Formula List	
1st group: detailed knowledge of the formulas: 30 [Most Important] [Name, Origins, Ingredients, Functions, Actions, Indications, Applications, Precautions, Case Studies] ● **Ma Huang Tang** ● **Gui Zhi Tang** ● **Sang Ju Yin** ● **Yin Qiao San** ● **Chai Ge Jie Ji Tang** ● **Ren Shen Bai Du San** ● **Da Cheng Qi Tang** ● **Xiao Cheng Tang** ● **Tiao Wei Cheng Qi Tang** ● Xiao Chai Hu Tang ● Si Ni San ● Xiao Yao San ● Ban Xia Xie Xin Tang ● Bai Hu Tang ● Huang Lian Jie Du Tang ● Ma Xing Shi Gan Tang ● Long Dan Xie Gan Tang ● Qing Hao Bie Jia Tang ● Li Zhong Wan ● Si Ni Tang ● Si Jun Zi Tang ● Bu Zhong Yi Qi Tang ● Sheng Mai San ● Si Wu Tang ● Shi Quan Da Bu Tang ● Gui Pi Tang ● Liu Wei Di Huang Wan ● Jin Gui Shen Qi Wan ● Suan Zao Ren Tang ● Gan Mai Da Zao Tang **2nd group – familiar with the information of the formulas: 30** [Name, Ingredients, Actions, Indications] ● San Ao Tang ● Hua Gai San ● Xiao Qing Long Tang ● Jiu Wei Qiang Huo Tang ● Xiang Su San ● Jing Fang Bai Du San ● Da Xian Xiong Tang ● Ma Zi Ren Wan ● Ji Chuan Jian ● Shi Zao Tang ● Hao Qin Qing Dan Tang ● Tong Xie Yao Fang ● Zhu Ye Shi Gao Tang ● Qing Ying Tang ● Xi Jiao Di Huang Tang ● Liang Ge San ● Pu Ji Xiao Du Yin ● Dao Chi San ● Zuo Jin Wan ● Xie Bai San ● Xie Huang San ● Qing Wei San ● Yu Nu Jian ● Shi Gao Tang ● Bai Tou Weng Tang ● Da Jian Zhong Tang ● Fang Feng Tong Shen San ● Shen Ling Bai Zhu San ● Zuo Gui Wan ● You Gui Wan	**3rd group – general knowledge of the formulas: 41** [Name, Ingredients, Actions] ● Da Qing Long Tang ● Xiang Ru San ● Xin Jia Xiang Ru Yin ● Shen Su Yin ● Cang Er Zi San ● Sheng Ma Ge Gen Tang ● Da Huang Fu Zi Tang ● Xin Jia Huang Long Tang ● Jia Wei Xiao Yao San ● Hei Xiao Yao San ● Da Yuan Yin ● Sheng Jiang Xie Xin Tang ● Gan Cao Xie Xin Tang ● Bai Hu Jia Ren Shen Tang ● Xie Xin Tang ● Qing Wen Bai Du Yin ● Shao Yao Tang ● Qing Luo Yin ● Dang Gui Liu Huang Tan ● Qing Gu San ● Xiao Jian Zhong Tang ● Dang Gui Si Ni Tang ● Wu Zhu Yu Tang ● Da Chai Hu Tang ● Ge Gen Tang ● Ge Gen Huang Qin Huang Lian Tang ● Wu Ji San ● Yi Gong San ● Liu Jun Zi Tang ● Xiang Sha Liu Jun Zi Tang ● Ren Shen Ge Jie San ● Dang Gui Bu Xue Tang ● Tai Shan Pan Shi San ● Ba Zhen Tang ● Zhi Gan Cao Tang ● Da Bu Yin Wan ● Hu Qian Wan ● Er Zhi Wan ● Yi Guan Jian ● Shi Hu Ye Guang Wan ● Qi Bao Mei Ran Dan ●

Brief History of CHM Formulas

Stage 1: Beginning (方剂学)

Qin and Han Dynasties (4th Century B.C. to 3rd Century A.D.) [Bamboo Book]

- Formulas for Fifty-two Ailments (Wu Shi Er Bing Fang) 403 BC - 221 BC
  - 280 simple formulas w/o formula names, no mention of 5E, zangfu, meridians
  - 189 are formulas of 2 or more ingredients, the rest are single herb formulas.
- **Yellow Emperor's Inner Classic (Huang Di Nei Jing)** [221 BC-1st/2nd Century AD]
  - 13 formulas, still quite rudimentary.
  - Outline of the rudiments of a therapeutic strategy based on the tastes of herbs, e.g. acrid disperses, sour retains, sweet moderates, bitter strengthens, and salty softens. [Each taste enters different meridians]
  - Sets up modern TCM theories [Bible of TCM]
  - Also some discussion of how the tastes relate to Zang Fu, etc.
- **Discussion of Cold-induced Disorders & Miscellaneous Diseases**

Han Za Bing Lun written by **Zhang Zhong Jing [Most Important Doctor]** 150-219 A.D. late Han Dynasty)

- **314 formulas** with names, dosage & method of preparation of herbs & formulas [Classic Formulas]
- Established current Format: Patient, tongue & pulse, history, differentiation, diagnosis, treatment principles
- True ancestor of all formularies & has had a tremendous influence on CHM throughout East Asia to the present day. Dr. Zhang was the first who completed the system named as Theory, strategy, formulas, and substances (**Li Fa Fang Yao**).
- Edited about 50 years after by **Wang Shu He**, who divided book into 2 parts
  - **Discussion of Cold-induced Disorders (Shang Han Lun): External diseases**
  - **Essentials from Gold Cabinet (Jin Gui Yao Lue): Internal Disorders.**
  - Detailed system of diagnosis that focuses on the six stages of disease.
  - Dr. Zhang was first to identify the condition of a patient (differentiation) with a particular formula used to treat that condition, i.e. the name of the formula itself is another way of stating the diagnosis. For example, instead of saying that a patient is suffering from a Shao Yang disorder, one could also describe it as a Xiao Chai Hu Tang (Minor Bupleurum Decoction) disorder. The text does contain rather specific instructions for preparing the formulas, among which are decoctions, drafts, pills, and medicinal wine. Most of the formulas from these works by Dr. Zhang are still in use by many modern practitioners.
- **Liu Wei Di Huang Wan ?**
- **Qian Yi ?**

Stage 2: Booming

Jin, Sui, Tang, and Song Dynasties (3rd to 13th Centuries)

- Emergency Formulas to Keep Up One Sleeve [Zhou Hou Bei Ji Fang written by Ge Hong (281-341), Jin dynasty]
  - Features the use of simple and inexpensive, yet effective 101 formulas or so.
- Thousand Ducat Formulas (Qian Jin Yao Fang) 30 volumes &
- Supplement to the Thousand Ducat Formulas (Qian Jin Yi Fang) 30 volumes written by **Sun Si Miao (581-682)** around 625 AD
  - **Over 6500 formulas** collected from minorities, folks, foreign doctors and monks were included in Dr. Sun's books, which have had a major impact on later generations. Many of these formulas are still in use, and many other commonly-used formulas are variations on those which were first devised by Dr. Sun.
- Arcane Essentials from the Imperial Library (Wai Tai Bi Yao)
  - 40 volumes compiled in 752 AD (after 20 years hard work in the Library) by Wang Tao (702-772 AD) based on previously-published Chinese works as well as some foreign texts before 8th century
  - More than 6000 formulas categorized into 1104 according to the type disorder they were designed to treat. Wang Tao, an official of the national library, made a great contribution in keeping record of a lot of formulas from books lost long ago.
- Imperial Grace Formulary of the Tai Ping Era (Tai Ping Sheng Hui Fang) 100 volumes compiled and published between 982 and 992 under imperial auspices – 16,834 formulas categorized into 1670 chapters with discussions on diagnosis and pathology of conditions.
- Imperial Medical Encyclopedia (Sheng Ji Zong Lu): 200 volumes compiled by a staff of doctors under imperial orders and published about 1111 – 1117 AD. Near 20,000 formulas discussed with etiology, pathology and differentiations under thirteen departments, i.e. internal, pediatric, gynecological, surgical, dermatological, EENT….
- In addition, monographic formula books appeared in this period, such as
  - Liu Juan Zi Gui Yi Fang (Formulas Left Over by Ghosts written by Gong Qing Xuan, the earliest extant medical book on surgery)
  - Fu Ren Da Quan Liang Fang (Complete Effective Formulas for Women's Diseases written by Chen Zi Ming)
  - Wai Ke Jing Yao (Essential of Surgery written by Chen Zi Ming)
  - Xiao Er Yao Zheng Zhi Jue (Key to Differentiations and Formulas for Children's Diseases written by Qian Yi)
  - Jing Xiao Chan Bao (Tested Treasures in Obstetrics written by Zan Yin, the earliest book on obstetrics in TCM existing), and so forth.

Stage 3: Deepening

Jin and Yuan Dynasties (12th to 14th Centuries)

Four great figures: Representatives of Jin Yuan Four Schools of Thought

- **Liu Yuan Su** (also named as Liu Shou Zhen, or Liu He Jian, about 1120-1200)
  - **Cooling School**, which propounded that disorders were caused by excessive heat in the body and advocated the use of cold herbs.
  - He had much influence on the School of Febrile Diseases [4 Greats] in the Ming and Qing Dynasties. Liu's representative formulas:
    - Fang Feng Tong Sheng San, Shao Yao Tang, Shuang Jie San.
- **Zhang Cong Zheng** (also named as Zhang Zi He, about 1156-1228)
  - **Purging School** [**Gong Xia Pai**], which propounded that disorders were caused by the pathogens and advocated the use of draining herbs, such as diaphoretics, emetics and purgatives and thus he started the
  - Started Attacking or Purging School. Zhang's representative formulas:
    - San Sheng San, Mu Xiang Bing Lang Wan.
    - Very aggressive, not good for deficient types
- **Li Gao** (also named as Li Dong Yuan, Li Ming Zhi, about 1180-1252)
  - **Earth Tonifying School**, which propounded that diseases, apart from external disorders, were mainly caused by internal injury in spleen and stomach and advocated that treating these internal disorders with tonifying spleen & stomach and boosting Qi.
  - Li was considered as the founder of the Earth-tonifying School.
  - His masterpiece was Pi Wei Lun (Treatise on Spleen & Stomach), and representative formulas:
    - Bu Zhong Yi Qi Tang, Sheng Yang Yi Wei Tang.
- **Zhu Dan Xi** (also named as Zhu Zhen Heng, about 1280-1358)
  - **Yin Enriching School**: Indulgence was the root of all disorders and exhorted the value of Yin tonics in the prevention and treatment of diseases. He advocated that Yang was often in excess while Yin was often in deficiency. He was considered as the founder of Yin-enriching School.
  - Masterpiece was Ju Fang Fa Hui (An Expounding of the Imperial Grace Formulary of the Tai Ping Era) and Dan Xi Xin Fa (Zhu Dan Xi's Medical Secret), and representative formulas: Da Bu Yin Wan, Hu Qian Wan.
  - Minister fire always making trouble
- In addition, there appeared some books that included the Analysis of Formulas, such as:
  - Zhu Jie Shang Han Lun (Commentary on Shang Han Lun),
  - Shang Han Ming Li Lun (Deliberation of Shang han Lun) by Cheng Wu Ji (about 1062-1155).

Stage 4: Refining and Developing

Ming and Qing Dynasties (14th to 19th Centuries)

- **Zheng Zhi Zhen Sheng** (Standardized Patterns and Treatments): Compiled by **Wang Ken Tang** (also named as Wang Yu Tai or Wang Sun An, 1549-1613), in which Wang developed a synthesis of the approaches of the various schools by utilizing concepts from both Nei Jing & Shang Han Lun. This book included the rich experiences of the previous doctors and classified prescriptions according to six departments (febrile, internal, dermatological, pediatric, obstetrical), and largest circulation of medical books in 17th century.
- **Jing Yue Quan Shu** (Jing Yue's Complete Works) in 64 volumes: Written by **Zhang Jing Yue** in 1624 (also named as Zhang Jie Bin, about 1563-1640), in which all aspects of medicine covered (febrile, internal, gynecological, pediatric, dermatological, herbal, ancient and 2 volume of 186 new formulas), the essence of various schools extracted and analyzed, patterns differentiation along with treatment principles and formulas emphasized.
  - Classified the formulas into 8 groups under 8 strategies: Bu, He, Gong, San, Han, Re, Gu, Yin.
  - Zhang advocated theory: "Yang is never in excess, Yin is never sufficient". Thus he tended to use warm and tonifying herbs: Shu Di Huang was among his favorite herbs; His representative formulas are
    - Da Bu Yuan Jian, Yu Nu Jian, Ji Chuan Jian.

Brief History of CHM Formulas [Continued]

- **Pu Ji Fang** (Formulas for Universal Applications): Written by **Teng Hong & Liu Chun** under the patronage of one of the emperors of Ming Dynasty and issued at the beginning of 15th century. This book was considered as **biggest collection of formulas** (**61,739** formulas with **239 illustrations**).
- **Analytic Collection of Medical Formulas** (**Yi Fang Ji Jie**) – Written by **Wang Ang** and published in 1682. The book listed about 700 formulas, classified into 21 chapters such as tonifying, releasing, vomiting, draining, inducing, harmonizing, Qi regulating, blood regulating, wind dispersing, cold dispelling, eye brightening, bug killing…. [Very comprehensive & classified well]
  - Under each listed formula there were the name, ingredients, indication, explanations and experiences from the practitioners of previous dynasties.
  - Emphasized relationship between formulas (herbs), zang fu & meridians.
- **Treatise on Warm Pathogens (Wen Re Lun)** – Lectured by **Ye Tian Shi** and edited by his disciple in 1746, a book on the diagnosis and treatment for febrile diseases in which the
  - Developed 4-level diagnostic system [Wei, Qi, Ying, Xue].
  - Representative formulas: Yin Qiao San, Sang Ju Ying, Qing Ying Tang.
- **Systematic Differentiation of Warm Diseases (Wen Bing Tiao Bian)** – Written by Wu Ju Tong (also named as Wu Tang) in 1798, in which Wu expanded on Ye's work by developing the 3-Burner diagnostic system. For example, based on Zhang Zhong Jing's formula zhi gan cao tang, Wu developed jia jian fu mai tang, yi jia fu mai tang, er jia fu mai tang, san jia fu mai tang, and da ding feng zhu series.
- Fu Qing Zhu's Obstetrics and Gynecology (Fu Qing Zhu Nu Ke) – Written by Fu Shan (1607-1684) and first published in 1827. The book consists of 77 chapters plus Postpartum Care including Ob-Gyn's Dx and Tx with easy-understanding language and practical formulas.
- **Formula Jingles (Tang Tou Ge Jue)** – Written by Wang Ang and published in 1694. Over 300 formulas were included with their names, ingredients, indications, and some modifications in the form of jingle, so that it might be easier for beginners to learn by heart.
- **Medical Comprehension (Yi Xue Xin Wu)** – Written by Cheng Guo Peng (also named Cheng Zhong Ling) and published in 1732, in which
- Eight Strategies [8 Principles] was first elaborated: han [sweating], tu [vomiting], xia [downward draining], he [harmonize], wen, qing, xiao, bu, and internal, skin, ob-gyn, eent disorders were covered. This book is very concise and practical and consequently referred to by later practitioners.
- Zhong Yi Feng Ji Da Ci Dian: 96, 592 Formulas

Jing Fang [经方] Classical Formula School

- Formulas in books by Zhang Zhong Jing, Shang Han Lun and Jin Gui yao Lue, which has been used for about two thousands years and contain fewer ingredients in one formula.
  - Elegantly formed
  - Clear methodology
  - Have to worship & follow the past, the Classic Rules

Shi Fang [时方] Latter-day Formula School

- Formulas devised from the Song dynasty onward, and particularly those developed by practitioners of the Warm-febrile Disease School, and usually contain more ingredients in one formula.
  - Diseases have changed since Shang Han Lun was written
  - Clinical standards have changed
  - Effectiveness first

Review and Think

- How many stages in the history of development of CHM formulas?
- Who are the major figures, and what are their representative works in CHM formulary history?
- What are the main systems for categorization of the formulas
- What are the common-used forms for administration, and their dis/advantages?
- What are the differences between jing fang and shi fang?

