBINATION, 101
Fu Zi Li Zhong Tang

AGASTACHE FORMULA, 151
Huo Xiang Zheng Qi San

AMOMUM COMBINATION, 185
Liu He Tang

ANEMARRHENA, PHELLODENDRON, & REHMANNIA FORMULA, 407
Zhi Bai Di Huang Wan

ANGELICA & MASTIC COMBINATION, 402
Zhen Ren Huo Ming Yin

APRICOT SEED & HEMP SEED FORMULA, 197
Ma Zi Ren Wan

APRICOT SEED & PERILLA FORMULA, 365
Xing Su Yin

APRICOT SEED & PERILLA PEDIATRIC FORMULA, 366
Xing Su Yin (Pediatric)

ARCTIUM COMBINATION, 232
Qing Xin Li Ge Tang

ARECA SEED & CHAENOMELES FORMULA, 153
Ji Ming San

ARECA SEED COMBINATION, 172
Jiu Wei Bing Lang Jia Wu Fu Tang

ARNEBIA & OYSTER SHELL COMBINATION, 420
Zi Cao Gen Mu Li Tang

ARTEMISIA & TURTLE SHELL COMBINATION, 222
Qing Hao Bie Jia Tang

ASTER COMBINATION, 422
Zi Wan Tang

ASTRAGALUS & ATRACTYLODES COMBINATION, 229
Qing Shu Yi Qi Tang

ASTRAGALUS & CINNAMON FIVE HERB COMBINATION, 148
Huang Qi Wu Wu Tang

ASTRAGALUS & PEONY COMBINATION, 33
Bu Yang Huan Wu Tang

ASTRAGALUS & PLATYCODON FORMULA, 213
Qian Jin Nei Tuo San

ASTRAGALUS & SILER FORMULA, 392
Yu Ping Feng San

ASTRAGALUS & ZIZYPHUS COMBINATION, 374
Yang Xin Tang

ASTRAGALUS COMBINATION, 147
Huang Qi Jian Zhong Tang

ATRACTYLODES & ARISAEMA COMBINATION, 92
Er Zhu Tang

ATRACTYLODES & DIOSCOREA COMBINATION, 315
Wan Dai Tang

ATRACTYLODES & PHELLODENDRON FORMULA, 248
San Miao San

ATRACTYLODES COMBINATION, 394
Yue Bi Jia Zhu Tang

AURANTIUM IMMATURES & AMOMUM COMBINATION, 411
Zhi Suo Er Chen Tang

B

BAMBOO & GINSENG COMBINATION, 417
Zhu Ru Wen Dan Tang

BAMBOO LEAVES & GYPSUM COMBINATION, 418
Zhu Ye Shi Gao Tang

BELAMCANDA & EPHEDRA COMBINATION, 263
She Gan Ma Huang Tang

BIOTA & CYATHULA FORMULA, 204
Nu Ke Bai Zi Ren Wan

BUPLEURUM, CINNAMON, & GINGER COMBINATION, 41
Chai Hu Gui Zhi Gan Jiang Tang

BUPLEURUM & AURANTIUM IMMATURES FORMULA, 292
Si Ni San

BUPLEURUM & CINNAMON COMBINATION, 43
Chai Hu Gui Zhi Tang

BUPLEURUM & CYPERUS COMBINATION, 50
Chai Hu Shu Gan Tang

BUPLEURUM & DRAGON BONE COMBINATION, 45
Chai Hu Jia Long Mu Tang

BUPLEURUM & DRAGON BONE COMBINATION (MINUS RHUBARB), 47
Chai Hu Jia Long Mu Tang (w/o Da Huang)

BUPLEURUM & EVODIA COMBINATION, 286
Shu Gan Tang

BUPLEURUM & GINSENG COMBINATION, 277
Sheng Yang San Huo Tang

BUPLEURUM & PEONY FORMULA, 159
Jia Wei Xiao Yao San

BUPLEURUM & PORIA COMBINATION, 52
Chai Ling Tang

BUPLEURUM & PUERARIA COMBINATION, 39
Chai Ge Jie Ji Tang

BUPLEURUM & REHMANNIA COMBINATION, 48
Chai Hu Qing Gan Tang

BUPLEURUM & SCHIZONEPETA FORMULA, 284
Shi Wei Bai Du Tang

BUPLEURUM & SCUTE COMBINATION, 53
Chai Xian Tang

BUPLEURUM FORMULA, 376
Yi Gan San

C

CALAMUS & CARTHAMUS FORMULA, 406
Zheng Gu Zi Jin Dan

- CAPILLARIS & PORIA FIVE FORMULA, 385**
Yin Chen Wu Ling San
- CAPILLARIS COMBINATION, 384**
Yin Chen Hao Tang
- CHRYSANTHEMUM COMBINATION, 421**
Zi Shen Ming Mu Tang
- CIMICIFUGA & PUERARIA COMBINATION, 274**
Sheng Ma Ge Gen Tang
- CIMICIFUGA COMBINATION, 382**
Yi Zi Tang
- CINNAMON & ANEMARRHENA COMBINATION, 126**
Gui Zhi Shao Yao Zhi Mu Tang
- CINNAMON & ANGELICA FORMULA, 256**
Shang Zhong Xia Tong Yong Tong Feng Wan
- CINNAMON & DRAGON BONE COMBINATION, 122**
Gui Zhi Jia Long Gu Mu Li Tang
- CINNAMON & EPHEDRA COMBINATION, 124**
Gui Zhi Ma Huang Ge Ban Tang
- CINNAMON & GINSENG COMBINATION, 125**
Gui Zhi Ren Shen Tang
- CINNAMON & PEONY COMBINATION, 123**
Gui Zhi Jia Shao Yao Tang
- CINNAMON & PERSICA COMBINATION, 398**
Zhe Chong Yin
- CINNAMON & PORIA FORMULA, 121**
Gui Zhi Fu Ling Wan
- CINNAMON COMBINATION, 128**
Gui Zhi Tang
- CITRUS & ASTER FORMULA, 410**
Zhi Sou San
- CITRUS & BAMBOO COMBINATION, 175**
Ju Pi Zhu Ru Tang
- CITRUS & PINELLIA COMBINATION, 88**
Er Chen Tang
- CITRUS SEED FORMULA, 174**
Ju He Wan
- CLEMATIS & CARTHAMUS COMBINATION, 287**
Shu Jin Li An San
- CLEMATIS & STEPHANIA COMBINATION, 288**
Shu Jing Huo Xue Tang
- COIX COMBINATION, 381**
Yi Yi Ren Tang
- COPTIS, PHELLODENDRON, & MINT FORMULA, 144**
Huang Lian Shang Qing Wan
- COPTIS & REHMANNIA FORMULA, 230**
Qing Wei San
- COPTIS & RHUBARB COMBINATION, 247**
San Huang Xie Xin Tang
- COPTIS & SCUTE COMBINATION, 142**
Huang Lian Jie Du Tang
- COPTIS COMBINATION, 146**
Huang Lian Tang
- CURCULIGO & EPIMEDIUM COMBINATION, 90**
Er Xian Tang
- CYATHULA & PLANTAGO FORMULA, 155**
Ji Sheng Shen Qi Wan
- CYATHULA & REHMANNIA FORMULA, 426**
Zuo Gui Wan
- CYPERUS, AMOMUM, & ATRACTYLODES FORMULA, 337**
Xiang Sha Ping Wei San
- CYPERUS & ATRACTYLODES COMBINATION, 396**
Yue Ju Tang
- CYPERUS & CARDAMON COMBINATION, 338**
Xiang Sha Yang Wei Tang
- CYPERUS & CARTHAMUS COMBINATION, 130**
Guo Qi Yin
- CYPERUS & PERILLA FORMULA, 341**
Xiang Su San
- D**
- DANDELION & WILD CHRYSANTHEMUM COMBINATION, 329**
Wu Wei Xiao Du Yin
- DIANTHUS FORMULA, 11**
Ba Zheng San
- DIANTHUS FORMULA (MINUS RHubarB), 12**
Ba Zheng San (w/o Da Huang)
- DIANTHUS PLUS FORMULA, 157**
Jia Wei Ba Zheng San
- DIOSCOREA & ACHYRANTHES COMBINATION, 161**
Jian Ling Tang
- E**
- ELSHOLTZIA COMBINATION, 334**
Xiang Ru Yin
- ELSHOLTZIA TEN COMBINATION, 285**
Shi Wei Xiang Ru Yin
- ELSHOLTZIA THREE COMBINATION, 250**
San Wu Xiang Ru Yin
- EPHEDRA & APRICOT SEED COMBINATION, 194**
Ma Xing Gan Shi Tang
- EPHEDRA & CIMICIFUGA COMBINATION, 282**
Shi Shen Tang
- EPHEDRA & COIX COMBINATION, 196**
Ma Xing Yi Gan Tang
- EPHEDRA & GINKGO COMBINATION, 82**
Ding Chuan Tang
- EPHEDRA & GINSENG COMBINATION, 370**
Xu Ming Tang
- EPHEDRA & MAGNOLIA COMBINATION, 266**
Shen Mi Tang
- EPHEDRA & MULBERRY BARK FORMULA, 137**
Hua Gai San
- EPHEDRA & PEONY COMBINATION, 355**
Xiao Xu Ming Tang
- EPHEDRA COMBINATION, 193**
Ma Huang Tang
- ERIOPOTRYA & OPHIOPOGON COMBINATION, 235**
Qing Zao Jiu Fei Tang

- E**
- EUCOMMIA & REHMANNIA FORMULA, 388**
You Gui Wan
 - EVODIA COMBINATION, 332**
Wu Zhu Yu Tang
- F**
- FENNEL & GALANGA FORMULA, 3**
An Zhong San
 - FENNEL SEED & CORYDALIS COMBINATION, 257**
Shao Fu Zhu Yu Tang
 - FORSYTHIA & ACORUS FORMULA, 103**
Gan Lu Xiao Du Dan
 - FORSYTHIA & LAMINARIA COMBINATION, 251**
San Zhong Kui Jian Tang
 - FORSYTHIA & RHUBARB FORMULA, 180**
Liang Ge San
 - FORSYTHIA FORMULA (MINUS RHUBARB), 182**
Liang Ge San (w/o Da Huang)
 - FRITILLARIA & PLATYCODON FORMULA, 203**
Ning Sou Wan
- G**
- GAMBIR FORMULA, 114**
Gou Teng San
 - GARDENIA & PORIA FORMULA, 324**
Wu Lin San
 - GARDENIA & SOJA COMBINATION, 414**
Zhi Zi Chi Tang
 - GARDENIA & VITEX COMBINATION, 333**
Xi Gan Ming Mu San
 - GASPING FORMULA, 340**
Xiang Sheng Po Di San
 - GASTRODIA & AMBER COMBINATION, 84**
Ding Xian Wan
 - GASTRODIA & GAMBIR COMBINATION, 306**
Tian Ma Gou Teng Yin
 - GENTIANA COMBINATION, 191**
Long Dan Xie Gan Tang
 - GENTIANA MACROPHYLLA ROOT & TURTLE SHELL FORMULA, 216**
Qin Jiao Bie Jia San
 - GINGER, ACONITE, PORIA, & PEONY COMBINATION, 404**
Zhen Wu Tang
 - GINSENG, ASTRAGALUS, & PUERARIA COMBINATION, 380**
Yi Qi Cong Ming Tang
 - GINSENG & ASTER COMBINATION, 31**
Bu Fei Tang
 - GINSENG & ASTRAGALUS COMBINATION, 35**
Bu Zhong Yi Qi Tang
 - GINSENG & ATRACTYLODES FORMULA, 264**
Shen Ling Bai Zhu San
 - GINSENG & GECKO COMBINATION, 240**
Ren Shen Ge Jie San
 - GINSENG & GINGER COMBINATION, 179**
Li Zhong Tang
 - GINSENG & GYPSUM COMBINATION, 15**
Bai Hu Jia Ren Shen Tang
 - GINSENG & LONGAN COMBINATION, 118**
Gui Pi Tang
 - GINSENG & MINT FORMULA, 237**
Ren Shen Bai Du San
 - GINSENG & OPHIOPOGON FORMULA, 275**
Sheng Mai San
 - GINSENG & PERILLA COMBINATION, 267**
Shen Su Yin
 - GINSENG & PORIA FORMULA, 166**
Jin Jian Fei Er Wan
 - GINSENG & REHMANNIA COMBINATION, 242**
Ren Shen Yang Ying Tang
 - GINSENG & SCUTE COMBINATION, 241**
Ren Shen Xie Fei Tang
 - GINSENG & TANGKUEI FORMULA, 239**
Ren Shen Dang Shao San
 - GINSENG & TANGKUEI TEN COMBINATION, 281**
Shi Quan Da Bu Tang
 - GINSENG & ZIZYPHUS FORMULA, 308**
Tian Wang Bu Xin Dan
 - GLEDTSIA COMBINATION, 314**
Tuo Li Xiao Du Yin
 - GLEHNIA & OPHIOPOGON COMBINATION, 255**
Sha Shen Mai Men Dong Tang
 - GYPSUM, COPTIS, & SCUTE COMBINATION, 246**
San Huang Shi Gao Tang
 - GYPSUM COMBINATION, 17**
Bai Hu Tang
- H**
- HEMATITE & SCROPHULARIA COMBINATION, 400**
Zhen Gan Xi Feng Tang
 - HEMP SEED & RHUBARB FORMULA, 243**
Run Chang Wan
- I**
- INULA & HEMATITE COMBINATION, 371**
Xuan Fu Dai Zhe Shi Tang
- J**
- JADE SOURCE COMBINATION, 393**
Yu Quan Wan
- L**
- LICORICE & JUJUBE COMBINATION, 105**
Gan Mai Da Zao Tang
 - LICORICE COMBINATION, 408**
Zhi Gan Cao Tang
 - LIGUSTICUM & NOTOPTERYGIUM COMBINATION, 268**
Shen Tong Zhu Yu Tang
 - LIGUSTICUM & REHMANNIA COMBINATION, 369**
Xiong Gui Tiao Xue Yin
 - LIGUSTICUM & TEA FORMULA, 55**
Chuan Xiong Cha Tiao San

- LIGUSTRUM & ECLIPTA COMBINATION, 91**
Er Zhi Wan
- LILY COMBINATION, 13**
Bai He Gu Jin Tang
- LINDERA FORMULA, 330**
Wu Yao Shun Qi San
- LINKING DECOCTION, 378**
Yi Guan Jian
- RONICERA & FORSYTHIA FORMULA, 386**
Yin Qiao San
- LOTUS & CITRUS FORMULA, 211**
Qi Pi Wan
- LOTUS SEED COMBINATION, 233**
Qing Xin Lian Zi Yin
- LOTUS STAMEN FORMULA, 168**
Jin Suo Gu Jing Wan
- LYCIUM, CHRYSANTHEMUM, & REHMANNIA FORMULA, 210**
Qi Ju Di Huang Wan
- LYCIUM FORMULA, 140**
Huan Shao Dan
- M**
- MAGNOLIA & GINGER FORMULA, 206**
Ping Wei San
- MAGNOLIA & GINGER FORMULA MODIFIED, 158**
Jia Wei Ping Wei San
- MAGNOLIA & GYPSUM COMBINATION, 363**
Xin Yi Qing Fei Yin
- MAGNOLIA & PORIA COMBINATION, 316**
Wei Ling Tang
- MAGNOLIA & VLADIMIRIA COMBINATION, 133**
Hou Po Wen Zhong Tang
- MAGNOLIA FLOWER FORMULA, 364**
Xin Yi San
- MAGNOLIA SEVEN COMBINATION, 132**
Hou Po Qi Wu Tang
- MAJOR BLUE DRAGON COMBINATION, 66**
Da Qing Long Tang
- MAJOR BUPELURUM COMBINATION, 57**
Da Chai Hu Tang
- MAJOR BUPELURUM COMBINATION (MINUS RHUBARB), 58**
Da Chai Hu Tang (w/o Da Huang)
- MAJOR FOUR HERB COMBINATION, 291**
Si Jun Zi Tang
- MAJOR GENTIANA MACROPHYLLA ROOT COMBINATION, 64**
Da Qin Jiao Tang
- MAJOR RHUBARB COMBINATION, 59**
Da Cheng Qi Tang
- MAJOR SILER COMBINATION, 60**
Da Fang Feng Tang
- MAJOR SIX HERB COMBINATION, 187**
Liu Jun Zi Tang
- MAJOR ZANTHOXYLUM COMBINATION, 62**
Da Jian Zhong Tang
- MANTIS COCOON FORMULA, 254**
Sang Piao Xiao San
- MINOR BLUE DRAGON COMBINATION, 353**
Xiao Qing Long Tang
- MINOR BUPELURUM COMBINATION, 344**
Xiao Chai Hu Tang
- MINOR BUPELURUM COMBINATION (MINUS GINSENG), 346**
Xiao Chai Hu Tang (w/o Ginseng)
- MINOR CINNAMON & PEONY COMBINATION, 350**
Xiao Jian Zhong Tang
- MINOR PINELLIA & PORIA COMBINATION, 343**
Xiao Ban Xia Jia Fu Ling Tang
- MINOR RHUBARB COMBINATION, 347**
Xiao Cheng Qi Tang
- MINOR TRICHOSANTHES COMBINATION, 354**
Xiao Xian Xiong Tang
- MUGWORT & CYPERUS COMBINATION, 1**
Ai Fu Nuan Gong Wan
- MULBERRY & CHRYSANTHEMUM COMBINATION, 253**
Sang Ju Yin
- MULBERRY & LYCIUM FORMULA, 359**
Xie Bai San
- MULBERRY BARK & PLATYCODON FORMULA, 87**
Dun Sou San
- MUME FORMULA, 327**
Wu Mei Wan
- MYRRH & ACONITE FORMULA, 349**
Xiao Huo Luo Dan
- N**
- NOTOPTERYGIUM & TUHUO COMBINATION, 214**
Qiang Huo Sheng Shi Tang
- NOTOPTERYGIUM & TURMERIC COMBINATION, 177**
Juan Bi Tang
- NOTOPTERYGIUM NINE HERB COMBINATION, 173**
Jiu Wei Qiang Huo Tang
- O**
- OPHIOPOGON COMBINATION, 199**
Mai Men Dong Tang
- P**
- PEONY & LICORICE COMBINATION, 259**
Shao Yao Gan Cao Tang
- PEONY COMBINATION, 261**
Shao Yao Tang
- PERILLA SEED COMBINATION, 299**
Su Zi Jiang Qi Tang
- PERSICA & CARTHAMUS COMBINATION, 372**
Xue Fu Zhu Yu Tang
- PERSICA & LIGUSTICUM COMBINATION, 312**
Tong Qiao Huo Xue Tang
- PERSICA & RHUBARB COMBINATION, 305**
Tao Ren Cheng Qi Tang
- PHELLODENDRON & TESTUDINIS FORMULA, 135**
Hu Qian Wan

PHELLODENDRON COMBINATION, 425
 Zi Yin Jiang Huo Tang

PINELLIA, ATRACTYLODES, & AGASTACHE FORMULA, 32
 Bu Huan Jin Zheng Qi San

PINELLIA & GASTRODIA COMBINATION, 21
 Ban Xia Bai Zhu Tian Ma Tang

PINELLIA & GINGER COMBINATION, 272
 Sheng Jiang Xie Xin Tang

PINELLIA & LICORICE COMBINATION, 102
 Gan Cao Xie Xin Tang

PINELLIA & MAGNOLIA COMBINATION, 23
 Ban Xia Hou Po Tang

PINELLIA & SCUTE FORMULA, 225
 Qing Qi Hua Tan Wan

PINELLIA COMBINATION, 25
 Ban Xia Xie Xin Tang

PLATYCODON & APRICOT SEED FORMULA, 220
 Qing Fei Yin

PLATYCODON & AURANTIUM IMMATURUS FORMULA, 205
 Pai Nong San

PLATYCODON & FRITILLARIA COMBINATION, 219
 Qing Fei Tang

PLATYCODON COMBINATION, 163
 Jie Geng Tang

POLYPORUS COMBINATION, 415
 Zhu Ling Tang

PORIA, ATRACTYLODES, & ARECA COMBINATION, 81
 Dao Shui Fu Ling Tang

PORIA, ATRACTYLODES, & GINGER COMBINATION, 270
 Shen Zhuo Tang

PORIA & ALISMA COMBINATION, 96
 Fen Xiao Tang

PORIA & ARECA COMBINATION, 328
 Wu Pi Yin

PORIA & ATRACTYLODES COMBINATION, 183
 Ling Gui Zhu Gan Tang

PORIA & BAMBOO COMBINATION, 318
 Wen Dan Tang

PORIA & CUSCUTA FORMULA, 98
 Fu Tu Dan

PORIA & POLYPORUS FORMULA, 412
 Zhi Zhuo Gu Ben Wan

PORIA COMBINATION, 97
 Fu Ling Yin

PORIA FIVE HERB FORMULA, 325
 Wu Ling San

PUERARIA, COPTIS, & SCUTE COMBINATION, 106
 Ge Gen Huang Qin Huang Lian Tang

PUERARIA COMBINATION, 108
 Ge Gen Tang

PUERARIA FLOWER FORMULA, 110
 Ge Hua Jie Cheng San

PUERARIA NASAL COMBINATION, 218
 Qing Bi Tang

PULSATILLA COMBINATION, 19
 Bai Tou Weng Tang

R

RED TANGERINE PEEL & CRATAEGUS FORMULA, 28
 Bao He Wan

REHMANNIA, Bupleurum, & SCUTE FORMULA, 424
 Zi Yin Di Huang Wan

REHMANNIA & CLEMATIS ARMANDI FORMULA, 79
 Dao Chi San

REHMANNIA & GYPSUM COMBINATION, 390
 Yu Nü Jian

REHMANNIA & TESTUDINIS COMBINATION, 56
 Da Bu Yin Wan

REHMANNIA EIGHT FORMULA, 7
 Ba Wei Di Huang Wan

REHMANNIA FOUR FORMULA, 296
 Si Sheng Wan

REHMANNIA SIX & STAMEN FORMULA, 190
 Liu Wei Gu Jing Wan

REHMANNIA SIX FORMULA, 188
 Liu Wei Di Huang Wan

RHUBARB & MIRABILITUM COMBINATION, 310
 Tiao Wei Cheng Qi Tang

RHUBARB & MOUTAN COMBINATION, 61
 Da Huang Mu Dan Tang

S

SCHIZONEPETA & FORSYTHIA COMBINATION, 171
 Jing Jie Lian Qiao Tang

SCHIZONEPETA & PINELLIA FORMULA, 164
 Jin Fei Cao San

SCHIZONEPETA & SILER FORMULA, 169
 Jing Fang Bai Du San

SCROPHULARIA & FRITILLARIA COMBINATION, 352
 Xiao Luo Wan

SCUTE & CIMICIFUGA COMBINATION, 208
 Pu Ji Xiao Du Yin

SCUTE & LICORICE COMBINATION, 150
 Huang Qin Tang

SCUTE & MINT COMBINATION, 224
 Qing Liang Yin

SEVEN TREASURES FORMULA, 209
 Qi Bao Mei Ran Dan

SILER & LICORICE FORMULA, 361
 Xie Huang San

SILER & PLATYCODON FORMULA, 93
 Fang Feng Tong Sheng San

SILER & PLATYCODON FORMULA (MINUS RHUBARB), 290
 Shuang Jie Tong Sheng San

SILER COMBINATION, 227
 Qing Shang Fang Feng Tang

SOPHORA FLOWER FORMULA, 138
 Huai Hua San

- STEPHANIA & ASTRAGALUS COMBINATION, 95
Fang Ji Huang Qi Tang
- STEPHANIA & GINSENG COMBINATION, 201
Mu Fang Ji Tang
- SWEET COMBINATION, 104
Gan Lu Yin
- T**
- TANGKUEI, ASTRAGALUS, & PEONY COMBINATION, 120
Gui Qi Jian Zhong Tang
- TANGKUEI, GENTIANA, & ALOE FORMULA, 71
Dang Gui Long Hui Wan
- TANGKUEI & ANEMARRHENA COMBINATION, 73
Dang Gui Nian Tong Tang
- TANGKUEI & ARCTIUM FORMULA, 348
Xiao Feng San
- TANGKUEI & ASTRAGALUS COMBINATION, 67
Dang Gui Bu Xue Tang
- TANGKUEI & BUPLEURUM FORMULA, 356
Xiao Yao San
- TANGKUEI & CORYDALIS COMBINATION, 112
Ge Xia Zhu Yu Tang
- TANGKUEI & EVODIA COMBINATION, 320
Wen Jing Tang
- TANGKUEI & GARDENIA COMBINATION, 322
Wen Qing Yin
- TANGKUEI & GELATIN COMBINATION, 367
Xiong Gui Jiao Ai Tang
- TANGKUEI & GINGER COMBINATION, 271
Sheng Hua Tang
- TANGKUEI & GINSENG EIGHT COMBINATION, 9
Ba Zhen Tang
- TANGKUEI & JUJUBE COMBINATION, 77
Dang Gui Si Ni Tang
- TANGKUEI & LIGUSTICUM COMBINATION, 27
Bao Chan Wu You Fang
- TANGKUEI & MAGNOLIA FIVE FORMULA, 323
Wu Ji San
- TANGKUEI & PEONY FORMULA, 75
Dang Gui Shao Yao San
- TANGKUEI & PERSICA COMBINATION, 100
Fu Yuan Huo Xue Tang
- TANGKUEI & SIX YELLOW COMBINATION, 69
Dang Gui Liu Huang Tang
- TANGKUEI & TRIBULUS COMBINATION, 78
Dang Gui Yin Zi
- TANGKUEI EIGHT HERB FORMULA, 5
Ba Wei Dai Xia Fang
- TANGKUEI EIGHT HERB FORMULA (MINUS RHUBARB), 6
Ba Wei Dai Xia Fang (w/o Da Huang)
- TANGKUEI FORMULA, 74
Dang Gui San
- TANGKUEI FOUR, PERSICA, & CARTHAMUS COMBINATION, 303
Tao Hong Si Wu Tang
- TANGKUEI FOUR COMBINATION, 297
Si Wu Tang
- TANGKUEI FOUR PLUS COMBINATION, 278
Sheng Yu Tang
- TANGKUEI SIXTEEN HERBS COMBINATION, 280
Shi Liu Wei Liu Qi Yin
- TESTUDINIS & ANTLER COMBINATION, 117
Gui Lu Er Xian Jiao
- TOKORO COMBINATION, 30
Bei Xie Fen Qing Yin
- TRICHOSANTHES & AURANTIUM COMBINATION, 116
Gua Lou Zhi Shi Tang
- TRIPLE NUT COMBINATION, 249
San Ren Tang
- TUHUO & ASTRAGALUS COMBINATION, 245
San Bi Tang
- TUHUO & LORANTHUS COMBINATION, 85
Du Huo Ji Sheng Tang
- V**
- VLADIMIRIA & AMOMUM COMBINATION, 335
Xiang Sha Liu Jun Zi Tang
- VLADIMIRIA & ARECA SEED FORMULA, 202
Mu Xiang Bing Lang Wan
- X**
- XANTHIUM FORMULA, 37
Cang Er San
- Z**
- ZIZYPHUS COMBINATION, 301
Suan Zao Ren Tang

INDEX OF COMMON DISORDERS

A | B | C | D | E | H | I | L | M | N | P | S | U

This index lists common disorders alphabetically. The formulas that follow each disorder can be prescribed for that disorder or a similar one. For example, the formulas suggested for asthma may also be worth considering for bronchitis. Refer to the entry on a specific formula for more information on its use. See the index of symptoms for more details on the disorders listed here and for information on disorders or symptoms not included in this brief index.