Introduction to Chinese Herbal Formulas

Developed by Dr. Zhang Zhong Jing in Shang Han Lun

Diagnosis	Li: Theory [From Sx]
Strategy	Fa: Tx Principle [From Dx]
Formula	Fang: Prescription [From differentiation]
Herb	Yao: Included in formula +/-

Relationship of Formulas to Strategies

- Strategies developed from formulas
- Strategies are guidelines and principles for application of formulas
- Formulas are reflection and verification of strategies
- "The formula is derived from the strategy, and the strategy arises from the differentiation."

Eight Traditional Strategies (Ba Fa)

The 8 methods exist in any single method.
Likewise, a myriad of methods exist within the 8 methods.

- **Sweating (Han Fa)**
- **Vomiting (Tu Fa) [Pathogen above middle jiao]**
- **Downward Draining (Xia Fa) [Pathogen below middle jiao]**
- **Harmonizing (He Fa) [Two best friends start fighing]**
- **Warming (Wen Fa)**
- **Clearing (Qing Fa)**
- **Reducing (Xiao)**
- **Tonifying (Bu)**

Fundamental Treatment Principles in TCM (a quick review)

- Root [Ben] (etiology, pathogenesis) vs. branches [Biao] (manifestation)
- Normal treatment [zheng zhi] vs. contrary treatment [fan zhi]
  - Treat cold with warm, Treat Heat with Cold [Big symptoms]
- Different treatment for the same disease vs. Same treatment for different diseases
- Treating disease according to the season, environment, and individual
  - Skinny people: Fire
  - Obese people: Damp

Categorization of Formulas [FYI]

• Seven types of formulas (qi fang)	• Large, small, mild, urgent, odd-numbered, even-numbered, and composite types
• Ten types of formulas (shi ji)	• da, xiao, huan, ji, ji, ou, chong
• Twenty-two types of formulas	• Disseminate (Xuan), Unblock (Tong), • Tonify (Bu), Drain (Xie), Clear (Qing), • Weigh Down (Zhong), Bind (Se), • Lubricate (Hua), Dry (Zao), • Moisten (Shi)
• Our classes are organized in the same manner (19 chapters), with a few modifications.	• Tonify & Nourish, Disperse Exterior, • Induce Vomiting, Attack Interior, • Simultaneous Treatment Of Exterior & Interior • Harmonize & Relieve, • Regulate Qi, Regulate Blood, • Dispel Wind, Dispel Cold, • Clear Summer Heat, • Resolve Dampness, • Moisten Dryness, • Drain Fire, Eliminate Phlegm, • Eliminate & Guide Out Stagnation, • Preserve & Bind, Kill Parasites, • Improve Vision, Abscesses & Sores, • Menstruation & Childbirth, • Emergencies

Introduction to Traditional Chinese Herbal Medicine

Developed by Dr. Zhang Zhong Jing in Shang Han Lun (Qing Dynasty)
[3rd century AD]
Diagnosis Strategy Formula Herb [8 Methods]

- **Diagnosis:** Comes from analysis & synthesis of symptoms & signs
- **Strategy**: Based on Diagnosis
- **Formula**: Under guidance of strategy
- **Herbs** vary from symptoms & signs
- Identify the patient's problem, treatment strategy, formula that incorporates the strategy specific herbs that constitute the formula will naturally follow

Eight Traditional Strategies (Ba Fa)
The 8 methods exist in any single method.
Likewise, a myriad of methods exist within the 8 methods.
All 8 Methods are used today, except vomiting.

- **Sweating (Han Fa):** Induces sweating by stimulating & disseminating the LU Qi, regulating & facilitating the interaction between Ying & Wei Qi, so that the pores open & pathogenic influences in the exterior or other superficial level of the body can be released with sweat. Applied in 2 ways:
  - Acrid & Warming: Ma Huang Tang
  - Acrid & Cooling: Ying Qiao San [Honeysuckle
- **Vomiting (Tu Fa):** [Pathogen above middle jiao] Stimulates the Stomach so that phlegm, stagnant food or toxic stuff stuck in the throat, chest, or stomach cavity can be expelled through the mouth.
  - Melon Pedicle Powder [Gua Di San]
- **Downward Draining (Xia Fa):** [Pathogen below middle jiao] Induces defecation to cleanse bowels & expel substantive pathogenic influences through rectum. This method is very strong, only used for ejecting substantive pathogenic stuff from the body. Applied in 4 ways:
  - Purge Heat Accumulation: Major Order the Qi Decoction
  - Warm Yang & Guide Out Accumulation: Rhubarb & Prepared Aconite Decoction
  - Moisten Intestines & Unblock Bowels: Hemp Seed Pill
  - Drive Out Excess Water: Ten JuJuBe Decoction
- **Harmonizing (He Fa)** [Two best friends start fighing] Harmonizes or regulates functions of different levels & Organs. Applied in 5 ways:
  - Harmonize Shao Yang: Minor Bupleurum Decoction
  - Vent th Membrane Source: Reach the Membrane Source Decoction
  - Harmonize GB & ST: Artemisia Annua & Scutellariae Decoction
  - Harmonize LV & SP: Rambling Powder
  - Harmonize ST & Intestines: Pinellia Decoction to Drain Epigastrium
  - Mu Yuan: Special concept in TCM Special place where pathogens like to hide
- **Warming (Wen Fa):** Warms interior & unblocks meridians to dispel cold from interior or meridians Restore functions of Yang Qi. Applied in 3 ways:
  - Warm meridians & disperse cold: Dang Gui Decoction for Frigid Extremities
  - Warm Middle & dispel cold: Li Zhong Decoction
  - Restore & Revive Yang: Ginseng & Prepared Aconite Decoction
- **Clearing (Qing Fa):** Clear Heat & Drain Fire to eliminate Heat, Fire & their associated toxicity from body. Usually applied in 4 ways:
  - Qi Level: White Tiger Decoction
  - Clear Heat from Ying Level & Cool Blood: Clear Ying Level Decoction
  - Clear Heat & Relieve Toxicity: Coptidis Decoction to Relieve Toxicity
  - Clear Heat from Organs:
    - Honeysuckle, Forsythia & Puffball San
    - Drain the White Powder
    - Clear the Stomach Powder
    - Drain the Yellow Powder
    - Jade Women Decoction
    - Guide out the Red Powder
    - Gentiana Long Dan Cao Decoction to Drain Liver
    - Drain the Green Pill
- **Reducing (Xiao Fa):** Gradually reduces or eliminates clumping or accumulation due to Stagnation of Qi, Blood, fluid, parasites. Applied in 6 ways:
  - Eliminate Food Stagnation: Preserve Harmony Pill
  - Reduce Accumulation: Cinnamon Twig & Poria Pill
  - Transform Phlegm:
    - Er Chen Tang [Two Cured Decoction]
    - Warm GB Decoction
  - Eliminate childhood nutritional impairment: Strenghten Spleen Pill
  - Kill Parasite: Mume Pill [Mumps: Can cause infertility in men]
  - Reduce Sores & Disperse Abscesses: Universal Benefit Decoction to Eliminate Toxin
- **Tonifying (Bu Fa):** Tonifies by enriching, nourishing, augmenting or replenishing weak or deficient aspects of the body. Applied in 4 ways:
  - Tonify Qi: Four Gentlemen Decoction
  - Tonify Blood: Four substance Decoction
  - Tonify Yin: Six Rehmannia Pill
  - Tonify Yang: KD Qi Pill

Introduction to Chinese Herbal Formulas

Composition of the Formulas: Principles for making up formulas [4 Ranks]	
Chief (Jun): King, 君 Emperor	The ingredient that is directed against, and has the greatest effect upon principal pattern or disease.
Deputy (Chen): Minister, Associate臣	Aids the chief in treating the principal pattern or disease; serves as the main ingredient directed against a coexisting pattern or disease.
Assistant使 (Zuo): Adjutant佐	Reinforces the effect of the chief or deputy; moderates or eliminates the toxicity of chief or deputy, or moderates their harsh properties; has an opposite effect of the chief and is used in very serious & complex disorders.
Envoy (Shi): Messenger [Gan Cao: Enters all 12 meridians]	Focuses the actions of the formula on a certain channel or area of the body; harmonizes & integrates actions of other ingredients

Composition of the Formulas: Modifications in Composition [Examples]	
Ma Huang Tang麻黄汤	Ma Huang, Gui Zhi, Xing Ren, Zhi Gan Cao
San Ao Tang三拗汤	Ma Huang, Xing Ren, Gan Cao, Sheng Jiang
Ma Huang Tang 麻黄汤 (Perspiration)	Ma Huang, Gui Zhi, Xing Ren, Zhi Gan Cao
Ma Xing Shi Gan Tang 麻杏石甘汤 (Clear Lung Heat)	Ma Huang, Xing Ren, Shi Gao, Gan Cao
Hua Gai San华盖散	Ma Huang, Xing Ren, Gan Cao, Zi Su Zi, Chen Pi, Chi Fu Ling, Sang Bai Pi
Huang Lian, Wu Zhu Yu	Zuo Jin Wan (Left-Metal Pill, For Liver Fire)
Huang Lian, Mu Xiang	Xiang Lian Wan (Middle Jiao Damp Heat With Qi Stagnation)
Huang Lian, Rou Gui	Jiao Tai Wan (For Heart & Kidney Disconnection)

Types of Formulations and Their Advantages vs. Disadvantages	
Decoctions (Tang)	Rapidly Absorbed, Strong, Easy To Modify
Powders (San)	Convenience In Administration, Lower Cost
Pills (Wan)	Easy To Store, To Take, Less Expensive
Syrups (Tang Jiang)	Sweet Taste, Easy For Children
Medicinal Wine (Yao Jiu)	Good For Chronic Xu, Or Pain Associated With Wind Damp Or Trauma
Tablets (Pian)	Purified, Concentrated
Granules (Chong Fu Ji) Herb Extract Powder	Easy To Store And Absorbed, Smaller Dosage Needed; Expensive
Injections (Zhen Ji)	Fast, Unaffected By Any Interaction With The Digestive System Or Foods

Formula Modifications: Replace bad tasting ingredients with acceptable taste
- Huang lian
- Ku shen
- Wu ling zhi

Special Treatments for Decocting
- **Decocted First (Xian Jian):**
  - Fu Zi, Chuan Wu, Shi Jue Ming, Cao Wu, Long Gu, Mu Li, Ci Shi, Zhen Zhu,
  - Gui Ban, Bie Jia, Shi Gao, Shui Niu Jiao, Dai Zhe Shi, Si Gua Luo
- **Added Near End (Huo Xia) [Aromatics]:**
  - Bo He, Mu Xiang, Sha Ren, Bai Dou Kou, Qing Hao, Da Huang
- **Decocted In Gauze (Bao Jian)** [Nasty Stuff, small seeds, flowers]:
  - Xuan Fu Hua, Che Qian Zi, Liu Yi San, Bi Yu San, Chi Shi Zhi
- **Separately Decocted Or Simmered [Expensive Stuff]** (Ling Jian, Ling Dun)
  - Ren Shen, Xi Yang Shen, Lu Rong
- **Dissolved in the strained decoction (Rong Hua):**
  - E Jiao, Yi Tang
- **Taken With The Strained Decoction (Chong Fu):**
  - Chuan Bei Mu, San Qi, Niu Huang, Zhu Li

Timing and Manner of Administration [Think about Patients]
- Taken about one hour before meals generally
- Take herbs for specific organs at optimal time according to clock
- Ingredients that irritate Stomach: take after meals
- Rich, cloying tonics: take on an empty Stomach.
- Calm spirit: taken before going to bed
- Malarial conditions: take 1-3 hours before an attack on a regular basis if timing is regular
- Releasing Exterior: take while warm
- Taken warm causes nausea or vomiting: take cool
- Patent herbs: take at a specified time as needed
- Ji Ming San: take as soon as one awakens
- Toxic formulas: start with a small dose, slowly increase

Measurement:
- 1 liang两 = 30 g克
- 1 qian钱 = 3 g
- 1 fen分 = 0.3 g

Dosage:
- Common dosage for most of the available substances: 3-5 qian, [9-15 g].