ASTHMA

Acute

- Da Qing Long Tang (wind-cold with internal heat)
- Hua Gai San (wind-cold)
- Jin Fei Cao San (wind-cold)
- Ma Xing Gan Shi Tang (external wind with internal heat)
- Ren Shen Xie Fei Tang (lung heat)
- She Gan Ma Huang Tang (phlegm-rheum)
- Shen Mi Tang (with liver qi depression)
- Xiao Qing Long Tang (wind-cold with rheum)
- Xie Bai San (lung-heat)

Vacuity

- Ba Wei Di Huang Wan (yang vacuity)
- Bu Zhong Yi Qi Tang (qi vacuity)
- Liu Jun Zi Tang (qi vacuity with phlegm-damp)
- Ren Shen Ge Jie San (lung qi vacuity)
- Shen Ling Bai Zhu San (spleen vacuity)
- Su Zi Jiang Qi Tang (upper burner repletion with kidney vacuity)
- Xuan Fu Dai Zhe Shi Tang (qi vacuity with phlegm)

Other

- Ban Xia Hou Po Tang (phlegm-damp)
- Bai He Gu Jin Tang (kidney yin vacuity fire)
- Mu Fang Ji Tang (rheum collection)

BLEEDING DISORDERS

Blood-Heat

- Chai Hu Qing Gan Tang (liver-gallbladder depressed fire)
- Huai Hua San (visceral toxin or intestinal wind)
- Si Sheng Wan
- Wen Qing Yin (especially uterine)

Blood-Stasis

- Gui Zhi Fu Ling Wan
- Shao Fu Zhu Yu Tang (lower burner stasis)
- Sheng Hua Tang (postpartum bleeding)
- Tao Hong Si Wu Tang
- Tao Ren Cheng Qi Tang (blood stasis with heat)

Xue Fu Zhu Yu Tang (especially upper body bleeding)

Yi Zi Tang (with repletion heat; especially rectal or uterine bleeding)

Zhe Chong Yin (especially uterine)

Damp-Heat

- Bai Tou Weng Tang (in stool)
- Ba Zheng San (in urine)
- Jia Wei Ba Zheng San (in urine; with qi stagnation)
- Shao Yao Tang (with dysentery)

Heat

- Huang Lian Jie Du Tang (repletion heat especially upper body)
- Qing Wei San (stomach heat)
- San Huang Shi Gao Tang (with high fever)
- Wu Lin San (urine)

Vacuity of Qi or Blood

- Bu Zhong Yi Qi Tang
- Dang Gui Bu Xue Tang
- Fu Zi Li Zhong Tang (vacuity-cold)
- Gui Pi Tang (spleen vacuity)
- Li Zhong Tang (vacuity-cold)
- Sheng Yu Tang (vacuity of qi and blood)
- Xiong Gui Jiao Ai Tang (blood vacuity with cold)
- Xiong Gui Tiao Xue Yin (vacuity of qi and blood with stasis)
- Zhi Gan Cao Tang (vacuity of qi and blood)

Yin Vacuity

- Bai He Gu Jin Tang (coughing of blood; yin-vacuity fire)
- Da Bu Yi Wan (in sputum)
- Yu Nü Jian (yin-vacuity stomach heat)
- Zi Yin Jiang Huo Tang (yin-vacuity fire)

Other

- Jian Ling Tang (ascent of liver yang)

BREAST DISORDERS

Liver Qi Depression

- Chai Hu Shu Gan Tang
- Jia Wei Xiao Yao San (with heat)
- Shi Liu Wei Liu Qi Yin

Liver Qi Depression (*cont'd.*)

Xiao Chai Hu Tang
 Xiao Yao San (with blood vacuity)
 Xue Fu Zhu Yu Tang (with blood stasis)
 Yue Ju Tang

Vacuity

You Gui Wan (yang vacuity)
 Er Zhi Wan (yin vacuity)

Other

Jing Fang Bai Du San (breast abscesses with wind-cold symptoms)
 Ju He Wan (phlegm-cold lumps)
 Long Dan Xie Gan Tang (liver fire)
 Tuo Li Xiao Du Yin (abscesses with qi vacuity)
 Yu Ping Feng San (modified for leaking milk during breast feeding)
 Zhen Ren Huo Ming Yin (breast abscess)

CHRONIC COUGH**Depressed Heat or Phlegm**

Gua Lou Zhi Shi Tang (depressed phlegm)
 Sheng Yang San Huo Tang (depressed triple-burner heat)

Lung Vacuity

Bu Fei Tang
 Bu Zhong Yi Qi Tang
 Sheng Mai San (yin-qi vacuity)

Vacuity Taxation

Zhi Gan Cao Tang (taxation fatigue or lung wilting)
 Zi Wan Tang

Yin Vacuity or Fluid Damage

Bai He Gu Jin Tang (yin-vacuity fire)
 Qing Zao Jiu Fei Tang
 Sha Shen Mai Men Dong Tang
 Zi Yin Jiang Huo Tang (with modifications)

Other

Fu Ling Yin (fluid collection in the lung)
 Ning Sou Wan (branch treatment)
 Qing Fei Tang (lung damaged by fire)
 Shen Ling Bai Zhu San (spleen-vacuity damp)

COLD OR FLU**Wind-Cold (Tai Yang)**

Cang Er San (nasal congestion)
 Chai Ge Jie Ji Tang (with internal heat)
 Chuan Xiong Cha Tiao San (with headache)
 Da Qing Long Tang (with internal heat)
 Ding Chuan Tang (with wheezing and internal heat)
 Dun Sou San (with cough and phlegm)
 Ge Gen Tang (with body aches or stiff neck)

Gui Zhi Ren Shen Tang (with spleen vacuity)

Gui Zhi Tang (with vacuity)
 Hua Gai San (with cough)
 Huo Xiang Zheng Qi Tang (with internal damp)
 Jin Fei Cao Tang (with yin-fluid collection)
 Jing Fang Bai Du San (with damp)
 Ma Huang Tang
 Ma Xing Gan Shi Tang (with lung heat)
 Ning Sou Wan (with cough)
 Qing Bi Tang (with nasal congestion)
 Ren Shen Bai Du San (with vacuity)
 Shen Su Yin (with internal phlegm-damp)
 Shi Shen Tang (mixed pattern)
 Wu Ji San (with internal accumulations)
 Xiang Su San (with internal qi stagnation)
 Xiao Qing Long Tang (with internal water-rheum collection)
 Xin Yi San (with nasal congestion)
 Xing Su Yin (with gasping and cough)
 Xing Su Yin (pediatric)
 Zhi Sou San (with productive cough)

Shao Yang

Chai Hu Gui Zhi Gan Jiang Tang (with internal fluid collection)
 Chai Hu Gui Zhi Tang (with tai yang)
 Chai Ling Tang (with inhibited urination)
 Chai Xian Tang (with phlegm-heat in lungs)
 Da Chai Hu Tang (with yang ming)
 Huang Qin Tang (with diarrhea)
 Xiao Chai Hu Tang

Summerheat

Bai Hu Jia Ren Shen Tang (heat, vacuity and fluid damage)
 Bai Hu Tang (summerheat-heat)
 Huo Xiang Zheng Qi Tang (with modifications)
 Liu He Tang (with digestive upset)
 Qing Shu Yi Qi Tang (with qi and fluid damage)
 San Wu Xiang Ru Yin (modified)
 Sheng Mai San (fluid depletion)
 Shi Wei Xiang Ru Yin (heat and damp)
 Wei Ling Tang (with diarrhea or vomiting)
 Xiang Ru Yin (cold or cool patterns)
 Zhu Ye Shi Gao Tang (with qi and yin damage and stomach heat)

Wind-Heat (Wei Aspect)

Fang Feng Tong Sheng San (with internal heat)
 Jing Jie Lian Qiao Tang (especially ears or sinus)
 Ma Xing Gan Shi Tang (with lung-heat)
 Pu Ji Xiao Du Yin (epidemic toxin attacking the head)
 Qing Bi Tang (nasal congestion)

San Ren Tang (epidemic warmth)
 Sang Ju Yin (mild occurrence)
 Sheng Ma Ge Gen Tang (pox disorders)
 Yin Qiao San

Yang Ming or Qi Aspect

Bai Hu Tang
 Da Chai Hu Tang (with shao yang)
 Da Cheng Qi Tang (bowel pattern)
 Ge Gen Huang Qin Huang Lian Tang (with tai yang and diarrhea)
 Ge Gen Tang (with diarrhea)
 Hou Po Qi Wu Tang (with tai yang remnants)
 Liang Ge San
 Ma Xing Gan Shi Tang (with wind-cold)
 Tiao Wei Cheng Qi Tang (mild occurrence of bowel pattern)
 Xiao Cheng Qi Tang (bowel pattern without dry stool)

CONSTIPATION

Heat or Dryness

Liang Ge San (depressed heat in the central or upper burner)
 Ma Zi Ren Wan (heat and dryness)
 San Huang Xie Xin Tang (repletion heat)

Liver-Gallbladder Repletion Heat

Dang Gui Long Hui Wan

Yang Ming Heat

Da Chai Hu Tang (shao yang/yang ming heat)
 Da Cheng Qi Tang
 Hou Po Qi Wu Tang
 Tiao Wei Cheng Qi Tang (with central burner vacuity)
 Xiao Cheng Qi Tang

Vacuity

Gui Pi Tang
 Run Chang Wan (vacuity of yin and qi or blood)
 Tian Wang Bu Xin Dan (with insomnia or disturbed sleep)
 Zhi Gan Cao Tang (vacuity of yin and qi)

Other

Da Huang Mu Dan Tang (intestinal abscess)
 Fang Feng Tong Sheng San (during fever)
 Mu Xiang Bing Lang Wan (acute stagnation in the intestines)
 Su Zi Jiang Qi Tang (wind constipation)
 Xiang Sha Ping Wei San (digesta stagnation and damp encumbrance)
 Xuan Fu Dai Zhe Shi Tang (in infants)

DEPRESSION

Binding Depression of Liver Qi

Chai Hu Jia Long Gu Mu Tang
 Jia Wei Xiao Yao San (with heat signs)
 Xiao Yao San
 Xue Fu Zhu Yu Tang (with blood stasis)

Phlegm-Qi Depression

Ban Xia Hou Po Tang
 Ding Xian Wan
 Wen Dan Tang

Heart Qi Depletion

Gan Mai Da Zao Tang

Spleen-Heart Vacuity

Gui Pi Tang

Yin Vacuity

Yi Guan Jian
 Zhi Bai Di Huang Wan

Other

Er Xian Tang (vacuity of yin and yang)
 Liu Wei Gu Jing Wan (kidney vacuity)

DIARRHEA

Central Burner Bind of Heat and Cold

Ban Xia Xie Xin Tang
 Gan Cao Xie Xin Tang (with central burner vacuity)

Central Burner Vacuity

Bu Zhong Yi Qi Tang
 Qi Pi Wan (with gan accumulation)

Damp-Heat

Bai Tou Weng Tang
 Da Huang Mu Dan Tang (damp-heat stasis)
 Ge Gen Huang Qin Huang Lian Tang
 San Huang Xie Xin Tang
 Shao Yao Tang

Digesta Stagnation or Accumulation

Bao He Wan
 Xiang Sha Ping Wei San (with damp accumulation)

Exterior Patterns

Gan Lu Xiao Du Dan (damp-warmth)
 Ge Gen Huang Qin Huang Lian Tang (tai yang/yang ming)
 Ge Gen Tang (tai yang/yang ming)
 Gui Zhi Jia Shao Yao Tang (with internal vacuity)
 Gui Zhi Ren Shen Tang (with internal vacuity)
 Huang Qin Tang (tai yang/shao yang)
 Huo Xiang Zheng Qi Tang (wind-cold with internal damp)
 San Wu Xiang Ru Yin (summertime cold with internal damp)

Exterior Patterns (*cont'd.*)

Shi Wei Xiang Ru Yin (summerheat)
 Xiang Ru Yin (summertime cold with internal damp)

Spleen-Vacuity Cold

An Zhong San (with qi stasis)
 Fu Zi Li Zhong Tang
 Li Zhong Tang
 Si Ni Tang
 Wu Zhu Yu Tang

Spleen-Vacuity with Damp

Jia Wei Ping Wei San (with digesta stagnation)
 Ping Wei San (damp stagnation)
 Shen Ling Bai Zhu San
 Si Jun Zi Tang
 Wei Ling Tang
 Xiang Sha Liu Jun Zi Tang
 Zhen Wu Tang (with internal cold)

Yang Ming Pattern

Da Cheng Qi Tang
 Xiao Cheng Qi Tang

Other

Bu Huan Jin Zheng Qi San (invasion of turbid-damp)
 Da Chai Hu Tang (shao yang/yang ming pattern)
 Fu Tu Dan (spleen-kidney vacuity)
 Ge Xia Zhu Yu Tang (blood stasis)
 Huai Hua San (visceral toxin)
 Huang Qin Tang (upper body heat with lower body cold)
 Liu He Tang (summerheat with internal cold)
 Mu Xiang Bing Lang Wan (stagnation and heat)
 Sheng Jiang Xie Xin Tang (cold rheum bound with heat)
 Si Ni San (binding depression of liver qi)
 Su Zi Jiang Qi Tang (qi stagnation with lower body vacuity)
 Wu Ling San (water-damp accumulation)
 Wu Mei Wan (upper body heat with lower body cold)
 Xiang Su San (liver invading the spleen)
 Xiao Yao San (binding depression of liver qi)
 Xie Huang San (gan heat)

EARACHE (EAR INFECTIONS)**Qi Vacuity (Chronic)**

Gui Qi Jian Zhong Tang (qi vacuity)
 Huang Qi Jian Zhong Tang (qi vacuity)
 Qian Jin Nei Tuo San (qi vacuity)

Repletion-Heat

Chai Hu Qing Gan Tang (depressed fire in the liver or gallbladder channels)
 Huang Lian Shang Qing Wan (repletion-heat)

Wind

Ge Gen Tang (wind-cold)
 Jing Jie Lian Qiao Tang (wind-heat)
 Qing Bi Tang
 Shi Wei Bai Du Tang (wind, damp and heat)

EYE AND VISION DISORDERS**Damp-Heat**

Bai Tou Weng Tang (modified)
 Yin Chen Hao Tang (modified)

Liver Patterns

Dang Gui Long Hui Wan (liver fire with constipation)
 Long Dan Xie Gan Tang (liver fire)
 Tian Ma Gou Teng Yin (ascent of liver yang)
 Xiao Yao San (with blood vacuity)
 Zhen Gan Xi Feng Tang (yin vacuity with ascent of liver yang)

Repletion Heat

Huang Lian Jie Du Tang
 Huang Lian Shang Qing Wan
 Liang Ge San (conjunctivitis)
 Qing Liang Yin (upper body heat accumulation)
 Qing Shang Fang Feng Tang (upper burner fire)
 Xi Gan Ming Mu Tang
 Yin Qiao San (wind-heat)

Vacuity

Qi Ju Di Huang Wan (yin vacuity)
 Yi Qi Cong Ming Tang (qi vacuity)
 Zi Shen Ming Mu Tang (liver-kidney yin-blood vacuity)
 Zi Yin Di Huang Wan (yin-blood vacuity)

Other

Ban Xia Bai Zhu Tian Ma Tang (glaucoma due to ascent of wind-phlegm)
 Dao Chi San (heart heat)
 Ling Gui Zhu Gan Tang (vacuity water collection)
 Shi Wei Bai Du Tang (modified, for sties or swollen eyelids)
 Tao Hong Si Wu Tang (blood vacuity with blood stasis)
 Zhu Ling Tang (vitreous opacity)

ECZEMA, HIVES AND OTHER SKIN RASHES

Damp-Heat

Bai Tou Weng Tang (genital rashes)
 Dang Gui Nian Tong Tang
 Huang Lian Jie Du Tang (acute)
 Huai Hua San (genital rashes)
 Long Dan Xie Gan Tan (especially liver channel)
 San Miao San (lower burner)
 Yin Chen Hao Tang
 Yin Chen Wu Ling Tang
 Zhu Ling Tang

Blood Vacuity

Dang Gui Ying Zi
 Si Wu Tang

Heat (Wind-Heat or Repletion-Heat)

Bai Hu Tang
 Dang Gui Long Hui Tang
 Huang Lian Shang Qing Wan
 Qing Shang Fang Feng Tang
 Sang Ju Yin (heat in blood)
 Sheng Ma Ge Gen Tang
 Xiao Feng San
 Yin Qiao San

Wind-Cold

Jing Fang Bai Du San (with damp)
 Ma Huang Tang

Other

Ge Gen Tang (allergic)
 Qing Hao Bie Jia Tang (deep-lying heat)
 Ren Shen Bai Du San (allergic)
 Shi Wei Bai Du Tang (allergic)
 Xiao Chai Hu Tang (allergic or liver qi depression)

HEADACHE

Ascent of Liver Yang or Liver Wind

Gou Teng San
 Jian Ling Tang (hyperactivity of liver yang)
 Suan Zao Ren Tang
 Tian Ma Gou Teng Yin
 Xiao Chai Hu Tang
 Xiao Yao San (with blood vacuity)
 Yi Gan San
 Zhen Gan Xi Feng Tang (liver wind)

Blood Stasis

Gui Zhi Fu Ling Wan
 Tao Hong Si Wu Tang (with blood vacuity)
 Tong Qiao Huo Xue Tang
 Xue Fu Zhu Yu Tang (with liver qi depression)

Blood Vacuity

Dang Gui Shao Yao San (with damp)
 Nü Ke Bai Zi Ren Wan
 Ren Shen Dang Shao San (vacuity of blood and qi)
 Si Wu Tang

Jue Yin

Wu Zhu Yu Tang (liver cold)

Liver Fire

Dang Gui Long Hui Wan (with constipation)
 Jia Wei Xiao Yao San
 Long Dan Xie Gan Tang
 Xi Gan Ming Mu San

Phlegm Turbidity

Ban Xia Bai Zhu Tian Ma Tang
 Wen Dan Tang

Qi Vacuity

Bu Zhong Yi Qi Tang
 Ren Shen Dang Shao San (vacuity of blood and qi)

Stomach Fire

Qing Wei San
 Yu Nü Jian

Wind-Cold

Chai Ge Jie Ji Tang
 Chuan Xiong Cha Tiao San
 Ge Gen Tang
 Gui Zhi Tang
 Wu Ji San
 Xin Yi San (sinus headache)

Wind-Damp

Cang Er San (sinus headache)
 Huo Xiang Zheng Qi Tang
 Jing Fang Bai Du San
 Jiu Wei Qiang Huo Tang
 Qiang Huo Sheng Shi Tang

Wind-Heat

Sheng Ma Ge Gen Tang
 Yin Qiao San

HYPERTENSION

Liver Fire or Liver Yang

Chai Hu Jia Long Gu Mu Tang
 Dang Gui Shao Yao San (during pregnancy)
 Gou Teng San
 Jian Ling Tang (liver yang)
 Tian Ma Gou Teng Yin (liver yang or liver wind)
 Xiao Chai Hu Tang
 Zhen Gan Xi Feng Tang (liver wind)
 Dang Gui Long Hui Wan (acute, severe)

Vacuity of Yin and Yang

Er Xian Tang

Yin Vacuity

Liu Wei Di Huang Wan

Zhi Bai Di Huang Wan

Other

Ban Xia Bai Zhu Tian Ma Tang (wind-phlegm)

Gui Pi Tang (vacuity of blood and qi)

Jiu Wei Bing Lang Fu Wu Tang (qi stasis with accumulation of heat and water)

Ling Gui Zhu Gan Tang (phlegm-rheum collection with yang vacuity)

Wu Zhu Yu Tang (vacuity cold)

Zhen Wu Tang (vacuity cold)

INFERTILITY (FEMALE)**Blood Stasis**

Gui Zhi Fu Ling Wan

Shao Fu Zhu Yu Tang (with cold)

Wen Jing Tang (with cold)

Cold Uterus

Ai Fu Nuan Gong Wan (vacuity cold)

Dang Gui Si Ni Tang (with blood vacuity)

Vacuity

Qi Bao Mei Ran Wan (kidney qi and liver yin-blood)

Si Wu Tang (blood)

You Gui Wan (yang vacuity)

Other

Xiao Yao San (liver depression with blood vacuity)

INSOMNIA**Blood stasis**

Xiong Gui Tiao Xue Tang (postpartum vacuity with blood stasis)

Xue Fu Zhu Yu Tang

Central burner disharmony

Bao He Wan (digesta accumulation)

Dang Gui Shao Yao San

Xiang Sha Liu Jun Zi Tang (qi stagnation with vacuity-damp)

During exterior pattern

Chai Ge Jie Ji Tang

Zhi Zi Chi Tang

Zhu Ye Shi Gao Tang (lingering heat with fluid damage)

Liver qi or yang

Xiao Chai Hu Tang

Chai Hu Jia Long Mu Tang

Jian Ling Tang

Tian Ma Gou Teng Yin

Yi Gan San

Zhen Gan Xi Feng Tang (with liver yin vacuity)

Vacuity of spleen, kidney or heart

Ba Zhen Tang (vacuity of qi and blood)

Bu Zhong Yi Qi Tang

Gui Pi Tang (spleen and heart vacuity)

Gui Zhi Jia Long Gu Mu Li Tang

Jin Suo Gu Jin Wan (kidney vacuity)

Si Jun Zi Tang (central burner vacuity)

Sheng Yu Tang (vacuity of qi and blood)

Suan Zao Ren Tang

Xiong Gui Tiao Xue Tang (postpartum vacuity with blood stasis)

Yang Xin Tang (heart vacuity)

Zhi Gan Cao Tang (vacuity of qi and blood)

Yin vacuity

Da Bu Yin Wan

Dao Chi San (vacuity fire)

Er Zhi Wan

Liu Wei Di Huang Wan

Tian Wang Bu Xin Dan (yin-blood vacuity)

Yi Guan Jian (with binding depression of liver qi)

Zhi Bai Di Huang Wan (vacuity fire)

Zhu Ling Tang (with water-heat bind)

Other

Er Xian Tang (menopausal)

Wen Dan Tang (gallbladder heat with phlegm)

Zhu Ru Wen Dang Tang (damp with depressed fire)

LIVER AND GALLBLADDER DISORDERS (JAUNDICE, HEPATITIS, ETC.)**Binding Depression of Liver Qi**

Chai Hu Gui Zhi Gan Jiang Tang (with both hot and cold signs)

Chai Hu Gui Zhi Tang (with both hot and cold signs)

Chai Hu Shu Gan Tang (with flank pain)

Chai Ling Tang (cirrhosis of the liver)

Da Chai Hu Tang

Ge Xia Zhu Yu Tang (with blood stasis)

Xiao Chai Hu Tang

Xiao Yao San (with blood vacuity)

Damp-Heat

Yin Chen Hao Tang

Ge Hua Jie Cheng San (alcohol jaundice)

Huang Lian Jie Du Tang

San Huang Xie Xin Tang

Yin Chen Wu Ling San (emphasis on damp)

Repletion Heat

Dang Gui Long Hui Wan (liver fire)

Liang Ge San

Long Dan Xie Gan Tang (liver fire or damp-heat)

Other

Fen Xiao Tang (water swelling; as in liver cirrhosis)
 Gan Lu Xiao Du Dan (presenting as flu)
 Hou Po Wen Zhong Tang (damp-cold)
 Liu Wei Di Huang Wan (liver-kidney yin vacuity)
 Si Ni Tang (yang-vacuity cold)
 Fu Tu Dan (chronic hepatitis)
 Wen Dan Tang (phlegm-heat)
 Wu Zhu Yu Tang (liver cold)
 Yi Guan Jian (yin vacuity with liver qi depression)
 Zhen Wu Tang (yang vacuity)

MENOPAUSE**Depression of Liver Qi**

Chai Hu Jia Long Gu Mu Li Tang (with upper body heat)
 Jia Wei Xiao Yao San (blood vacuity with depressed liver qi and heat signs)
 Xiao Chai Hu Tang

Vacuity of Yin and Yang

Er Xian Tang

Yin Vacuity

Qing Xi Lian Zi Yin (upper body heat with lower body vacuity)
 Tian Wang Bu Xin Dan (with blood vacuity)
 Zhi Bai Di Huang Wan

Other

Gan Mai Da Zao Tang (heart qi vacuity)

MOUTH SORES, BLEEDING GUMS, ETC.**Heart Heat**

Dao Chi San
 Zhi Zi Chi Tang (depressed heat in the chest)

Stomach Heat

Gan Lu Yin (stomach damp-heat)
 Qing Wei San (stomach heat)
 Xie Huang San (deep-lying heat in central burner)
 Yu Nü Jian (yin-vacuity stomach heat)

Yin Vacuity

Sha Shen Mai Men Dong Tang (stomach yin vacuity)
 Yu Nü Jian (yin-vacuity stomach heat)

Other

Gan Cao Xie Xin Tang (bind of hot and cold in the central burner)
 Jian Ling Tang (ascendant hyperactivity of liver yang)
 Liang Ge San (internal repletion heat in upper or central burner)
 Qing Liang Yin (repletion heat)

NASAL INFECTIONS, POLYPS AND CONGESTION**Wind-cold**

Cang Er San (modified)
 Jing Fang Bai Du San
 Chuan Xiong Cha Tiao San
 Fang Feng Tong Sheng San
 Qing Bi Tang
 Shi Shen Tang
 Xin Yi San

Wind-heat

Cang Er San (modified)
 Jin Fei Cao San
 Jing Jie Lian Qiao Tang
 Qing Bi Tang
 Shuang Jie Tong Sheng San
 Yin Qiao San

Lung-heat

Chai Ge Jie Ji Tang
 Xin Yi Qing Fei Yin

Other

Qing Zao Jiu Fei Tang (dry)
 Sha Shen Mai Men Dong Tang (dry)
 Xiao Yao San
 Yu Nü Jian (dry)

PAINFUL MENSTRUATION**Vacuity Cold**

Ai Fu Nuan Gong Wan
 An Zhong San
 Wen Jing Tang

Blood Stasis

Gui Zhi Fu Ling Wan
 Shao Fu Zhu Yu Tang (cold stasis)
 Si Wu Tang (with blood vacuity)
 Tao Hong Si Wu Tang (with blood vacuity)
 Tao Ren Cheng Qi Tang
 Zhe Chong Yin

Liver Qi Depression

Chai Hu Shu Gan Tang
 Dang Gui Shao Yao San (liver-spleen disharmony)
 Guo Qi Yin (with liver qi depression)
 Xiao Yao San (with blood vacuity)
 Yi Gan San (with heat)
 Yue Ju Tang (especially with bloating)

Other

Dang Gui Si Ni Tang (vacuity of blood and yang qi)
 Wu Ji San (cold stasis)
 Wu Mei Wan (cold pain with some upper body heat)
 Wu Zhu Yu Tang (liver channel cold)

POST-STROKE PARALYSIS, BELL'S PALSY ETC.

Vacuity

Bu Yang Huan Wu Tang (qi vacuity)
 Hu Qian Wan (vacuity of qi and yin)
 Hu Qian Wan (yin vacuity)
 Huang Qin Wu Wu Tang (vacuity of qi and blood)

Other

Da Qi Jiao Tang (acute patterns)
 Jian Ling Tang (ascendant hyperactivity of liver yang)
 Wu Yao Shun Qi San (acute patterns)
 Xiao Huo Luo Dan (wind-cold-damp in channels)
 Xiao Xu Ming Tang (wind-cold with vacuity)
 Xu Ming Tang (acute patterns)
 Zhen Gan Xi Feng Tang (liver wind)

STOMACH AILMENTS (ULCERS, ETC.)

Central Burner Qi Vacuity

Fu Zi Li Zhong Wan (vacuity-cold)
 Gui Zhi Ren Shen Tang (vacuity-cold)
 Hou Po Wen Zhong Tang (vacuity-cold with damp)
 Huang Qi Jian Zhong Tang (vacuity-cold)
 Li Zhong Tang (vacuity-cold)
 Liu Jun Zi Tang (with phlegm-damp)
 Shen Ling Bai Zhu San (with damp)
 Si Jun Zi Tang
 Wu Zhu Yu Tang (stomach or liver cold)
 Xiao Jian Zhong Tang (vacuity-cold)

Liver-Stomach Disharmony

Chai Hu Gui Zhi Tang (with heat and cold signs)
 Chai Hu Jia Long Mu Tang (with qi vacuity and internal heat)
 Dang Gui Shao Yan San
 Si Ni San (with qi stasis)
 Xiang Su San (mild occurrences or during wind-cold pattern)
 Xiao Chai Hu Tang

Stomach Yin Vacuity

Mai Men Dong Tang
 Yi Guan Jian (with liver qi depression)
 Sha Shen Mai Men Dong Tang

Other

An Zhong San (cold-stasis)
 Ban Xia Xie Xin Tang (heat and cold bound in central burner)
 Huang Lian Tang (upper body heat with central burner cold)
 Wen Dan Tang (gallbladder-stomach disharmony with phlegm)

Wu Mai Wan (mixed hot and cold symptoms)
 Zhi Suo Er Chen Tang (epigastric fluid and phlegm accumulation)

URINARY TRACT DISORDERS

Binding Depression of Liver Qi

Jia Wei Xiao Yao San (with heat)
 Xiao Chai Hu Tang

Damp-Heat

Ba Zheng San
 Bai Tou Weng Tang
 Jia Wei Ba Zheng San (with qi stagnation)
 Long Dan Xie Gan Tang (liver channel)
 Yin Chen Hao Tang
 Zhi Zhuo Gu Ben Wan (central burner)

Heart-Channel Heat

Dao Chi San
 Qing Xin Lian Zi Yin (with lower body vacuity)

Repletion-Heat

Dang Gui Long Hui Wan (liver-gallbladder repletion fire)
 Huang Lian Jie Du Tang (repletion heat or damp-heat)
 Wu Lin San (heat or blood strangury)

Vacuity

Ba Wei Di Huang Wan (yang vacuity)
 Bei Xie Fen Qing Yin (lower burner yang vacuity)
 Bu Zhong Yi Qi Tang (central burner vacuity)
 Er Xian Tang (vacuity of yin and yang)
 Fu Tu Dan (spleen-kidney vacuity)
 Jin Suo Gu Jing Wan (kidney vacuity)
 Liu Wei Di Huang Wan (yin vacuity)
 Sang Piao Xiao San (heart and kidney vacuity)
 You Gui Wan (kidney yang vacuity)
 Zhi Bai Di Huang Wan (yin-vacuity fire)
 Zhen Wu Tang (vacuity cold)

Other

Dang Gui Shao Yao San (liver-spleen disharmony)
 Shen Zhuo Tang (cold-damp downpour)
 Wen Qing Yin (blood vacuity with blood heat)
 Zhu Ling Tang (water-heat bind)

INDEX OF SYMPTOMS

A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | Y

For this index the following conventions are used:

- The letter *c* following a page number indicates that the formula is used in a non-traditional way in modern Chinese practice; the letter *j* indicates the formula is used in modern Japanese practice; the letter *m* indicates a modern usage differing from those mentioned in classical texts.
 - A bold page number indicates that the symptom is usually treated by modifying the main formula, as suggested in the modifications section under that formula.
-