Formula Modifications: Effects Of Modifying Relative Dosage Of Ingredients				
Chief (Jun)	Deputy (Chen)	Assistant/Envoy (Zuo/Shi)	Formula (Fang)	Indications (Zhu Zhi)
Da Huang 12	Zhi Shi 3 Pieces	Hou Po 6	Xiao Cheng Qi Tang	Heat Clumping (Constipation)
Hou Po 24	Zhi Shi 5 Pieces	Da Huang 12	Hou Po San Wu Tang	Qi Clogging (Constipation)

Formula Modifications: Effects Of Modifying Relative Dosage Of Ingredients					
Shui Zhi	Meng Chong	Da Huang	Tao Ren	Formula	Indications
30 pieces	30 pieces	9	20 pieces	Di dang tang	Shang han xu xue
20 pieces	20 pieces	9	25 pieces	Di gang wan	Mild shang han xu xue

Chapter 1: 汗法Formulas That Release the Exterior [Sweating]	
Exterior conditions ● Fever and chills, head and body aches, and a floating pulse. Also: ● Acute and superficial edema (feng shui风水) ● Early stage measles and incompletely expressed rashes ● Initial stage of carbuncles, sores and unknown skin conditions accompanied by fever and chills	● Neijing (shu wen Chapter 5): When at the skin level, use sweating to discharge. ● Administration: decoction, powder. Usually taken hot after meals. ● Preparation: cook for a relatively short period of time due to ingredients in the formulas are light and volatile (too much heat will damage the efficacy). ● Precaution: excessive sweating injures Qi and fluids. Formulas should be adjusted to suit the individual's constitution, climate, and season.

Acrid-Warm辛温 to Release Exterior解表 wind-cold Wind-cold type: fever and chills (chills predominant), head and body aches, no sweating/fever and chills remain post-sweating; sneezing, stiff neck, clear/white nasal discharge/sputum; a white thin tongue coating,	● Pulse: floating/floating [most important], tight ● Tx: acrid-warm formulas to induce sweating to release wind-cold

Ma Huang Tang麻黄汤 (Ephedra Decoction)	Source: Shang Han Lun
● **Actions**: Releases exterior cold & arrests wheezing. ● Preparation: < 20' [Don't cook for more than 20 minutes] ● Administration: taken hot to induce sweating ● Indications: ◇ Taiyang shang han/ wind cold exterior shi. Fever & chills **w/o sweating** ◇ **Floating, tight pulse**. ▪ [Exterior Excess] Exterior condition but pores closed □ Can't get rid of pathogen. Not really an excess. Means that pores are closed ◇ Cause: Wind-cold exterior shi 风寒表实 – fever and chills (chills predominant) **without sweating**, headache, generalized body aches [Wei syndrome], wheezing, thin, white tongue coating, and floating, tight pulse. ▪ Chronic asthma [wheezing], breathing not easy, upper respiratory tight ▪ Wind cold invasion (exterior), surface closed ▪ Feel hot but cold **Applications**: ● Primary focus: stimulate sweating, used for Taiyang/cold excess in the exterior. ● Cold/flu/acute bronchitis, asthma mainly manifesting as wheezing due to cold ● Bi Sx due to wind cold damp ● Nosebleeds w/o sweating and with a floating/tight pulse ● Acute glomerulonephritis ● Skin disorders due to wind cold	**Modern research:** ● Antipyretic ● Promotes glandular secretion, esp. sweating & tearing ● Antitussive ● Antiasthmatic ● Expectorant ● Antibacterial, antiviral **Case study** ● **Mr. S., male, 19 years old, a college student. Mr. S. has been suffering from chills and fever, headache, no sweating, no cough since last night after he ran back home soaked in a rain.** ● **Slightly flabby tongue with thin white coat, floating and tight pulse.** ● **Dx: Wind cold invasion, just started last night [Wind Cold Excess]** ● **Tx: Ma Huang Tang [Wind cold invasion in Tai Yang]** ● **Fx:**

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Ma Huang	9	Warm, acrid, Slightly bitter	LU, UB	Disseminates lung qi, arrest wheezing Very strong diaphoretic Release Exterior [surface]
Deputy	Gui Zhi	6	Warm, acrid, sweet; aromatic	LU, UB	Mutual accentuation [xiang xu] [1+1= >2] with ma huang, diaphoretic, Release exterior [Esp. muscle layer. Can work slightly deeper than Ma Huang. Muscle aches due to wind cold]
Assistant	Xing Ren [Ku Xing Ren] [Apricot Seed]	9	Warm, bitter	LU, LI	Unblock lung qi, help arrest wheezing [Specialty, wheezing & coughing, bring rebellious Qi Downward] LU [Exterior], LI [Constipation (Oily)]
Envoy	Zhi Gan Cao	3	Warm, Sweet [Protect middle jiao]	LU, SP	Harmonizes & moderates diaphoretic action of ma huang [Harmonize, neutralize harshness & side effects of other ingredients] Protect middle jiao because of sweetness

Associated Formulas	Ingredients	Plus	Minus	Indications
Ma Huang Jia Zhu Tang	● Ma Huang ● Gui Zhi ● Xing Ren ● Zhi Gan Cao ● **Bai Zhu 12**	Bai Zhu 12		Body aches due to damp cold
Da Qing Long Tang [Very Important formula for severe wind cold with internal heat]	● **Ma Huang [18]** ● Gui Zhi ● Xing Ren ● Zhi Gan Cao ● **Shi Gao** ● **Sheng Jiang** ● **Da Zao**	● Ma Huang □ 18 ● Plus Shi Gao ● Sheng Jiang, Da Zao		Exterior cold w/interior heat. Severe fever & chills w/o sweating Acute floating edema **Internal Heat** (constitutional) [Ex: heavy smoker, LU toxins] Patient feel very hot inside body ● Plus Shi Gao [very cold, for interior heat] ● Sheng Jiang, Da Zao [Release exterior, protect middle jiao]
San Ao Tang [3]	● **Ma Huang** ● **Xing Ren** ● **Zhi Gan Cao**		Minus Gui Zhi	Mild wind cold Initial stage [much weaker]
Hua Gai San [7 ingredients] [Big Umbrella (LU)]: Large organ, big, on top,	Sang Bai Pi, Zi Su Zi, Chi Fu Ling, Chen Pi	Plus Sang Bai Pi, Zi Su Zi, Chi Fu Ling, Chen Pi	Minus Gui Zhi	Internal phlegm with wind cold attack [Damp heat cooked to generate phlegm] Scoop away, stop production

Gui Zhi Tang (Cinnamon Twig Decoction) Source: Shang Han Lun

Actions: Releases Exterior From Muscle Layer, Regulates Ying & Wei.
- Preparation: < 20'
- Administration: taken hot to induce some sweating

Indications:
- **Wind Cold Exterior Deficiency**. Fever & aversion to wind, HA. Exterior unrelieved by sweating, **floating relaxed** or **floating slightly soft pulse**.
- Similar presentation in patients recovering from serious diseases or after childbirth.
  - Ying & Wei Qi disharmony: Excessive sweating
- Unusual sweating due to
- Wind-cold exterior xu 风寒表虚 fever and chills unrelieved by sweating, aversion to wind, headache, stiff neck, nasal congestion, dry heaves, no particular thirst
- T: thin, white, moist coating, P: floating, relaxed

Applications:
- wind cold invasion leading to an exterior cold deficient sx (taiyang zhong feng/biao xu)
- Flu/cold/URI
- Postpartum fever
- Chronic low-grade fever
- Chronic/allergic sinusitis
- Eczema, urticaria (pruritus)
- Frostbite

Modern research [FYI]
- Dual-direction regulation: temperature, sweat secretion
- Anti-inflammtary
- Analgesic
- Sedative
- Bacterioinhibitory
- Expectorant

Case Study
- A 32 y-o female comes in with fever & chills, aversion to wind for 2 days. Sweating after taking ma huang tang last night. But starting this morning she is unable to move her neck [**neck stiffness**], especially while driving.
- A kind of normal colored tongue with thin white coating. A
- **floating & relaxed pulse**.
- Dx: Wind Cold Exterior Deficiency
- Tx: Release exterior wind cold & address neck stiffness
- Fx: **Gui Zhi Jia Ge Gen Tang**

Review & Think
- Please make a comparison of ma huang tang and gui zhi tang in terms of their ingredients, actions, indications, applications and pathological mechanism.

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Gui Zhi	9	Warm, acrid;	LU, UB	Releases wind cold, regulates Wei
Deputy	Bai Shao Yao	9	Cool, bitter, sour	LR, SP	With gui zhi, regulates Ying Wei Together: Harmonize Ying & Wei Abnormal sweating: Pores open when they're not supposed to be open Chief Pair: Gui Zhi & Bai Shao Yao
Assistant	Sheng Jiang	9	Warm, acrid;	LU, ST	Secondary Pair to help Chief Pair: Sheng Jiang & Da Zao Assists gui zhi in releasing, calming ST to address nausea [Good for ST disorders, rebellion]
	Da Zao	3 pieces	Neutral, sweet;	SP, ST	Tonifies the middle, assists bai shao in regulating Ying
Envoy	Zhi Gan Cao	6	Warm, sweet;	LU, SP	Regulates Ying Wei; with Gui zhi produces Yang from sweet & acrid, with bai shao produces Yin from sweet & sour **Sweet & Acrid: Produces Yang** **Sweet & Sour: Produces Yin** Enters every meridian

New formulas	Based on gui zhi tang	Indications
Gui Zhi Jia Ge Gen Tang	Plus ge gen	• Taiyang sx w/stiff neck and upper back, sweating
Gui Zhi Jia Hou Po Xing Zi Tang	Plus hou po, xing ren [5+2=7 ingredients]	• Wheezing plus gui zhi tang sx
Gui Zhi Fu Zi Tang	Plus fu zi	• Bi sx in the meridians due to wind cold
Gui Zhi Jia Shao Yao Tang	Double shao yao [18]	• Tai yin from tai yang due to incorrect purgatives at tai yang • Because of incorrect treatment of Tai Yang □ get into SP
Gui Zhi Qu Shao Yao Tang	Minus shao yao	• Irregular pulse, chest fullness due to incorrect purgatives at Tai yang • Qu = get rid of

Modifications [FYI]		
Plus fang feng, xin yi hua	Disperse w-c, unblock nasal congestion	More w-c with sneezing & nasal conge
Plus fang feng, qiang huo	Disperse w-c-d	W-c-d with bodyaches & joint pain
Plus fang feng, huang qi	consolidate the surface	Profuse sweating
Bai shao up; gui zhi, sheng jiang,gan cao down	Bring warm effect down	Profuse sweating
Plus xing ren, gua lou	Facilitate lung qi	Rough breathing, sob
Plus ju hua, jing jie	Dispersing wind, clear up clear orifices	Heavy, fuzzy sensation, itchy eyes
Plus gao ben, ge gen	Dredge,soften meridians	Headaches,stiff neck

Xiao Qing Long Tang (Minor Bluegreen Dragon Decoction) Source: Shang Han Lun

- **Actions**: Releases Exterior, Warms Lung, Transforms Fluids, Arrests Wheezing & Cough By Directing Rebellious Qi □.
- Root in middle jiao
- Preparation: < 20'
- Administration: taken hot

Indications:
- Wind cold invasion with chronic internal congested fluids, or with spleen xu
- Wind-cold invasion with chronic internal congested fluids 表寒夹痰湿
  - Fever and chills (chills predominant) without sweating,
  - Coughing, wheezing,
  - Sputum that is copious, white, stringy, and difficult to expectorate
  - Stifling sensation in the chest
  - Generalized sensation of heaviness and body aches/floating edema,
  - No particular thirst, a moist tongue coating, and a floating, tight pulse.
  - [More complicated case than just wind cold]

Applications: Exterior wind cold with interior congested fluids.
- Acute bronchitis/acute exacerbation of chronic bronchitis/bronchial asthma
- Infantile asthmatic bronchitis
- Emphysema/pulmonary heart disease
- Flu
- Exudative pleurisy
- Whooping cough

Modern research:
- Antiasthmatic (anti-acetylcholine)
- Antiallergic (antihistaminic)
- Circulation-promoting

Case Study
- A 65 y-o male comes in for coughing with clear, copious mucus secondary to a rainy day outdoor work a couple of weeks ago. He has been suffering from a chronic bronchitis (slight wheezing and sob) for 26 years, often worse with cold exposure, lingering for 2 to 6 weeks
- A moist tongue coating; a weak pulse with a little bit floating. Becomes slightly tight and stronger while coughing.
- Dx: Arrest coughing
- Tx:

Review & Think
- What are the differences between xiao qing long tang & da qing long tang?
- What are the differences between xiao qing long jia shi gao tang & da qing long tang?
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Ma Huang	9	Warm, acrid		Release exterior, move damp by facilitating lung qi
	Gui Zhi	9	Warm, acrid		Mutual accentuation (xiang xu) with ma huang Regulate Ying & Wei □ Back to Normal
Deputy	Gan Jiang	3	Warm, acrid		Deputy pair: Get rid of phlegm, mucus, dampness With xi xin, warm interior, transform damp, release w-c [dried, domestic, focus on middle jiao]
	Xi Xin	3	Very warm, acrid		With gan jiang, help release w-c, also stop coughing [Wild ginger □ Very warm, very strong, focused on upper jiao]
Assistant	Wu Wei Zi	6	Sour, astringent		Prevent leakage of lung qi due to warm acrid herbs [5 flavor seeds, but sour is major flavor □ astringent] treat possible side effects, prevent leakage of LU Qi from the strong herbs]
	Bai Shao	9	Sour, nourishing		Prevent too dry warm by nourishing blood and Yin Regulate Ying & Wei □ Back to Normal
	Ban Xia	9	Dry warm		Dry damp, harmonize ST by conducting Qi downward Help Xi Xin & Gan Jiang to treat damp [focused on middle jiao]
Envoy	Zhi Gan Cao	6	Sweet, warm		Augment qi, harmonize all the herbs Too much spicy stuff make middle jiao upset □ add sweet [yin to protect middle jiao]

Modifications			
Ma huang and gui zhi up;	Sheng jiang replaces gan jiang	Stronger in dispersing w-c	Severe chills
Gui zhi and bai shao up;	Plus sheng jiang, da zao	Stronger in regulating Ying and Wei	Aversion to wind, sweating
Plus bai zhu, ze xie, fu ling	Plus shi gao, huang qin	Stronger in transforming damp	Puffiness in limbs and on face
Minus gan jiang, gui zhi;		Decreasing warming effect, add heat clearing effect	Increasing fever, with thick yellow mucus
Minus ban xia	Plus tian hua fen	Add heat clearing and fluid generating effect	thirst

New formulas	Based on xiao qing long tang	Minus	Indications
Xiao Qing Long Jia Shi Gao Tang	Plus shi gao		Wheezing with irritability, abdominal & thoracic distention
She Gan Ma Huang Tang	Plus she gan [reduce itching, tingling sensation in throat] zi wan, kuan dong hua [stop coughing] sheng jiang, da zao;	minus gan jiang [too dry], gui zhi [too dry], bai shao, zhi gan cao	[Coughing & wheezing with rattling sound] [Water chicken crow, like birds in swamp] (Whooping Cough)

Jiu Wei Qiang Huo Tang [九味羌活汤] **(Nine-herb Decoction with Notopterygium)**	**Source: Ci Shi Nan Zhi** **Patent pills available**
● **Actions**: Release Exterior Wind Cold Damp, Clear Interior Heat ● Preparation: <20' ● Administration: taken warm. ● Indications: external w-c-d with internal heat (no sweating,HA,stiff neck,achy/painful joints and muscles). ● This formula has patent pills available **Indications** ● External wind cold damp with internal heat 风寒湿夹内热 ● Fever and chills (chills predominant) without sweating, ● Headache, stiff neck, generalized aches and pain, ● Slight thirst [internal heat], a bitter taste in the mouth, ● T: white coating, P: floating **Applications**: ● Externally-contracted wind-cold-dampness with concurrent internal accumulation of heat characterized by fever and chills (more chill) without sweating, HA, and stiff neck, generalized aches and **pain**. [New thing is the pain] ● Headaches: w-c-d type/w-d type ● Acute urticaria: w-c-d type/w-h-d type ● Rheumatic fever ● Flu/URI	**Modern research**: ● Antipyretic ● Analgesic ● Anti-inflammatory ● diuretic Case Study ● A 48 y-o male looks for Tx for his aches in the limbs. He tells us he fixed a flat tire in rain & caught a cold 4 days ago: feel cold and heavy, muscle aches starting on the neck, spreading to arms and legs; no appetite, nauseated at times. He's been a heavy smoker (2 packs a day) for 23 years. ● A white and slimy tongue coating. A slight floating and wiry pulse [pathogen getting deeper]. You noticed he spit out some sticky clear sputum while talking. ● Dx: Internal Damp Heat, External Wind Cold Damp [common in Seattle] ◇ Wind Cold Damp is going deeper ◇ Smoking: Internal, hidden phlegm, triggered by wind cold damp ● Tai Yang □ Shao Yang ● Tx: Release Wind cold Damp, transform damp in interior ● Add a little Huang Lian would be helpful

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Qiang Huo	6	Acrid, warm, aromatic	UB	Tai Yang Syndrome [Upper Part of Body & Excess] Disperses Wind Cold Damp [Du Huo: Lower part of body & Deficiency]
Deputy	Fang Feng	6	Acrid, **sweet**, warm		Helps chief in dispersing w-c-d, alleviating pain Very good for Wind Cold [sweet: good for wind, won't damage anything (Qi, yin), very nourishing]
	Cang Zhu	6	Acrid, bitter, warm, **dry**		Helps chief in dispersing and eliminating damp [aromatic □ get rid of damp] Very Dry
Assistant	Xi Xin	2	Acrid, very warm		Assists chief, deputies [warm meridians]
	Chuan Xiong	3	Acrid, warm	LV, GB	Assists chief, deputies [move blood, aromatic □ Disperse wind cold] Really good for pain in LV, GB meridians [especially LV/GB headaches]
	Bai Zhi	3	Acrid, warm		Assists chief, deputies [release wind cold damp, front headaches (Yang Ming)]
	Huang Qin	3	Bitter, cold		Clear internal heat (qi) [Damp Heat in upper jiao, especially in LU]
	Sheng Di Huang	3	Bitter, sweet, cold		Clear internal heat (Blood) [Nourish yin, clear blood heat □ internal heat]
Envoy	Gan Cao	3	envoy		Harmonizes all herbs

Plus shi gao, zhi mu		Stronger heat-clearing effect	Pronounced internal heat
Plus huo xiang, ban xia, chen pi	Minus sheng di	Stronger damp-eliminating effect	Pronounced damp
Qiang huo and cang zhu up; Plus wei ling xian, qin jiao, fang ji		Stronger damp- eliminating and Bi-treating effect	Severe aches and pain
Plus jie geng, bo he, niu bang zi		Soothe throat	Severe sore throat
	Minus sheng di, huang qin	No more heat-clearing effect	No heat presentation

New formulas	**Based on jiu wei qiang huo tang**		**Indications**
Jiu Wei Qiang Huo Tang (Yi Fang Ji Jie)	Plus Sheng Jiang, Cong Bai		Stronger diaphoretic action
Da Qiang Huo Tang (Ci Shi Nan Zhi By Li Dong- Yuan)	Plus Du Huo, Fang Ji, Huang Lian (Berberine) [stronger at clearing heat than Huang Qin, antibacterial &antiviral], Bai Zhu, Zhi Mu: Tonify Middle Jiao, nourish	minus bai zhi	Predominant Internal heat compare to jiu wei Written by Earth Advocate [**Li Gao** (also named as Li Dong Yuan, Li Ming Zhi)]

Xiang Su San (Cyperus And Perilla Leaf Powder)	Source: Tai Ping Hui Min He Ji Ju Fang
● **Actions**: Regulates Qi, Releases Exterior. ● Preparation: < 20' ● Administration: taken warm ● Well balanced & mild **Indications**: ● Exterior Wind-Cold With Interior Qi Stagnation ● Wind-cold with internal qi stagnation 风寒气滞 ● Fever and chills without sweating, headache, focal distention and a stifling sensation in the chest and epigastrium, poor appetite, belching ● Thin, white tongue coating, and a floating pulse **Applications**: ● mild cases in which qi stagnation (constitutional or simultaneous) with wind-cold ● Mild stomach flu ● Mild URI with emotional components ● Concurrent menstrual cycle and wind-cold ● Weak persons with wind-cold	Very, very mild, initial stage: ● Cong Chi Tang: Cong Bai [aromatic, acrid] with Dan Dou Chi [Fermented] ● Cong Chi Tang + Xiang Su San = Case Study ● A 39 y-o gloomy-looking female comes in with complaint of aversion to cold, HA, stiff neck, runny nose. She says she is on day 1 of her cycle and just learned that her mom is in hospital for her attack of very high blood pressure ● A thin white tongue coating with distended sublingual veins [Qi Stagnation]. ● A soft pulse [wind cold plus Qi stagnation] ◇ Stronger: Use **Jia wei xiang su san** ● Dx: ● Tx: ●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Zi Su Ye	12	Acrid, aromatic, warm;	LU, SP	Releases exterior, moves qi [More Upper & Middle Jiao]
Deputy	Xiang Fu	12	Acrid, bitter, warm	LV, SJ	Moves & disperses stagnant qi [Strongest Qi Mover □ LV Qi]
Assistant	Chen Pi	6	Acrid, bitter, aromatic, warm	LU, SP, ST	Assists chief & deputy in moving qi [More focused on middle jiao]
Envoy	Zhi Gan Cao	3	Harmonize, strengthens St.	All 12	Prevents qi-moving herbs from depleting qi

Modifications			
Plus qiang huo, bai zhi, chuan xiong, man jing zi	Guides effect into each meridian respectively	Headaches	
Plus zi su zi, ban xia	Stronger damp-drying and qi-downward moving effect	Coughing with copious sputum	

Related Formulas	**Based on xiang su san**	**Indications**	
Xiang Su Cong Chi Tang	Plus Xian Cong Bai, Dan Dou Chi	Severe Wind Cold; pregnant women with w-c	
Jia Wei Xiang Su San	Plus Jing Jie, Qin Jiao, Fang Feng, Man Jing Zi, Chuan Xiong, Sheng Jiang	Milder than Ma Huang Tang & Gui Zhi Tang Stronger than Xiang Su San but weaker than Ma Huang Tang & Gui Zhi	Still milder

Xiang Ru San香薷散 (Elsholtzia Powder)	Source: Tai Ping Hui Min He Ji Ju Fang
● Actions: releases summer exterior, transforms damp, harmonizes middle Jiao. ● Preparation: grind into a coarse powder; or decoct < 20' ● Administration: taken as a draft; or decoction taken lukewarm ● Indications: exterior cold with interior damp in the summer ● Exterior cold with interior damp in the summer 外寒内湿(夏日) – aversion to cold with skin that is warm to the touch, an absence of sweating, a sensation of heaviness in the head, headache, abdominal pain, vomiting, diarrhea, a stifling sensation in the chest, fatigued extremities, a white, greasy tongue coating, and a floating pulse. **Applications**: damp-cold contracted during the summertime ● Acute gastroenteritits ● Hypokalemia (low blood potassium caused fatigue, weakness, poor appetite, abdominal distension, thirst) ● Infantile summer unexplained fever [Damp will cause low grade fever, especially in afternoon] ◊ If mother is still nursing, have mother take herbs, otherwise, make formula sweet for kids ● Infantile acute diarrhea in the summer ● Air conditioner syndrome [Hot outside, sweat a lot, then go inside to air conditioner & feel really cold] ●	**Modern research**: ● Antipyretic ● Diaphoretic ● Antibiotic ● Antiviral ● Urine-promoting ● Peptic-juices promoting ● Peristalsis-promoting Case Study ● A 17 y-o female feels heavy and cold with abdominal distension and tight chest after she drank a liter of ice tea and a large cone of ice cream upon her completion of cross country tournament on a hot summer day. [Ate too much coldness □ Frozen digestion □ feel discomfort inside (cold = big burden for SP/ST)] ● She appears red face with cold skin, and coarse breathing ● A thin white tongue coating; ● a rapid, floating, and slightly large pulse. ● Dx: ● Tx: Review & Think ● Please compare the key formulas in this section in terms of their ingredients, actions, indications, modifications, and characteristics. ◊ Ma Huang Tang, etc. ● Compare the related formulas with their original formulas, and figure out the relationship between added/subtracted herbs with the changes of the actions. ● Please review the case studies. ● Please present your cases.

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Xiang Ru	9	Acrid, slightly warm, aromatic	LU, ST	Releases exterior, harmonizes middle Jiao, disperses and dispels damp-cold from the middle
Deputy	Bai Bian Dou	6	Sweet, neutral, aromatic	SP, ST	[White flat bean] Helps chief in the middle Jiao
Assistant	Hou Po	6	Acrid, bitter, warm, aromatic	SP, ST, LU, LU	Assists chief and deputy; move qi

Modifications			
Plus qing hao	Release damp-cold	Severe cases	
Plus huang lian	Clear internal damp-heat	With internal heat	
Plus fu ling, ze xie	Transform & expel damp	severe damp	
Plus mu gua	Relax the spasm	Systremma: spasm of gastrocnemius	

New formula	Based on xiang ru san	Indications	
Xin Jia Xiang Ru Yin (Switch To Cold In Formula Nature) (Wen Bing Tiao Bian)	Replaces Bai Bian Dou With Xian Bian Dou Hua [Xian = Fresh, Hua = Flower (Aromatic)] Plus Jin Yin Hua, Lian Qiao	Summer damp-heat: fever, chills w/o sweating; thirst, flushed face; floating rapid pulse [ongoing inflammation inside □ Clear heat]	

Acrid-Cool Formulas To Release W-H 辛凉解表	
● Wind-heat type (wei level): ● Fever, sweating, a slight aversion to wind/slight chills, HA, thirst, sore throat. Or also cough, eye redness. A thin white/slightly yellow tongue coating; a floating and rapid pulse. ◊ Epidemic, febrile diseases Warm diseases Easily damage yin Don't use much dispersing, warm stuff ◊ In those days, everyone is cold, hungry, lack of warmth ◊ Focus on get rid of cold & tonify yang Qi ◊ Get rid of febrile warm heat & nourish yin ● Treated with acrid-cool formulas to release exterior wind-heat	●

Sang Ju Yin 桑菊饮 (Mulberry Leaf And Chrysanthemum Decoction)	**Source: Wen Bing Tiao Bian**
● **Actions**: Releases Exterior Wind-Heat, stops coughing by facilitating LU Qi flow. ● Preparation: < 20'. ● Patent form: sang ju gan mao pain (4 tid); sang chu yin pien (4 tid) ● Administration: taken lukewarm ● Aromatic stuff: add near end ● **Indications**: Early-stage warm-febrile diseases 温病初起: [slight fever & chills, cough, slight thirst] ● Thin, white tongue coating, and a floating, rapid pulse. ● **Jie Geng Gan Cao Tang**: small formula, focuses on throat [sore throat, slightly scratchy throat] **Applications**: Early-stage warm-febrile diseases, or other mild exterior heat disorders in which **coughing, wheezing** is the dominant symptom ● Eye disorders –acute conjunctivitis w-h type ● Hacking cough – exterior dryness (autumn dryness?) ● Flu/URI ● Acute bronchitis ● Whooping cough ● Keratitis due to herpes simplex virus	**Modern research**: ● Diaphoretic ● Anti-pathogenic microorganism ● Anti-pyretic ● Anti-inflammatory ● Immune support Case Study ● A 24 y-o male suffers from a non-productive hacking cough after he came back from a 5- day Phoenix trip. He feels a little cold, headachy, throat sore, wheezy at times (he thinks he caught bugs on airplane). ● A red-tipped tongue with thin dry coating; a slightly floating, rapid pulse. [Wind Heat] ● Wrists: pretty warm wrists. ● Dx: ● Tx: ●

Rank	**Herb**	**Amount**	**Properties**	**Channels**	**Notes**
Chief	Sang Ye	7.5	Sweet, bitter, cool	LU, LV	Releases w-h & cough
	Ju Hua	3	Sweet, bitter, cool;	LU, LV	For upper Jiao w-h (eyes)
Deputy	Lian Qiao	4.5	bitter, slightly acrid;	HT, LV, GB	Clears heat & detoxify
	Bo He [Hou Xia]	2.5	acrid, aromatic,cool	LU, LV	For upper Jiao w-h (orifices) [Aromatic: add near end]
	Jie Geng	6	acrid,bitter,neutral	LU, ST	For cough (ascending lung qi) [Guiding herb into lung] [Invasion into Tai Yang meridian]
	Xing Ren	6	bitter,warm	LU, LI	Paired with jie geng (descending) [one goes up, one goes down cause circle to facilitate venting of lu qi]
Assistant	Lu Gen	6	sweet,cold	LU, ST	Clears heat, generates fluids [Warm febrile diseases cause problem] Always focus on Yang [colder] [Nourish, generate, big grass]
Envoy	Gan Cao	2.5	envoy	All 12	Clears & harmonizes; paired with jie geng soothes throat [Zhi Gan Cao is too sweet, too good for bugs]

Modifications			
Plus shi gao, zhi mu	Stronger heat-clearing	qi level heat(wheezing)	
Plus huang qin	stronger lungheat-clearing	Frequent cough	
Plus tian hua fen	Generates fluids	Pronounced thirst	
Plus bai mao gen, mu dan pi, ou jie	Stop bleeding	Blood-streaked mucus	
Plus gua lou pi, zhe bei mu	Treat mucus	Viscous yellow mucus that hard to expectorate	
Plus bai ji li, xia ku cao, jue ming zi	Clear heat from Lr & Lu	Pink eyes, watery eyes	
Plus niu bang zi, ban lan gen, shan dou gen	Clear throat heat	Sore, swollen, purulent throat	
Plus shui niu jiao, xuan shen	Clear ying-level	Ying level heat(dark- red tongue)	