A

abdomen. *See also* entries at abdominal
 bloating of, 397
 cold, 258, 294
 concretions and accumulations, 77, **121**, 257, 320.
 see also abdominal lumps/masses
 elasticity lacking, 123
 fluid accumulation/retention, 52*j*, 101
 hardness, 344
 noise in, thunderous, 272
 oppression in, 187, 202
 swollen and hot, 61
 tension in, 7
 water accumulation in, 172

abdomen, lesser
 stagnation and pain in, 305
 tension in, 122

abdomen, lower
 blood stasis in, 398
 cold-stasis and blood, 257
 concretions and conglomerations, 121, 257, 320
 distention and pain, 11
 hernia, 174
 sinking in, with distention, 174
 tension in, 128

abdomen, upper
 fullness sensation in, 272
 pain from stomach-liver disharmony, 341

abdominal cramping. *See also* abdominal pain
 diarrhea with, 19, 61, **107**, 113
 liver-spleen disharmony, 75
 spasmodic, 260
 upper body repletion with lower body vacuity, 299
 vacuity cold-stasis, 320

abdominal distention. *See also* bloating
 after eating, 335, 339
 alcohol intake as cause, 111
 belching with, 336
 blood stasis, 113, 258

central-burner vacuity-cold, 179
 central burner, yang qi vacuity, 62
 in children, 166, 312
 cold attacking chest and armpit, 330
 cold disorders (exterior) coexisting with internal
 damp, 250
 damp encumbrance, 158
 damp-heat, 103, 111
 digesta stagnation with, 28, 29, 202, 337
 drum-like, 96
 extreme/severe, 96, 113, 258, 334, 336
 gan pattern, 166
 heat accumulation in lung and stomach, 232
 jaundice with, 316
 liver and stomach-spleen disharmony, 293
 liver cirrhosis and, 52*j*
 liver depression with blood vacuity, 356
 liver stasis and heat, 377
 lung-stomach heat accumulation, 232
 pressure decreases, 133
 qi depression causing, 397
 shao yang-yang ming pattern, mid-stage, 57
 sinking in lower abdomen with, 174
 spleen gan as cause, 166
 spleen vacuity
 absent, 3
 with damp, 133, 316, 328

stomach-spleen
 damp stagnation, 207
 and liver, disharmony, 293
 qi stagnation, 339
 qi vacuity, 291
 vacuity with central burner cold/damp
 stagnation, 336
 sudden turmoil disorder with, 32
 summerheat condition, 334
 tai yang pattern, 123
 tui shan qi due to cold and damp, 174
 turbid, damp pathogen invasion, 32

abdominal distention (*cont'd.*)

vacuity-cold, central-burner, 179

warmth decreases, 133

yang ming pattern, 310

yang qi vacuity in central burner, 62

abdominal fullness, see also bloating

abdomen, upper, 272

central-burner vacuity-cold, 179

cold-rheum bound with heat, 272

damp-heat jaundice as cause, 384

digesta stagnation with, 28, 134, 337, 342

heat-water bind, 415

jaundice with, 316

spleen vacuity

with damp, 96, 133, 316, 328

phlegm-rheum collection, 97

stomach-spleen

damp stagnation, 206

qi stagnation, 339

sudden turmoil disorder with, 32

tai yang-yang ming pattern, 132

vacuity-cold, central-burner, 179

vacuity cold-stasis, 320

vacuity taxation, 147

yang ming bowel repletion, 347

yang ming pattern, 311

abdominal glomus. See also glomus

blood as cause, 172

cold-rheum bound as heat, 272

digesta stagnation and, 28

heat with, 61

yang ming bowel repletion, 347

yang ming pattern, 311

abdominal lumps/masses. See also abdomen, concretions and accumulations

blood-stasis pattern, 112, 113, 121, 257, 399

cold accumulation in lower burner, 2

cold-stasis, 4, 77

abdominal pain. See also stomach-cold pain; stomach pain

binding depression of liver qi with liver-kidney vacuity, 378

blood stasis, 112, 303, 382

blood vacuity-blood heat combined, 322

central burner

digesta damage, 212

central-burner

vacuity-cold, 101, 179

yang qi vacuity, 62

cold

accumulations owing to, 323

central burner, yang qi vacuity, 63

heat from pathogens in central, upper burner, 179m

during menstruation, 146

shao yin pattern, 295

vacuity-stasis, 369

cold disorders (exterior) coexisting with internal

damp, 151, 250

with constipation, 61

damp encumbrance, 158

damp-heat, 157

damp-heat diarrhea and, 261

damp heat in lower burner with, 19

diarrhea with

damp-heat diarrhea, 261

pain unrelieved by, 337

stomach-spleen damage, 317

water-heat bind, 273

digesta stagnation or accumulation, 29, 202, 323, 337

dull, 279, 327, 369

dysentery with, 19, 327

evacuation lessens, 158

extreme/severe, 62, 258

fullness sensation with, 123

hernia as cause, 260

intermittent

fullness sensation with, 123

relieved by warmth, pressure, 147

liver-kidney vacuity, binding depression of liver

qi with, 378

liver qi invading spleen and stomach, 44

liver-spleen disharmony, 76

lower burner damp-heat, 19

on palpation, pain relieved, 158

pathogen in interior, 292

phlegm-heat in lungs, 53

postpartum, 85, 369

post-surgical, 100

premenstrual, 257, 279

pressure or touch

decreasing, 1, 120, 147, 158, 350

increasing, 62, 121

qi-blood vacuity, 257

from qi depression, 396

roundworm infection as cause, 327

shao yin pattern, 294, 404

spleen damage as cause, 211

spleen vacuity

absent, 3

with damp, 133, 317

with damp-heat, 5, 6

stomach-spleen

qi stagnation, 339

vacuity, 335

strangury with, 157

summerheat pattern, 334

tai yang pattern, 123

tai yang-shao yang pattern, 150

- taxation fatigue disorder, 350
 upper body heat with intestinal cold in, 146
 upper body repletion with lower body vacuity, 299
 and urinary urgency, 26
 warmth decreases, 1, 120, 147, 304, 320, 350
 watery stool with, 317
 weakness of spirit due to blood vacuity with, 204
 wind-cold
 compounded by internal cold damage, 323
 with internal damp-stagnation, 151
- abdominal pain, lesser abdomen**, 320
- abdominal pain, lower abdomen**
 binding depression of liver qi with blood vacuity, 159
 blood stasis pattern, 303
 cold, 122, 271, 315
 cold-stasis, 121, 257, 323
 with distention, 11, 130
 heat-water bind, 415
 from hernia, 174
 postpartum, 271
 qi-blood vacuity, 239
 sharp, 157
 strangury with, 157
 warmth decreases, 257, 320
- abdominal pain, upper abdomen**, 3. *See also stomach pain*
- abscess**. *See also toxic swelling*
 abdominal, 174
 bone-hugging, 60
 breast, 192, 314, 402
 flat-, 104, 213, 280, 314
 lung, 163
 lung wilting, 423
 peritonsillar, 232
 pulmonary, 422
 slow to suppurate, 205
 tonsillar, 232
 welling-, 142, 213, 314, 329
- acne**
 facial, 171*j*
 premenstrual, 357
 upper body, 144, 227
 upper burner fire manifestation, 227
- adrenal insufficiency**, 294*m*
- aging, premature**, 140
- agitation**
 binding depression of liver qi
 with blood stasis in chest, 372
 with blood vacuity, 159
 cold disorders (exterior) coexisting with internal damp, 250
 heat in three burners, 142
 heat-water bind, 416
- interior vacuity allowing pathogen into interior, 45, 47
 liver-gallbladder repletion fire, 71, 191
 nighttime, 372
- agitation-insomnia**, 377. *See also vexation-insomnia*
- alcohol intake, excessive**
 with diarrhea, 52
 drinker's nose, 227, 312
 hangover, 110
 lesions resulting from, 104
 with spleen and stomach injury, 110
 summertime, 186
 vomiting with, 52
 wind and cold invasion with, 288
- alcohol jaundice**, 111. *See also jaundice*
- allergies**, 357. *See also specific ailments*
 e.g. asthma
- amenorrhea**. *See menstrual block*
- anemia**
 qi-blood vacuity, 239
 qi-blood vacuity-taxation, 281
 qi-vacuity, 276
 stomach-spleen qi vacuity, 291
 vacuity taxation, 120, 281
- anger**
 binding depression of liver qi/liver qi ascent, 376*m*
 propensity towards, 48, 71
 short temper, 159, 376*m*
 unprovoked, 372
- angina**. *See also chest pain*
 blood stasis in the chest, 373
 cold, 411
 lung vacuity as cause, 276
 qi, blood, fluid vacuity, 409*m*
- anus**
 burning sensation around, 106, 261
 heat around, 19
 peri-anal inflammation, 213
 pressure on, 19
- anxiety**, 344*m*, 408. *See also psychiatric disorders*
- appendicitis**
 acute, 43*j*, 61
 with central, upper burner heat, 180*m*
 liver damp-heat, 191
 with yang ming repletion-heat, 59
 initial stages, 403
- appendicitis-like disorders**, 61
- appetite**. *See also eating*
 drinks desired
 cold, 79, 230, 337
 heat-water bind, 415

appetite (*cont'd.*)

- insufficient true yin, 426
- warm, 35

hunger, 56, 361

- voracious, 310

inability to eat, 62

inability to swallow, 81

increased, 393

mud, eating of, 166

palate dulled, 339

appetite lacking

abdominal fullness with, 97, 179

alcohol intake as cause, 110

central-burner vacuity-cold, 101, 179, 315

central burner vacuity-heat in chest, 414

chemotherapy as cause, 318

in children, 166

constipation causing, 243

damp accumulation with depressed fire, 417

damp encumbrance, 158

- of spleen with liver qi depression, 23

damp-heat, 103, 249

damp-phlegm as cause, 88

digesta accumulation with, 323

digesta stagnation with, 337

dysentery (intractable) as cause, 327

emaciation with, 113

food aversion, 29, 104, 316, 323

heart-kidney vacuity, 254

liver depression

- with blood vacuity, 356

- with damp encumbrance of spleen, 23

liver-spleen disharmony, 76

- with binding depression of liver qi, 357

liver stasis and heat, 376

qi-blood vacuity, 9, 119, 119, 242

from qi depression, 396

shao yang pattern, 344, 346

spleen gan as cause, 166

spleen-kidney vacuity-cold, 141

spleen vacuity, 369

- damp-encumbrance condition, 133

- phlegm-rheum collection, 97

stomach qi weakness, 102

stomach-spleen

- damage as cause, 316

- damp stagnation, 206

stomach-spleen vacuity

- with central burner cold/damp stagnation, 335

- with damp, 339

- with damp and phlegm, 187

- weakness, 35, 264, 291

summerheat, 285

summertime summerheat pattern, 229

upper body repletion with lower body vacuity, 299

vacuity-cold

- central-burner, 101, 179, 315

- spleen-kidney, 141

vacuity-heat, central burner, 414

vacuity-taxation disorder, 281

wind-cold

- compounded by internal cold damage, 323

- with internal qi stagnation, 341

yang-vacuity cold accumulation, 1

arm pain

cold bi, 269

damp-phlegm-reum disorder, 92

in joints, 245

traumatic injury as cause, 100

armpit

cold attacking chest and, 330

lymph nodes inflamed, 144

arms. *See also* hands; limbs

blood-stasis counterflow cold, 148

difficulty in raising, 177

numbness of, 64

paralysis in, 34, 64

swollen, 403

traumatic injury, 304, 406

arthritis. *See also* bi pain; bi patterns;

joint pain; rheumatism

blood bi, 149

chronic, 60

damp-heat, 73

heat absent, 95

qi vacuity with damp, 95

rheumatoid, 126, 183, 256

wind-cold-damp, 86, 126, 256, 287, 288

wind-damp, 95

wind disablement, 149

wind taxation, 216m

yin vacuity with vacuity fire, 135

ascites, 96

asthma

acute attack, 194, 300, 353m

allergic, 23

binding depression of liver qi, 266

in children, 137

chronic, 240

cold-induced, 82

lung-heat (repletion), 300, 360

rheum collection in diaphragm, 201

spleen vacuity-damp, 265

stomach qi vacuity with weakness, 371

stomach-spleen-vacuity with damp or

- phlegm, 187, 265

subacute attack, 353m

upper body repletion with lower body vacuity, 299

- wind-cold
and phlegm-heat in lungs, 82
with water-rheum collection, 353*m*
yang-vacuity cold pattern, 404
- asthma, bronchial**
binding depression of liver qi, 266
central burner vacuity, 371*m*
with diaphragmatic oppression, 201*m*
fire damaging lung yin, 219
kidney-vacuity, 7*c*
lung heat causing, 359
shao yang pattern, 344*m*
upper body repletion with lower body vacuity, 299
wind-cold
attacking the lung, 137, 164
and phlegm-heat in lungs, 82
- asthmatic breathing.** *See also* gasping
breath; wheezing
acute, 266
edema related, 81
kidney-lung vacuity, 13, 240
kidney-vacuity, 8
liver fire, 116
lung heat, 241
pathogen (exterior) in lung, 194
phlegm bind, 116
phlegm-rheum collection/accumulation, 263
postpartum, 369
stomach qi vacuity with weakness, 371
wind-cold, 203, 365
attacking the lung, 164
with internal heat, 66
with internal phlegm-damp, 267
and phlegm-heat in lungs, 82
vacuity pattern, 129
worse on lying down, 266
- B**
- back disorders**
chronic, 60
heaviness feeling, 141
stiffness, 323
weakness, postpartum, 85
- back, lower**
heaviness feeling, 155, 270
injury, 60, 100, 288
numbness of, 85
weakness in, 248, 388
weakness with pain. *see* back pain, lower back
- back pain, 168**
blood vacuity, 204
spasm with, 177
upper body repletion with lower body vacuity, 299
weakness with, 331
- wind-damp bi, 177
wind-damp cold bi pattern, 86
yin vacuity effulgent fire causing, 407
- back pain, lower back**
bi pain in, 269
blood vacuity and cold, 368
central burner damp-heat downpour, 413
chronic, 60, 289
cold
accumulations owing to, 323
blood vacuity and, 368
in channels and network vessels, 77
with heaviness feeling, 270
- cold-damp, 92
heart-kidney vacuity, 254
insufficient true yin, 427
kidney yang vacuity, 7
with life gate fire decline, 155
- postpartum, 149
premenstrual, 257
qi-blood vacuity, 10
seminal loss with, 122
spleen vacuity with damp-heat, 5, 6
vacuity cold-stasis, 321
vaginal discharge with, 315
weakness with
essence-depletion, 117
kidney-vacuity, 8
kidney yin vacuity, 426
liver-kidney vacuity, 188, 209
and urinary incontinence, 254
yin vacuity with vacuity fire, 136
- wind-cold-damp, 86, 288
- back pain, upper back, 108**
- Bai Hu Tang syndrome, 15**
- bed-wetting**
in children, 254, 344*m*
downpour invasion of cold-damp, 270
heart-kidney vacuity, 254
qi vacuity with damp, 36
vacuity-cold in lower burner, 122
- Behcet's disease, 372*m***
- belching**
abdominal distention with, 336
acid regurgitation with, 158, 206
binding depression of liver qi with blood stasis
in chest, 372
central burner vacuity, 371
chronic qi counterflow, 373
damp encumbrance of spleen, 158
digesta stagnation with, 29, 337
foul, 28, 158, 272
liver and stomach-spleen disharmony, 293

belching (*cont'd.*)

liver qi invading the stomach, 51
 liver-stomach disharmony, 341
 pathogen (exterior) as cause, 152
 phlegm-damp, 89
 from qi depression, 396
 relief not obtained by, 371
 of sour fluid, 397
 stomach-liver disharmony, 341
 stomach qi vacuity, 102
 stomach-spleen
 damp stagnation, 207
 and liver, disharmony, 293
 stomach vacuity-heat, 175
 with taste of previously eaten food, 212, 273, 336
 of undigested food, 97

Bell's palsy, 65, 331. *See also* face, paralysis of
beng lou. *See* flooding; spotting

beriberi, 172, 201^m

binding depression of liver qi. *See also* liver
 qi depression

asthma resulting from, 266
 blood stasis in the chest with, 372
 blood vacuity with
 liver and spleen disharmony, 356
 menstrual irregularities, 130
 skin rash resulting from, 377
 vexation, 159

cough resulting from, 266
 digestive accumulation with, 202
 fever and chills alternating, 384
 fire as result of, 14
 flank pain with, 384
 heat signs with, 119
 internal heat and phlegm, 84
 liver fire from, 352
 liver heat and stasis, 376^m
 liver-kidney vacuity, 378
 menstrual irregularities due to, 130, 304
 menstrual pain, 51, 131, 304, 357, 376
 pain along liver channel due to, 50
 plum-pit qi with, 23
 upper body repletion with lower body vacuity, 300

bi pain. *See also* arthritis; rheumatism

hot, 256
 qi and blood obstruction, 268
 stubborn, 295
 wind-cold-damp, 256, 287, 288
 wind-damp, 36

bi patterns. *See also* arthritis; specific patterns, e.g.

wind-cold-damp
 chronic, 148, 355
 cold exposure worsens, 178

long term, 92

vacuity bi patterns, 68

bi yuan, 38. *See also* nasal congestion

bladder

calculus, 416
 infection, 415^m
 inflammation, 30, 322, 344^m
 prolapse, 36

bleeding, blood-heat

binding depression of liver qi with blood vacuity, 160
 blood vacuity-blood heat combined, 322
 body, upper half, 296
 damp-heat repletion with heat in epigastrium, 247
 liver fire, 72
 liver-gallbladder repletion heat, 48
 mouth and tongue, 230
 nose, 224, 305
 spleen failing to control blood, 119
 stasis-heat in lower abdomen, 305
 upper burner heat accumulation, 224
 uterus, 119, 160, 296, 305, 322
 vacuity in penetrating and conception vessels, 296

bleeding disorders (general), 279. *See also specific disorders* e.g. nosebleed

bloating. *See also* abdominal distention;
 abdominal fullness

counterflow ascent of phlegm-qi, 21
 digesta accumulation with, 323
 pathogen (exterior) as cause, 152
 phlegm-damp, 89
 stomach-spleen vacuity with damp and phlegm, 187
 wind-cold compounded by internal cold damage, 323

blood bi, 149

blood-bind constipation, 244

blood chamber. *See* uterus

blood heat skin disorders, 160

blood pressure, high. *See also* hypertension

acute episodes, 72
 ascendant hyperactivity of liver yang causing, 162
 central-burner vacuity-cold, 332^m
 with dizziness, 114^m
 liver-spleen disharmony, 75
 in menopause, 90
 qi and blood vacuity, 119
 upper body repletion, 22
 vacuity-cold in central burner, 332^m
 yang-vacuity cold pattern, 404
 yin-vacuity, 189
 yin-vacuity effulgent fire, 407

blood pressure, low

central burner vacuity, 35
 with dizziness, 108^m
 inner ear disorder as cause, 108^m
 liver-spleen disharmony, 75

blood stasis. *See also* blood-stasis

in abdomen, lower, 303, 398
 abdominal masses due to, 257
 abdominal pain with, 112, 303, 382
 below the diaphragm with accumulation lumps, 112
 bi patterns (chronic) with, 148
 blood bi and, 149
 cerebral vascular accident sequelae, 401
 chest disorders, 100, 372
 dysentery-wind, 60
 gynecological disorders, 298
 menstrual irregularities, 320
 postpartum, 77, 297
 qi-blood vacuity, 10
 qi stagnation and, 245
 severe, 113
 in thorax, 100
 trauma as cause, 401, 406
 wind-cold-damp, 127
 qi and lung vacuity, 86

blood-stasis. *See also* blood stasis

counterflow cold and qi-vacuity, 148
 headache, 121, 303, 373
 hearing loss, 313
 menstrual block, 33, 121*m*, 204, 304, 399

blood-stasis pain

cold accumulation in lower burner, 1
 immobile, 76
 menstrual, 303
 tui shan qi due to cold and damp, 174

blood strangury, 80, 415. *See also* urine, blood in**blood vacuity. *See also* blood-vacuity**

back pain, 204
 with binding depression of liver qi
 liver and spleen disharmony with, 356
 menstrual irregularities, 131, 159
 skin rash resulting from, 377
 blood bi and, 149
 blood loss as cause, 68
 counterflow frigidity in limbs from, 77
 diarrhea, postpartum, 19
 extreme, 209, 210
 with fever, 67
 gynecological disorders, 298
 heart undernourished by, 424
 liver depression with, 356
 liver-kidney vacuity with, 210
 liver-spleen disharmony and binding depression
 of liver qi, 356
 menstrual irregularities, 204, 298
 taxation-heat signs with, 298
 wind-cold-damp, 127, 256
 and yang qi insufficient, 77

blood-vacuity. *See also* blood vacuity

constipation, 197, 369
 headache, 204, 392
 heat disorders, postpartum, 74
 insomnia, 204, 298
 joint pain, 260
 skin disorders, 78, 281
 taxation fatigue, 356

body

fatigue, 299
 fetal position, tendency to assume, 294
 heaviness feeling, 149, 249, 270
 swollen, 151, 299, 328, 394
 wind-cold-damp, 92*m*

body ache

blood-vacuity taxation fatigue, 356
 pox disorder, early stage, 274
 summertime colds/flu, 229
 taxation fatigue, 356
 wind-cold, 66, 108, 323
 wind-cold-damp, 173, 193, 237
 wind-damp, 196, 214

body heat

with cold limbs, 341
 qi, yin, fluid damage post-heat illness, 418
 upper body fire, lower body vacuity with, 233
 upper body, with intestinal cold, 146
 wind-cold with, 39
 yin-vacuity fire, 352

body, lower half

bi pain in, 269, 289
 bi patterns, 256
 cold, 7, 102
 upper body hot, 327
 joint pain, 92, 248
 liver damp-heat pouring into, 191
 skin rash, 248
 toxic swellings, 73
 vacuity
 with upper body heat, 233
 with upper body repletion, 299

water swelling, 172

body, upper half

acne, 227
 bleeding. *see also* inverted menstruation
 blood-heat, 296
 due to fire, 143
 boils, 227
 heat
 with intestinal cold, 146
 with lower body cold, 327
 with lower body vacuity, 233
 skin rash, 329

- body, upper half (*cont'd.*)**
- toxic, 143
 - yin-vacuity fire, 352
 - repletion in, with lower body vacuity, 299
 - skin rash, 329, 348
 - toxic swellings of, 49, 224, 329
- boils**
- body, upper half, 227
 - central, upper burner heat, 180*m*
 - dissipation of, 314
 - fire-toxin accumulation, 329
 - internal repletion heat, 144
 - liver-gallbladder repletion heat, 48
 - neck, 144
 - slow to heal, 314
 - suppuration encouraged, 213, 402
 - upper burner fire manifestation, 227
- bones.** *See also* steaming bones
- broken, 265, 305, 406
 - pain in, migratory, stabbing, 288
- bone wilting, 85, 136, 407**
- borborygmus.** *See* intestinal noise
- breast disorders.** *See also* mastitis
- abscess, 192, 344*m*, 402
 - carcinoma, 280, 420*j*
 - milk leaking, 392
 - swellings (hard) developing into open sores, 280
- breast distention**
- binding depression of liver qi, 51
 - with blood vacuity, 131
 - blood vacuity
 - binding depression of liver qi, 131
 - liver depression with, 357
 - with heat, 357
 - liver qi invading the stomach, 51
 - during menstruation, 51
 - from qi depression, 397
- breast lumps/masses, 280**
- binding depression of liver qi with blood stasis
 - in chest, 372*m*
 - cold-damp in liver channel, 174
 - fibrous, 373*m*
 - liver depression with blood vacuity, 357
 - phlegm-cold, 174
- breast pain, 51**
- breath.** *See also* asthmatic breathing; gasping
- breath; wheezing
 - difficult
 - on exertion, 199, 242
 - vacuity-taxation chronic cough, 422
 - wind-cold with water-rheum collection, 353
 - hot, foul, 230
 - labored, 183, 195
 - lying down prohibits, 353
- noisy, 137
 - shallow, 85, 229
- breath, shortness of**
- chronic cough with, 31
 - lung heat causing, 359
 - lung-vacuity, 31, 275
 - phlegm-rheum collection, 183, 325
 - qi, blood, fluid vacuity, 408
 - qi-blood vacuity, 9, 242
 - in qi stagnation pattern with heat-water accumulation, 172
 - qi vacuity pattern, 314
 - with reluctance to speak, 35
 - running joint wind, 126
 - stomach-spleen vacuity, 35, 187
 - summerheat, 275
 - upper body repletion with lower body vacuity, 299
 - wind-cold
 - attacking the lung, 164
 - coupled with phlegm-heat in lungs, 82
 - wind-cold-damp, 126
- bronchiectasis, 219**
- bronchitis.** *See also* lung heat
- acute, 24, 66
 - allergic, with damp, 24
 - binding depression of liver qi, 266
 - chronic
 - fire damaging lung yin, 219
 - kidney-lung vacuity, 240
 - lung-stomach yin-vacuity, 199
 - with phlegm, 200
 - phlegm-rheum collection with central burner yang vacuity, 183
 - upper body repletion with lower body vacuity, 299
 - damp encumbrance of spleen with liver qi depression, 23
 - interior-exterior heat pattern, 93
 - liver qi depression with damp encumbrance of spleen, 23
 - lung heat causing, 241*m*, 359
 - lungs, heat and phlegm in, 53
 - lung yin and fluid damage causing, 235
 - phlegm-heat, 82, 225, 354
 - phlegm-rheum accumulation, 183, 353*m*
 - qi, yin, fluid damage post-heat illness, 418
 - shao yang pattern, 344*m*
 - wind-cold, 82, 137
 - attacking the lung, 164
 - with internal heat, 66
 - with water-rheum collection, 353*m*
 - wind-cold-damp, 238
 - yin vacuity effulgent fire, 425
- bulging mounting qi due to cold and damp, 174**

burping. *See* belching
bursitis, 149

C

calf (of leg). *See* legs, lower
carcinoma. *See* specific body parts, e.g. breast
cardiac disorders. *See* heart disease
cellulitis, 142, 208, 251

central burner

damp-heat downpour, 412
digesta damage, 211
encumbered by damp, damaged by cold, 133
qi-vacuity patterns, 62, 350
repletion heat, 310
vacuity-heat, 414
water accumulation, 328
yang vacuity, 183

central-burner hot-cold bind, 25**central-burner vacuity-cold**

abdominal distention/fullness, 179
abdominal pain, 63
appetite lacking, 101, 179, 315
cold pain, 187
digestive difficulties, 101, 179
postpartum disorders, 351
stagnation-heat signs, 101
ulcers, gastric/duodenal, 147, 332m, 350m

cerebral vascular accident. *See* stroke disorder;
wind-strike

channel disorders, 345m

channel strike (stroke). *See* stroke disorder
cheeks

pain and swelling of, 208
sores on, 230

chest. *See also* entries at thoracic

cold attacking in elderly, 330
distention of
lung-heat, 241
spleen vacuity with effulgent damp, 328
summerheat pathogen, 185
fluid collection in, 97, 101
heat in, 146, 240
tightness in. *see also* thoracic oppression
with phlegm, 53, 54
phlegm-heat in lungs with, 226
wind-cold, 164
traumatic injury, 304, 372m
vexation heat in, 79, 106

chest bi, 25. *See also* thoracic bi

chest disorders. *See* entries at thoracic; heart disease

chest pain. *See also* angina

binding depression of liver qi, 50
blood stasis in the chest, 373

chronic cough with, 31
cold, 3, 63
with distention, 71
liver fire, 116
liver-gallbladder repletion fire, 71
liver-kidney vacuity, 378
lung yin and fluid damage causing, 235
pain along liver channel, 50
phlegm bind, 116
traumatic injury as cause, 100
wind-cold attacking the lung, 165

chicken pox, 237, 274**chills.** *See also* fever and chills

damp-heat lodging in qi aspect, 249
repletion-heat eye disorders with, 333
tai yang-shao yang pattern, 43
that come and go, 43

cholecystitis. *See also* gallbladder

central, upper burner heat, 180m
damp-heat in lower burner, 384m
phlegm-heat disturbing the spirit, 318
shao yang pattern, 344m
shao yang-yang ming pattern, 57m
yang ming repletion-heat, 59

cholera-like disorder, 185. *See also* sudden
turmoil disorder

chronic fatigue syndrome. *See also* fatigue, chronic

central burner vacuity, 35
central-burner vacuity-cold with, 147
damp accumulation with depressed fire, 417
heart-liver vacuity related, 301
lower body vacuity with upper body fire, 233m
qi-blood vacuity, 119
vacuity taxation insomnia in, 302
wind-phlegm ascent, 21

circulatory system weakness, 281**clove sores, 142****cock-crow diarrhea, 190, 211****cold**

attacking chest and armpit, 330
effulgent, 3
exterior, 300

cold aversion

central-burner vacuity-cold, 179
cold disorders (exterior) coexisting with internal
damp, 250
extreme/severe, 40, 237, 267, 294
headache with, 55
with heat effusion, 43
kidney yang vacuity with life gate fire decline, 388
mild heat signs with, 40
nasal infection with, 55
pathogen (exterior) as cause, 32, 151

cold aversion (*cont'd.*)

phlegm-rheum collection/accumulation, 263
 in postpartum cold, flu, 129
 qi vacuity, 369
 shao yin pattern, 294, 404
 summerheat, 185, 334
 tai yang-shao yang pattern, 150
 toxic swelling with, 329
 turbid, damp pathogen invasion, 32
 vacuity-cold, central-burner, 179
 warm epidemic pattern, initial stage, 249
 warmth desired, 85
 wind aversion with, 386
 wind-cold, 108, 193
 attacking the lung, 164, 365, 366
 with internal damp-stagnation, 151
 with internal heat, 66
 with internal phlegm-damp, 267, 267
 invading the lungs, 137
 nasal congestion with, 218
 with phlegm-heat in lungs, 82
 vacuity pattern, 128
 wind-cold-damp, 128, 169, 173, 237
 wind-damp exterior pattern, 214
 wind-heat toxins attacking the head, 208
 wind-water accumulation, 395

cold aversion with fever

interior-exterior heat pattern, 282, 290
 intermittent fever, 61
 strong fever, 93
 wind-cold with water-rheum collection, 353
 wind-damp exterior pattern, 214

cold bi

in channels and network vessels, 77
 qi and blood obstruction, 268
 wind attacking extremities, 331
 wind-cold-damp, 256

cold, common

cold aversion with headache, 55
 cold exposure as cause, 334
 dry cough after, 13
 frequent, 35, 128, 187
 interior-exterior heat pattern, 93
 postpartum, 129
 prevention, 392^m
 shao yang pattern, 41, 344^m
 stomach-spleen vacuity with damp and phlegm, 187
 summertime, 185, 229, 334
 tai yang-shao yang pattern, 43^m
 wind-cold, 82, 87, 128, 282, 341
 wind-damp, 215

cold-damp

in channels causing pain, 215
 downpour invasion of, 270
 liver channel, 174

cold disorders (exterior) coexisting with internal damp, 250**cold pain**

with central-burner vacuity-cold, 187
 in chest, 3
 menstrual, 131
 tui shan qi due to cold and damp, 174
 in upper abdomen, 3

cold-stasis

headache, 364. *see also specific ailments e.g.*
 menstrual block
 menstrual irregularities, 258
 morning sickness, 3
 stomach disorders, 3

cold-stasis pain

abdomen, lower, 121, 257
 menstrual, 3, 321

colitis, 138, 150^m, 350^m**collecting-rheum palpitations, 375****complexion. *See also face***

acne, 171^j
 dark, 201
 flushed
 binding depression of liver qi with blood
 vacuity, 159
 damp-heat repletion with heat in epigastrium
 and, 247
 and hot, 230
 liver depression with blood vacuity, 357
 tai yang pattern, 124
 wind-taxation, 216
 yin-vacuity ascent of liver yang, 400
 yin vacuity fire with, 69

lusterless, 278, 374

pale

 liver-kidney vacuity, 209
 postpartum, 369
 qi-blood vacuity, 119, 367
 qi vacuity pattern, 314
 stomach-spleen qi vacuity, 291
 stomach-spleen vacuity, 35
 vacuity-cold in central burner, 332

pale-yellow, 249

red

 central, upper burner heat, 180, 182
 heart heat as cause, 79
 heat from pathogen, 17
 liver-gallbladder repletion fire, 71
 upper burner fire manifestation, 227
 with yin vacuity fire, 69

sallow

 spleen taxation damage, 118–119
 stomach-spleen vacuity weakness, 264
 yang-vacuity cold accumulation, 1