Yin Qiao San (Honeysuckle And Forsythia Powder)
Source: Wen Bing Tiao Bian

- Very Important Formula!!!!
- Very Famous, almost most famous [Good For when catch a cold]
- Most Popular formula for exterior conditions [Polluted environment too much toxins already in system, so when catch exterior conditions, already have heat in body Quickly switch to wind heat]
- Next Quiz: Common ingredients between two formulas [5 ingredients in common]
- **Actions**: Acrid-Cool To Release Wind-Heat, Clears Heat & Relieves Toxicity [detox for too much toxins, too much heat (sore throat, pink eye, general itchiness, toothache)]
- Preparation: grind into powder, decoct lu gen <10'.
  - Don't cook too much. Origianlly they used the powder
- Patent: yin qiao jie du wan/pian (4 tid/qid)
- Administration: taken 9g with lukewarm lu gen decoction tid/qid
- **Ren Dong Teng**: Important for Skin disorders
- **Jie Geng Gan Cao Tang**: Sore throat, scratchy throat

Indications
- Early-stage (Wei Level) warm-febrile diseases [fever, slight or no chills, headache, thirst, cough, sore throat,
- T: red-tipped, thin white/thin yellow coating, P: floating, rapid

Applications: Popular formula for wei- level warm-febrile diseases [**yin qiao]**
- Flu/URI
- Acute bronchitis, Pharyngitis/tonsilitis
- Epidemic parotitis
- Encephalitis/meningitis at early stage
- Dermatitis, Measles

Modern research:
- Antipyretic
- Anti-inflammatory
- Analgesic
- Antibiotic
- Antiviral
- Immune support
- Peristalsis-inhibiting

Case Study
- A 34 y-o tall smoker male complains of sore throat, hoarse voice, fever, thirst. He has HAs and cough with sticky yellow mucus when he gets up last 4 days. He has to put on one more layer to keep himself warm. Oh, you also learnt that his son was sick and had to stay home with him last week
- A thin yellow tongue coating with inflamed throat; a floating rapid pulse.
  - Floating = exterior, rapid = heat
  - First defense department is throat, before laryngitis, pharyngitis
- Dx: Yin Qiao + Sang Ju Yin together [Expensive stuff but works very well]
  - Sore throat, toxins, but nothing for phlegm
  - Good things for phlegm: Ban Xia, Tian Nan Shen, Dan Nan shen [prepared with ox bile to make cool]
- Tx:
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Jin Yin Hua	9-15	Sweet, Cold	LU, ST	For w-h, toxin, heat
	Lian Qiao	9-15	Bitter, Sl. Acrid, Cool	HT, LV, GB	Paired with jin yin hua,
Deputy	Jie Geng	3-6	Spreads Lung Qi	LU	Soothes throat []
	Niu Bang Zi	9-12	Detoxifys, Clear Heat		Paired with jie gen… Paired with bo he…
	Bo He [Hou Xia]	3-6	Acrid, Aromatic, Cool	LU, LV	Clears heat from orifices
	Dan Dou Chi	3-6	Helps Chiefs		Releases the exterior [Fermented soybean Help Qi]
Assistant	Jing Jie	6-9	Acrid, Aromatic	LU, LV	Assists chiefs & deputies [Specialty: Almost neutral often in wind cold/heat, mediator, in middle] Wind cold, itchiness
	Dan Zhu Ye	6-9	Sweet, Bland, Cold	HT, ST, UB	Assists chiefs & deputies [Specialty: Clear heat from HT & SI, scanty urination, irritability, best part: center piece that sticks out from leaf (Zhu Ye Xin)]
	Lu Gen	15-30	Sweet, Cold	LU, ST	Assists chiefs & deputies [Avoid getting too dry, hot, prevent damage to yin]
Envoy	Gan Cao [A&E]	3-6	Harmonizes Other Herbs		Paired with jie gen throat

Modifications			
Plus ju hua,man jing zi	Address headache	HA w/o sweating	
Plus ban lan gen, shan dou gen	Address sore/swollen throat	Pronounced throat disorders	
Plus zhe bei mu, xing ren, pi pa ye	Address cough w/ yellow sputum	Severe cough w/ yellow sticky mucus	
Plus huo xiang, gua lou pi, yu jin	Move qi, open the chest	Stifling sensation of chest & diaphragm	
Plus tian hua fen	Generates fluids	Severe thirst	
Plus bai mao gen, zhi zi; minus jing jie, dan dou chi	Cooler, stop bleeding	nosebleed	
Plus chan tui, fu ping	Encourage heat-toxin expression	Rash incomplete expression	
Plus pu gong ying, da qing ye	Clear heat-toxin	skin Dz typed as w-h-toxin	

Related Formula			
New formula	**Based on yin qiao san**	**indication**	
Yin Qiao Tang Source: Wen Bing Tiao Bian Actions: Vents w-h, enriches yin	- Bo He, Jie Geng, Jing Jie, Dan Dou Chi, Lu Gen, Niu Bang Zi; + Mai Men Dong, Sheng Di Huang	Yang ming warm-febrile dz has been incompletely purged: floating pulse w/o sweat	

Patent form of yin qiao san/+ sang ju yin	
Yin qiao jie du wan	Initial defense (K'an) [Expensive but works well, very concentrated]
Yin qiao jie du pian	Prime response (Jade)
Yin chiao chieh tu pian	Yin qiao (K'an)
Ling qiao jie du pian (plus ling yang jiao)	Yin chiao formula (GFCH)
Gan mao ling	Zhong gan ling (K'an)
Zhong gan ling	Yin chiao junior (HC)

Ma Xing Shi Gan Tang (Ephedra, Apricot Kernel, Gypsum, And Licorice Decoction) **Source**: Shang Han Lun

- **Actions**: Acrid, Cool To Clear Lung Heat, calms wheezing by directing rebellious Qi downward
- Ratio: Ma Huang Shi Gao 1:4
- Preparation: < 20'
- Administration: taken lukewarm
- Lung heat 肺热 :fever with or without sweating, thirst, wheezing, coughing, labored breathing, nasal flaring and pain, a red-tipped tongue with yellow tongue coating, and a rapid, forceful/slippery pulse
  - More Internal LU Heat
  - Some books put this formula in the Clear Internal Heat chapter
    - [Ma Huang & Shi Gao together]
  - If no LU Heat, use a different formula [Wind heat No use]
- Applications: lung heat with wheezing and coughing/exterior symptoms still present. Sx: fever, wheezing/labored breathing /coughing, yellow thin coating, rapid pulse.
- Severe flu, Pneumonia
- Acute attack of chronic bronchitis
- Pulmonary infiltration with eosinophilia
- Intractable cough [LU Heat cough, not wind heat cough]
- Cystitis [UB infection (Tai Yang) & SI]

Modern Research
- Antibechic
- Expectorant
- Antiallergic
- Anti-inflammatory
- Antipyretic
- Cardiovascular – raise BP and heart rate
- Anti-micobial

Case Study
- A 24 y-o male caught a flu last week while he was very busy at his project for finals. Now he is miserable for his coughing and wheezing with yellow sticky mucus at times [Internal LU Heat]. Staring 2 days ago, he also feels hot, especially above his chest, and sweats a little bit when he coughs.
- A thin yellow and dry tongue coating, red tip. A fast, forceful and slightly floating pulse. You noticed he kept drinking water during the interview.
- Dx: Internal LU Heat
  - More heat, already a whole week, wind cold enters the interior
- Tx:

Review & Think
- Analyze the effect and relationship between ma huang and shi gao in formula Ma Xing Shi Gan Tang. [Always question in NCCAOM Classic relationship]
  - Ma Huang: Dispersing function,
  - Shi Gao: Neutralizes the heat of Ma Huang

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Ma Huang	4.5-12	Acrid, sweet, Warm		Treat constrained fire by dispersing it [Disperse/Release Exterior] For severe lung heat, ma huang dosage is reduced and shi gao is increased; Can adjust this formula from more Internal heat exterior conditions [Adjust ratio of Ma Huang & Shi Gao]
	Shi Gao	18-48	Acrid, sweet, Very cold		Less internal heat and more exterior symptoms, ma huang dosage is increased and shi gao is reduced. Large dosage of Shi Gao Neutralizes Ma Huang's warm properties
Deputy	Xing Ren	9	Bitter, descending		Helps ma huang in facilitating lung qi flow downward to stop coughing & wheezing
Envoy	Zhi Gan Cao	6	Harmonizes & tonifies qi		Moistens lungs, stops coughing

Modifications			
Shi gao up, plus sang bai pi, lu gen, zhi mu	Stronger effect in clearing lung heat and generating fluids	Severe lung heat: high fever with a little sweating /without sweat	
Plus jing jie, bo he, dan dou chi, niu bang zi	Stronger effect in releasing the exterior	Internal heat with the exterior remains	
Plus jin yin hua, lian qiao, huang qin	Stronger effect in clearing internal heat	Severe internal heat	
Plus zi su zi, ting li zi, ban xia	Stronger effect in dispelling mucus and conducting qi downward	Wheezing & coughing with copious sputum	

Based on ma xing shi gan tang			
New formulas	Plus	Minus	**indications**
Yue Bi Tang (Jin Gui Yao Lue)	• Sheng Jiang, • Da Zao	• Xing Ren	Wind edema with aversion to drafts Wind Cold blocks LU & UB functions
Yue Bi Jia Zhu Tang (Jin Gui Yao Lue)	• Sheng Jiang, • Da Zao, • Bai Zhu	• Xing Ren	Severe wind edema with puffy orbits/heavy limbs, reduced urination, more water retention stimulate middle jiao transform fluids

Sheng Ma Ge Gen Tang (Cimicigfuga [Black Cohosh] And Kudzu Decoction)
Source: Xiao Er Yao Zheng Zhi Jue

- Actions: releases the muscle layer, vents rashes.
- Preparation: < 20'
- Administration: taken lukewarm
- Measles and similar rashes are caused by externally-contracted heat collecting in the lungs and stomach – early-stage measles or rashes that do not surface evenly [not fully expressed], fever and chills,
- Release muscle layer: headache, generalized body aches, or sneezing, coughing, red eyes, tearing, thirst; a red-tipped and dry tongue, and a floating, rapid pulse.
- Allergies also classified into this. Rashes, itchiness from allergies [wind heat]

Applications:
- Early-stage measles/rashes or measles/rashes that do not surface evenly (or completely)
- Flu, scarlet fever
- Chicken pox at early stage

- End of Ming Dynasty, switch to warm febrile diseases

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Sheng Ma	3-6			
Deputy	Ge Gen	3-6			
Assistant	Chi Shao	6			
Envoy	Zhi Gan Cao	3			[A&E]

Chai Ge Jie Ji Tang 柴葛解肌汤 (Bupleurum And Kudzu Decoction To Release The Muscle Layer)
Source: Shang Han Liu Shu [Zhang Zhong Jing's Follower]

- Actions: releases the exterior from the muscle layer, clear interior heat.
  - Simultaneous Interior & Exterior [Tai Yang & Yang Ming together]
- Preparation: < 20'
- Administration: taken lukewarm
- **Applications**: Simultaneous Tai Yang and Yang Ming disorder. Constrained/unresolved exterior wind cold transforming into interior heat. Sx: increasing fever and decreasing chills, no sweating, HA, stiff extremities, eye and orbital pain, dry nasal passages, irritability, insomnia, a thin yellow tongue coating, a slightly flooding pulse.
- Mycoplasmal pneumonia
- Flu/URI
- Atypical delayed measles

Review & Think
- Please compare yin qiao san with sang ju yin in terms of ingredients, actions, indications. [Compare Common ingredients]
- Please analyze shi gao and ma huang in terms of dosage and effect in ma xing shi gao tang,
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Chai Hu	3-9			LV Qi Stagnation, Shao Yang [Between interior & exterior, sandwiched between two pieces of bread]
	Ge Gen	6-12			Relax muscle layers work between layers
Deputy	Qiang Huo	3-6			
	Bai Zhi	3-6			
	Huang Qin	6-9			
	Shi Gao	5-15			
Assistant	Bai Shao	6-9			
	Jie Geng	3-6			
	Sheng Jiang	3-6			
	Da Zao	2-3 PC			

Next: Release Exterior & Tonify

Formulas That Release & Tonify [扶正解表]	
● Cases in which a weak-constitutional person suffering from an exterior condition, manifesting as both exterior sx and deficient sx.	● Treated with exterior-releasing herbs plus deficiency-tonify herbs simultaneously

Ren Shen Bai Du San [人参败毒散] (Ginseng Powder To Overcome Pathogenic Influences)	**Source**: Xiao Er Yao Zheng Zhi Jue Formulated by a pediatrician, but used for kids & adults
● **Actions**: Releases Exterior Wind Damp, Tonifies Qi. ◇ Not very aggressive formula, no strong diaphoretic ingredients ◇ Very useful in Seattle for initial stage exterior condition [sore, tired, heavy, not like to move, Qi deficiency] ◇ Damp is heavy & doesn't stay on surface □ goes to muscles & SP ● Preparation: grind into a fine powder but bo he and sheng jiang (decoct); or decoct all herbs by 80% reduced dosage. ● Administration: powder: 6g with decoction bid/tid; ● Decoction: half to one cup bid/tid **Indications:** Wind-cold-damp invasion to deficient patient [high fever & severe chills with shivering, absence of sweating, pain and stiffness of head & neck, soreness & pain in extremities, focal distention & fullness of chest, nasal congestion with sonorous breathing, productive cough T: greasy, white tongue coating, P: floating, soggy **Applications**: originally designed for children suffering from exterior w-c-d ● Underlying qi-deficient patients with external w-c-d, including the aged, post partum women, and those recovering from a debilitating illness ● Infantile fever due to EPI, Infantile diarrhea ● Dengue fever, Chronic suppurative mumps ● Senile cold/flu ● Toxic skin disorders [Stay in skin for long time □ pus it out] Patent forms of bai du san ● Prime Rescue (Jade), Dispel Invasion (K'an)	**Modern research:** ● Anti-pyretic, Analgesic ● Lower liver enzymes ● Urination-promoting, Diaphoretic ● Phlegm-diluting, Immune-boosting Case Study ● A 3 year and 5 month old boy comes in with his mom, complaining of frequently catching cold for over a year. The mother also shows her son skin pimples in the nape and chest [Toxins in the body]. This adopted boy was fed with cow milk and has been below the average of development both physically and mentally [Qi Deficiency]. He looks pale and apathetic ● A slightly pale tongue white greasy coating. The index finger veins appear dark red and superficial within qi regions. ● Dx: Food allergies [damp, phlegm (antibodies) □ hidden ● Tx: Ren Shen Bai Du San [Minus Qiang Huo (taste not good)] add Bai Zhu □ Recovered very quickly Review & Think ● What is ren shen bai du san designed for? ● Why is ren shen included in ren shen bai du san? What kind of ren shen you prefer to use in the formula? Bai Ren Shen Why? ◇ If patient not deficient, don't use Ren Shen or pathogen will stay in body ● Which of the following formulas is stronger in releasing exterior wind-cold-damp – **Shen Su Yin** [Stronger] Vs. Ren Shen Bai Du San?