- somber-white, 9
withered-yellow, 9
yellow, 166
- concentration difficulties**, 119
- concretions and conglomerations**, 77, 121, 257
- concussion**, 161, 305, 313*m*
- conjunctivitis**
central, upper burner heat, 181*m*
chronic, 327
interior-exterior heat pattern, 94, 290
lower burner damp-heat, 20
repletion-heat, 145, 333
summerheat-heat, 18
wind-heat, 387
- constipation.** *See also* wind constipation
abdominal tenderness with, 61
appetite lack due to, 243
blood-bind, 244
blood vacuity, 197
and blood heat combined, 322
digesta stagnation with, 202, 337
dry-stool, 309, 310, 379, 427
in elderly, 198, 243, 409
fluid-depletion, 311
habitual, 408*m*
heart-spleen vacuity, 118
in newborns, 371
pathogen (depressed) in interior, 293
post-illness, 197, 311
postpartum, 369
post-surgical, 197
qi-blood vacuity, 10, 119
shao yang-yang ming pattern, mid-stage, 57
spleen restriction (pi yue), 197
stomach-spleen qi vacuity, 291
stroke with, 34
tai yang pattern, 123
tai yang-yang ming pattern, 132
toxic swellings with, 170, 387
upper body repletion with lower body vacuity, 300
water-swelling with, 96
wind, 299
wind bind, 243
wind-cold, coupled with phlegm-heat in lungs, 83
wind-heat toxins attacking the head with, 208
yang ming bowel repletion, 347
yang ming repletion-heat with, 59
- constipation with heat**
central, upper burner, 180
damp-heat, 103, 104, 157, 247
in interior, external contractions with, 246
liver-gallbladder repletion fire, 71
lung and stomach accumulation, 232
- lung heat, 195, 241
lung-stomach accumulation, 232
phlegm-heat in lungs with, 226
wind-cold, 83
- repletion heat**, 333
in central burner, 310
interior-exterior pattern, 93
upper burner fire manifestation, 228
- consumptive disorders**, 356
- contusion.** *See* trauma
- cough.** *See also* lung-heat cough; lung yin-vacuity cough; phlegm-cough; phlegm-rheum cough; taxation cough; whooping cough; wind-damage cough
acute, 137
binding depression of liver qi, 266
with cold phlegm, 89
damp-phlegm, 88
edema related, 81
heat-water bind, 415
liver fire invading the lung, 360
lung-vacuity, 14, 31
lung yin and fluid damage with, 236
in measles initial stages, 360
night sweats with dry throat, 199
phlegm-damp, 88
phlegm-rheum collection/accumulation, 97, 183, 263, 325
plum-pit qi and, 23
pox disorder, early stage, 274
pox toxin accumulating in lung, 195
in pregnancy, 199
qi-blood vacuity, 10
qi, yin, fluid damage post-heat illness, 418
stomach fire, 220
stomach qi vacuity with weakness, 371
tidal fevers with, 200
upper body repletion with lower body vacuity, 300
- wind-cold**
attacking the lung, 164, 365, 366
channel pattern unclear, 283
with internal damp-stagnation, 152
with internal heat, 66
with internal phlegm-damp, 267
internal qi stagnation with, 342
invading the lung, 410
in lung, 194
with nasal congestion, 87
with phlegm-heat in lungs, 83
vacuity pattern, 129
- wind-damp, 196
wind-heat, 253, 387
wind-taxation, 216, 217

cough (cont'd.)

wind-water accumulation, 395
 yin-fluid vacuity, in lungs and stomach, 199
 yin-vacuity, 219, 221
 yin vacuity effulgent fire, 425

cough, chronic

central burner vacuity, 35
 chest pain with, 31
 depressed heat in three burners, 277
 dry, 235
 in elderly, 31
 fire damaging lung yin, 219
 liver fire, 116
 lung-heat with, 221
 lung qi vacuity with heat in lungs, 240
 lung-vacuity, 31, 276
 pale tongue and, 31
 phlegm bind, 116
 phlegm with, 203, 265, 277, 423
 qi, blood, fluid vacuity, 408
 qi-yin vacuity, 275
 shortness of breath and, 31
 spleen vacuity, phlegm-rheum collection, 97
 and sweating, 31
 wind-cold, 203

cough, dry

lung and stomach damaged by dry evil, 255
 lung heat, 360
 lung-vacuity, 31
 night worsens, 235
 post-illness, 13, 255
 qi, blood, fluid vacuity, 409
 sore throat with, 425

cough, types of

afternoon, 221
 hacking, 255
 mild, 282
 morning, 220
 night, 236
 prominent, 240
 seasonal, 220

cough with blood

blood-heat, 296
 kidney-lung vacuity, 13, 14
 liver fire invading the lung, 360
 liver-kidney vacuity, 56
 lung-stomach yin-vacuity, 200
 lung yin and fluid damage causing, 235
 and pus, 163
 qi-blood vacuity, 242
 toxic-heat pattern, 142
 tuberculosis as cause, 240
 vacuity-taxation pattern, 423
 yin vacuity effulgent fire, 425

cough with phlegm. *See also* phlegm-cough

chronic cough, 203, 265, 277
 and lung heat, 94, 290, 363
 stomach-spleen vacuity with damp and phlegm, 187
 upper body repletion with lower body vacuity, 299
 and wheezing, 353

wind-cold, channel pattern unclear, 283
 wind-cold-damp, 169
 wind invasion of channels, 66

cough with phlegm, phlegm type

clear, 31, 203, 353
 copious, 23, 137, 165, 237, 265, 267, 283,
 300, 345

and clear, 353
 and thin, 187
 and wheezing, 353

expectoration difficult, 277, 410

expectoration easy, 88

foamy and white, 353

little, 423

scant, 116, 255

thick
 and sticky, 363

and yellow, 53, 82, 225

thin, 366

white, 31, 203

expectoration easy, 88
 and foamy, 353

yellow, 66, 194, 253, 363

and thick, 53, 82, 225

crane's knee wind, 60, 85, 127, 349

Crohn's disease, 138. *See also* diarrhea, chronic cystitis, 344m

D

damp bi, 256

damp-cold bi, 381

damp-cold joint pain, 154, 381

damp-encumbrance diarrhea, 158, 317.

See also entries at diarrhea; spleen, damp encumbrance of

damp-heat

alcohol intake as cause, 111

bi patterns, 248

diarrhea, 19, 103, 107, 247, 260, 261

digesta stagnation, 202

dysentery, 261

gallbladder disorders, 181

jaundice, 143, 384

joint pain, 73

in liver channel, 49

lodging in qi aspect, 249

in lower burner, 157

in lungs, 103m

- menstrual disorders, 73
 repletion with heat in epigastrium, 247
 skin rash. *see* skin rash
 steaming, 416
 in stomach, 104
 toxin sores, 154
 urinary tract disorders, 20, 191, 192
 vaginal discharge, 248, 249
 yellowed skin, and heat in extremities, 362
- damp leg qi**, 153
- damp-phlegm**, 88, 220
- damp-phlegm-rheum disorders**, 92
- damp retention, heat build up from**, 196
- damp stagnation**
 - with external wind cold, 151
 - in stomach and spleen, 206
- damp-warmth disorders**, 103
- deafness**. *See* hearing loss
- deep-lying heat in spleen and stomach**, 361
- delirium**. *See also* psychiatric disorders
 - heat in three burners, 142
 - interior vacuity allowing pathogen into interior, 45, 47
 - wind-heat deep in blood, 253
 - yang ming bowel repletion, 347
- depression, emotional**
 - internal heat and phlegm, 84
 - with kidney yin and yang insufficiency, 90
 - menopausal, 90
 - phlegm-heat disturbing the spirit, 318
 - stress as cause, 23
- diabetes**. *See also* dispersion thirst
 - kidney-vacuity, 7c, 155m
 - shao yang pattern, 344m
 - yin vacuity effulgent fire, 425
- diabetes-like disorders**, 255, 391. *See also* dispersion thirst
- diaphragm**
 - cold and fluid collection, 411
 - distention, summerheat pathogen, 185
 - fullness sensation in, 201
 - summerheat pathogen, 185
 - vacuity-cold in central burner, 332
 - wind cold (exterior) with internal phlegm-damp, 267
 - rheum collection in region of, 201
- diaphragmatic oppression**
 - damp-heat, 110
 - damp-phlegm as cause, 88
 - with glomus, 93, 110, 290
 - wind-cold-damp, 237
 - wind cold (exterior) with internal phlegm-damp, 267
- diarrhea**. *See also* Crohn's disease; dysentery; stool
 - after consuming liquids, 52
 - blood and pus in, 19, 138
 - with borborygmus, 102
 - central burner digesta damage, 211
 - central-burner vacuity-cold, 101, 179m
 - cock-crow, 190, 211
 - damp
 - damaging stomach, 152
 - internal, 250
 - with spleen vacuity, 134
 - damp-encumbrance, 158, 317
 - damp-heat, 19, 103, 107, 247, 260, 261
 - damp stagnation, stomach-spleen, 206
 - depressed-heat, 362
 - digesta stagnation with, 28, 202
 - duck stool, 179
 - food-damage, 339
 - foul smelling, 106
 - heat accumulation, 59
 - heat-water bind, 416
 - incessant, 125
 - with intestinal noise, 272
 - kidney diarrhea, 112
 - morning, 99
 - postpartum, 19
 - with pus and blood, 19, 138
 - qi diarrhea, 299
 - qi vacuity with damp, 36
 - rectal heaviness with, 293
 - severe, 334
 - shao yang disharmony, 150m
 - shao yang-yang ming pattern, 57
 - shao yin pattern, 294, 332, 404
 - simple internal water and damp accumulation, 325
 - spleen-kidney, 98
 - spleen-vacuity, 113, 264, 265, 336
 - spleen vacuity with damp, 134
 - stomach qi
 - disharmony, 26
 - vacuity with weakness, 102
 - stomach-spleen
 - damage causing, 317
 - damp stagnation, 206
 - qi vacuity, 291
 - vacuity with central burner cold/damp stagnation, 335
 - sudden turmoil disorder with, 32
 - summerheat, 185, 285, 334
 - summertime, in children, 26
 - tai yang pattern, 123
 - tai yang-shao yang pattern, 150

diarrhea (*cont'd.*)

turbid, damp pathogen invasion, 32
 upper body heat with intestinal cold in, 146
 vacuity-cold, 187
 central-burner, 101, 179*m*
 visceral toxin as cause, 138
 and vomiting, 326, 332
 wind-cold, 109
 interfering with qi, 107
 with internal damp-stagnation, 151
 with spleen-vacuity cold pattern, 125
 yang ming bowel repletion, 347
 yang ming repletion-heat with, 59
 yang-vacuity, 405

diarrhea, abdominal pain with

cold, 77
 damp-heat causing, 19, 260
 and fever with cold aversion, 61
 stomach-spleen damage causing, 317
 water-heat bind, 273

diarrhea, chronic

central qi fall, 35
 with cramping pain, 113
 internal cold, 294
 liver depression with blood vacuity, 357, 358
 liver qi invading the spleen, 341
 non-responding, 112
 spleen damage as cause, 211
 with stomach heat, 200
 stomach qi vacuity with weakness, 102
 stomach-spleen vacuity weakness, 265
 upper body heat with intestinal cold in, 146
 yang-vacuity, 101
 cold pattern, 404

diarrhea, cold

attacking chest and armpit, 330
 with damp, 291
 exterior, coexisting with internal damp, 250
 qi vacuity with damp, 36

diarrhea, in children

damp-heat, 106–107

digesta stagnation as cause, 28

summertime, 26

diarrhea, in infants

damp encumbrance, 158
 overfeeding as cause, 211
 with tongue fur, thick, 29
 with vacuity evident, 29
 yellow, frothy stool, 361

digesta accumulation

abdominal pain with, 323
 alcohol intake as cause, 111
 belching with, 336
 binding depression of liver qi with, 202
 bloating with, 323

in children, 166
 damp encumbrance, 158
 dispersion, 211
 stomach-spleen vacuity with central burner
 cold/damp stagnation, 336
 transforming into heat, 202
 wind-cold compounded by internal cold
 damage, 323

digesta depression, 397**digesta stagnation**

abdominal pain and, 29
 in children, 166
 constipation with, 337
 damp encumbrance, 134, 158
 in external wind pattern, 29
 hives with, 29
 occasional, 28
 pathogen (exterior) as cause, 152
 severe, 29
 spleen-vacuity, damp-encumbrance condition, 134
 transforming into heat, 202
 water-rheum, counterflow ascent of, 343
 wind-cold
 with internal damp-stagnation, 152
 internal qi stagnation with, 342
 wind-cold-damp, 127

digestive difficulties. *See also* belching; entries**at stomach**

central-burner vacuity-cold, 101, 179
 in children, 97, 147
 damp encumbrance, 158
 gan pattern, 166
 heat pathogen in interior, 132
 indigestion, 152, 158
 liver qi invading spleen, 50
 liver-stomach disharmony, 341
 sluggish, 119
 spleen-vacuity, damp-encumbrance condition, 133
 stomach-liver disharmony, 341
 stomach-spleen damage, 316
 vacuity-cold, central-burner, 101, 179
 vacuity taxation, 147
 wind-cold, 87
 worsens with cold or raw food, 179

digestive system

parasites, 166
 stagnant accumulations in, 202
 ulcers, 26, 146
 weakness in, 281

disorientation, 254**dispersion thirst. *See also* diabetes; thirst;****wasting thirst**

kidney-vacuity, 8
 lower body vacuity with upper body fire, 234
 lower burner, with cloudy or unctuous urine, 99

- types of, 393
 upper burner, 16, 393
 vacuity fire, 188
 yin-vacuity stomach heat, 390
- dizziness**
 alcohol intake as cause, 110
 ascendant hyperactivity of liver yang causing, 162
 binding depression of liver qi with spleen-vacuity damp, 315
 blood pressure (high) causing, 114m
 blood pressure (low) causing, 108m
 blood vacuity, 297
 and cold, 367
 blurred vision with, 91, 301
 central burner vacuity, 371
 clouding in head and eyes with, 299
 damp in chest, 88
 falling (down) with, 84, 400
 fever and chills with headache, 55
 headache with, 55, 332
 of head and eyes, 137
 from head injury, 184
 hyperactivity of liver yang and liver wind ascent, 307
 insufficient true yin, 426
 interior-exterior heat pattern, 93, 290
 kidney-liver vacuity, 91, 188, 210
 kidney yin vacuity, 426
 liver-gallbladder repletion fire, 71
 liver-kidney vacuity, 91, 188, 210
 liver qi upsurge, 114, 115
 liver stasis and heat with, 377
 liver yang, ascendant hyperactivity of, 162
 lower burner cold with yin-yang vacuity, 122
 menstrual, 25
 obstruction of clear qi as cause, 318
 phlegm-heat disturbing the spirit, 319
 phlegm obstruction in ear and yang vacuity, 184
 phlegm-rheum collection, 183, 325
 post-concussion, 313m
 postpartum, 369
 qi-blood vacuity, 9, 119, 239
 and quivering, 404
 running joint wind, 126
 spleen-vacuity damp and binding depression of liver qi, 315
 stomach qi vacuity with weakness, 371
 tai yang pattern, 404
 upper body repletion with lower body vacuity, 299
 water-rheum, counterflow ascent of, 343
 weakness of spirit due to blood vacuity with, 204
 wind-cold-damp, 126
 wind-phlegm ascent, 21
 yang vacuity and phlegm obstruction in ear, 184
- yin-vacuity ascent of liver yang, 400
 yin-yang vacuity, 128
 yin-yang vacuity with lower burner cold, 122
- dizziness, visual**
 blood-vacuity taxation fatigue in, 356
 insufficient true yin, 426
 liver depression with blood vacuity, 356
 liver-kidney yin-blood vacuity, 421
 qi-blood vacuity, 9
 yin-vacuity ascent of liver yang, 401
- dream disturbed sleep**, 91, 161. *See also* sleep disorders; sleep, disturbed
- dream emissions**, 309, 350. *See also* entries at seminal; nocturnal emissions
- dreaming/dreams.** *See also* sleep disorders
 excessive
 binding depression of liver qi with blood stasis in chest, 372
 heart-liver vacuity, 301
 qi-blood vacuity, 374
 yin-vacuity ascent of liver yang, 401
 sexual, 122
 sleep disturbed by, 91, 161
- drinker's nose**, 227, 312
- dry-blood taxation**, 312
- duodenal ulcer**
 central-burner vacuity-cold, 147, 350m
 cold-stasis, 3
 generally, 327
 heat in stomach, 45
 as liver-spleen disharmony with heat/cold signs, 43j
 phlegm-heat disturbing the spirit, 318
 pre-ulcerous conditions, 45
 spleen vacuity-damp, 265
 stomach qi disharmony, 25
 stomach yin vacuity and, 200
 yin vacuity with liver invading the stomach, 378m
- dysentery.** *See also* diarrhea
 abdominal pain with, 19
 acute, 143
 amoebic, 19
 bacterial, 19, 107, 261, 274
 bleeding with, 19
 in children, 237
 chronic (white), 327
 damp-heat, 142, 261
 heat in three burners, 142m
 initial stages, 237
 intense upper body heat as cause, 247
 toxic-heat pattern, 143
 turbid, damp pathogen invasion, 32
 wind-cold-damp, 238
- dysentery wind**, 60. *See also* legs, paralysis

E**ear disorders**

inner ear, 108*m*
phlegm obstruction, 184

ear infections

inner ear, 49, 145, 147, 284*m*
middle ear, 120, 171*j*, 213
outer ear, 145, 213, 284*m*
wind-heat in kidney channel, 171

ears, swollen, 191, 247**eating.** *See also* appetite

cold food/drink, overconsumption, 277, 316
distention after, 335, 339, 357
food taxation, 244
gagging on liquids, 372
hunger with no desire for, 104
infants regurgitating feedings, 176
of mud, 166
summerheat-heat pattern, 52
summertime diet, 185

eczema

acute, 142, 348
allergic, 284*j*
blood-vacuity, 78
blood vacuity
 with liver depression, 358
blood vacuity-blood heat combined, 322
central-burner hot-cold bind, 25
in children, 86
chronic, 348
damp-heat, 192
in elderly, 86
exudative, 317*m*
heat in three burners, 143
with heat signs, 15, 317*m*
initial stages, 284
liver depression with blood vacuity, 358
on liver/gallbladder channels, 192
lower burner damp-disorder, 248
severe, 142, 192
testicular, 248
wind-cold-damp, 169
wind-damp, 196
wind-heat-damp, 348
yin-vacuity stomach heat, 390

edema. *See also* water swelling

asthmatic breathing related to, 81
cough related to, 81
internal water and damp accumulation, 96, 326
liver-spleen disharmony, 75
menopausal, 172
nephritic, chronic, 81
pitting, 96
severe, 326

slight, 75
of vulva, 270

eight wind-phlegm types, 151

ejaculation, premature. *See also* sexual dysfunction
essence-depletion, 117
kidney and essence vacuity, 168
kidney yang vacuity with life gate fire decline, 156
spleen-kidney vacuity-cold, 140
yin vacuity with vacuity fire, 135

ejaculation, weak, 122

emaciation. *See also* weight loss
in children, 113, 166
essence-depletion, 117
gradual, 240
spleen-kidney vacuity-cold, 140
stomach-spleen vacuity weakness, 264
wind-taxation, 216
yin and blood vacuity, 356

endometriosis, 159

enteritis. *See also* intestines
acute, 20, 150*m*, 261
chronic, 261
damp-heat, 103, 249
initial stages, 61*c*
internal water and damp accumulation, 325
phlegm-rheum collection/accumulation, 325
qi stagnation pattern with heat and water
 accumulation, 172
spleen-vacuity
 cold pattern, 125*m*
 damp-encumbrance condition, 133
stomach-spleen
 damage causing, 316*m*
 qi vacuity, 291
tai yang pattern, 123
turbid, damp pathogen invasion, 32
upper body heat with intestinal cold, 146
with yang ming repletion-heat, 59

epigastric fullness

central burner vacuity, 371
with distention, 44, 316
jaundice with, 316
phlegm-heat bind pattern, 354
phlegm-rheum collection/accumulation, 183
rheum collection in diaphragm, 201
stomach-spleen
 damp stagnation, 206
 vacuity, 335
upper body repletion with lower body vacuity, 299
wind cold (exterior) with internal qi stagnation, 341

epigastric glomus

central burner vacuity, 371
phlegm-heat bind pattern, 354
rheum collection in diaphragm, 201

- shao yang pattern with fluid accumulation, 42
 spleen vacuity with damp, 96, 316
 stomach qi vacuity with weakness, 102, 371
 stomach-spleen vacuity with damp, 339
 tai yang-shao yang pattern, 44
 water-heat bind, 272
 water-rheum, counterflow ascent of, 343
 wind-cold
 with internal qi stagnation, 341
 with spleen-vacuity cold pattern, 125
- epigastric pain**
 chronic spasmodic, 3
 cold disorders (exterior) coexisting with internal damp, 250
 fluid and phlegm accumulation, 411
 phlegm-heat bind pattern, 354
 stomach-spleen vacuity with central burner cold/damp stagnation, 335
- epigastrium**
 damp-heat repletion with heat in, 247
 distention of, 43c, 330, 354
 fluid retention in, 343
 obstructed feeling in, with nausea, 126
 oppression in, 339
 palpitations in, 404
 vexation with vomiting, 344, 346
- epiglottitis**, 232
- epilepsy**
 blood stasis and qi vacuity, 33
 liver-channel, 43c
 liver-gallbladder, 44m
 in qi stagnation pattern with heat and water accumulation, 172
 shao yang pattern, 46, 344m
- epileptic-type disorders**, 84, 114
- esophagitis**, 176m, 199
- esophagus, spasm**, 151
- evening heat**, 320
- excitability**, 122
- extremities. *See also* limbs**
 cold, 21
 cold efflux cramping, 381
 counterflow cold in, 114
 heat in, with yellowed skin, 362
 weakness, damp-heat downpour, 248
- eye disorders. *See also* conjunctivitis; vision**
 binding depression of liver qi with blood vacuity, 160
 cataracts, 421
 clear-eye blindness, 304
 damp-heat jaundice, 384
 glaucoma, 22, 183, 409m
 heart-heat, 80
- herpes simplex/zoster, 20, 223
 hyperactivity of liver yang and liver wind ascent, 307
 iritis, 333
 kidney-vacuity, 380
 lacrimation, excessive, 55, 274
 of cold tears, 332
 liver-kidney yin-blood vacuity, 421
 wind-exacerbated, 210
 liver depression with blood vacuity, 358
 liver-fire, 143, 192
 liver-gallbladder repletion heat, 72
 liver-kidney vacuity, 210
 optic nerve atrophy, 33, 303, 304
 protruding eyeballs, 183
 scleritis, 333
 sties, 144, 227, 284
 upper burner fire manifestation, 227
 upper burner heat accumulation, 224
 wind-heat, 387
- eyelids, red, swollen**, 227
- eye pain**
 in socket, 39
 summerheat, 185
 wind-cold with interior heat, 39
 yin-vacuity ascent of liver yang, 400
- eyes. *See also* vision**
 clouded, 357
 clouding and dizziness in, 299
 dilated pupils, 424
 distention of, 401
 exudate, copious, 304
 itching, red, 424
 sunlight, sensitivity to, 210
 tired, 421
 vitreous opacity, 416
 wry, 33, 64, 84, 355
- eyes, dry**
 binding depression of liver qi with blood vacuity, 159
 kidney yin vacuity, 426
 liver-kidney vacuity, 210
 qi, blood, fluid vacuity, 409m
 wind-heat, 421
 yin-vacuity stomach heat, 390
- eyesight. *See* vision**
- eye socket pain**, 39
- eyes, red. *See also* conjunctivitis**
 binding depression of liver qi with blood vacuity, 160
 damp-heat repletion with heat in epigastrium and, 247
 external contractions with interior heat signs, 246

eyes, red (*cont'd.*)

- with itching, 424
- liver-gallbladder repletion fire, 71, 191
- liver-gallbladder repletion heat, 49
- liver qi upsurge, 114
- and painful, 93, 210, 290, 313
 - and swollen, 104, 333
- and swollen, 228, 247, 421
 - and painful, 104, 333
- upper burner fire manifestation, 228
- wind-heat, 208, 253, 421

F

face. *See also* complexion; specific features, e.g. eyes
 heaviness feeling, 353
 nerve lesions, 49
 paralysis of, 34, 65, 331
 sores on, 228

face, swollen

- kidney-lung vacuity, 240
- spleen vacuity with effulgent damp, 328
- upper burner fire manifestation, 228
- wind-cold with water-rheum collection, 353

fallopian tube inflammation, 398m

fatigue. *See also* chronic fatigue syndrome; lethargy; taxation fatigue
 alcohol intake as cause, 110
 central burner function hindered, 316
 central qi compromise, 250
 damp-heat, 103, 110
 essence-depletion, 117
 gan pattern, 166
 heart-spleen vacuity, 119
 kidney and essence vacuity, 168
 kidney-heart vacuity, 254
 kidney-spleen vacuity cold, 141
 liver-spleen disharmony, 75
 lung wilting causing, 199
 menopausal, 90
 qi-blood vacuity, 242
 qi-blood vacuity-taxation, 281
 qi vacuity, 314

- with damp, 95

repletion heat-bind in abdomen, 310
 seminal loss with, 122
 sleep desire with, 206
 spleen-kidney vacuity-cold, 141
 spleen taxation damage, 118–119
 stomach-spleen vacuity with damp and phlegm, 187
 summerheat, 185, 275, 334
 summertime summerheat pattern, 229
 turbid, damp pathogen invasion, 32
 urinary incontinence with, 254
 vacuity-taxation, qi-blood, 281

and weight loss, 141

- wind-taxation, 216
- yang collapse with internal cold collection, 294
- yang-vacuity cold accumulation, 1
- yin and yang vacuity with lower burner cold, 122

fatigue, chronic. *See also* chronic fatigue syndrome

- internal cold, 294
- qi vacuity, 35
- spleen-kidney vacuity-cold, 140m
- yin-blood vacuity, 308

fatigue, of limbs

- qi-blood vacuity, 9
- spleen-vacuity, damp-encumbrance condition, 133
- stomach vacuity, yan qi in yang channels, 277
- summerheat, 285, 334
- upper body repletion with lower body vacuity, 299

fear, unsubstantiated, 318

feet. *See also* hands and feet; legs

- cold, 77
- counterflow cold in, 101
- damp-toxin sores, 153
- heaviness feeling, 153
- numbness of, 248
- pain in, 77, 154, 248
- swollen, 73, 153
- weakness in, 153

fei wei, 408

fetal position, tendency to assume, 294

fever. *See also* heat effusion; steaming bone fever; tidal fever
 binding depression of liver qi, 266
 blood stasis heating the blood, 305
 blood vacuity with liver depression, 357m
 central burner vacuity with heart-heat, 414
 central, upper burner heat, 180, 182
 chronic, 69
 cold disorders (exterior) coexisting with internal damp, 250
 damp-heat, 103
 external pattern with internal damp accumulation, 325
 heart-heat, central burner vacuity with, 414
 heat in lungs with lung qi vacuity, 240
 heat in urinary tract, 324
 heat-water bind, 415
 intermittent, with cold aversion, 61
 liver depression with blood vacuity, 357m
 lung qi vacuity with heat in lungs, 240
 lung yin and fluid damage causing, 235
 in measles initial stages, 360
 during menstruation, 357
 at night, 305
 night sweats with, 141
 pathogen (exterior) as cause, 107, 151, 194

- phlegm-stasis accumulations with, 252
 postpartum, 17, 68, 129, 369
 post-surgical, 216*m*, 222*m*
 pox toxin accumulating in lung with, 195
 prolonged, 222
 qi-blood vacuity, 242
 qi vacuity, 291, 369
 repletion-heat eye disorders with, 333
 stomach-spleen vacuity, 35
 strong, 93, 223, 290
 summerheat pathogen, 185
 summertime summerheat pattern, 229
 tai yang-shao yang pattern, 150
 thirst and, 208
 toxic swellings with, 169, 329
 unresolved, 404
 vacuity-taxation chronic cough, 422
 wind-cold
 attacking the lung, 164, 366
 compounded by internal cold damage, 323
 with internal damp-stagnation, 151
 with internal heat, 66
 with internal phlegm-damp, 267
 invading the lung, 410
 pathogen (exterior) in lung, 193
 vacuity pattern, 128
 vacuity pattern initial stages, 128
 wind-cold-damp, 127, 173
 wind-damp, 196, 214
 wind-heat, 208, 253, 386
 wind-taxation, 216
 wind-water accumulation, 394
 yin-vacuity, 360
 yin vacuity fire, 69
- fever, afternoon**
 damp-heat lodging in qi aspect, 249
 lingering, low-grade, 360
 qi vacuity, 291
 spirit weakness due to blood vacuity, 204
 wind-taxation, 217
 worse in, 196
 yin vacuity with effulgent fire, 70
- fever and chills.** *See also chills*
 chills predominant, 173
 and headache, 55
 sudden turmoil disorder with, 32
 wind-cold-damp, 173
- fever and chills alternating.** *See also chills*
 binding depression of liver qi, 50, 384
 blood-vacuity taxation fatigue in, 356
 in children, 167
 depressed fire in liver and gallbladder, 48
 gan pattern, 167
- interior vacuity allowing pathogen into interior, 45, 47
 lung phlegm with, 53
 pathogen (exterior) attacking interior, 106
 shao yang pattern, 41, 53, 344, 346
 shao yang-yang ming pattern, 57, 58
 tai yang pattern, 124
 tai yang-shao yang pattern, 150
 wind-cold, 40, 108
- fever, cold aversion with**
 interior/exterior pattern signs, 282
 intermittent fever, 61
 strong fever, 93
 wind-cold with water-rheum collection, 353
 wind-damp exterior pattern, 214
- fever, high**
 Bai Hu Tang syndrome with, 16
 damp-heat repletion with heat in epigastrium, 247
 heat accumulation in lung and stomach, 232
 heat in three burners, 142
 lung-stomach heat accumulation, 232
 measles with, 18
 pathogens as cause, 17
 phlegm-heat in lungs, 54
 pox disorders with, 18, 274
 shao yang-yang ming pattern, mid-stage, 57
 sudden turmoil disorder with, 32
 summerheat-damp and, 18
 sweating and, 17
 with toxic swelling, 169
 with vexation, agitation, 142
 wind-cold-damp, 237
 wind-heat, 253, 387
 yang ming repletion-heat with, 59
- fever, low-grade**
 prolonged, 222, 360
 qi-blood vacuity, 67
 stomach-spleen vacuity, 35
 wind-cold, attacking the lung, 366
 wind-water accumulation, 394
- fever, of unknown origin**
 liver depression with blood vacuity, 357
 prolonged, 222
 qi vacuity with damp, 36
 repletion heat in central burner, 310
- fever, sweating with**
 absent, 129, 323, 386
 night sweats, 141
 present, 129
- fifty-year shoulder,** 46, 121
- five centers vexation-heat,** 233
- five diaphragm qi (obstruction),** 151
- five taxations,** 151

flank pain

binding depression of liver qi, 266, 384
 blood stasis, 112
 cold attacking chest and armpit, 330
 damp-heat jaundice, 385
 with distention, 71, 379
 liver fire, 116, 360
 liver-gallbladder repletion fire, 71
 liver-gallbladder repletion heat, 48
 liver-kidney vacuity, 379
 liver qi depression as cause, 378
 liver-stomach disharmony, 341
 lung yin and fluid damage causing, 235
 pathogen (exterior) attacking interior, 106
 phlegm bind, 116
 shao yang pattern, 41, 53, 345*m*
 stabbing, 330
 stomach-liver disharmony, 341
 tai yang-shao yang pattern, 43, 150
 traumatic injury as cause, 100
 wind-cold with interior heat, 39

flanks

distention with pain, 71, 379
 fullness sensation in
 lung yin and fluid damage with, 235
 oppression with, 23
 phlegm-rheum collection with central burner yang
 vacuity, 183
 wind-cold shao yang pattern, 52
 hard when palpated, 379
 traumatic injury, 304

flat-abscess, 104, 213, 280, 314

flooding. *See also* post-menopausal uterine bleeding; uterine bleeding
 blood stasis and qi vacuity, 33
 blood vacuity-blood heat combined, 322
 cold-stasis, 258
 qi-blood vacuity with, 67
 spleen failing to control blood, 119
 vacuity in penetrating and conception vessels, 297

flu

cold aversion with headache, 55
 cold exposure as cause, 334
 damp-heat, 103, 249
 dry cough after, 13
 gastrointestinal, 150*m*
 heat-type, 93
 lingering, 57, 103
 postpartum, 129
 shao yang pattern, 41, 344*m*
 shao yang-yang ming pattern, 57
 stomach, 32, 106, 151*m*, 316*m*
 summertime, 103, 250, 334
 summertime summerheat pattern, 185, 229

tai yang-shao yang pattern, 43*m*
 tai yang-yang ming pattern, 106
 turbid, damp pathogen invasion, 32
 wind-cold-damp, 173
 wind-damp exterior pattern, 215

flu-like disorders, 345*m*

food. *See* appetite; eating
food-damage diarrhea, 339
food depression, 337
food poisoning, 32, 123, 207, 273, 341, 343*m*
food stagnation. *See* digesta stagnation
food taxation, 244
forgetfulness. *See also* memory disorders
 ascendant hyperactivity of liver yang causing, 161
 central burner vacuity, 35
 heart-spleen vacuity, 118–119
 insufficient true yin, 426, 427
 kidney yin vacuity, 426
 qi-blood vacuity, 118–119, 242
 shao yang pattern, 344*m*
 urinary incontinence with, 254
 yin-blood vacuity, 308
 yin-yang vacuity with lower burner cold, 122

fright

childhood, 179
 infantile, 318
 phlegm-heat disturbing the spirit, 318

fright palpitations

damp accumulation with depressed fire, 417
 gallbladder-stomach disharmony, 319
 heart-spleen vacuity, 118–119
 liver depression with blood vacuity, 356
 liver stasis and heat, 376
 qi-blood vacuity, 375
 qi vacuity, 105

G**gagging**, 372, 373

gallbladder disorders. *See also* cholecystitis;
 liver-gallbladder
 damp-heat, 181
 inflammation, 51, 71*m*
 pain in abdomen/flank/stomach, 43*c*
 repletion fire, 71
 repletion heat in liver-gallbladder, 72
 roundworms in ducts, 57*m*, 327
 shao yang symptoms present with, 345*m*

gallbladder ducts

disorders, generally, 71*m*
 roundworms in, 57*m*, 327

gallbladder heat with nasal infection, 171**gallbladder-stomach disharmony**, 318**gallbladder stones**

central, upper burner heat, 180*m*

- damp-heat in lower burner, 384*m*
 gallbladder-stomach disharmony, 319
 liver qi invading spleen, 51
 liver-spleen disharmony with heat/cold signs, 43*j*
 phlegm-bind pattern, 354
 phlegm-heat disturbing the spirit, 318
 shao yang-yang ming pattern, mid-stage, 57*m*
 tai yang-shao yang pattern, 44
- gan accumulation**, 211
- gan disorders in children**, 166, 312, 337*m*
- gan heat**, 362
- gasping breath.** *See also* asthmatic breathing
 liver fire, 116
 lung-kidney vacuity, 13
 lung wilting causing, 199
 pathogen (exterior) attacking interior, 106
 phlegm bind, 116
 rheum collection in diaphragm, 201
 wind-cold, 82, 365
 worsens in supine position, 81
- gastrectasis**, 62, 325
- gastric reflux**, 372*m*, 373
- gastric region**
 distention and oppression, 28
 fullness sensation in, 28, 264
 pain in, 28
 vexation heat in, 106
- gastric ulcers.** *See also* stomach disorders
 binding depression of liver qi with liver-kidney vacuity, 378*m*
 central-burner vacuity-cold, 147, 332*m*, 350*m*
 fluid and phlegm accumulation causing, 411*m*
 interior vacuity allowing pathogen into interior, 45
 liver-spleen disharmony, 43*j*, 75
 shao yang pattern, 344*m*
 spleen-vacuity cold pattern, 125*m*
- gastritis.** *See also* stomach disorders
 acute, 142, 387
 atrophic, 33
 central burner vacuity, 371*m*
 damp encumbrance, 158
 damp heat in lower burner with, 19
 damp-heat lodging in qi aspect, 249
 external pattern with internal damp accumulation, 325
 fluid and phlegm accumulation causing, 411*m*
 heat in three burners, 142
 internal water and damp accumulation, 325
 liver depression with blood vacuity, 357
 liver qi invading spleen, 50
 liver-spleen disharmony, 75
 lower burner damp-heat, 19
 phlegm-heat disturbing the spirit, 319
- phlegm-rheum collection/accumulation, 325
 in qi stagnation pattern with heat and water accumulation, 172
 shao yang pattern, 344*m*
 spleen-vacuity cold, 125*m*
 spleen vacuity-damp, 265
 spleen-vacuity, damp-encumbrance condition, 133
 stomach qi disharmony, 26
 stomach-spleen damage causing, 316*m*
 qi vacuity, 291
 stomach yin and fluid damage with, 199
 upper body heat with intestinal cold, 146
- gastritis, chronic.** *See also* stomach disorders
 binding depression of liver qi with liver-kidney vacuity, 378*m*
 cold-stasis, 3
 damp encumbrance, 158
 generally, 327, 387
 spleen vacuity, phlegm-rheum collection, 97
- gastroenteritis**
 central-burner vacuity-cold, 101
 stagnation in central burner, 337*m*
 wind-cold, 107
- gastrointestinal disorders, generally**, 151*m*, 261, 350*m*. *See also* specific disorders, e.g. colitis
- gastroneurosis**, 343*m*
- genitalia**
 itchiness, 6, 48, 191
 lesions, 191
 liver damp-heat disorders, 143, 191
 pain, swelling, distention, 157
 rash on, 139, 385
 retracted, 77, 332
 swollen, 48, 191, 271
 vulva, edema of, 270
- genital sores**
 herpes, 159
 lower burner damp-disorder, 248
 lower burner damp-heat, 5
 syphilitic, 420
 toxic, 5
 vaginal, 6
- genito-urinary tract infection**, 325
- glaucoma.** *See* eye disorders
- glomus.** *See also* specific glomus, e.g. epigastric glomus
 central burner vacuity, 35
 in children, 112, 113
 gallbladder-stomach disharmony with phlegm-heat, 318
 painless, 25
 thick tongue fur and, 36

glomus (*cont'd.*)

- upper body heat with intestinal cold, 146
- with wind invasion of channels, 65
- with yang ming repletion-heat, 59

gout with pain, 256**gums (mouth)**

- bleeding, 162, 230, 391
- inflamed, 329
- painful, 188, 230
- swollen, 104, 238, 310

gu wei, 407**gynecological disorders. *See specifics, e.g.***
menstrual block**H****hair**

- dull, lifeless, 209
- graying, premature, 91, 209

hair loss

- blood-stasis, 313
- liver-kidney vacuity, 91, 209
- qi-blood vacuity, 242

hands and feet. *See also* feet

- cold, 327, 332, 367
- hot, 188, 320
- numbness of, 177
- vexation heat in, 13, 120, 147, 350

**hands, counterflow cold in, 101. *See also* arms
head**

- cellulitis of, 208
- clouded, 357
- clouding and dizziness in, 299
- heat in, 400
- heaviness feeling
 - with pain, 285
 - summerheat, 285, 334
- wind-damp exterior pattern, 214

large appearance on thin neck, 166

phlegm-stasis accumulations in, 251

trauma, 184, 401

wind-heat toxins attacking, 208

headache

- abdominal pain (cold) with, 77
- ascendant hyperactivity of liver yang causing, 162
- binding depression of liver qi
 - with blood stasis in chest, 373m
 - with blood vacuity, 159, 160
- blood-stasis, 121, 303, 373m
- blood-vacuity, 204, 392
- cold-stasis, 364
- damp-heat lodging in qi aspect, 249
- dizziness with, 55, 332
- external pattern with internal damp accumulation, 325

fever and chills with, 55

frontal, from nasal congestion, 37

heaviness feeling with, 285, 334

high blood pressure and wind-damp associated, 215

hyperactivity of liver yang and liver wind ascent, 307

jue yin, 332

liver-fire, 114, 115

liver-gallbladder repletion fire, 72, 191

liver reversal, 114

liver stasis and heat with, 377

lung yin and fluid damage causing, 235

menopausal, 75

menstrual, 303, 357

migraine, 114, 306m

nasal congestion with, 37, 55

post-concussion, 305, 313m

postpartum, 129, 344m

pox disorder, early stage, 274

qi-blood vacuity, 239

qi vacuity, 36

repletion-heat eye disorders with, 333

shao yang pattern, 344m

summerheat, 185, 334

tai yang-shao yang pattern, 150

unilateral, liver-vacuity wind, 301

upper burner fire manifestation, 227

vacuity, 369

vacuity-cold in central burner, 332m

wind attacking extremities, 330

wind-cold, 40, 364

attacking the lung, 165, 366

channel pattern unclear, 282

cold symptoms (severe) with, 341

with cough and congestion, 87

with fever and chills, 55

interfering with qi, 108

with internal cold damage, 323

with internal damp-stagnation, 151

with internal heat, 66

with internal phlegm-damp, 267

internal qi stagnation with, 341

invading the lung, 410

nasal congestion with, 218

pathogen (exterior) in lung, 193

vacuity pattern initial stages, 128

wind-cold-damp, 128, 169, 173, 193, 237

wind-damp, 214

wind-heat, 386

wind-heat toxins, 208

wind-phlegm ascent, 21

yin-vacuity

ascent of liver yang, 401

stomach heat, 390

head scourge, 208c**head-wind, 55. *See also* headache**

- hearing loss**
 acute, 71*m*
 blood-stasis, 313
 deafness, sudden, 313*m*, 380
 insufficient true yin, 426
 kidney yin vacuity, 426
 liver-gallbladder repletion fire, 191
 liver-gallbladder repletion heat, 48, 72
 liver-kidney vacuity, 188
 pathogen (exterior) attacking interior, 106
 shao yang symptoms present with, 345*m*
 spleen-kidney vacuity-cold, 140
- heart**
 cold pain in, 151
 fullness sensation below, 26, 102, 371
 internal heat of, 45
 weakness in, 120, 295
- heartbeat, irregular**, 46. *See also* heart palpitations
 binding depression of liver qi with blood stasis
 in chest, 372*m*
 qi, blood, fluid vacuity, 408*m*
 shao yang pattern, 344*m*
- heartbeat, racing**, 46
 binding depression of liver qi with blood stasis
 in chest, 372
 heart-spleen vacuity, 118–119
 qi, blood, fluid vacuity, 409
 qi-blood vacuity, 9, 119, 374
- heart channel effulgent heat**, 79
- heart disease**
 binding depression of liver qi with blood stasis
 in chest, 372*m*
 generally, 201*m*, 372*m*
 myocarditis, viral, 343*m*
 water swelling with, 295
- heart fire**, 11, 98
- heart heat**, 46, 80, 372
- heart-heart downpour into small intestine**, 79
- heart-kidney vacuity**, 254
- heart-liver vacuity**, 301
- heart palpitations**. *See also* fright palpitations; heartbeat, irregular
 ascendant hyperactivity of liver yang causing, 161
 blood-vacuity, 297
 blood vacuity
 binding depression of liver qi with, 159
 and cold, 367
 liver depression with, 357
- collecting-rheum, 375
 damp in chest, 88
 gallbladder-stomach disharmony with phlegm-heat, 318
- heart-liver vacuity, 301
 heart-spleen vacuity, 119
 heart yang qi vacuity, 281
 liver depression with blood vacuity, 357
 liver-kidney vacuity with insufficient blood and qi, 85
 in menopause, 90
 pathogen (depressed) in interior, 292
 phlegm-heat
 disturbing the spirit, 318
 gallbladder-stomach disharmony with, 318
 phlegm-rheum collection with central burner yang vacuity, 183
 qi, blood, fluid vacuity, 408
 qi-blood vacuity, 9, 119, 242
 qi stagnation pattern with heat and water accumulation, 172
 qi-vacuity spontaneous sweating and disturbed sleep, 129
 taxation fatigue yang vacuity, 350
 vacuity vexation with, 120, 147
 water-rheum, counterflow ascent of, 343
 yin and yang vacuity with lower burner cold, 122
 yin-blood vacuity, 308
- heart qi vacuity**, 105, 319
- heart-spleen vacuity**, 118–119
- heart vacuity with blood insufficiency**, 374
- heart vexation**
 heat-water bind, 415
 stomach qi vacuity with weakness, 102
 yang ming pattern, 310
 yin vacuity with effulgent fire, 69
- heart yang qi vacuity palpitations/weakness**, 281
- heart yang vacuity**, 183
- heart-yang-vacuity water swelling**, 81, 405
- heat**
 aversion to, 17
 effulgent, in yang ming channel, 17
 internal, prominent signs of, 40
 nighttime, with morning coolness, 222
- heat accumulation in lung and stomach**, 232
- heat-bi**, 15, 86, 268
- heat diarrhea**, 150
- heat effusion**, 43, 356. *See also* fever
- heat in five centers**, 357, 426
- heat maculae**, 142
- heat-phlegm**, 89
- heat rash**, 348
- heat strangury**, 80
- heat-toxin pattern**, 246
- heat-toxin strangury**, 157
- heat-water bind**, 416

hemorrhoids

bleeding, 138, 198
 dry-stool, 198
 pain from, 383
 toxin expelled, 213
 vacuity-induced with inflammation, 36

hepatitis

acute, 71*m*, 180*m*
 central, upper burner heat, 180*m*
 chronic, 98, 133, 357*m*, 378*m*
 damp-heat, 103, 191, 384*m*
 icteric, 191, 318
 liver-gallbladder repletion fire, 71*m*, 192
 liver qi invading spleen, 51
 liver-spleen disharmony with heat/cold signs, 43*j*
 phlegm-heat disturbing the spirit, 318
 shao yang pattern, 41, 344*m*
 tai yang-shao yang pattern, 43
 vacuity-cold in central burner, 332*m*

hepatitis-like disorders, 191**herpes simplex**

of conjunctiva, 19
 genital, 159

herpes zoster

of conjunctiva, 223
 early stage, 274
 liver-gallbladder repletion fire, 192
 liver-gallbladder repletion heat, 49
 pain post-, 100

hiccups, 176, 318**hip pain, 77****hives**

blood-vacuity, 78
 damp-heat, 384
 with digesta stagnation, 29
 hot (red), 94, 290
 initial stages, 284
 recurring, 357
 tai yang pattern, 124
 wind-cold, 392
 wind-cold-damp, 169
 wind-heat-damp, 348
 yin-vacuity stomach heat, 390

hookworm infection, 167, 327**hot-cold bind of central burner, 25****hunger. See appetite****hypersensitivity, 190****hypertension, 46. See also blood pressure**

hyperactivity of liver yang and liver wind ascent, 307
 hyperactivity of liver yang ascendant, 161
 liver qi upsurge as cause, 115
 in menopause, 90
 in pregnancy, 76

primary, phlegm-rheum collection/accumulation, 183
 in qi stagnation pattern with heat and water accumulation, 172
 shao yang pattern, 344*m*
 yin-vacuity ascent of liver yang, 401

hypochondria pain, 100**hypogastric pain, 57, 58**

hysteria. *See* psychiatric disorders

I**impotence**

essence-depletion, 117, 138
 heart-kidney vacuity, 254
 kidney and essence vacuity, 168
 kidney-vacuity, 8, 141
 kidney yang vacuity with life gate fire decline, 156, 389
 spleen-kidney vacuity-cold, 140
 vacuity-cold, spleen-kidney, 140
 vacuity cold-stasis, 321
 yang-vacuity, 141, 168
 yin vacuity with vacuity fire, 135
 yin-yang vacuity with lower burner cold, 122

incontinence, urinary. *See also* entries at urinary,

urination, urine
 chronic taxation, 190
 downpour invasion of cold-damp, 270
 in elderly, 254
 kidney and essence vacuity, 168
 kidney qi debilitation with, 254
 kidney-vacuity, 8
 kidney yang vacuity with life gate fire decline, 389
 stroke with, 34
 vacuity-cold in lower burner, 122
 vacuity cold-stasis, 321

infants

constipation in, 371
 diarrhea in, 29, 158, 211, 361
 fetal heat, 227
 fright in, 318
 night-crying, 105, 166, 372
 regurgitating feedings, 176
 slow closure of fontanel, 188

infertility

blood-stasis, 121
 cold-stasis, 258, 321
 kidney vacuity, 209
 kidney yang vacuity with life gate fire decline, 389
 sperm count, insufficient, 389
 vacuity
 of blood and yang, 77
 cold-stasis, 321
 in penetrating and conception vessels, 297
 yang-vacuity, 388
 yang-vacuity cold accumulation, 1

influenza. *See* flu
injury, traumatic. *See* trauma
insomnia. *See also* sleep disorders; vexation-insomnia
 agitation causing, 377
 ascendant hyperactivity of liver yang, 162
 binding depression of liver qi
 with blood stasis in chest, 373m
 with liver vacuity, 379
 or liver qi ascent, 376m
 blood-vacuity, 204, 298
 with liver depression, 357
 blood-vacuity itching, 78
 central burner vacuity, 35, 414
 damp accumulation with depressed fire, 417
 excess dreams with, 122
 fright as cause, 291
 gallbladder-stomach disharmony, 319
 heart-heat with central burner vacuity, 414
 heart-kidney vacuity, 254
 heart-liver vacuity related, 301
 heart qi vacuity with liver qi depression, 105
 heart-spleen vacuity, 118
 heart-yin and liver-blood vacuity, 70
 heat in three burners, 142
 heat-water bind, 415
 hyperactivity of liver yang and liver wind ascent, 307
 intractable, 114m
 kidney and essence vacuity, 168
 liver-blood and heart-yin vacuity, 70
 liver depression with blood vacuity, 357
 liver-kidney vacuity, 91
 liver qi depression with heart qi vacuity, 105
 liver qi upsurge, 114, 115
 menopausal, 75, 90
 and menstrual irregularity, 204
 postpartum, 369
 qi, blood, fluid vacuity, 409
 qi-blood vacuity, 10, 119, 279, 375
 shao yang pattern, 42, 344m
 stomach qi
 disharmony, 26
 vacuity with weakness, 371
 vacuity taxation, 281, 302
 yin-blood vacuity, 309
 yin-vacuity ascent of liver yang, 401
 yin vacuity effulgent fire, 407
 yin vacuity related, 188
 yin-yang vacuity with lower burner cold, 122
internal strike (stroke). *See* stroke disorder
intestinal noise
 cold attacking chest and armpit, 330
 cold-rheum bound with heat, 272

stomach qi disharmony, 25
 stomach qi vacuity with weakness, 102
 upper body heat with intestinal cold in, 146
 wind-cold with internal damp-stagnation, 151
 yang qi vacuity in central burner, 62
intestinal wind, 138, 382
intestinal yong. *See* appendicitis
intestines. *See also* enteritis
 abscess in. *see* appendicitis
 bleeding in, 179
 damage due to damp, 152
 inflammatory disorders, 202
inversion qi, 175
inverted menstruation, 150, 200, 305m
irritability
 central burner vacuity with heart-heat, 414
 damp accumulation with depressed fire, 417
 damp-heat repletion with heat in epigastrium, 247
 external contractions with interior heat signs, 246
 liver-kidney vacuity with vacuity fire ascent, 56
 liver qi upsurge, 114
 lung qi vacuity with heat in lungs, 240
 menopausal, 90
 qi, blood, fluid vacuity, 408
 qi-blood vacuity, 374
 qi, yin, fluid damage post-heat illness, 418
 spasmodic, cramping pain causing, 259
 summerheat-damp, 250
 and thirst, 246
 vexation-heat, 360
 yin vacuity fire with, 69
J
jaundice. *See also* alcohol jaundice
 bright, 384
 cold, 294, 295
 damp-heat, 57, 143, 316, 384, 385
 heat in urinary tract and, 324
 liver-gallbladder repletion fire, 192
 as liver-spleen disharmony with heat/cold signs, 43j
 shao yang pattern, 344m, 346
 tai yang-shao yang pattern, 43, 44
 upper body heat and, 247
 yang, 384
joint pain. *See also* arthritis
 blood vacuity, 260
 in cold-to-touch joints, 287
 cold weather worsens, 245, 287
 damp-cold, 92, 154, 381
 damp-heat, 73
 damp-heat downpour, 248
 heat absent, 95, 153
 hot, 127, 215
 qi vacuity with damp, 95

joint pain (*cont'd.*)

stabbing
 at fixed location, 245
 migratory, 288
 tai yang-shao yang pattern, 44
 vacuity, 281
 vexation, 44
 wind attacking extremities, 330
 wind-cold-damp, 126, 128, 169, 256, 287, 370
 wind-damp, 95, 183, 196, 395m
 acute, 215
 chronic, 173, 349c
 wind-taxation, 217
 yin vacuity with vacuity fire, 136

joint pain, chronic. *See also* arthritis

dysentery-wind, 60
 wind-cold-damp, 173, 256
 yin vacuity with vacuity fire, 135

joint pain, location

arms, 245
 body, lower half, 92, 127, 248
 feet, 153
 legs, 154, 245

joint-running wind, 86, 126**joints**

cold-to-touch, 287
 deformed, 127
 numb, 330
 swollen, hot, 73, 126

ju. *See* flat-abscess**jue yin headache, 332****K**

kidney accumulation (shen zhuo), 270
 kidney, calculus in, 416
 kidney diarrhea, 112
 kidney-heart vacuity, 254
 kidney-lung vacuity, 13, 199, 240, 300
 kidney-spleen vacuity, 113, 300
 kidney stones, 324
kidney vacuity. *See also* kidney-vacuity; liver-kidney vacuity; vacuity disorders; yang-vacuity and insufficient essence, 168
 with leakage of essential fluids, 190
 long-term, 388
 qi-blood vacuity with, 10

kidney-vacuity. *See also* kidney vacuity

asthmatic breathing, 8
 clouded vision, 424
 eye disorders, 380
 impotence, 8, 141
 infertility, 209
 seminal loss, 98

kidney yang vacuity

life gate fire decline with, 155m, 388
 and pain in lower back, 7
 water swelling with, 7c

kidney yin and yang insufficiency, with ascent of vacuity fire, 90

kidney yin vacuity. *See also* liver-kidney yin vacuity; lung-kidney vacuity
 chronic, 188
 heart undernourished by, 424
 in sexual dysfunction, 136
 vacuity fire signs absent, 426

knee pain

central burner damp-heat downpour, 413
 kidney yang vacuity with life gate fire decline, 155
 liver-kidney vacuity, 56, 85, 188

knee pain, with weakness

kidney-vacuity, 8
 kidney yin vacuity, 426
 liver-kidney vacuity, 91, 188, 209
 wind attacking extremities, 331
 yin vacuity with vacuity fire, 136

knees

heat sensation in, 56
 strained, 288
 swollen, 60, 155
 weakness in
 dysentery-wind, 60
 kidney yang vacuity with life gate fire decline, 388
 liver-kidney vacuity with vacuity fire ascent, 56

L**lacrimation.** *See* eye disorders**lantern disorder, 372****leg qi, 172, 201m****leg qi downpour, 86****legs.** *See also* feet; limbs

heaviness feeling, 141
 numbness of, 64, 248, 288
 paralysis, 34, 64, 370
 phlebitis of, 126
 rashes, 139
 swollen, 73, 403
 traumatic injury, 289, 304, 406
 water swelling, 75, 201m, 270
 wind-cold-damp, 129

legs, lower. *See also* feet; limbs

calf, cramp in, 32
 cold, 153
 damp-toxin sores, 153
 heat sensation in, 56
 heaviness feeling, 153
 numbness of, 153
 spasm, occasional ascending, 153

- swollen**
 downpour of damp-cold pathogen, 153
 dysentery-wind, 60
 and hot, 73
 wind-cold-damp, 126
 weakness in, 56, 60, 153
- legs, pain in**
 burning, damp-heat downpour, 248
 cold in channels and network vessels, 77
 cramping, 260, 297
 on extension, 61
 in joints, 154, 245
 lower leg, 56
 postpartum vacuity, 149
 radiating, 288
 traumatic injury as cause, 100
- leg weakness.** *See also* bone wilting
 atrophy with, 91
 blood vacuity, 136
 dysentery wind, 60
 liver-kidney vacuity, 91, 379
 lower back pain and, 7
 postpartum, 85
 qi-blood vacuity-taxation, 281
 upper body repletion with lower body vacuity, 299
- lethargy**, 103, 187. *See also* fatigue
- leukemia, chronic granulocytic**, 71m
- leukorrhea**, 239
- life gate fire decline**, 155, 388
- ligaments, torn**, 265
- limbs.** *See also* arms; extremities; legs
 atrophy of, 65
 counterflow frigidity, 77, 292, 294
 extension difficult, 60, 85, 127, 349
 heat in, 277
 hemiplegia, 330, 355
 hypertonicity of, 245
 numbness of, 65, 85
 qi-vacuity, and blood-stasis counterflow cold, 148
 spasm with pain, 349
 stomach-spleen vacuity weakness, 35, 264, 291
 swollen, 353
 water swelling, 353
 wind-damp bi, 178
 wind paralysis, 349
- limbs, cold**, 101
 with hot body, 341
 intractable dysentery, 327
 kidney yang vacuity with life gate fire decline, 388
 shao yin pattern, 294, 332
- limbs, fatigued**
 lower body vacuity with upper body fire, 233
 qi and blood vacuity, 9
- spleen-vacuity, damp-encumbrance condition, 133
 stomach vacuity, yan qi in yang channels, 277
 summerheat, 285, 334
 upper body repletion with lower body vacuity, 299
- limbs, heaviness**
 damp-phlegm, 88
 with pain, 404
 shao yang pattern, 404
 spleen vacuity with damp, 328
 stomach-spleen damp stagnation, 206
 summertime summerheat pattern, 229
 wind-cold with water-rheum collection, 353
- limbs, pain in**
 blood-vacuity taxation fatigue in, 356
 damp-heat, 103
 with heaviness, 404
 with spasm, 349
 traumatic injury as cause, 100
 weakness with, 168
 wind-cold with interior heat, 39
- lips, dry.** *See also* mouth and lips, dry
 central, upper burner heat, 180, 182
 qi-blood vacuity, 242
 yin vacuity with effulgent fire, 69
- lips, sores on**, 230. *See also* mouth sores
- liver**
 damp-heat genital disorders, 143
 damp-heat pouring into lower body, 191
 enlargement, 112m
 headache, 302
 heat, 401
 inflammation, chronic, 49
 pressure in area of, 52j
 repletion fire in, 71
 water collection with carcinoma or cirrhosis, 96
- liver channel deficiency-heat**, 376
- liver depression**, 116, 356
- liver disease**
 cirrhosis, 52j, 96, 344m
 generally, 43c
- liver fire.** *See also* liver-fire
 from binding depression of liver qi, 352
 blood heat bleeding due to, 72
 invading the lung, 360
 liver depression giving rise to, 116
 liver qi upsurge as cause, 115
- liver-fire.** *See also* liver fire
 eye disorders, 143, 333
 headache, 114
- liver-gallbladder.** *See also* entries at gallbladder
 disorders, generally, 293
 epilepsy, 44m

liver-gallbladder (*cont'd.*)

repletion fire, 191
 repletion heat, 48, 49, 71*m*, 72. *see also*
 repletion-heat

liver-heart vacuity, 301**liver-heat menstrual disorders, 49****liver-kidney insufficiency, 135****liver-kidney vacuity. *See also* kidney vacuity
 with ascent of liver yang and qi-blood chaotic
 counterflow, 400**

back pain, lower back, 188, 209

chest pain, 378

constitutional, 91

cough with blood, 56

dizziness, 91, 188, 210

eye disorders, 210

flank pain, 379

hair loss, 91, 209

hearing loss, 188

insomnia, 91

with insufficient blood and qi, 85

knee pain, 56, 85, 188

knee pain, with weakness, 91, 209

leg weakness, 91, 379

mouth and throat, dry, 91

night sweats, 56, 188, 210

qi-blood vacuity, 209

seminal emissions, 56, 91, 188

seminal loss, 56, 189, 209

sleep disorders, 91, 210

tinnitus, 188

with vacuity fire, 56, 56, 56, 188

with vacuity heat, 379

vaginal discharge, 209

vision, blurred/cloudy, 91, 188, 210

wind-damp bi, 178

liver-kidney yin-blood vacuity, 421**liver qi. *See also* binding depression of liver qi**

ascent, 376*m*

counterflow ascent of, 330

invading spleen and stomach, 44

invading the spleen, 336

invading the stomach, 46, 336

stagnation, 342

upsurge, with liver fire, 114

**liver qi depression, 23, 105, 280. *See also* binding
 depression of liver qi****liver reversal headache, 114****liver-spleen disharmony**

with blood vacuity and binding depression of liver
 qi, 356

in menopause, 357

in pregnancy, 75

liver stagnation and spleen vacuity, 315**liver stasis and heat, 376****liver-stomach disharmony, 341****liver vacuity, 56, 115. *See also* heart-liver vacuity
 liver-vacuity wind, 301****liver wind, 84****liver yang, ascendant hyperactivity of, 161****liver yin vacuity fire, 352****lochial bleeding, 409*m*****lochia retention, 74, 271, 305*m*, 369****lung**

abscess, 163

dispelling yin-water from, 164

stomach-spleen vacuity with damp and phlegm, 187

lung and stomach

damaged by dry evil, 255

heat accumulation, 232

lung channel heat accumulation, 241**lung damp-heat, 103****lung heat. *See also* bronchitis; pneumonia**

breathing disorders caused by, 194, 241, 354, 359,
 360, 363

in channels, 241

in children, elderly, 241

cough with phlegm from, 94, 290, 363

external wind with, 194

extreme/severe, 195, 241, 360

laryngitis resulting from, 340

with lung damage, 200

lung qi vacuity with, 240

lung yin and fluid damage causing, 236

phlegm-heat bind pattern, 354

pneumonia due to, 241*m*, 359

sweating and, 194

thirst and, 194, 195, 241

tonsillitis and, 241*m*

tuberculosis due to, 241*m*, 359

wind-cold,

with phlegm-heat in lungs, 83

wind-cold

with water-rheum collection, 353

lung-heat cough

with blood, 360

chronic, 221

interior-exterior heat pattern, 290

internal heat pattern, 359

nasal congestion with, 363

and phlegm, 66, 94, 253, 290, 363

wind-cold, 66, 366

lung-kidney vacuity, 13, 199, 240, 300**lung-kidney yin depletion with vacuity fire
 ascent, 13****lung-phlegm cough, 220****lung phlegm-heat, 54, 83, 225**