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Qiang Huo	30			Address w-c-d, alleviate pain all over [Upper & Lower body], both aromatic
	Du Huo	30			Address w-c-d, alleviate pains all over
Deputy	Chuan Xiong	30			Helps chiefs in treating pain, moving blood [Invigorates blood] Help chiefs in releasing exterior, lower fever
	Chai Hu	30			Helps chiefs in treating pains, moving blood Help chiefs in releasing exterior, lower fever
	Bo He	Little Bit			Helps chiefs in treating pains, moving blood help chiefs in releasing exterior, lower fever
Assistant	Jie Geng	30			Ascending and descending actions to regulate flow of chest qi, relieve chest discomfort [Guiding herb]
	Zhi Ke	30			Ascending and descending actions to regulate flow of chest qi, relieve chest discomfort [Moves Qi, vent damp in upper, middle jiao □ Treat bloating, heaviness in middle jiao]
	Qian Hu	30			Transform phlegm, strengthen Sp, release w-c-d – treat both root & branches
	Sheng Jiang	Little Bit			Transform phlegm, strengthen Sp, release w-c-d – treat both root & branches
	Ren Shen	30			**Tonify qi** to dispel pathogens; prevent relapses [**Use Bai Ren Shen** □ not so greasy, cloying □ Tonify Qi without retaining pathogens]
	Fu Ling	30			Transform phlegm, strengthen Sp, release w-c-d – treat both root & branches **Tonify qi** to dispel pathogens; prevent relapses
Envoy	Gan Cao	15			**Tonify qi** to dispel pathogens; prevent relapses Envoy; with jie geng to soothe throat, with ren shen to boost qi

Modifications			
Minus jie geng, qian hu	Without presentation of cough and sputum	Plus gui zhi, zhi mu, ren dong teng, sang zhi	Acute rheumatic fever
Minus jie geng, qian hu; Plus wei ling xian, qin jiao, wu tou	Pains due to wind-damp Bi	Plus chan tui, ku shen	Wind toxic rashes with itchness
Minus qiang huo, du huo, fu ling	Without damp presentation		

Related Formula	Based on ren shen bai du san	Indications	Notes
Jing Fang Bai Du San **[Replace Ma Huang Tang, etc. □ more comprehensive]**	- Ren Shen; + Jing Jie, Fang Feng [Often Paired]	Severe w-c-d in strong persons (without sweating)	Release wind [milder than Ma Huang & Gui Zhi], more commonly used than Ren Shen Bai Du San
Shen Su Yin (He Ji Ju Fang) [More tonifying, middle jiao & internal damp ingredients □ better for weak patients]	Ren Shen, Jie Geng, Qian Hu, Fu Ling, Gan Cao, Sheng Jiang, **Zi Su Ye, Chen Pi, Ge Geng, Jiang Ban Xia [prepared w/ Sheng Jiang], Mu Xiang, Da Zao**	Exterior w-c and internal damp-phlegm in weak persons	Zi Su Ye: warm, acrid Chen Pi: Ge Gen: Muscle layers Jiang Ban Xia: Better for middle jiao

Formulas That Drain Downward下法	
● Interior excess heat: accumulations of heat, cold, fluids, foods, poisons, and parasites. [Pathogens below the middle jiao] ● Treated with formulas (**harsh ingredients**) that unblock bowels to remove accumulation through stool, and have a cathartic effect upon accumulation of fluids (damp, phlegm…). [Draw pathogens out through lower exit]	Precautions: ● Don't use with exterior condition and during pregnancy. [Very strong push out function, may disturb fetus & cause it to move away] ● Should never be used long-term. [Could draw exterior conditions into interior]

Cold To Purge Heat Accumulation 寒下 [Very Strong]	
● Formulas in this section are mainly consist of bitter cold purgative ingredients, and used for abdominal distension胀/fullness满/pain痛,	● Worse with pressure [excess], or with fever, a thick yellow tongue coating, ● excessive and full/strong pulse沉实.

Da Cheng Qi Tang大承气汤 (Major Order The Qi Decoction) **[Very Important!]**	**Source**: Shang Han Lun [Zhang Zhong Jing formula]
● **Actions**: Vigorously Purges Heat Accumulation. ● **Preparation** (decoction): **Add Da Huang Near End** [cook too long, no purging function, moves blood instead] ● Administration: taken warm; discontinue upon diarrhea induced Indications [Very Excess, lot of heat, blocked lower jiao □ Open up] ● Yang Ming Fu Organ Excess [阳明腑实证]: severe constipation & flatulence, focal distention, and abdominal fullness, abdominal pain □ with pressure, tense & firm abdomen; dry yellow/dry black tongue coating with prickles, a submerged excessive pulse. Tidal fever, delirious speech, profuse sweating from palms & soles. ● **Applications**: Yang Ming Fu Organ (Excess) [severe constipation, flatulence, focal distension, sensation of abdominal fullness; dry yellow/dry black tongue coating with **prickles [heat]**, submerged forceful pulse. ● **4 Types Abdominal Symptoms: focal distension痞, fullness满, dryness燥, hardness实[Need to have all 4 to prescribe this formula] [Pi, Man, Zao, Shi]** ● Diarrhea with bluegreen, stinky, turbid fluid, presenting with abdominal pain, hardness and masses [Hard stool accumulate too long in lower jiao □ dried up (bullets), in spaces between bullets "nasty water/fluid" can go through] ● Heat collapse, ● Kuang (hysterical attack) [aggressive historical type (excess heat)] ◇ [Dian: depressed type] ● Acute calculus diseases (cholelithiasis, urolithiasis…) ● Gastric dysperistalsis, Post-surgery GI Sx, Intestinal adhesive obstruction ● Acute lead colic, Acute necrotic pancreatitis [Heat & toxins block insides] ● Acute renal failure due to epidemic hemorrhagic fever	Modern Research ● Peristalsis-promoting, Promotion of volume of blood flow in intestines ● Anti-inflammatory, Bacteria inhibiting ● RNA synthesis-promotion for hepatic cells Case Study ● A 32 y-o male looks for help for his stubborn constipation with abdominal pain and fullness secondary to a flu he caught 8 days ago. He also feels thirsty and hot. [Heat accumulation, yin consumed] He has not had BM for 4 days and has a dull pain in hepatic area. Talking to him you smell an odor like rotten apple. ● Dry tongue with gray-yellow coating, thickening at the back; a slippery pulse. ● Dx: ● Tx: Da Cheng Qi Tang ● If pt. also present with gum bleeds, what herbs would you add on? ◇ ST Heat: Huang Lian [in mouth] Review & Think ● What possible symptoms and signs could present if a patient suffers from Yangming-Fu organ disorder? ● Please compare the Formulas - "order the qi decoctions 承气汤" in terms of their ingredients, dosages, preparations, actions, and indications. ● Da Huang Nickname: "The General" Very strong, a lot of honors & achievements, highest rank in military. ◇ Prepare with alcohol: Jiu Da Huang [Drunken General □ can do anything] ◇ Move Blood & bowel (internally)

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Da Huang	12	Bitter, cold, purging		Propulsive effect in purging, improve peristalsis [Don't cook very long]
Deputy	Mang Xiao	9	Salty, cold		Helps chief in stool-softening [Don't cook, just dissolve in decoction] [$MgSO_4$] Soften hardness [Magnesium pulls water into stool]
Assistant	Zhi Shi	12	Bitter, slightly Cold;	SP, ST	Assists chief, deputy in directing [Middle Jiao] qi downward
	Hou Po	24	Bitter, acrid, aromatic, warm	SP, ST, LI, LU	Assists chief, deputy in resolving stagnation, moving qi down [Enters both middle & lower jiao] (good for a lot of bloating)

Modifications			
Plus xuan shen, mai dong, sheng di	Thready, rapid pulse, dry mouth, lips & tongue	Plus shi gao, zhi mu	A concurrent Yangming channel & organ stage
Plus tao ren, chi shao, dang gui	Deep hesitated pulse, dark red tongue, fever at night	Plus lai fu zi	Severe distension & fullness

Related Formula	**Based on da cheng qi tang**	**Indications**	
Xiao Cheng Qi Tang	Minus mang xiao (Da Huang 12, Hou Po 6, Zhi Shi 6-9 – cook together) [DH: Purging effect reduced]	Mild Yangming organ Sx w/o dryness	Not as strong, not as much hardness, less severe
Tiao Wei Cheng Qi Tang	Minus Zhi Shi, Huo Po; Plus Gan Cao (Da Huang 12 & Gan Cao 6-Cook Together, Mang Xiao 9-12)	Mild Yangming organ Sx w/o distension and fullness	Gan Cao: Tonify SP (middle jiao xu)
Da Huang Gan Cao Tang	Minus Mang Xiao, Zhi Shi, Huo Po □ (Da Huang 12, Gan Cao 3)	Unblock bowels, purge & harmonize ST, stop vomiting. For heat clumping in LI & fire rising to disturb ST	Tonify & harmonize at same time
Hou Po San Wu Tang Hou Po = Chief	Minus Mang Xiao (Hou Po 24, Zhi Shi 12-15, Da Huang 12-Add Near End)	Moves qi down & unblocks bowels. For qi stagnation causing constipation	Same ingredients as Xiao [XCQT], different dosage, **bloating > heat**
Zeng Ye Cheng Qi Tang	Minus Zhi Shi, Hou Po; Plus Xuan Shen, Mai Dong, Sheng Di (Xuan Shen, Mai Dong, Sheng Di Huang, Da Huang [Add Near End], Mang Xiao)	Enriches Yin Fluids, Drains Heat. For Yangming Organ Sx With Yin Xu	Zeng Ye Tang: Xuan Shen, Mai Man Dong, Sheng Di Huang □ Add fluids
Fu Fang Da Cheng Qi Tang	Plus Lai Fu Zi, Tao Ren [moisten intestines], Chi Shao Yao [move blood] (Da Huang 15-Add Near End, Mang Xiao 9-15,…)	Purges interior, moves qi & blood. For simple intestinal obstruction with Yangming organ Sx	

Da Xian Xiong Tang (Major Sinking Into The Chest Decoction)
Source: Shang Han Lun

- **Actions**: Drains Heat & Drives Out Water By Flushing Downward
- Preparation and administration: cook da huang, dissolve mang xiao in the strained decoction, and take warm with powdered gan sui

Indications

- **Clumping in chest** 结胸证: fullness & hardness of the epigastrium/entire abdomen with severe pain that becomes unbearable upon even the slightest amount of pressure, tidal fever at dusk, severe constipation, thirst; or sob, irritability; a very dry tongue coating, a submerged, tight, and forceful pulse.
  - Heat, fluid & Qi blocked inside
  - Still in digestive system, but all spread out, very stagnant & painful, lot of heat [tidal fever]
- **Applications**: Internal Heat & Accumulated Water/Fluids Clumping In Chest [Jie Xiong Zheng]
- Accumulated phlegm-damp in diaphragm and chest with clumping of heat in stomach and intestines
- Acute pancreatitis
- Acute intestinal obstruction
- Acute gall bladder inflammations
- Exudative pleurisy/cirrhosis

Case Study

- A 51 y-o female comes in complaining of a small clump in the upper abdomen (about Ren13-14 area), worse after meals and in the evenings, better in the mornings. You learn that he has had hep B for 24 years and drunk for 37 years. He feels pain on the neck and coughs with black sticky sputum upon wakeup almost every day
- A dry and yellow coated tongue, a slippery and forceful pulse, pronounced in cun sections.
- Dx:
- Tx:

Review & Think

- Please compare the ingredients, actions, and indications between formulas da cheng qi tang and da xian xiong tang
- Please compare the ingredients, preparation, administration, actions and indications between da xian xiong tang and da xian xiong wan
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Gan Sui	1-1.5	Bitter, sweet, cold, purging, toxic		Drives out accumulated water in the chest by flushing downward [Very toxic! □ Small dosage] (Don't cook □ powder & put with formula) [Flush down, then Da Huang & Mang Xiao take it out] Heat & water accumulated in upper, middle & lower jiao (Can have chest pain) [Pleurisy, ascites □ Pathogenic water accumulation + constipation]
Deputy	Da Huang	9-12	Bitter, cold		Helps chief in clearing out and draining heat through stools
	Mang Xiao	9-12	Salty, cold		Helps chief in softening clumps and draining heat

Related Formula			
Da Xian Xiong Wan (Shang Han Lun)	Da Huang 250, Mang Xiao 175, Gan Sui 30, Ting Li Zi 175, Xing Ren 175, Bai Mi (Honey) 250 Powder & make pills. Take 6-12g with warm water	Jie Xiong manifestations above the diaphragm: stiff upper back and neck, sweating besides hardness, fullness and pain in the chest	Pill treats milder cases [doesn't work as well as decoction]

Formulas That Moisten the Intestines and Unblock the Bowels 润下	
● Constipation due to Yin damage from excessive heat, or constitutional heat leading to lack of fluids/dry up, which is called boat pause because of dry-up of river 无水舟停.	● Treated with formulas that induce BM by lubricating the intestines, which contain substances of a sweet, bland, and oily natures 增水行舟. ● Vegans: Not enough oil □ lack of lubrication ● "Lack of water □ Boat stopped □ Add more water, boat go again"

Ma Zi Ren Wan (Hemp Seed Pill) Source: Shang Han Lun

- **Actions**: Moistens Intestines, Drains Heat, Moves Qi, Unblocks Bowels.
- Preparation: form the powdered herbs into pills with honey; or cook herbs to decoction in a proportionate reducing dosage.
- Administration: take 9g pills with water, tid. [Honey: Egg pills]

Indications

- 脾约证 (Pi Yao Zheng) ST excess binds fluid-depleted SP [ST Excess, SP deficiency □ ST too strong, SP not strong enough] [Insufficient lubrication, constipation with dry, hard stool that is difficult to expel, frequent urination
- T: dry, yellow coating, P: submerged, rapid/floating, choppy
- **Xiao Cheng Qi Tang hiding in this formula**
- Good for post partum women with constipation because they lose so much Qi & Blood during labor & delivery
- People who lost a lot of blood
- This formula is also known as pi yao wan, or pi yao ma ren wan

Applications: pi yao zheng [ST too strong, SP not strong enough]

- Can eat, but not digest [still have good appetite, but T&T sluggish]
- Heat-induced dryness in St. & Intestines
- Habitual, senile, postpartum, post-surgical, post-apoplexy constipation
- Hiccup
- Insomnia
- hemorrhoids [lack of lubrication]

Patent Forms

- China
  - Run Chang Wan 8 tid [润肠丸] (Moisten intestines) Very often used
  - Tao Ren Wan 8 tid [桃仁丸]
- USA
  - Smooth response 8-15 drops tid

Modern Research

- Cathartic effect
- Peristalsis-promotion

Case Study

- A 38 y-o postpartum woman looks for help for her constipation beginning with the childbirth a month ago. She tells us that her hard stool is difficult to expel, often blood comes with a little feces [too dry, too hard, push too hard]. She feels thirsty & warm (warmer in the evenings); but hungry a lot [ST strong]. She still has some reddish vaginal discharge with some odor.
- Thin, slightly yellow coated tongue with little moisture
- Thready and rapid pulse.
- Dx:
- Tx:

Review & Think

- Please compare xiao cheng qi tang with ma zi ren wan in terms of their ingredients, actions, and indications.
- What are the differences between ma zi ren wan, run chang wan and wu run wan?