- lung qi vacuity with heat in lungs**, 240
lung-stomach heat accumulation, 232
lung-stomach vacuity, 199
lung-stomach yin-vacuity lung wilting, 200
lung-taxation, 425
lung taxation cough, 241. *See also* taxation cough
lung-vacuity cough, 14, 31, 276
lung wilting, 199, 408, 423
lung yin-vacuity cough, 199
lupus, 216*m*, 256
lymphadenitis, 208, 213
lymph nodes
 enlarged, 205, 252*m*, 280
 and hard, 174
 suppuration encouraged, 420
 infected, 205
 inflamed
 initial stages, 402
 internal repletion heat, 144
 liver-gallbladder repletion heat with, 49
 shao yang pattern, 344*m*
 suppuration encouraged, 213, 314
 yin-vacuity fire, 352
 scrofula, 252, 352
lymph system carcinoma, 420*j*
- M**
- malaria**
 shao yang pattern, 41, 345*m*, 346
 wind-cold with internal damp-stagnation, 151
 yang ming pattern, 52
- malaria-like disorders**, 32, 356
- mania**. *See also* psychiatric disorders
 blood stasis heating the blood, 305
 interior vacuity allowing pathogen into
 interior, 46*m*, 47
 liver-gallbladder repletion fire, 71
 phlegm-heat, 84, 318
 with yang ming repletion-heat, 59
- mastitis**. *See also* breast disorders
 fire-toxin accumulation, 205, 329
 liver-gallbladder repletion fire, 71*m*
 liver qi depression, 280
 liver qi invading the spleen, 51
 suppuration encouraged, 205, 213, 284, 403, 420
- measles**, 18, 246, 274, 360. *See also* pox disorders
- memory disorders**. *See* forgetfulness
- Meniere's disease**
 central burner vacuity, 371*m*
 interior vacuity allowing pathogen into
 interior, 45*m*, 47
 liver qi ascent, liver fire, phlegm, 114
 obstruction of clear qi as cause, 318
- qi-blood vacuity, 119
 yang-vacuity cold pattern, 404
- meningitis**, 17*c*
- menopausal heat**
 afternoon, 159
 hot flashes, 90
 night sweats, 41, 90, 119, 159, 301
 shao yang, 46
 vacuity-heat, 279
 yin-vacuity, 115
 yin vacuity fire, 70*m*
- menopause**
 edema during, 172
 emotional instability, 46
 headache, 75
 heart palpitations, 90
 high blood pressure, 90
 irritability, 90
 liver-spleen disharmony with binding depression
 of liver qi in, 357
 night sweats, 41, 159
 perimenopausal syndrome, 35
 shao yang pattern, 344*m*
 sleep disorders, 75, 90, 301
 symptoms of, generally, 45*m*, 47, 105, 159,
 216*m*, 233*m*
 urinary frequency, 90
 urinary tract infection, 188
 uterine bleeding, post-menopausal, 68
 yang-vacuity cold accumulation, 1
 yin vacuity effulgent fire, 425
- menstrual block**
 blood-dryness, 313
 blood-stasis pattern, 33, 121*m*, 204, 304, 399
 blood vacuity, 204
 cold-stasis vacuity, 320
 epigastric distention/oppression with, 43*c*, 44
 heat-stasis in lower abdomen, 305*m*
 qi stagnation, 341
 vacuity cold in lower abdomen, 2, 320
 vacuity fire ascent and kidney yin and yang
 insufficiency, 90
 vacuity in penetrating and conception vessels, 298
 yang-vacuity cold accumulation, 1
- menstrual cycle, irregular**
 binding depression of liver qi, 304
 with blood vacuity, 159
 liver depression with blood vacuity, 356
 liver-spleen disharmony, 75
 mid-cycle bleeding, 257, 303, 320, 367
 qi-blood vacuity, 10, 119
 qi vacuity damp, 291
 vacuity in penetrating and conception vessels, 297

- menstrual dizziness**, 25
- menstrual irregularities**
- blood, clotted, 257, 303, 398
 - blood color, purple or black, 257
 - blood-vacuity insomnia related, 204
 - blood vacuity with binding depression of liver qi, 130
 - breast distention, 51
 - cold accumulation, 1
 - cold-stasis, 257
 - damp-heat, 73
 - fever, 357
 - headache, 357
 - liver-heat, 49
 - qi-blood vacuity, 10, 119, 239
 - from qi depression, 396
 - qi stagnation, 341
 - vicarious (counterflow), 159
- menstruation**
- delayed, 1, 2, 398*m*
 - early, 118–119, 159, 320
 - inverted, 150, 200, 305*m*
 - late, 130, 320
 - prolonged, 279
 - scant, 130, 303
- menstruation, excessive flow**
- blood-heat bleeding, 160
 - blood vacuity and cold, 367
 - qi, blood, fluid vacuity, 409*m*
 - spleen failing to control blood, 118–119
 - unstopping, 320
- menstruation, pain during**
- binding depression of liver qi
 - with blood vacuity, 131, 159
 - liver qi invading the stomach, 51
 - or liver qi ascent, 376*m*
 - blood-stasis pattern, 121, 303, 399
 - blood vacuity, 298
 - central burner cold, 3
 - cold, 77, 146, 323, 327
 - cold-stasis, 3, 121, 399
 - liver depression with blood vacuity, 357
 - liver-spleen disharmony, 76
 - liver stasis and heat, 377
 - with lower body water swelling and appetite lack, 75
 - premenstrual, 257, 304, 323
 - from qi depression, 397
 - stasis-heat in lower abdomen, 305*m*
 - vacuity-cold in central burner, 2, 320, 321, 332
 - vacuity cold-stasis, 321
- mental clouding**
- liver qi upsurge as cause, 115
 - wind-cold-damp, 237
 - wind-cold invading the lungs, 137
- mental retardation in children**, 188
- miasma malaria.** *See* malaria-like disorders
- miasma toxicity.** *See* flu, stomach
- miscarriage**
- bleeding following, 367, 398*m*
 - post-, blood stasis pain, 398
 - prevention, 27, 74, 257, 367
- morning sickness.** *See also* pregnancy
- central burner vacuity, 371*m*
 - cold-stasis, 3
 - frail constitution with, 175*m*
 - with internal damp-stagnation, 151
 - liver depressions with damp encumbrance, 23
 - phlegm-heat disturbing the spirit, 318
 - shao yang pattern, 344*m*
 - stomach qi disharmony, 25*c*
 - stomach yin vacuity, 200
 - vacuity-cold, 4, 332*m*, 336
 - water-rheum, counterflow ascent of, 343*m*
 - wind-cold
 - with internal damp-stagnation, 152
 - with internal phlegm-damp, 267
- mountain miasma**, 151
- mouth.** *See also* gums (mouth); taste, sense of; toothache
- acid in, on belching, 28
 - foaming at, 84
 - inflammation of oral cavity, 146, 384
 - wry, 33, 64, 84, 355, 400
- mouth and lips, dry**, 320, 361. *See also* lips, dry;
- mouth, dry
- mouth and throat, dry.** *See also* mouth, dry
- binding depression of liver qi with liver-kidney vacuity, 378
 - blood-vacuity taxation fatigue in, 356
 - heart-liver vacuity, 301
 - heat in three burners, 142
 - insufficient true yin, 426
 - liver depression with blood vacuity, 356
 - liver-kidney vacuity, 91
 - lung wilting pattern, during, 199
 - qi, blood, fluid vacuity, 408
 - qi, yin, fluid damage post-heat illness, 418
 - repletion heat-bind in abdomen, 310
 - upper burner heat accumulation, 224
 - urinary dysfunction and, 11, 12
 - vacuity fire, 188
 - vacuity taxation, 120, 147
- mouth and tongue.** *See also* tongue
- blood-heat bleeding gums, 230
 - dry
 - lower body vacuity with upper body fire, 234
 - lung vacuity as cause, 275
 - stomach heat accumulation causing, 230

- sores on**
- stomach fire ascent, 230*m*
 - wind-cold-damp pathogen, 238
- mouth, dry.** *See also* mouth and lips, dry; mouth and throat, dry
- binding depression of liver qi
 - with blood vacuity, 159
 - with liver vacuity, 379 - blood-heat, 296
 - interior-exterior heat pattern, 93, 290
 - kidney yin vacuity, 426
 - painful urination with, 11
 - postpartum, 369
 - spleen restriction causing, 197
 - summerheat thirst, 275
 - with thirst, 106, 369
 - vacuity cold-stasis, 321
 - vexation-heat thirst, 369
 - yin-vacuity fire, 69, 407
- mouth odor, 230, 232, 361**
- mouth sores.** *See also* lips, sores on
- central-burner hot-cold bind, 25
 - central burner vacuity with heart-heat, 414
 - at corners, 146
 - damp-heat in stomach, 104
 - heart-heat, 79, 80, 102, 414
 - heat in urinary tract, 324
 - repletion heat, internal, 145
 - spleen-stomach deep-lying heat, 362
 - stomach fire, 231*m*, 419
 - stomach heat, 104, 181, 182, 230, 391
 - upper body heat causing, 146, 247
 - upper burner heat accumulation, 224
 - wind-cold-damp, 238
 - yin-blood vacuity, 309
 - yin-vacuity, 79, 104, 255
- mumps, 143, 208, 344*m***
- muscles, injury to, 406.** *See also* trauma
- muscular neuralgia, 86**
- myelitis, 60**
- N**
- nasal congestion**
- deep-source, 37, 364. *see also* sinusitis
 - with discharge, 38, 93, 290
 - generally, 218*j*
 - headache with, 55, 218
 - interior-exterior heat pattern, 290
 - lung-heat, 363
 - wind-cold, 38, 87, 218*j*, 364
 - attacking the lung, 165, 366
 - channel pattern unclear, 282
 - with internal phlegm-damp, 267
 - internal qi stagnation with, 342
 - invading the lungs, 137
 - with phlegm-heat in lungs, 82
- wind-cold-damp, 169, 237
- wind-heat, 218*j*, 387
- nasal discharge**
- clear, 55
 - with cold aversion, 218
 - copious, 193
 - wind-damage cough with, 220
 - and congestion, 38, 93, 290
 - copious, persistent, 364
 - with dryness, 39
 - and infection, 38, 55
 - thick, sticky, 290
- nasal dryness**
- with discharge, 39
 - liver depression with blood vacuity, 357
 - lung yin and fluid damage causing, 235
 - upper burner heat accumulation, 224
 - wind-cold, 366
 - yin-vacuity, 255
 - yin-vacuity stomach heat, 390
- nasal infection**
- acute, 38
 - chronic, 55
 - with cold aversion, 55
 - deep-source, 171
 - with discharge, 38, 55
 - gallbladder heat as cause, 171
 - interior-exterior heat pattern, 93, 94, 290
 - wind-heat, 37, 171, 218
- nasal polyps, 363**
- nausea.** *See also* morning sickness; vomiting
- central burner
 - digesta damage, 211
 - vacuity with heart-heat, 414
 - chemotherapy as cause, 319
 - damp-cold downpour, 153
 - damp encumbrance, 158
 - damp (internal) with, 250
 - digesta damage, 211
 - digesta stagnation and, 28
 - epigastric obstruction with, 126
 - heart-heat with central burner vacuity, 414
 - jaundice, damp-heat, 384
 - liver qi upsurge as cause, 115
 - mild, 102
 - pathogen (exterior) as cause, 106, 152
 - post-illness, 319
 - qi depression causing, 397
 - running joint wind, 126
 - shao yang pattern with fluid accumulation, 41
 - stomach qi vacuity and weakness, 371
 - stomach-spleen vacuity, 335

- nausea (cont'd.)**
- stomach vacuity-heat, 175
 - summerheat pattern, 334
 - thoracic oppression and, 153
 - turbid, damp pathogen invasion, 32
 - wind-cold, 129
 - wind-cold-damp, 193
 - yin-fluid vacuity, in lungs and stomach, 199
- navel**
- pain in, 174
 - pulsating vessel under, 325
- neck**
- boils, 144
 - cellulitis, 208
 - lymph nodes inflamed, 144, 174
 - phlegm-stasis accumulations, 251
 - red, upper burner fire manifestation, 227
 - spasm at nape, 177
- neck stiffness**
- cold-damp, 92
 - high blood pressure and wind-damp associated, 215
 - pain with, 108
 - wind-cold
 - exterior, compounded by internal cold, 323
 - invading the lungs, 137
 - wind-cold-damp, 169, 173, 237
 - wind, cold, damp related, 109
- nephritic edema**, 81, 94m, 394m
- nephritis**
- acute, 325
 - chronic, 7c, 155m, 325
 - damp-heat, 103, 249, 384m
 - with diaphragmatic oppression, 201m
 - shao yang pattern, 344m
 - spleen vacuity with damp, 96
 - water swelling due to, 95mc, 394m
- neuralgia**
- shao yang pattern, 344m
 - trigeminal, 349
- neuralgia, intercostal**
- binding depression of liver qi, 51
 - with blood stasis in chest, 372m
 - with liver-kidney vacuity, 378m
 - phlegm-heat bind pattern, 354
 - traumatic injury as cause, 100, 286
 - wind-cold invading the lung, 411
- neurological disorders**, 190
- night-crying in infants**, 105, 166, 372
- night sweats.** *See also* sleep, disturbed; sweating
- binding depression of liver qi
 - with blood stasis in chest, 372m
 - with blood vacuity, 159
- blood-vacuity prominent, spleen-vacuity minor, 119
- blood-vacuity taxation fatigue in, 356
- central-burner vacuity-cold with, 147
- cough with, 199, 200
- fever with, 141, 200
- heart-liver vacuity, 301
- heart-spleen vacuity, 118
- heart-yin and liver-blood vacuity, 70
- heat in three burners, 142
- insufficient true yin, 426
- kidney yin vacuity, 426
- liver-blood and heart-yin vacuity, 70
- liver-kidney vacuity, 56, 188, 210
- in menopause, 41, 159
- spleen-kidney vacuity-cold, 141
- vacuity-heat, 308
- vacuity taxation, 120, 147, 422
- wind-taxation, 217
- yin and yang vacuity with lower burner cold, 122
- yin vacuity, 13
- yin vacuity effulgent fire, 69, 407, 425
- nighttime heat**, 222, 372
- nocturnal emissions**, 168, 209, 407. *See also* dream emissions; entries at seminal
- nosebleed**
- ascendant hyperactivity of liver yang causing, 162
 - heat related
 - blood-heat, 224, 296
 - central burner vacuity with heart-heat, 414
 - central, upper burner heat, 180, 182
 - intense upper body heat as cause, 246, 247
 - liver-gallbladder repletion heat, 48
 - lung-heat, 360
 - stomach fire ascent, 231m
 - toxic-heat pattern, 142
 - wind-heat, 171
 - intractable, 161
 - during menstruation (inverted menstruation), 150m, 200, 305m
 - qi-blood vacuity, 409m
- nose pain**, 194. *See also* entries at nasal
- O**
- obesity**, 94, 167, 298
- osteoporosis**, 389, 427
- ovaries**
- cysts on, 121m
 - inflammation, 322
- overweight.** *See* obesity
- P**
- pancreatitis**, 57m, 286, 344m
- paralysis.** *See also* Bell's palsy
- arms, 34, 64
 - body, left/right side, 149
 - facial, 34, 331
 - hemiplegia, 34, 355

- legs, 34, 64, 370
 limbs, 349
 from polio, 33
 polio in childhood causing, 33
 post-stroke, 34, 135, 149, 161, 349c
- parasites**
 bile duct, 57m, 327
 digestive system, 62, 167, 327
- Parkinson's disease**, 33
- pearl-string lumps**, 251
- pelvic inflammatory disease**
 acute, 191
 blood-stasis pattern, 121m, 399m
 chronic, 121m, 304
 damp heat in lower burner with, 19
 liver damp-heat, 192
 stasis-heat in lower abdomen, 305
 yang qi vacuity in central burner, 61c
- penis.** *See also* seminal loss
 cold in the head of, 122, 128
 discharge with, red or white turbidity, 99
- parametritis**, 61c
- peri-anal inflammation**, 213
- peritonitis, chronic**, 123
- perspiration.** *See* sweating
- pharyngitis**, 425
- phlebitis**
 blood bi, 149
 running joint wind, 126
 vacuity of blood and yang, 77
 wind disablement, 149
 yang-vacuity cold pattern, 404
- phlegm.** *See also* cough with phlegm; damp-phlegm
 asthma with, 404
 blood in, 142, 240, 422
 chronic, 300
 clear, 89, 299
 clear-white, 164
 dry, 220
 expectoration easy, 89
 gallbladder-stomach disharmony with, 318
 harbored with overweight, 298
 hot, 83, 226
 in lungs, 53
 pus in, 240
 scant, 83, 255, 275
 sore throat with, 163
 sticky, 199
 sticky-yellow, 241
 stubborn, 89, 116
 voice loss with, 371
 white, 299
 wind strike as cause, 330
- phlegm-cold breast lumps**, 174
- phlegm, copious**, 21, 195, 203, 240, 266, 379
 and clear, 89
 clear-white, 164
 expectoration easy, 89
 heat not prominent, 83
 internal heat and phlegm, 84
 with qi ascent, 137
 sticky-yellow, 241
 upper body repletion with lower body vacuity, 299
 wind-cold coupled with phlegm-heat in lungs, 83
- phlegm-cough**, 103m, 220, 416. *See also* cough with phlegm
- phlegm-damp**
 palpitations or insomnia and, 302
 wind-cold with, 267
- phlegm dryness with vexation heat**, 116
- phlegm, expectoration difficult**
 with chest tightness, 54
 and hot, 226
 lung-heat as cause, 360
 lung-kidney vacuity, 13
 and scant, 275
 sticky, 199
 stubborn, 89
 thick, yellow, 225, 354
 vexation heat, 116
 wind-cold coupled with phlegm-heat in lungs, 83
- phlegm-fire**, 352, 401
- phlegm-heat**
 ascending liver yang coinciding, 401
 gallbladder-stomach disharmony, 318
 in lungs, 54, 83, 225
- phlegm-heat bind**, 354
- phlegm-rheum accumulation/collection**
 breathing difficulties, 183, 263, 325
 bronchitis, 183, 353m
 central burner yang vacuity, 183
 dizziness, 183, 325
 in epigastrium, due to spleen vacuity, 97
 with exterior-cold contraction, 353
 in lung, 263
 pleurisy, 183, 353m
 signs of, 101
- phlegm-rheum cough**, 263. *See also* cough
- phlegm-stasis accumulations**, 251
- phlegm, thick**
 with severe heat, 226
 and yellow, 89, 225, 232, 240
- phlegm, yellow**, 169
 slightly, 203
 and sticky, 241

phlegm, yellow (*cont'd.*)

and thick, 89, 225, 232, 240
thick and sticky, 354

pinworm infection, 167**pituitary disorders, 90****pleurisy**

exudative, 96
fluid and phlegm accumulation causing, 411*m*
phlegm-heat in lungs, 53
phlegm-rheum accumulation, 183, 353*m*
shao yang pattern, 41*m*, 344*m*
tai yang-shao yang pattern, 43
wind taxation, 216*m*
yang-vacuity cold pattern, 404

plum-pit qi, 23**pneumonia. *See also* lung heat**

central burner vacuity, 371*m*
fire damaging lung yin, 219
lung heat causing, 241*m*, 359
lung yin and fluid damage causing, 235
phlegm and heat in lungs, 53
phlegm-heat bind pattern, 354
phlegm-heat in lungs, 225
qi, yin, fluid damage post-heat illness, 418
shao yang pattern with fluid accumulation, 41*m*
tai yang-shao yang pattern, 43
wind-cold with internal heat, 66
wind taxation, 216*m*

polio, 33, 135**post-menopausal uterine bleeding, 68. *See also* flooding; menopause; spotting****postpartum disorders**

abdominal distention, 158
asthmatic breathing, 369
bleeding, 10, 35, 271, 367, 369
blood congealed in abdomen, 129
blood stasis, 77, 271, 297, 369
blood vacuity, 369
central-burner vacuity-cold, 351
cold, common, 129
constipation, 369
damp encumbrance, 158
diarrhea, 19, 158
dizziness, 369
dry mouth with thirst, 369
with external wind, cold or damp condition, 237
fever, 17, 68, 369
flu, 129
headache, 344*m*
heat signs, 74, 271
hysteria, 74
indigestion, 158
insomnia, 369

lochia retention, 74, 271, 305*m*, 369

nausea, 158

qi-blood vacuity, 242, 279

sweating, spontaneous, 7

tinnitus, 369

vacuity-cold, central-burner, 351

vexation, 369

vomiting, 158

weakness, back/legs, 60, 85

wind-cold, 129

postpartum pain

abdominal, 85, 158, 369
back, lower, 149
blood and qi stabbing type, 151
vacuity-cold, 271

post-stroke, 33, 64, 135, 148, 161, 331, 349, 355, 370**pox color, deep-purple, 195****pox disorders, 18, 195, 237, 274, 387****pregnancy. *See also* miscarriage; morning sickness;**

postpartum disorders; restless fetus syndrome

blood and qi stabbing pain in, 151

cough in, 199

cramping and abdominal pain during, 75, 239

edema during, 328

hypertension during, 76

liver-spleen disharmony in, 75

miscarriage prevention, 27, 74, 257

securing of fetus, 76

spotting during, 367

water swelling in legs during, 75

pregnancy, labor and delivery

bleeding, excessive during, 382

blood loss from, 67

breech presentation, 27

difficult, 27

promote smooth delivery, 27

prostate, enlarged, 30, 121, 156*m*, 327**prostatitis, 30, 405, 413*m*****psoriasis. *See* skin disorders****psychiatric disorders. *See also* delirium; depression, emotional; mania; spirit-essence disorders**

agitation, 45, 47, 105

compulsive disorders, 84

disorientation, 105

emotionalism, 105

fear, unsubstantiated, 318

generally, 43, 46

hysteria, 74, 84

insecurity, feelings of, 75

mental confusion, 88

ruminations, excessive, 118–119, 309

sadness (frequent) with urge to weep, 105

- schizophrenia, 47, 84, 318
sighing, frequent, 105
- pulmonary yong (abscess).** *See* abscess
- Q**
- qi-blood vacuity**
abdominal pain, 239, 257
anemia, 239
appetite lacking, 9, 119, 242
back pain, 10
blood stasis, 10
breath, shortness of, 9, 242
chronic fatigue syndrome, 119
constipation, 10, 119
cough, 10, 242
dizziness, 9, 119, 239
dreaming, excessive, 374
fatigue, 9, 242
fever, 67, 242
forgetfulness, 118–119, 242
fright palpitations, 375
hair loss, 242
headache, 239
heart palpitations, 9, 119, 242
insomnia, 10, 119, 279, 375
irritability, 374
kidney vacuity signs with, 10
lips, dry, 242
liver-kidney vacuity with, 209
liver stasis and heat with, 377
mastitis, 280
Meniere's disease, 119
menstrual irregularities, 10, 67, 119, 239
nosebleed, 409m
postpartum, 242, 279
racing heartbeat, 9, 119, 374
seminal loss, 10, 242
stool, dry, 243
sweating, spontaneous, 242
throat, dry, 242
toxic swelling, 279
uterine bleeding, 10, 119, 368
vaginal discharge, 119, 239
vexation-heat, 242, 375
visual dizziness, 9
weight loss, 119, 242
with wind-damp cold bi, 85
yin-vacuity heat signs with, 278
- qi-blood vacuity-taxation,** 281
- qi diarrhea,** 299
- qi stagnation**
blood stasis and, 245
in central burner, 89
with heat and water accumulation, 172
- internal/external wind-cold with, 341
liver depression with blood vacuity, 357
stomach-spleen, 339
- qi strangury,** 157. *See also* strangury
- qi vacuity.** *See also* yang and qi vacuity
abscess with, 314
ascent of wind-phlegm with, 22
blood loss, 278
blood stasis with, 148
cold aversion resulting from, 369
cold diarrhea, 291
damp-collection, 187
damp with
 irregular menstruation as result, 291
 vaginal discharge as result, 291
extreme, 271, 276, 291
- fever**
 in afternoon, stomach-spleen qi vacuity, 291
 resulting from, 369
- internal heat and phlegm,** 84
- kidney yang vacuity with life gate fire decline,** 155
- labor and delivery,** 27
- phlegm-damp and,** 88
- postpartum, with stasis,** 271
- qi and blood obstruction with,** 268
- racing heart with,** 105
- spontaneous sweating, with heart palpitations and disturbed sleep,** 129
- with thirst, and sweating,** 15
- water path disturbances,** 326
- wind attacking extremities,** 331
- wind-cold compounded by internal cold damage,** 323
- wind-cold-damp pain with,** 256
- wind-damp,** 95
- wind-damp cold bi pattern,** 86
- yang ming patterns with,** 15
- qi-yang vacuity,** 291
- qi-yin vacuity,** 427
- R**
- rash.** *See* skin rash
- rectum**
 bleeding from, 138, 382
 heaviness feeling, 19, 261, 293
 prolapse, 36
- repletion-heat.** *See also* liver-gallbladder repletion heat; yang ming repletion-heat
- asthma, 300
- eye disorders, 145, 333
- interior-exterior pattern, 93
- liver-gallbladder, 72
- stomach counterflow, 175
- repletion heat-bind in abdomen,** 310

- repletion phlegm-heat lung patterns**, 219
- respiratory tract infection**
- phlegm-heat in lungs, 225
 - shao yang pattern, 344*m*
 - wind-cold invading the lungs, 137
- restless fetus syndrome**
- blood vacuity and cold, 368
 - blood-vacuity heat disorders, 74
 - miscarriage prevention, 27
 - owing to heat, 239
 - spotting with, 121
- retching.** *See also* vomiting
- binding depression of liver qi with blood stasis in chest, 372
 - jue yin headache as cause, 332
 - stomach vacuity-heat, 175
 - tai yang-shao yang pattern, 43, 150
 - ulcers with, 26
 - wind-cold
 - shao yang pattern, 52
 - vacuity pattern, 128
- Reynaud's disease**, 77
- rheumatism**, 60, 86, 149. *See also* arthritis; bi pain
- rheum collection in epigastric region or chest**, 41, 88, 97, 101, 183, 187, 201, 263, 343, 353, 375
- rhinitis**
- acute, 37
 - atrophic, 38, 171*j*, 218
 - chronic, 35, 109, 364
 - cold-type, 109, 364
 - damp-type, 109
 - dry-type, 255, 391
 - hot-type, 40
 - hypertrophic, 34
 - lung-heat, 363
- rhinitis, allergic**
- chronic, 108*m*
 - generally, 37
 - liver depression with blood vacuity, 358
 - wei qi vacuity, 392*m*
 - wind-cold, 364
 - wind-cold with internal qi stagnation, 342
- rib cage, fullness sensation in**
- shao yang pattern, 344, 346
 - shao yang-yang ming pattern, 57, 58
- rib cage, intercostal neuralgia**
- binding depression of liver qi, 51
 - with blood stasis in chest, 372*m*
 - with liver-kidney vacuity, 378*m*
 - phlegm-heat bind pattern, 354
- traumatic injury as cause**, 100, 286
- wind-cold invading the lung**, 411
- rib-side pain**
- along liver channel, 50
- blood-vacuity taxation fatigue in**, 356
- interior vacuity allowing pathogen into interior**, 45, 47
- liver-gallbladder repletion fire**, 191
- liver-kidney vacuity as cause**, 378*m*
- ringing in the ears.** *See* tinnitus
- roundworm infection**
- bile duct, 57*m*, 327
 - digestive system, 62, 167, 327
- rumination, excessive**, 118–119, 309. *See also* psychiatric disorders
- running joint wind**, 126
- S**
- salmonella**, 39
- scapula, pain in**, 114*m*
- schistosomiasis**, 327
- schizophrenia.** *See* psychiatric disorders
- sciatic pain**, 33, 86, 270, 288
- scrotum**
- edema, 183, 394*m*
 - shan qi pain, 77
- seizure**
- binding depression of liver qi/liver qi ascent, 376*m*
 - with falling, internal heat and phlegm, 84
 - gallbladder-stomach disharmony with phlegm-heat, 318
- seminal efflux**
- chronic taxation, 190
 - insufficient true yin, 426
 - kidney and essence vacuity, 168
 - kidney yang vacuity with life gate fire decline, 388
 - lower body vacuity with upper body fire, 233
 - yin vacuity effulgent fire causing, 407
 - yin-yang vacuity with lower burner cold, 122
- seminal emissions.** *See also* dream emissions; nocturnal emissions
- central burner damp-heat downpour, 413
 - damp-heat, 5, 6
 - liver-kidney vacuity, 56, 91, 188
 - spontaneous, 91
 - vacuity, 351
 - yin vacuity with vacuity fire, 135
 - yin-yang vacuity, 128
- seminal insufficiency**, 321
- seminal loss.** *See also* penile discharge
- essence-cold, 99
 - essence-depletion, 117
 - fatigue and, 122
 - heart-kidney vacuity, 254
 - insufficient true yin, 427
 - kidney and essence vacuity, 168
 - kidney yin vacuity, 426

- liver-kidney vacuity, 189, 209
 with vacuity fire ascent, 56
 low back pain with, 122
 qi-blood vacuity, 10, 242
 qi-blood vacuity-taxation, 281
 spleen-kidney vacuity-cold, 140
 vacuity-cold in lower burner, 122
 yang-vacuity, 168
 in yin and yang vacuity, 129
- senses.** *See smell; taste*
- septicemia,** 142*m*
- seven injuries,** 151
- sexual dreams,** 122
- sexual dysfunction.** *See also ejaculation*, premature; impotence
 chronic taxation, 190
 drive lacking, 117
 essence-depletion, 117
 kidney and essence vacuity, 168
 kidney yin vacuity related, 136
- shan qi,** 77, 147
- shao yang disease.** *See also tai yang-shao yang pattern*
 diarrhea with, 150*m*
 fluid accumulation with, 41
 in menopause, 46, 344*m*
 patterns, generally, 39, 41, 43, 45, 47, 50, 52, 53,
 344, 346
 wind-cold, 52
- shao yang-yang ming pattern,** 57, 58
- shao yin disease**
 pathogen (depressed) in interior, 292
 patterns, generally, 332
 with severe cold, 295
 spleen-kidney yang vacuity with, 404
- shen zhuo,** 270
- shingles.** *See herpes zoster*
- shoulder, frozen,** 109, 121
- shoulder pain**
 cold-damp, relieved by heat, 92
 damp-phlegm-rheum disorder, 92
 fifty-year shoulder, 46, 121
 wind-damp bi, 178. *see also entries at bi; wind-damp*
- sinew, weakness in,** 177
- sinusitis**
 acute, with thick, purulent discharge, 181
 allergic, 392*m*
 central, upper burner heat, 180
 generally, 37
 lung-heat, 363
 wei qi vacuity, 392
 wind-cold, 364
 wind-heat, 171, 218
- skin disorders,** 242. *See also acne; boils; eczema; hives; toxic swelling*
 acute, 93, 391
 allergic, 108*m*, 237, 284*j*
 blood heat, 160, 329
 blood-vacuity, 78
 carbuncles, 213, 284
 chilblains, 77, 149, 196
 chronic, 348, 357
 cysts, 205, 402
 damp, 196, 265
 damp-cold, 153
 dermatitis, 70*m*, 78
 heat rash, 348
 impetigo, 69*m*
 psoriasis, 78, 274, 348
 purpura, 142
 purulent, 108*m*
 qi, blood, fluid vacuity, 409*m*
 qi depression and stagnation, 280
 sores slow to heal, 67
 steaming hot, 285
 sunburn, 235
 swellings, hot, painful, without suppuration, 252
 vitiligo, 312
 warts, 94*c*, 196
 wind-damp, 196, 394*m*
 yellowed, with damp-heat, 362
 yin-vacuity stomach heat, 391
- skin, dry**
 blood-vacuity, 281, 297
 hot, 236
 and itching, 78, 322
- skin, hot**
 acute, 93, 348
 dry, 236, 322
 steaming heat, 359
 sunburn, 236
- skin, itchy**
 blood-vacuity, 78
 damp-heat, 384
 nighttime worsens, 348
 severe, with rash, 348
 tai yang pattern, 124
 yin vacuity fire with, 69
- skin lesions**
 along liver or gallbladder channels, 191
 oozing without inflammation, 153
 red, hot, itching or painful, 153
 non-suppurated, 420
- skin papules**
 (dormant) due to wind toxin, 238
 damp, 284, 348

- with exudate, 348
 non-suppurated, 284, 387
 hot, 238, 246
 itching, 348
 pox disorder, early stage, 274
 red wind-, 348
 repletion heat in central burner, 310
- skin rash**
- allergic, 348
 - damp-heat, 248
 - blood-vacuity itching with, 78
 - fire-toxin accumulation, 329
 - genitalia, 139
 - heat-water bind, 416
 - jaundice, 385
 - in liver channel, 192
 - liver-gallbladder repletion heat with, 73
 - in lower burner, 19, 20
 - wind-, 348
 - fire-toxin accumulation, 329
 - hot
 - acute, 290
 - heat in three burners, 143
 - interior-exterior heat pattern, 94
 - itching, 71*m*, 223
 - red and, 17, 144
 - itching
 - hot, 71*m*, 223
 - and red, 348
 - upper-body, 377
 - upper burner fire manifestation, 228
 - lower burner, 139
 - night worsening, 223
 - pox disorder, early stage, 274
 - purple, 348
 - red
 - hot and, 17, 144
 - with itching, 348
 - wind-cold-damp, 169
 - wind-heat, 253, 274, 387
 - wind-heat-damp, 348
- skin rash locations**
- body, lower half, 248
 - genitalia, 139, 385
 - legs, 139
 - upper body, 348
- skin sores.** *See also* toxic swelling
- clove sores, 142, 329
 - hot, weeping, 142
 - jie sores, 284
 - malign sores, 420
 - slow to heal, 120, 147, 281
 - suppurating, 205
 - toxic dermal ulcers, 238
 - wind-heat toxin sores, 227
- sleep desire, 206**
- sleep disorders.** *See also* dreaming/dreams; insomnia
- in children, 301
 - desire for sleep, 294
 - in elderly, 308
 - fright, 105
 - fright wind, 301
 - heart qi vacuity with liver qi depression, 105
 - insufficient true yin, 427
 - liver-kidney vacuity, 210
 - menopausal, 302
 - night-crying in infants, 105, 166, 372
 - restless sleep, 128, 210, 234, 376
 - sleepwalking, 105
 - urinary incontinence with, 254
 - vacuity caused, 105, 128
- sleep, disturbed.** *See also* dreaming/dreams; insomnia; night sweats
- ascendant hyperactivity of liver yang causing, 161
 - depressed fire with damp, 417
 - by dreams, 91, 161
 - insufficient true yin, 426
 - kidney yin vacuity, 426
 - liver-kidney yin vacuity, 91
 - liver wind, 161
 - qi and blood vacuity related, 118–119, 278
 - qi-vacuity spontaneous sweating and heart palpitations, 129
 - yin-qi vacuity, 278
 - yin vacuity, 13
- smell, sense of, lost, 364**
- sore throat.** *See also* throat
- acute, 232
 - binding depression of liver qi, 266
 - central, upper burner heat, 180, 182
 - damp-heat, 103, 104
 - and dry, 13
 - dry cough with, 425
 - external contractions with interior heat signs, 246
 - external patterns not cause of, 163
 - internal repletion heat, 144
 - liver-gallbladder repletion heat, 72
 - lower body vacuity with upper body fire, 233
 - lung and stomach damaged by dry evil, 255
 - lung-stomach heat accumulation, 232
 - pain extending to ear with, 232
 - phlegm with, 163
 - pox disorder, early stage, 274
 - and swollen, 103, 104
 - upper burner heat accumulation, 224
 - vacuity fire scorching the throat, 425
 - wind-cold, 39
 - wind-heat, 208, 253, 387
 - yin-vacuity, 163, 255

sore throat, chronic. *See also* throat

fire damaging lung yin, 219
 heart qi vacuity with liver qi depression, 105
 liver depression with blood vacuity, 357, 358
 liver-fire as cause, 49
 lower body vacuity with upper body fire, 234
 yin-vacuity, 255
 yin vacuity effulgent fire, 407

spasm

back, 177
 duodenum, 3
 epigastrium, 3
 esophageal, 151
 internal heat and phlegm, 84
 irritability caused by, 259
 liver-gallbladder repletion fire, 71
 liver stasis and heat, 376
 in nape of neck, 177

speech. *See also* voice

aphasia, painless, 370
 delirious, 71, 305, 310
 difficult, 331
 laconic, 9
 loss of, 64, 88
 reluctance of, 35
 slurred and slow, 355

spine, misshapen (arthritis), 127**spirit disorders**

agitation, 105
 with ascendant liver yang patterns, 161
 clouding of spirit, 250, 285, 334
 depression with confusion and vision degradation, 372
 disquietude, 204, 377
 disturbed spirit, 324
 fire disturbing the spirit, 71
 fright, 46, 46, 291
 lassitude
 chronic taxation, 190
 kidney and essence vacuity, 168
 life gate fire decline with, 388
 liver depression with blood vacuity, 356
 in menopause, 90
 qi-blood vacuity, 242
 qi vacuity, 314
 summertime summerheat pattern, 229
 with vacuity taxation, 281
 yin-blood vacuity, 308
 long-term, 417
 weakness due to blood vacuity, 204
 weak spirit with desire to sleep, 294
 of yin vacuity pattern, 13

spirit-essence disorders, 90. *See also* psychiatric disorders**spleen**

damp encumbrance of, 158
 damp encumbrance of spleen with liver qi depression, 21, 23, 133, 187, 206, 264, 317, 338
 with summerheat, 229
 damp stagnation in, 206
 enlargement, 112*m*
 failing to control blood, 118–119
 qi damage, 88, 110
 restriction (pi yue), 197

spleen and liver disharmony. *See* liver-spleen disharmony

spleen gan, 166
spleen-heart vacuity, 118–119
spleen-kidney vacuity, 113, 300
spleen-kidney vacuity-cold, 141
spleen-kidney yang vacuity, 404
spleen-lung vacuity, 92
spleen-stomach. *See* stomach-spleen
spleen vacuity. *See also* spleen-vacuity; vacuity disorders; yang-vacuity

central burner cold with, 3
 chronic spasmodic epigastric pain from, 3
 with damp, 264, 316
 damp (effulgent) with superficial edema, 328
 damp encumbrance, 158, 265
 with digesta stagnation, 29
 liver qi depression with, 23
 and liver stagnation, 315
 pathogen (depressed) in interior, 293
 phlegm-damp and, 88
 phlegm-rheum collection, 97
 poor appetite resulting from, 369
 with stomach qi disharmony, 26
 wind-cold, 125

spleen-vacuity. *See also* heart-spleen vacuity; spleen vacuity

damp, 315
 damp-encumbrance, 134
 damp encumbrance, 187, 335
 diarrhea, 113, 264, 336
 with digesta stagnation, 211
 vaginal discharge, 118–119, 315
 water swelling, 96, 264, 291

spotting. *See also* post-menopausal uterine bleeding; uterine bleeding

binding depression of liver qi with blood vacuity, 159
 blood stasis and qi vacuity, 33
 blood-stasis pattern in, 121
 blood vacuity-blood heat combined, 322
 cold-stasis, 258
 heat-stasis in lower burner, 382

spotting (cont'd.)

- incessant, 118–119, 121, 257, 320
- qi and blood vacuity, 67
- qi-blood vacuity-taxation, 281
- spleen failing to control blood, 119
- vacuity cold-stasis, 320
- vacuity in penetrating and conception vessels, 297
- vacuity-taxation, qi-blood, 281
- very dark, black or purple blood, 121

sprain (trauma), 171, 288, 387, 405**sputum. *See* phlegm****steaming bone fever**

- damp-heat and stomach fire, 277
- liver-kidney vacuity with vacuity fire ascent, 56
- wind taxation, 216
- yang ming pattern, 310
- yin vacuity effulgent fire causing, 407

steaming bones

- with cough and dry throat, 199
- lung-kidney vacuity, 13
- lung-vacuity cough and, 14
- lung wilting causing, 199
- tuberculosis associated, 223
- wind-taxation, 217
- yin vacuity effulgent fire, 407, 425

steaming-bone tidal fever, 188**steaming heat in skin, 359****stiff neck. *See* neck stiffness****stomach. *See also* entries at abdominal,**

- gastric, gastritis
- cold in, 146, 411
- cold-rheum bind in, 272
- counterflow qi, 25, 45, 332
- damage due to damp, 152
- damp-heat, 104
- damp stagnation, 206
- distention, 51
- dryness and heat in, 310
- fluid production, 97
- fluid retention, 325
- gastritis
- cold in, 101
- internal heat of, 45
- liver qi invading, 45, 51
- prolapse, 62, 272, 325
- queasy, 111
- vacuity cold in causing vomiting, 343

stomach-cold pain, 336. *See also* stomach pain**stomach-cold with/without pain, 147****stomach disorders. *See also* entries at gastric,**

- gastritis; food poisoning
- acid reflux, 97, 332
- gurgling, 332

hyperacidity

- cold-stasis, 3
- interior vacuity allowing pathogen into interior, 45
- liver qi invading the stomach, 51
- as liver-spleen disharmony with heat/cold signs, 43j
- with spleen-vacuity cold pattern, 125m
- upper body heat with intestinal cold in, 146

hypoacidity, 43j

- indigestion, 50, 339
- pre-ulcerous conditions, 45

stomach fire

- cough, 220
- mouth and tongue sores, 277, 419

stomach heat

- chronic diarrhea with, 200
- laryngitis resulting from, 340
- mouth disorders from, 230
- mouth sores from, 104, 181, 182
- stomach vacuity with, 176
- yin-vacuity, 390

stomachitis, 69m**stomach-liver disharmony, 341****stomach-lung yin-vacuity lung wilting, 200**

- stomach pain.** *See also* abdominal pain; abdominal pain, upper abdomen; stomach-cold pain
 - acute, burning, 45
 - cold, 101, 134, 147, 336, 411
 - on empty stomach, 2
 - with excess acidity, 51
 - hypogastric, 57, 58
 - interior vacuity allowing pathogen into interior, 45
 - liver invading the stomach, 46, 293
 - stress increasing, 4
 - tai yang-shao yang pattern, 43
 - vacuity-cold, 4, 101, 179, 291, 332
 - warmth decreases, 342

stomach qi

- counterflow, 175
- disharmony, 25
- weakness and vacuity, 102, 371
- and yin damage, 244

stomach-spleen

- cold, 339
- damp stagnation, 206
- deep lying heat, 361
- digestive difficulties, 316

stomach-spleen vacuity

- with cold/damp stagnation in central burner, 335
- damp encumbrance, 339
- damp stagnation causing, 206
- digestive difficulties, 291
- fever, 35
- with phlegm and damp, 187
- sweating with thirst, 35

stomach-spleen vacuity weakness, 35, 264, 291
stomach-spleen yin and qi damage, 243
stomach vacuity, 123m, 175, 277
stomach yin and fluid damage, 199
stomach yin damage, severe, 419
stomach yin vacuity, 199, 390
stomach-yin vacuity vomiting, 418
stool. *See also diarrhea*
 hard, dark, difficult, 198
 incomplete evacuation of, 19, 57
 pus in, 107, 262, 327
 sluggish, 123
 undigested food in, 101, 102
stool, blood in
 blood-heat frenetic movement, 296
 damp-heat diarrhea, 261
 incomplete evacuation and, 19
 with pus, 107, 262
 spleen failing to control blood, 119
stool, dry
 qi-blood vacuity, 243
 spleen restriction (pi yue), 197
 yang ming repletion-heat with, 59
 yin vacuity with effulgent fire, 69
stool, loose
 cold accumulation in lower burner, 1
 cold-rheum bound with heat, 272m
 kidney yang vacuity with life gate fire decline, 156, 389
 phlegm-rheum collection with central burner yang vacuity, 183
 spleen-vacuity, damp-encumbrance condition, 133
 stomach-spleen damp stagnation, 206
 stomach-spleen vacuity, 291
 with central burner cold/damp stagnation, 335
 with damp and phlegm, 187
 with undigested food, 101
 vacuity-cold, 187
stool, watery
 abdominal pain with, 317
 spleen-vacuity, 264
 stomach-spleen vacuity, 35
strangury. *See also qi strangury; urination, painful strangury disorders*, 71m. *See also specific types, e.g. heat strangury*
stroke disorder, 135, 148, 161, 349
 cerebral, 64, 370m
 counterflow ascent of liver qi, 330m
 with hemiplegia, 34
 recent, 330
 wind invasion of channels, 64, 355
suckling moth. *See tonsillitis*

sudden turmoil disorder. *See also cholera-like disorder*
 central-burner vacuity-cold, 101, 179
 internal water and damp accumulation, 325
 summertime summerheat pattern, 186
 turbid, damp pathogen invasion, 32
 vacuity-cold, central-burner, 101, 179
summerheat
 digesta accumulation, 158
 externally contracted, 285
 interior-exterior, 418
 and internal heat with qi and fluid damage, 16
 lung qi damaged with lung-vacuity cough, 418
 with profuse sweating, 275
 qi and fluids damaged by, 419
 qi vacuity, 285
 spleen damp with, 418
 with thirst, and sweating, 15
 wind cold (exterior) with internal damp-stagnation, 152
summerheat-damp, 18, 186, 250, 317, 334
summerheat-heat, 18, 52, 250, 334
summerheat strike. *See stroke disorder*
summertime summerheat, 229
swallowing difficulties, 93, 232
sweating. *See also night sweats*
 abdominal tenderness with, 61
 continuous, 394
 fever not lessened by, 404
 on the head, 41, 384
 inhibited, with fever, 386
 lung heat causing, 194
 with lung-vacuity cough, 31
 non-abating with fever, 103
 pathogen (exterior) as cause, 106
 profuse, 17, 229, 379, 418
 qi vacuity with damp, 95
 shao yang pattern with fluid accumulation, 43
 tai yang-shao yang pattern, 43
 thieving, 372
 thirst with, 15
 wind-cold, 128, 129
 wind-cold-damp, 128
 wind-damp (exterior) contracted during, 196
sweating, absence of
 damp-heat, 103
 with internal damp, 250
 lung heat with, 194
 summerheat pattern, 334
 wind-cold
 attacking the lung, 164
 channel pattern unclear, 282
 coupled with phlegm-heat in lungs, 82

sweating, absence of (*cont'd.*)

interfering with qi, 108
with interior heat, 39
internal heat with, 66
internal qi stagnation with, 341
vacuity pattern, 128
with water-rheum collection, 353
wind-cold-damp, 169, 173, 193

sweating, spontaneous

binding depression of liver qi with blood stasis
in chest, 372*m*
binding depression of liver qi with blood vacuity, 159
chronic taxation, 190
continuous, 394
insufficient true yin, 426
kidney yin vacuity, 426
lung vacuity as cause, 275
postpartum, 7
qi, blood, fluid vacuity, 408
qi-blood vacuity, 242
stomach-spleen vacuity, 36
summerheat, 285
vacuity taxation, 35, 120
wei qi vacuity, 392
wind-cold, 128
wind-cold-damp, 381
wind-damp, 95
wind-water accumulation, 394
in yin and yang vacuity, 128
yin and yang vacuity with lower burner cold, 122
yin vacuity with effulgent fire, 69

syphilitic sores, 420**T****tai yang pattern, 123, 124, 294, 404****tai yang-shao yang pattern, 43, 106, 150****tai yang-yang ming pattern, 106, 108, 132, 245****tapeworm infection, 167****taste, bitter**

binding depression of liver qi, 266, 384
with liver vacuity, 379
damp-heat jaundice, 385
gallbladder-stomach disharmony with
phlegm-heat, 318
interior-exterior heat pattern, 93, 290
liver-gallbladder repletion fire, 71, 191
lung phlegm with, 53
pathogen (external) attacking interior, 106
shao yang pattern, 344, 345*m*, 346
tai yang with shao yang disease, 43
wind-cold-damp, 173
wind-cold with interior heat, 39

taste, sense of

dull, 206
muted, 151

taxation cough, 188, 221, 241

taxation disorders, 190
taxation fatigue, 35, 350, 356
taxation heat, blood vacuity with, 298
taxation strangury, 233
tearing thirst, 274. *See also* thirst

teeth. *See also* toothache

gnashing of, 376
loose, 140, 209

temporomandibular joint syndrome, 214**tendons, injury to, 406****testicles**

cold shan qi pain in, 321
eczema, 248
spermatic vein inflammation, 174
spermophlebetasia, 174
swollen, 135, 174

thirst. *See also* dispersion thirst; tearing thirst; vacuity-vexation thirst; vexation thirst; wasting thirst

binding depression of liver qi with liver-kidney
vacuity, 378
central, upper burner heat, 180, 182
cold disorders (exterior) coexisting with internal
damp, 250
damp-heat jaundice as cause, 384
damp-heat repletion with heat in epigastrium, 247
dry throat with, 203, 285
external contractions with interior heat signs, 246
external pattern with internal damp
accumulation, 325

fever and, 208

heart-heat, 79

heat accumulation in lung and stomach, 232

heat and dryness in stomach, intestine, 197

heat in urinary tract, 324

heat-water bind, 416

and irritability, 246

kidney yin vacuity, 426

liver-kidney vacuity

binding depression of liver qi with,
with vacuity fire ascent, 56

liver qi upsurge, 114

lung and stomach damaged by dry evil, 255

lung heat causing, 194, 195, 241

lung-stomach heat accumulation, 232

lung vacuity as cause, 275

phlegm-heat in lungs, 54

phlegm-heat in lungs with, 226

post-illness, 255

postpartum, 369

pox disorder, early stage, 274

qi, yin, fluid damage post-heat illness, 418

- repletion heat in central burner, 310
 shao yang pattern with fluid accumulation, 41
 slight, 173
 stomach heat accumulation causing, 231
 stomach-spleen vacuity, 35
 stomach vacuity-heat, 176
 summerheat, 186, 229, 276, 285
 summerheat-damp, 250
 sweating with, 15
 vexation and, 52, 200
 vexation-heat, 369, 379
 wind-cold, 15, 39
 - shao yang pattern, 52*j*
 wind-cold-damp, 173
 wind-heat, 208, 253, 387
 yang ming pattern, 310
 yin-qi vacuity, 278
 yin vacuity, 13
- thirst, absence of**
 damp-heat lodging in qi aspect, 249
 phlegm-rheum collection with central burner yang vacuity, 183
 shao yin pattern, 294
 wind-cold vacuity pattern, 128
- thirst, drinks desired**
 cold, 79, 230
 heat-water bind, 415
 insufficient true yin, 426
 warm, 35
- thoracic bi**, 179. *See also* chest bi
- thoracic fullness**
 bitter, 57*m*, 58, 266
 central burner vacuity with heart-heat, 414
 exertion increases, 116
 liver fire, 116
 lung-heat, 241
 lung yin and fluid damage causing, 235
 and oppression, 23, 83, 173
 phlegm bind, 116
 phlegm-heart bind pattern, 354
 phlegm-heart in lungs with, 225
 phlegm-rheum collection/accumulation, 183, 263
 plum-pit qi, 23
 shao yang pattern, 344, 345*m*, 346
 shao yang-yang ming pattern, 57, 58
 spleen vacuity with effulgent damp, 328
 stomach-spleen vacuity, 339
 stomach-spleen vacuity weakness, 264
 summerheat pattern, 185, 334
 vacuity-cold in central burner, 332
 water swelling condition, 81
 wind-cold
 - channel pattern unclear, 283
 compounded by internal cold damage, 323
 with internal damp-stagnation, 151
 with internal phlegm-damp, 267
 with internal qi stagnation, 341
 - shao yang pattern, 52
 wind-cold-damp, 173
 yang ming bowel repletion, 347
- thoracic glomus**
 damp-heat, 110
 interior-exterior heat pattern, 290
 oppression with, 93, 110, 290
 phlegm-heart bind pattern, 354
 phlegm-heart in lungs with, 225
 from qi depression, 397
 shao yang pattern, 42, 345
 wind-cold
 - with internal qi stagnation, 341
 - shao yang pattern, 52
 - yang ming bowel repletion, 347
- thoracic heat and vomiting**, 146
- thoracic oppression.** *See also* chest; chest, tightness in
 and abdominal oppression, 187
 central burner vacuity, 35
 chemotherapy as cause, 318
 cough with, 88
 damp accumulation with depressed fire, 417
 damp-cold downpour, 153
 damp-heat, 103, 110
 - lodging in qi aspect, 249
 damp-phlegm as cause, 88
 digesta stagnation with, 202
 fullness sensation with, 23, 83, 173
 glomus with, 93, 110, 290
 interior-exterior heat pattern, 290
 lung phlegm with, 53
 nausea and, 153
 plum-pit qi, 23
 from qi depression, 397
 qi, yin, fluid damage post-heat illness, 418
 shao yang pattern with fluid accumulation, 42
 spleen vacuity, phlegm-rheum collection, 97
 stomach-spleen
 - damage as cause, 316
 - vacuity weakness, 264
 - vacuity with damp and phlegm, 187
 upper body heat with intestinal cold in, 146
 wind-cold
 - with internal damp-stagnation, 151
 - with internal phlegm-damp, 267
 - invading the lungs, 137
 wind-cold-damp, 169, 173, 193, 237
 wind-phlegm ascent, 21

throat. *See also* mouth and throat; sore throat inhibited, 299
lesions, 219
phlegm sound in, 266
red, swollen, 143
sensation of something caught in, 23
sores with dry cough, 425
swallowing difficulties, 93, 232, 290

throat bi, 232

throat, dry
external contractions with interior heat signs, 246
inhibited, 199
liver-gallbladder repletion fire, 71
with lung phlegm, 53
lung yin and fluid damage causing, 235
with night sweats and cough, 199
pain and, 13
qi-blood vacuity, 242
shao yang pattern, 344, 346
spasmodic, cramping pain with, 259
summerheat, 285
thirst with, 157, 203, 285
vacuity fire scorching the throat, 425
wind-cold, 39

thyroid disorders

enlarged, 172, 174, 252*m*, 280, 344*m*
hyperactive, enlarged, 174
hyperthyroid, 70*m*, 252*m*, 352, 409*m*
hypothyroid, 7*c*, 281, 294*m*, 404
inflamed, 352

tidal fever. *See also* fever

afternoon, 216
in children, 312
cough with night sweats, 200
lung wilting causing, 199
vacuity-taxation pattern, 422
wind-taxation, 216
yang ming bowel repletion, 347
yin vacuity with effulgent fire, 69

tinnitus

acute, 72
hyperactivity of liver yang
ascendant, 161
and liver wind ascent, 306
kidney and essence vacuity, 168
liver-gallbladder repletion heat, 48, 72*m*
liver-kidney vacuity, 188
obstruction of clear qi as cause, 318
postpartum, 369
qi-vacuity, 380
shao yang symptoms present with, 345*m*
sudden, 48
wind-cold with interior heat, 39
yin-vacuity ascent of liver yang, 400

tongue. *See also* tongue sores

swollen, 155, 180, 232
tender, 155, 175
wooden, 232

tongue, dry. *See also* mouth and tongue, dry

no fur, 235
red, 379
and red with scant fur, 255
upper burner heat accumulation, 224
yellow fur, 59

tongue sores. *See also* mouth and tongue, sores on

central-burner hot-cold bind, 25
central, upper burner heat, 180, 182
damp-heat in stomach, 104
heart-heat, 79
heat in urinary tract, 324
internal repletion heat, 144
stomach fire ascent, 231*m*
ulcers due to upper body heat, 247
upper burner heat accumulation, 224
wind-cold-damp, 238
yin-blood vacuity, 309

tonsillitis

central, upper burner heat, 181
fire-toxin accumulation, 329
heat accumulation in lung and stomach, 232
liver fire, 192
lung heat causing, 241*m*
lung-stomach heat accumulation, 232
pustules with, 232
shao yang pattern, 344*m*
suppurating, 192, 403
toxic-heat pattern, 143
wind-heat
 in kidney channel, 171*j*
 toxins attacking the head, 208

toothache. *See also* teeth

stomach heat accumulation causing, 230
upper body heat, 146
vacuity fire, 188
wind-cold-damp, 238
yin-vacuity stomach heat, 390

toxic heat. *See also* toxic-heat

blood-vacuity itching with, 78
uterine bleeding from, 139

toxic-heat. *See also* toxic heat

body, upper half, 143
epidemic toxin, 143

toxic sores

breast, 280
damp-heat, 154, 247
dermal ulcers, 238
genitalia, 5
initial stages, 169
liver-gallbladder repletion fire, 71*m*

toxic swelling. *See also* abscess; skin disorders;

skin sores

bodily

dermal, 143*m*, 145

lower half, 73

upper half, 49, 329

constipation with, 170, 387

dissipation of, 314

fever with, 169

hard, firm, 205

hot

blood vacuity-blood heat combined, 322

extreme, 329

and painful, 252

pathogens in central, upper burner, 181

slow to suppurate, 205

initial stages, 170, 284, 387

internal repletion heat, 145

non-suppurated, 213, 284, 314, 402

phlegm-stasis accumulations, 251

qi-blood vacuity, 279

scrofula, 252, 352

slow to heal, 314, 403

upper burner heat accumulation, 224

wind-cold-damp, 169

wind-heat-toxin sores, 227

trauma. *See also* muscles, injury to

blood stasis due to, 401, 406

contusion, 171

hypochondria resulting from, 100

intercostal neuralgia from, 100, 286

muscles, 406

sprain, 171

vision loss due to, 33

trauma, location of

arms, 100, 304, 406

back, lower, 100

bones (broken), 265, 305, 406

chest, 304, 372*m*

flank, 100, 304

head, 184, 401

legs, 100, 289, 304, 406

ligaments (torn), 406

rib cage, 100, 286

trauma stages

first (acute), 100, 387

second, 289, 304, 406

third, 265. *see also* binding depression of liver qi; wind-damp

tremors, 306

tuberculosis, pulmonary

with abscess, 422

coughing of blood from, 240

fire damaging lung yin, 219

lung and stomach damaged by dry evil, 255

lung heat causing, 241*m*, 359

lung wilting, 200

lung yin and fluid damage causing, 235

qi, blood, fluid vacuity, 408

steaming bones with, 223

tai yang-shao yang pattern, 43

wind-taxation, 217

yin vacuity effulgent fire, 425

tui shan qi due to cold and damp, 174

tumors, generally, 420. *See also* abdominal lumps/masses; under abdomen; under abdomen, lower turmoil disorder. *See* sudden turmoil disorder