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Huo Ma Ren	500	Sweet, neutral	SP, ST, LI	Moistens and promotes bowels
Deputy	Xing Ren	250	Bitter, warm; Lu, LI	LU, LI	Helps chief in moistening & directs qi downward [Moisten LI]
	Shao Yao [Bai Shao Yao]	250	Bitter, sour, cool; Lr, Sp		Helps chief in moistening by nourishing Yin
Assistant	Zhi Shi	250	Bitter, slt cold; Sp, St		Moves qi down
	Hou Po	250	Bitter, acrid, warm, aromatic; Sp,St,Lu,LI		Removes fullness and distention
	Da Huang	500	Bitter, cold; St, LI, Lr		Purges and clears heat
Envoy	Bai Mi (honey)		Sweet; Sp, St, LI		Envoy, medium

Modifications			
Plus tao ren, dang gui	Post-surgical, post-injury	Plus hui hua, hui jiao	Hemorrhoids
Plus shu di, dang gui, he shou wu	Postpartum	Plus yu li ren (acrid,bitter,sweet,neutral; LI,Sp,SI)	Habitual constipation
Plus gua lou, sheng di, rou cong rong	Post-apoplexy		

Related Formula			
New formulas	**Based on ma zi ren wan**	**Indications**	
Run Chang Wan	Huo Ma Ren, Tao Ren, Dang Gui, Sheng Di, Zhi Ke, Bai Mi	Constipation due to desiccated intestines (chang ku) for the elderly, debilitated, postpartum	
Wu Ren Wan	Tao Ren, Xing Ren, Bai Zi Ren, Song Zi Ren, Yu Li Ren, Chen Pi, Bai Mi, Rice Gruel	lubricates only to treat constipation without excess	Yin Deficiency, Fluid deficiency Seeds contains a lot of oil [flax, etc.]

Ji Chuan Jian (Benefit The River Flow Decoction)
Source: Jing Yue Quan Shu

- **Actions**: Warms Kidneys, Tonifies Essence, Moistens Intestines, Unblocks Bowels. [Getting older everything getting sluggish, if GI still moving, it's because of yang Qi. If Yang Qi slows down, GI slows down]
- Preparation: decoction
- Administration: taken with empty stomach
- **Indications**: Constipation due to KD Yang and Qi Xu in seniors fluids & essence insufficiency [constipation, clear and copious urine, LBP, and a cold sensation in the back, weak & sore back and lower limbs. T: white, thin coating, P: deep & slow]
- Drink tea to keep bowels moving
- LI: All the power comes from the KD. KD is the power station. KD Yang warms up everything [Life is back]
- Tonify KD Yin, Yang, Essence. If you have enough KD essence, you have enough to generate KD Yin & Yang
- NCCAOM: Usually have questions about this herb/formula. Why ZZJ choose Rou Cong Rong instead of Sheng Di Huang [enters HT, LV, KD, sweet, bitter, cold], Shu Di Huang [Also enter HT, LV KD] Don't have function to enrich KD Essence,
- Cong Rong Bu Shen Wan: Patent Tonify KD Yin, Yang, Essence [Gui Wan
- Seniors: can't tell between yin & yang xu choose this tonify essence

Applications: constipation should be treated with tonics, e.g. the elderly or debilitated or the postpartum [Can't tell if yin [heat sx] or yang [cold sx] deficiency if can't tell, it must be KD Essence Xu Use this formula]

- Chronic renal insufficiency [Not KD failure yet] due to glomerulonephritis [Tonify KD to bring function back]
- GI dysfunction in patients with extensive burn
- Atonic constipation [lost power of intestines]
- Chronic arthritis [as getting older, joints fall apart, can't hold it together anymore deterioration (bone spurs, arthritis, osteoporosis)]
- Urinary difficulty due to prostatomegaly [prostate enlargement] [first sign of KD deficiency in males tonify KD]

Think & Review

- Why is rou cong rong used as a chief ingredient in ji chuan jian instead of sheng di or shu di?
- Can you explain the mutual effects of
  - niu xi and zhi ke: up & down
  - dang gui and zhi ke: Qi and blood
  - sheng ma and zhi ke & ze xie: Up & down
  - rou cong rong and ze xie?
- 6 ingredients: 1st 3 tonify, 2nd 3 are reducing [well designed, well balanced]

Rank	Herb	Amount	Properties	Channels	Notes
Chief	**Rou Cong Rong**	6-9	Sweet, salty, sour, warm	KD, LI	Warms and tonifies KD Yang, moistens intestines
Deputy	Dang Gui	9-15	Sweet, acrid, bitter, warm	HT, LV, SP	Nourishes blood, moistens intestines [Good for people who lose too much blood after surgery, postpartum] [Dang Gui Yi Mu Cao postpartum]
	Hui Niu Xi	6	Bitter, sour, neutral	LV, KD	Strengthens Lower Back & KD, descending nature to… Stronger function to tonify, Form vent
Assistant	Ze Xie	4.5	Sweet, bland, cold	KD, GB	Drains turbidity, descending nature to…
	Zhi Ke	3	Bitter, cool	SP, ST	Relaxes intestines, moves qi downward
Envoy	Sheng Ma [Black cohosh]	1.5-3	Sweet, acrid, slt.bitter, cool	LU, SP, ST	Raises clear Yang to aid the descent of turbid Yin Ascending function makes it more dynamic Also good for menopausal ladies

Modifications			
Plus ren shen	Qi xu		
Plus huang qin	With heat		
Plus shu di	Severe K Yin/essence xu		
Minus zhi ke	Severe xu		
Plus huo ma ren	Lack of lubrication		
Minus ze xie, plus du zhong, gou qi zi	Severe LBP and knee soreness		
Bai zi ren, suan zao ren	Irritability, insomnia		

Warm the Yang and Guide out accumulation 温下	
● Accumulation due to cold excess in the interior characterized by constipation, abdominal fullness and distention, abdominal pain that responds favorably to warmth, cold extremities, and a submerged, tight pulse. ●	● Treated with both warming and purging herbs simultaneously ● Boat engine broke down restore power [warm yang]

Da Huang Fu Zi Tang [大黄附子汤] (Rhubarb And Prepared Aconite Decoction) Source: Jin Gui Yao Lue	
● **Actions**: Warms Interior, Disperses Cold, Unblocks Bowels, Alleviates Pain. ● Preparation: decoct ● Administration: taken warm, tid. **Indications** ● Excess cold accumulation in the interior [寒积里实] Abdominal pain & constipation, hypochondriac pain, **fever [heat caused by stagnation]**, cold hands and feet/fear to cold [Use power to restore engine to boat] ● White, greasy tongue coating, and a submerged, tight, and wiry pulse. **Applications**: cold accumulation in the interior [More cold use Da Huang Fu Zi Tang, not significant hot/cold (just sluggish) Use **Ji Chuan Jian, post partum Ma Zi Ren Wan]** ● Senile constipation ● Chronic uremia ● Ulcerative colitis ● Uncomplicated appendicitis ● Uncomplicated intestinal obstruction ● Acute pancreatitis (with constipation) ●	**Modern Research** ● Anti-anoxia 抗缺氧 ● Antibacterial ● Anti-inflammatory ● Anti-pyretic ● Analgesic ● Sedative ● Anticonvulsant **Case Study** ● A 67 y-o male asks for help for his BM difficulty secondary to prostatectomy due prostate cancer 2 months ago. He feels stuffed up and hot, incomplete BM with great exertion every 2-3 days. He is often frustrated and has costal pain from time to time. Other sx: cold limbs, no sex drive. ● A gray thick tongue coating with distended sublingual veins; a wiry and slow pulse. ● Dx: ● Tx: ●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Zhi Fu Zi	9	Acrid, sweet, hot, poisonous	HT, SP, KD	Warms Yang, expel cold [body, joint pain], alleviates pains [Rescue Yang, heart attack] **Decoct Fu Zi for about an hour** before adding other ingredients
Deputy	Da Huang	9	Bitter, cold	ST, LI, LV	Helps chief, purges and cleanse LI, alleviates pains; Da Huang is counter balanced by Fu Zi [Balanced Not too hot, not too cold]
Assistant	Xi Xin	3	Acrid, warm	LU, SP, KD	Helps c & d in warming and expelling cold

Modifications			
Double Zhi Fu Zi And Xi Xin	Severe cold with chills	Plus Dang Shen, Dang Gui	Weak constitution
Plus Zhi Shi, Hou Po	Severe accumulation with distention	Plus Gui Zhi, Bai Shao	Severe pains
Plus Ban Xia, Chen Pi, Huang Lian	Nausea, vomiting		

Related Formula			
New formula	**Based on da huang fu zi tang**	**indication**	
Wen Pi Tang (Qian Jin Yao Fang)	Minus Xi Xin; Plus Gan Jiang, Ren Shen, Gan Cao	SP Yang Xu causing cold accumulation, constipation; also for chronic red-and –white dysenteric sx	Much warmer, more tonifying, focused on middle jiao [Wen Pi Warm up SP]

Formulas That Purge & Tonify	
● Sx due to simultaneous internal excess and deficiency, manifesting as constipation, and some deficient symptoms as well. ● Treated with purging and tonifying that is able to drive out the accumulation without hurting normal Qi, tonify normal Qi without keeping the accumulation inside the body.	●

Xin Jia Huang Long Tang (Newly-Augmented Yellow Dragon Decoction) Source: Wen Bing Tiao Bian	
Excess more: purging herb is chief Deficiency more: tonify herb chief ● Gan Cao tang ● Sang Ye tang ● Sea cucumber ● Actions: nourishes Yin, tonifies Qi, unblock the bowels, drains heat. ● Preparation & administration: decoction; taken with ginger juice ● Indications ● Heat accumulation in the interior with Qi and Yin deficiency characterized by constipation, abdominal distention, hardness and fullness, fatigue, sob, dry mouth and throat, cracked lips; ● Dry, yellow/black tongue coating with cracks; pulse may vary Formulas contained ● Tiao Wei Cheng Qi Tang: Da Huang, Mang Xiao, Gan Cao ●	● **Applications**: warm-febrile diseases at Yang Ming stage in which Qi and Yin damaged by severe heat flaring, or by missing the right phase to purge - manifesting as accumulation of internal excessive heat. ● Intestinal obstruction ● GI failure from pulmonary heart disease ● Gall stone with cholecystitis ● Constipation in weak and hot patients Case Study ● A 31 y-o postgraduate student comes in with hoarse voice, fatigue, dry throat and mouth, worse in the evenings after school and TA work (this is final week); dry difficult stool, stinky gas. He has been sick for over a week-fever & chills, productive cough with green mucus, sore throat. He is too busy to take care this bug – now it becomes a monster that he has to deal with. [Ying & Qi damaged Wind cold getting into Yang Ming] ● A dry brown tongue coating, a dark red tongue. A tight and slight slippery pulse that gets weaker with pressure. ● Dx: Qi & yin deficiency ● Tx: ● After 3 days with your Tx, the patient feels better. But he appears cold and tired without appetite. Tx? ◊ **Wen Pi Tang [Warm up & Restore SP & ST always do this after recovering from illness (middle jiao is key)]**

Tiao Wei Cheng Qi Tang	Da Huang 12 & Gan Cao 6 [Cook Together] Mang Xiao 9-12
Da Huang Gan Cao Tang	Minus Mang Xiao, Zhi Shi, Huo Po (Da Huang 12, Gan Cao 3)
Zeng Ye Cheng Qi Tang	Xuan Shen, Mai Dong, Sheng Di Huang, Da Huang [Add Near End], Mang Xiao

Rank	**Herb**	**Amount**	**Properties**	**Channels**	**Notes**
Chief	Sheng Di Huang	15			Nourishes Yin and adds fluids
Deputy	Gan Cao	6			
Assistant	Ren Shen	4.5			Tonify Qi
	Da Huang	9			Draining [Not added near end]
	Mang Xiao	3			Draining [Also cooked together Draining function weaker]
	Mai Dong	15			Tonify Yin, Nourishes Yin and adds fluids
	Xuan Shen	15			Tonify Yin, Nourishes Yin and adds fluids
	Dang Gui	4.5			Tonify Blood
	Hai Shen	2 PC			Sea Cucumber
	Sheng Jiang Juice	6 spoonful			Tonify Qi, stimulate digestion

Modifications		Analysis	
Plus huang qi	Pronounced Qi xu	Da Huang, Mang Xiao, Gan Cao	Tiao wei cheng qi tang – purges and softens
Plus shu di, huo ma ren, tao ren	Pronounced blood xu	Sheng Di, Xuan Shen, Mai Dong, Hai Shen	Nourishes Yin and adds fluids
Plus mu xiang, sha ren	Severe abdominal distention	Ren Shen, Gan Cao, Dang Gui Sheng Jiang	Tonify Qi and blood Avoids vomiting, protects St qi

Related Formula			
formula	**ingredients**	**indications**	
Huang Long Tang (Source: Shang Han Liu Shu)	Da Huang, Mang Xiao, Zhi Shi, Hou Po, Ren Shen, Dang Gui, Jie Geng, Sheng Jiang, Da Zao, Gan Cao	In contrast to the main formula, it has a stronger purgative effect. For severe heat accumulation with Qi & blood xu [Treat deficiency & excess simultaneously]	Thousand years older Still have ZZJ influence [use warm stuff to tonify Add

Formulas That Drive out Excess Water 逐水	
● Sx due to accumulation of water and fluids that obstruct the interior and gather in the chest and abdominal cavities – difficulty in urination and defecation as main symptoms ●	● Treated with formulas that reduce and eliminate accumulation by unblocking the passage of urine and stool. These formulas contain harsh, purgative herbs which are toxic, they are contraindicated during pregnancy [harsh: may drive out fetus], used with extreme caution and for a short-term use.