U

ulcers. *See* digestive system; duodenal ulcer; gastric ulcers

underweight, 298. *See also* emaciation

urinary block, 35, 80

urinary-genital inflammation, 71*m*

urinary strangury

abdominal pain with, 157

cloudy urine with, 191

heart vexation with, 415

heat in urinary tract, 324

and inhibited flow, 324

lower body vacuity with upper body fire, 233
with stagnation and repletion, 157

urinary tract disorders. *See also*

incontinence, urinary

binding depression of liver qi with blood vacuity, 160

calculus, 234, 324

chronic, 11

damp-heat, 192

dry mouth and throat with, 11, 12

inflammation, 72, 322

jaundice, damp-heat, 384

urinary tract infection

in children, 344*m*

chronic, 98

in elderly, 30

lower body vacuity with upper body fire, 234

recurring, 188

yin vacuity fire, 70*m*

damp-heat, 20, 191, 384*m*

in elderly, 30

heat in three burners, 142, 143

heat in urinary tract, 324

heat-water bind, 415*m*

menopausal, 188

yin-vacuity, 30

yin vacuity effulgent fire causing, 407

- urinary urgency, 254**
- urination.** *See also* incontinence, urinary
blocked, 157
hesitant, 415
hot, 80
short, 232
weak evacuation, 98, 155
- urination, difficult/inhibited**
alcohol intake as cause, 110
damp-heat, 11, 12, 110, 157, 385
external pattern with internal damp accumulation, 325
heart heat as cause, 80
heat in urinary tract, 324
heat-water bind, 415
interior vacuity allowing pathogen into interior, 45, 47
internal water and damp accumulation, 325
kidney-vacuity, 7
liver-gallbladder repletion fire, 72
liver-spleen disharmony, 75
and painful, 159
pathogen (depressed) in interior, 293
post-operative, 404
qi vacuity with damp, 95
shao yang pattern with fluid accumulation, 42
shao yin pattern, 404
spleen vacuity with effulgent damp, 328
summerheat, 229
wind-cold shao yang pattern, 52
wind-damp, 196
wind-water accumulation, 394
- urination, frequent**
central burner damp-heat downpour, 413
in children, 147
and cloudy, 30
dispersion thirst as cause, 393
downpour invasion of cold-damp, 270
heart-kidney vacuity, 254
insufficient true yin, 427
kidney-vacuity, 7, 30, 155
kidney yang vacuity with life gate fire decline, 389
in menopause, 90
at night, 254
spleen restriction causing, 197
with stroke, 34
- urination, painful.** *See also* strangury
binding depression of liver qi with blood vacuity, 160
burning, 79, 324
damp-heat downpour, 11, 12
and difficult, 159
dispersion thirst as cause, 393
dry mouth with, 11
- heart heat as cause, 80
heat in urinary tract, 324
heat-water bind, 415
lower body vacuity with upper body fire, 234
qi stagnation, 157
and rough, 81
and scant, 81
- urine**
blood in. *see also* blood strangury
damp-heat downpour, 11
heart heat as cause, 80
heat-water bind, 416
calculus in, 324
coagulated and cloudy, 30
retention of, 11, 12
stones in, 324
turbid, 11, 12, 413
unctuous, 99
- urine, cloudy**
and coagulated, 30
with dispersion thirst, 99
heat in urinary tract, 324
with strangury, 191
- urine color**
black-bean juice, 81
dark-yellow, 69, 142
rice water, 254
yellow and scant, 96
- urine, dark**
burning and, 79
central, upper burner heat, 180, 182
damp-heat downpour, 11, 12
damp-heat repletion with heat in epigastrium and, 247
dispersion thirst as cause, 393
heat accumulation in lung and stomach, 232
liver-gallbladder repletion fire, 71
lung-stomach heat accumulation, 232
and rough, 93, 144, 290
and scant, 103, 225, 261
and short, 384
summertime summerheat pattern, 229
- urine, rough**
and dark, 93, 144, 290
and scant, 81
weak evacuation, 155
- urine, scant**
damp-heat downpour, 11, 12
and dark, 103, 225, 261
and rough, 81
and short, 316
and yellow, 96
- uterine bleeding.** *See also* flooding; spotting
blood-heat, 322

- blood stasis in abdomen, 399
 blood stasis lumps with, 121
 blood vacuity and cold, 367
 cold, 367
 excessive, 298, 382
 functional
 blood-heat frenetic movement as, 296
 blood-stasis pattern, 398*m*
 blood vacuity and cold, 367
 qi-blood vacuity, 10
 post-menopause, 69
 qi, blood, fluid vacuity, 409*m*
 qi-blood vacuity related, 119
 stasis-heat in lower abdomen, 305*m*
 toxic heat, 139
 vacuity cold-stasis, 321
- uteritis**, 61
- uterus**
 cold, 258, 298, 389
 cold injury to, 344, 346
 fibroids of, 121*m*, 271
 heat in, 345, 346
 inflammation, 49, 322
 prolapse, 5, 6, 36, 77
 vacuity cold, with vaginal discharge, 1
- V**
- vacuity bi patterns**, 68, 77, 85, 95, 128, 135, 148, 177, 245, 265
- vacuity-cold**. *See also* central-burner vacuity-cold; spleen-kidney vacuity-cold
 bleeding, 101, 179
 diarrhea, 179*m*
 kidney-vacuity, 168
 in lower burner, 271
 menstrual block, 2, 320
 morning sickness, 4, 332*m*, 336
 stomach pain, 4, 291, 332
 stool, loose, 187
 vaginal discharge, 1, 389
 vomiting, 332, 343
- vacuity-cold pain**
 in central burner, 350
 postpartum, 271
 in stomach, 291
- vacuity cold-stasis**, 320, 321
- vacuity diarrhea**, 123
- vacuity disorders**. *See also* specific organs, e.g.
 spleen vacuity
 of heart, 35, 301, 374
 of liver, 35, 301
 of lung, 35
 cough, 14, 31, 275
- vacuity fatigue**, 119
- vacuity fire**
 ascent, 90
 dispersion thirst, 188
 liver-kidney vacuity with, 56, 188
 scorching the throat, 425
 toothache, 188
- vacuity-heat**
 central burner, 414
 menopausal, 279, 414
 night sweats, 308
 stomach, 176
- vacuity taxation**. *See also* vacuity-taxation
 abdominal fullness, 147
 anemia, 120, 281
 digestive difficulties, 147
 mouth and throat, dry, 120, 147
 night sweats, 120, 147, 422
 sweating, spontaneous, 35, 120
 weakness, 120
- vacuity-taxation**. *See also* vacuity taxation
 cough, 422
 insomnia, 281, 302
 qi and blood, 281
- vacuity vexation**. *See also* vacuity-vexation; vexation
 dry mouth with vacuity cold-stasis, 321
 gallbladder-stomach disharmony with
 phlegm-heat, 318
 heart palpitations, 120, 147
 qi, blood, fluid vacuity, 408
 taxation fatigue yang vacuity, 350
 yin vacuity effulgent fire causing, 407
- vacuity-vexation**. *See also* vacuity vexation
 insomnia, 308, 418
 thirst, 299
- vaginal discharge**
 back pain (lower) and, 270, 315
 binding depression of liver qi with blood
 vacuity, 159
 blood vacuity-blood heat combined, 322
 bloody, 159
 central burner
 damp-heat downpour, 413
 vacuity, 35
 central-burner
 hot-cold bind, 25
 chronic taxation, 190
 cold-stasis, 258
 damp-heat, 5, 20, 142, 191, 248, 249
 foul smelling, 48
 kidney-vacuity, 30, 168
 liver-gallbladder repletion heat, 48

vaginal discharge (cont'd.)

liver-kidney vacuity, 209
 liver-spleen disharmony, 75
 lower body vacuity with upper body fire, 233
 lower burner damp-disorder, 248
 profuse, 209
 qi-blood vacuity, 119, 239
 qi vacuity damp, 291
 red, 5, 6
 spleen failing to control blood, 119
 spleen-vacuity, 118–119
 spleen vacuity-damp, 265
 spleen-vacuity, damp-encumbrance condition, 134
 turbid, 412
 vacuity-cold, 389
 vacuity cold-stasis, 320
 white, 1, 5, 6, 315, 315, 413
 yellow, 5, 6, 315

vaginal itching, 383**vaginal sores, 5****vertigo. See dizziness****vessels, weakness in, 177****vexation. See also vacuity vexation**

binding depression of liver qi with blood vacuity, 159
 central burner vacuity with heart-heat, 414
 cold disorders (exterior) coexisting with internal damp, 250
 in epigastrium, with vomiting, 344, 346
 heart-heat, 79, 102
 heat in three burners, 142
 heat-water bind, 416
 interior vacuity with, 45, 47
 liver-gallbladder repletion fire, 71
 liver-kidney vacuity with vacuity fire ascent, 56
 pain, 177
 postpartum, 369
 pox toxin accumulating in lung with, 195
 repletion heat-bind in abdomen, 310
 shao yang pattern with fluid accumulation, 41
 shao yang-yang ming pattern, 57, 58
 summertime summerheat pattern, 229
 thirst with, 52, 200
 upper body heat with intestinal cold in, 146
 in upper burner, 326
 upper burner vacuity, 351
 wind-cold
 with internal heat, 66
 invading the lungs, 137

vexation heat. See also vexation-heat

in chest, 79
 and diaphragm, 180, 182
 and gastric region, 106
 in hands and feet, 120, 147, 350
 heart-liver vacuity related, 302

in heart region, 400

liver-kidney vacuity with vacuity fire ascent, 56
 with phlegm dryness, 116
 vacuity taxation, 120

vexation-heat. See also vexation heat

bi pain, 381
 in five centers, 233, 356
 gallbladder-stomach disharmony, 319
 internal repletion heat, 144
 irritability, 360
 qi-blood vacuity, 242, 375
 summertime summerheat pattern, 229
 thirst, 369, 379. *see also* vexation thirst
 yin-qì vacuity, 278
 yin-vacuity ascent of liver yang, 401
 yin-vacuity stomach heat, 390

vexation-insomnia. See also insomnia

central burner vacuity with heart-heat, 414
 fire damaging lung yin, 219
 heart qi vacuity with liver qi depression, 105
 liver-kidney vacuity with vacuity fire ascent, 56
 menopausal, 301
 phlegm-heat disturbing the spirit, 318
 post-surgical, 414
 wind-cold, 39
 yin-blood vacuity, 308

vexation thirst. See also thirst; vexation-heat, thirst

in children, 166
 desire to drink and, 17
 dispersion thirst as cause, 393
 gan pattern, 166
 heat from pathogen, 17
 lung yin and fluid damage causing, 235
 rheum collection in diaphragm, 201
 spleen-stomach deep-lying heat, 362
 stasis-heat in lower abdomen, 305
 summerheat, 285
 summertime summerheat pattern, 229
 wind-cold shao yang pattern, 52
 wind-water accumulation, 395

visceral agitation disorder, 105**visceral toxin, 138**

vision. See also dizziness, visual; eyes
 acuity diminished, 117, 140, 380, 421
 black spots in, 21
 disorders, generally, 162
 flowery, 128, 369
 halo vision, 161
 loss due to trauma, 33

vision, blurred

with dizziness, 91
 heart-liver vacuity, 301
 liver-kidney vacuity, 91, 188
 qi-vacuity, 380

- shao yang pattern, 344, 346
weakness of spirit due to blood vacuity with, 204
- vision, cloudy**
hyperactivity of liver yang and liver wind ascent, 306
kidney-vacuity, 424
liver-kidney vacuity, 210
qi-vacuity, 380
summerheat, 185
- visual depression**, 372
- vitiligo**, 312
- voice.** *See also* speech
hoarseness, 137, 199, 219, 340, 425
laryngitis, 200, 232, 340
loss of, 34, 371, 371*m*
low, weak, 291
nonsensical talking at night, 344*m*
weak, 369
- vomiting.** *See also* nausea; retching
abdominal pain with, 77
after drinking, 52, 325, 343
alcohol intake as cause, 110
of blood, 142, 247, 296, 310
central burner
 depressed heat in with phlegm, 417
 digesta damage, 212
 function hindered, 316
 vacuity, 371, 414
 vacuity-cold, 101, 179
 yang qi vacuity, 63
chemotherapy as cause, 371, 418
in children, 166
cold attacking chest and armpit, 330
cold disorders (exterior) coexisting with internal damp, 250
damp damaging stomach as cause, 152
damp encumbrance, 158
damp-heat, 103
damp-phlegm, 88
and diarrhea, 326, 332
digesta stagnation and, 28
dry heaves, 25, 102
fluid and phlegm accumulation causing, 411
of foaming saliva, 325, 332
food depression as cause, 337
gallbladder-stomach disharmony with phlegm-heat, 318
gan pattern, 167
glomus and fullness below the heart with, 25
heat in three burners, 142
heat-water bind, 416
incessant, 57, 58
internal damp, 250
jue yin headache, 332
liver-stomach disharmony, 341
- pathogen (depressed) in interior, 293
of phlegm-drool, 376
plum-pit qi and, 23
qi depression, 396
qi weakened by, 97
qi, yin, fluid damage post-heat illness, 418
severe, due to summerheat, 334
shao yang-yang ming pattern, mid-stage, 57
shao yin pattern, 294, 332
spleen damage as cause, 211
spleen vacuity
 damp-encumbrance condition, 133
 phlegm-rheum collection, 97
stomach-liver disharmony, 341
stomach qi vacuity with weakness, 102, 371
stomach-spleen vacuity
 with damp, 206, 339
 with damp and phlegm, 187
 weakness, 264
stomach vacuity cold, 332, 343
stomach yin vacuity, 343
stomach-yin vacuity, 418
sudden turmoil disorder with, 32, 179
summerheat pattern, 185, 285, 334
tai yang-yang ming pattern, 132
thoracic heat and, 146
turbid, damp pathogen invasion, 32
upper body heat with intestinal cold in, 146
water-rheum, counterflow ascent of, 343
wind-cold
 compounded by internal cold damage, 323
 with internal damp-stagnation, 151
- wind-phlegm, 22
yang qi vacuity in central burner with, 63
yin-vacuity, 419
- vomiting, of clear fluid**, 3
fluid and phlegm accumulation causing, 411
spleen-vacuity
 damp-encumbrance condition, 133
 phlegm-rheum collection, 97
vacuity-cold in central burner, 332*m*
without thirst, 343
- vomiting, of sour fluid**, 378
food stagnation as cause, 337
stomach-spleen vacuity with damp, 339
wind-cold with internal qi stagnation, 342
- W**
- walking difficulties, 135, 153, 330
warm epidemic pattern initial stage, 249
warmth disorders (wen bing), 103, 246, 249, 282, 386
- warts**, 196
- warts, flat**, 94

wasting thirst, 188, 209, 233. *See also* dispersion thirst; thirst

water accumulation

- abdomen, 172
- central burner, 328

water-heat bind, 272, 273, 415–416

water metabolism dysfunction, 316m

water path disturbances, 326

water-rheum, 343, 353, 353m

water swelling. *See also* edema

- body, lower half, 172
- counterflow ascent of phlegm-qi, 21
- damp-cold downpour, 154
- facial, 328
- heart disease with, 295
- heart-yang-vacuity, 81, 405
- kidney-vacuity, 7c
- kidney yang vacuity with life gate fire decline, 155
- legs, 75, 201m, 270
- limbs, 353
- in lower body, qi stagnation pattern, 172
- nephritis and, 95mc, 394m
- in pregnancy, 75
- qi vacuity with damp, 95
- serious, 81
- shao yin pattern, 404
- spleen-vacuity, 264, 291
- stomach-spleen vacuity weakness, 265
- thoracic fullness and, 81

weakness. *See also* specific body parts, e.g. leg; stomach qi vacuity with weakness; stomach-spleen vacuity weakness

- circulatory system, 281
- from drug misuse, 233m
- in heart, 120, 295
- kidney-vacuity, 7c
- post-illness

 - central burner vacuity, 35
 - digesta accumulation, 212
 - prolonged fever with, 223
 - qi and blood vacuity taxation, 281
 - qi and fluid depletion causing, 198
 - with qi vacuity damp-collection, 187
 - vacuity engendering heat, 233m
 - vacuity taxation, 120

- post-surgical

 - central burner vacuity, 35
 - phlegm-heat disturbing the spirit, 318
 - qi and fluid depletion causing, 198
 - vacuity engendering heat, 233m
 - vacuity taxation, 120

- of spirit, 204

weight loss. *See also* emaciation; underweight for adults, 167

aid to, 95, 211

in children, 166, 312

dispersion thirst as cause, 393

liver depression with blood vacuity, 357

lung wilting causing, 199

qi-blood vacuity, 119, 242

for qi-vacuity patients, 211m

running joint wind, 126

spleen-kidney vacuity-cold, 141

wasting, 408

wei qi vacuity, 281, 392m

welling-abscess, 142, 213

wen bing disorders, 246

wheezing. *See also* asthmatic breathing; breath

- chronic cough with, 31
- counterflow ascent of qi, 235, 328
- edema related, 81
- lung heat causing, 194, 241, 354, 359
- lung qi vacuity with heat in lungs, 240
- phlegm-rheum collection/accumulation, 263
- spleen vacuity with effulgent damp, 328
- stomach-spleen vacuity with damp and phlegm, 187
- upper body repletion with lower body vacuity, 299

water swelling condition, 81

wind-cold, 193

- attacking the lung, 165
- with internal heat, 66
- invading the lungs, 137
- with phlegm-heat in lungs, 82
- with water-rheum collection, 353
- wind-damp, 196

white patch wind (vitiligo), 312

whooping cough, 200, 359. *See also* cough

wilting patterns (atrophy), 85

wind aversion

- cold aversion with, 386
- qi vacuity with damp, 95
- slight, 386
- turbid, damp pathogen invasion, 32
- wind-cold invading the lung with, 410

wind bind constipation, 243

wind-cold

- asthmatic breathing, 203, 365
- bronchitis, 82, 137
- cold, common, 82, 282
- cough, 83, 203, 282, 410
- with damp effulgence, 152
- with diarrhea, 109
- headache, 40, 218, 364, 410. *see* headache
- hives, 392
- initial stages, 169
- with internal heat, 132
- invading the lungs, 137, 137, 410
- nasal congestion, 82, 137, 218j, 342, 364

- nasal congestion with, 218
with phlegm-heat in lungs, 82
shao yang pattern, 52
thirst, 15, 39
vacuity pattern, 129
- wind-cold-bi**, 287, 330
- wind-cold-damp**
- arthritis, 86, 126, 256, 287, 288
 - back pain, lower back, 86, 288
 - bitter taste with, 173
 - blood stasis, 127
 - blood vacuity, 127
 - body ache, 173, 237
 - body, throughout, 92*m*, 193
 - breath, shortness of, 126
 - bronchitis, 238
 - cold aversion, 128, 169, 173, 237
 - cold bi, 256
 - digesta stagnation, 127
 - dizziness, 126
 - fever, 127, 173
 - headache, 128, 169, 173, 193, 237
 - hives, 169
 - joint pain, 126, 128, 245, 256, 287
 - joint pain, chronic, 173, 256
 - nasal congestion, 169, 237
 - nausea, 193
 - neck stiffness, 169, 237
 - qi-blood vacuity, 86
 - skin rash, 169
 - stagnation, 349
 - sweating, 128
 - sweating, absence of, 169, 173, 193
 - sweating, spontaneous, 381
 - thirst, 173
 - thoracic oppression, 169, 173, 193, 237
 - toxic swelling, 169
 - yang-vacuity cold pattern, 405
- wind-cold-damp bi pain**, 256, 287, 288
- wind-cold-damp pain**, 256, 287, 288, 370
- wind-damage cough**, 220
- wind-damp**
- bi pain, 36
 - headache, 214
 - invasion of channels by, 288
 - itching with, 196
 - joint pain, 173, 183, 196, 214
 - qi vacuity pattern with, 95
 - skin disorders, 394*m*
- wind-damp bi**
- acute, 64*m*
 - with bodily heaviness, and tongue fur, 149
 - dysentery-wind, 60
- entrenched, 177
patterns, generally, 173
- wind-damp-cold bi**. *See wind-cold-damp*
- wind disablement**, 148
- wind-dryness depleting lung fluid**, 199
- wind-heat**
- cough, 253, 387
 - deep in blood, 253
 - eye disorders, 387
 - fever, 208, 253, 386, 387
 - headache, 386
 - nasal congestion, 218, 218*j*
 - nasal infection, 37, 171, 218
 - nosebleed, 171
 - sinusitis, 171, 218
 - skin rash, 253, 274, 387
 - sore throat, 208, 253, 387
 - thirst, 208, 253, 387
 - tonsillitis, 171*j*, 208
 - toxins attacking the head, 208
 - toxin sores, 227
- wind invasion of the channels**, 64
- wind-pain**, 256
- wind paralysis**, 349
- wind-phlegm channel patterns**, 65
- wind-strike**. *See stroke disorder*
- wind taxation**, 216*m*
- wind-water accumulation**, 95, 394
- wound healing, post-surgical**, 279
- wrist, pain in at 40 years, 46
- Y**
- yang and qi vacuity**, 201. *See also qi vacuity*;
yang vacuity
- yang jaundice**, 384
- yang ming bowel, repletion in**, 347
- yang ming pattern**. *See also shao yang-yang ming pattern; tai yang-yang ming pattern*
- abdominal fullness and glomus, 311
 - dryness and heat in stomach and intestines, 310
 - heart vexation, 310
 - malaria, 52
 - with qi vacuity and great thirst, 17
 - steaming bone fever, 310
 - symptoms prominent, 40
 - thirst, 310
 - wind-cold, 17, 194
- yang ming repletion-heat**, 59. *See also repletion-heat*
- yang qi insufficiency**, 77
- yang qi vacuity in central burner**, 62
- yang swellings**, 402

- yang-vacuity.** *See also* kidney vacuity; spleen vacuity; yang and qi vacuity
 bleeding, 179
 cold, 101, 321, 404
 cold accumulation, 1
 with cold in lower burner, 122
 diarrhea, 101, 405
 heart disorders, 294m
 impotence, 141, 168
 seminal loss, 168
- yin-blood vacuity**
 dizziness, visual, 421
 fatigue, chronic, 308
 forgetfulness, 308
 heart palpitations, 308
 insomnia, 309
 liver depression with, 357
 liver-kidney, 421
 mouth and tongue sores, 309
 vexation-insomnia, 308
- yin-fluid vacuity, in lungs and stomach,** 199
- yin-qi vacuity (in general),** 278
- yin vacuity.** *See also* yin-vacuity
 with ascendant hyperactivity of liver yang, 162
 effulgent fire with, 69, 407, 425
 heart-liver vacuity related, 302
 insomnia related to, 188
 with internal heat, 135
- internal water-heat bind and, 415–416
 lung heat, 360
 menopause associated, 105
 post-illness, 223
 taxation with external heat pathogen, 414
- yin-vacuity.** *See also* yin vacuity
 ascent of liver yang, 400
 constipation, 427
 cough, 219, 221
 disorders, generally, 7, 79
 fever, 360
 fire, 56
 heat, 268
 heat signs with qi-blood vacuity, 278
 high blood pressure, 189
 menopausal heat, 70m, 115
 mouth sores, 255, 391
 sore throat, 163, 255
 stomach heat, 390
 urinary tract infection, 30
 vomiting, 419
- yin-vacuity stomach heat,** 390, 391
- yin-yang vacuity**
 with lower burner cold, 122
 seminal emissions, 128

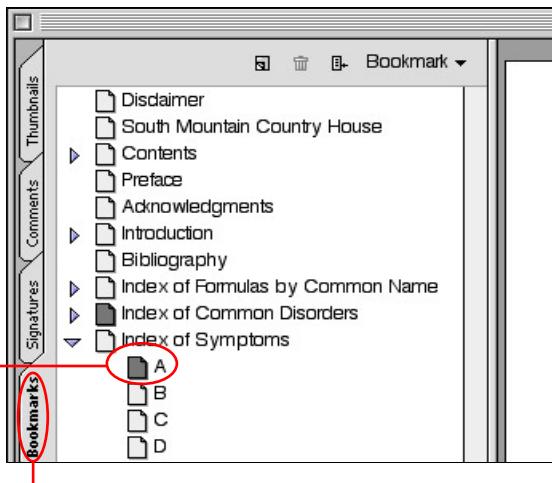
NAVIGATION TUTORIAL

This tutorial outlines the extensive bookmark and link features within this pdf book. To navigate using these functions, hold the cursor over linked text. The hand icon will become a pointer. Left click on the link to go to its destination page or open a nested listing.



BOOKMARKS

- Bookmarks appear on the left hand pane of the window.
- 1. Formulas in the Table of Contents are nested alphabetically.
2. Indexes are organized alphabetically.



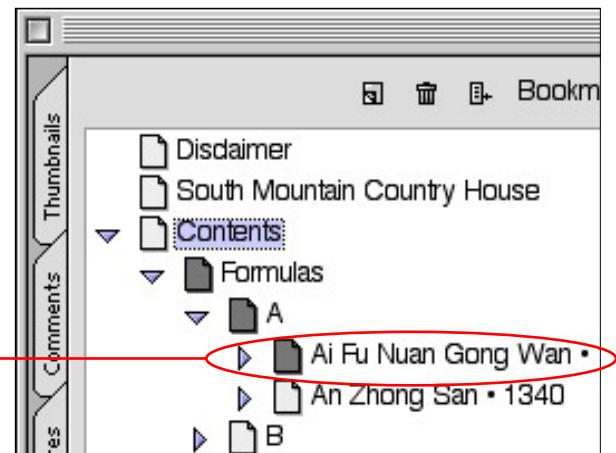
CONTENTS AND INDEX BUTTONS

- Contents and Index Buttons appear on the bottom of each page and link to the first page of either the Table of Contents or the Index of Symptoms.
(The example links shown below are active.)

TABLE OF CONTENTS

- Table of Contents starts on page v.
- Each entry is linked to that formula's page in the document.
- You can reach the formulas in three ways. 1. Click on page number; 2. Click on formula name; 3. Click on bookmark in pane to left.

IV :: NOTES FROM SOUTH MOUNTAIN	
Bu Fei Tang • 3670	31
GINSENG & ASTER COMBINATION	
Bu Huan Jin Zheng Qi San • 0850	32
PINELLIA, ATRACTYLODES, & AGASTACHE FORMULA	
Bu Yang Huan Wu Tang • 3680	33
ASTRAGALUS & PEONY COMBINATION	
Bu Zhong Yi Qi Tang • 3650	35
GINSENG & ASTRAGALUS COMBINATION	
Cang Er San • 3850	37
XANTHIUM FORMULA	
Chai Ge Jie Ji Tang • 1850	39
BUPLEURUM & PUERARIA COMBINATION	



FORMULA LINKS IN DISCUSSION TEXT

- Formula links in the dicussion text appear in blue.
- Each formula title in the text is linked to that formula's page in the document.

duodenal ulcers, chronic gastritis, duo
ever, become a popular gynecologica
An Zhong San is used to treat cold sta
masses, menstrual pain, or morning s

There are many formulas that treat
these, the most commonly used are Li
Combination), Hou Po Wen Zhong
Combination), Da Jian Zhong Tang
(), and An Zhong San. Each of th
Tang not only dispels central burner

INDEXES

- **Formulas by Common Name** – access that formula's page by clicking its page number.
- **Common Disorders** – access formula by clicking on the recommended formula name.
- **Symptoms** – access formula pages by clicking on page numbers following each symptom.
(Also see Index Conventions on page 445.)

A

ACONITE, GINGER, & LICORICE COMBIN
Si Ni Tang
ACONITE, GINSENG, & GINGER COMBIN
Fu Zi Li Zhong Tang
AGASTACHE FORMULA, 151
Huo Xiang Zheng Qi San
AMOMUM COMBINATION, 185
Liu He Tang
ANEMARRHENA, PHELLODENDRON,
& REHMANNIA FORMULA, 407
Zhi Bai Di Huang Wan

ASTHMA

Acute
Da Qing Long Tang (wind-cold with interi)
Hua Gai San (wind-cold)
Jin Fei Cao San (wind-cold)
Ma Xing Gan Shi Tang (external wind with
internal heat)
Ren Shen Xie Fei Tang (lung heat)
She Gan Ma Huang Tang (phlegm-rheum)
Shen Mi Tang (with liver qi depression)
Xiao Qing Long Tang (wind-cold with rhe)

abdomen, lesser

stagnation and pain in, 305
tension in, 122

abdomen, lower

blood stasis in, 398
cold-stasis and blood, 257
concretions and conglomeration
distention and pain, 11
hernia, 174
sinking in, with distention, 174
tension in, 128

ALPHABET BUTTONS

- Alphabet buttons appear on the opening pages of the Table of Contents and all Indexes
- Click on the letter to go to that section in the listing. Only letters that have entries are shown.
- The alphabet bookmarks pane to the left provides the same function.

CONTENTS

A | B | C | D | E | F | G | H | I | J

Preface.....	xiii
Acknowledgments	xiv
Introduction.....	xv