Shi Zao Tang [十枣汤] (Ten-Jujube Decoction)
Source: Shang Han Lun

- Actions: Purges & drives out congested fluids.
- Preparation: grind first 3 herbs into powder, cook da zao to decoction.
  - In old days, used theses 3 ingredients for suicide
- Administration: take **0.5-1g** [No more than 1 g] with a warm da zao decoction in the early am on an empty stomach, qd. [Only once a day!!! If take too much, diarrhea won't stop]
- Expectation: about a hr. after-borborygmus, abd. Pain, then 5-6 watery BMs

Indications [Just know name & indications]
- Suspended, congested fluids 悬饮clogging up the chest and hypochondriac area [cough with pain in the chest and hypochondria, hard focal distention in the epigastrium, dry heaves, sob, headache, vertigo; or chest pain extending to the back that makes breathing difficult
- White, slippery tongue coating, and a sumerged, wiry pulse.
- Excess edema 实水 [Shi Shui] water accumulation obstructed interior, generalized edema, pronounced in the lower part of body, abd.distention, wheezing, chest fullness, and difficult urination and defecation. [Generally only used for robust patient in old days Now, just send to ER, hospital]

Applications: short-term use for severe excessive fluids/ damp/phlegm internal accumulation.
- Exudative pleurisy
- Ascites from liver cirrhosis
- Infantile acute viral pneumonia
- Uremia from systemic lupus erythematosus
- Nephritic syndrome
- Urinary stones [Increase water flushing down]

- Anorexia: Sheng Jiang & Da Zao Cook together & drink liquid
- Modern Research
- Cathartic
- Diuretic
- Expectorant
- Antitussive

Case Study
- A 56 y-o strong-built male comes in for his distention and tightness of abdomen, with slight jaundice and GI dysfunction, scanty urine and constipation. He has been suffering form Hep C for over 14 years and had ascites extraction 2 years ago. He used to be a heavy drinker. [Hep C & heavy drinking both damage LV LV gets hard ascites]
- A dusky tongue with yellow thick coating; a slippery and wiry pulse.
- Dx:
- Tx: Use Xiao Cheng Qi Tang [Could theoretically use Shi Zao Tang, but not available]
- How many sections?
  - 1: Heat
  - 2: Moisten to promote bowel
  - 3: Warm yang to move bowel [Da Huang Fu Zi Tang, Wen Pi Tang]
  - 4: Purge & tonify [yin & qi xu Xin jiao . . .]
  - 5: Drive Excess Water from body [Shi Zao Tang]

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Gan Sui	Equal	Bitter, sweet, cold, poisonous	SP, LU, KD	Very toxic, strong, harsh, Expels water from the meridians
Deputy	Da Ji	Equal	Bitter, acrid, cold, poisonous	LU, SP, KD	Very toxic, strong, harsh, Drains water from the organs
Assistant	Yuan Hua	Equal	Bitter, acrid, warm, poisonous	LU, SP	Very toxic, strong, harsh, Eliminates old and deep-rooted water/phlegm from chest and hypochondria
Envoy	Da Zao	10 pc	Sweet, neutral	SP, ST	Neutralize harshness, coldness & draining function Protect middle jiao, SP & ST, contains high amount of iron Protects and augment qi, moderates harshness and toxicity of other 3 herbs

Modifications			
Plus gan cao (against the tradition)	Moderates the toxicity		
Plus san leng, e zhu	With blood stagnation		
Plus bai jie zi	Severe phlegm/turbidity		

Related Formula			
New formulas	**Based on shi zao tang**	**Indications**	
Kong Xian Dan 控涎丹	Minus Yuan Hua, Da Zao; [Remove Da Zao More Dangerous] Plus Bai Jie Zi	Phlegm lurking around diaphragm that obstructs qi flow [sudden excruciating pains, thick, sticky sputum rattling in throat at night…]	Not safe formula [never seen used, but it exists]
Zhou Che Wan 舟车丸	Minus Da Zao; Plus Qian Niu Zi, Da Huang, Qing Pi, Chen Pi, Mu Xiang, Bing Lang, Qing Fen	water & heat accumulation in interior (for robust patient) obstructing qi mechanism: ascites, distention, hard abdomen, scanty urine, constipation	Zhou = boat, Che = vehicle [This formula is even worse The worst! Very harsh! Robust patients only] Just know names, don't use!

Chapter 2: Formulas That Harmonize 和法	
● This chapter includes formulas that: ● Harmonize Shao Yang disorders ● Regulate and harmonize the liver/GB & spleen/stomach	● Harmonize the stomach & intestines ● Cautions: These formulas should not be used in treating exterior conditions, as this will cause the exterior to advance to a deeper level.

Formulas That Harmonize Shao Yang Disorders [和解少阳]	
● Shaoyang Sx: Alternating fever & chills, bitter taste in mouth, dry throat, dizziness, wiry pulse. ● Other externally-contracted conditions with similar sx, such as heat in the GB, pathogens in the membrane source 膜原.	● Treated with formulas that harmonize, regulate and mediate between zang-fu organs, meridians and levels, instead of releasing or draining. ●

Xiao Chai Hu Tang [小柴胡汤] (Minor Bupleurum Decoction)
Source: Shang Han Lun

- **Actions**: Harmonizes & Releases Shao Yang Disorders.
- Preparation: decoction
- Dang Shen often replaces Ren Shen [2-3 times the dosage]
  - Dang Shen: still tonify Qi but not as heavy as Ren Shen,
    - Specialty: Focuses on middle jiao [first start deficiency, often middle jiao]
- Administration: taken warm

Indications
- Alternating fever and chills, [Only chills: interior, only fever: exterior]
- Dry throat, bitter/sour taste in the mouth, dizziness, irritability, sensation of fullness in the chest and hypochondria, heartburn, nausea and vomiting, reduced appetite; a thin, white tongue coating, and a wiry pulse.

Applications: Shao Yang Sx
- Heat entering the blood chamber: alternating fever and chills, dry throat, and discomfort in the hypochondria in women often due to colds contracted after childbirth or during menstruation.
- Malaria
- Gastritis from bile reflux □ inflames stomach [reflux, nausea, vomiting]
- Chronic active hepatitis B [fever not high, but feel hot]
- Hepatitis C, Drug-induced hepatitis
- Depression [LV/GB problems]
- Meniere's disease [dizziness, vomiting, feel very sick]
- Chronic fatigue sx, Postpartum fever/cough
- Morning sickness [get pregnant □ another little guy in the body that disturbs you, western medicine doesn't have solution]
- Otitis media, Conjunctivitis in spring…

Pus: Indicates toxic condition [substantial change], after heat cooks in body for a while
Not a strong tonic, but works very well together

Patents
- Xiao Chai Hu Tang Wan [China]
- Xiao Chai Hu Tang Wan [USA]

Modern Research
- Liver-protecting
- Bile-promoting (secretion and releasing)
- Anti-inflammatory (steroid-like effect, aspirin-like effect)
- Anti-hypertensive
- Anti-seizure
- Anti-cancer

Case Study
- A tall, slender and quick-talking [Heat, Qi stagnation] 28 y-o old female looks for Tx for her warm and cold disorders secondary to her 2 abortions [Blood Damaged] lately, which gets worse pre-menstrually and when she feels depressed. She had taken birth control pills [disturb hormones] for 5 years before she picked up a boyfriend. Sx: hot & cold without reasons, thirst, short temper, depression, eats without gaining weight [high metabolism]
- A thin white tongue coating, a slightly pale tongue with red tip;
- Thready [blood deficiency] and slightly rapid [heat] pulse.
- Dx:
- Tx:

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Chai Hu	12-24	Bitter, **acrid**, slt cold;	LV, GB	Vents Shao yang sx, moves qi by ascending [difficult to use sweating & draining]
Deputy	Huang Qin	9	Bitter, cold [slightly acrid]	HT, LU, GB, LI	Clear Shao yang heat by descending, soften hardness Chief pair: Chai Hu + Huang Qin forms a pair □ creates wind inside [□ + □] together □ helps vent the pathogen
Assistant	Ban Xia	9	Acrid, warm, poisonous	SP, ST	Transforms phlegm, harmonize middle jiao Second pair: Ban Xia & Sheng Jiang
	Sheng Jiang	9	Acrid, slt warm	LU, ST	Releases, stop nausea & vomiting with ban xia
	Ren Shen	9	Sweet, bitter, warm	SP, LU	Supports and protects Qi [Last 3: Tonify middle jiao □ don't let pathogen invade into Yang Ming]
	Da Zao	4 PC	Sweet, warm	SP, LU	Supports and protects Qi, harmonizes the others
Envoy	Zhi Gan Cao	9	Sweet, neutral	SP, ST	Supports and protects Qi

Modifications			
Minus Ban Xia, Add Tian Hua Fen	Pronounced thirst	Add Ju Hua, Gou Teng, Jue Ming Zi	vertigo
Minus Huang Qin, Add Bai Shao	Abdominal pain	Add Liu Wei Di Huang Wan	UTI
Add Jin Qian Cao,Bai Hua She She Cao	Rough, scanty, dark,& painful urination	Minus Ban Xia, Ren Shen, Add Gua Lou Shi	Irritability without vomiting
Add Qing Hao, Chang Shan	Malarial disorders	Minus Ren Shen, Da Zao, Sheng Jiang, Add Wu Wei Zi	With coughing

New formulas	**Based on xiao chai hu tang**	**Indications**	
Chai Hu Gui Zhi Tang (Jin Gui Yao Lue)	Add Gui Zhi, Bai Shao	Shao Yang sx where exterior has not been completely released	5 of them. Add chief pair of Gui Zhi Tang
Chai Hu Zhi Jie Tang (Zhang Shi Yi Tong)	Minus Ren Shen, Da Zao, Gan Cao; Add Zhi Ke, Jie Geng, Chen Pi, Lu Cha	Shao Yang sx Exterior > Interior [Vent exterior]	Not ZZJ, later guys [Lu Cha: Green Tea] Tonic □ Middle Jiao [Jie Geng □ Guide pathogens to exterior]
Chai Hu Qing Zao Tang (Wen Yi Lun)	Minus Ren Shen, Ban Xia, Add Chen Pi, Zhi Mu, Tian Hua Fen	Heat entering the membrane source, causing fluids injury	Tian Hua Fen: Good for treating HIV+, can directly enter blood, detox, soften lumps [mumps, mastitis]

Hao Qin Qing Dan Tang [蒿芩清胆汤] (Artemisia Annua And Scutellaria Decoction To Clear The GB) Source: Chong Ding Tong Su Shang Han Lun

- Actions: clears GB heat, harmonizes the stomach, and transforms damp/phlegm.
- Preparation: Bi Yu San in a cheesecloth bag cooked with the other herbs.
- Administration: taken lukewarm.
-

Indications

- Shao Yang damp-heat and turbid phlegm [mild chills alternating with pronounced fever [more heat than cold], a bitter taste in the mouth, a stifling sensation in the chest, spitting up bitter or sour fluids (or vomiting yellow, brackish fluids, or, in severe cases, dry heaves, hiccough), distention and pain in the chest and hypochondria]
- Red tongue with thick, greasy coating (yellow or white, or a combination of both)
- Rapid pulse that is slippery on the right and wiry on the left LV is wiry, SP is slippery [damp, phlegm, turbid]

Applications

- GB heat overacts on St. and damp-heat/turbid phlegm blockage in the Middle (heat > damp) [More heat than damp, stronger in clearing heat]
- **Acute hepatitis** [Xiao Chai Hu can't be used for acute hepatitis]
- Chronic hepatitis [B/C], disturb detoxing function of LV/GB
- Acute GB disorders
- Acute gastritis from bile reflux
- Pyelonephritis
- Low-grade fever from viral infection
- Summer fever
- Feverish face/head from menopause
- Malaria [Nobel prize control malaria in Africa]

Modern Research

- Anti-fungal
- Anti-malarial
- Anti-viral/bacterial
- Sedative
- Anti-hypertension
- Diuretic
- Detoxification
-

Case Study

- A 49 y-o female asks for help for her chronic cholecystitis [GB inflammation GB walls keep getting thicker] due to cholecystolithiasis [GB Stones] manifesting as gastric discomfort, worse with greasy meals (distending pain with bloating and burping), bitter taste in the mouth, thirst with desire to drink cold drinks. She has hot flushes followed by a cold sensation lately along with her irregular menstruation and mood swings. [People with LB/GB issues, emotions will aggravate (especially middle aged women, slightly fluffy] (Possible perimenopause)
- Yellow, thick tongue coating with red tip
- Wiry pulse on the left, slippery and slightly rapid pulse on the right.
- Dx:
- Tx: Clear damp heat & harmonize Shao Yang
- This lady loves this formula, Feels that whole body cools down

Think & Review

- Please make a comparison between xiao chai hu tang and chai hu zhi jie tang. Why are these herbs (ren shen, zhi gan cao, da zao) excluded in chai hu zhi jie tang?
- What is the effect of combination of chai hu and huang qin, sheng jiang and da zao in xiao chai hu tang?
  - Chai Hu & Huang Qin: Regulate LV/GB, helped by Sheng Jiang & DA Zao
  - Sheng Jiang: treat exterior (aromatic), mild wind cold, treat interior ST disorders [nausea, poor digestion, damp accumulation], treat upper/middle jiao, exterior/interior all at same time. Everybody likes to use sheng jiang.
  - Gan Jiang: Not fresh not used for exterior
- What is the effect of combination of qing hao and huang qin in hao qin qing dan tang?
  -

Rank	Herb	Amount	Properties	Channels	Notes
Chief	**Qing Hao**	6	Bitter, cold, aromatic	LV, GB	Vents exterior aspect of shaoyang [Qing Hao: brother of moxa (Ai Ye)] (aromatic, cold, strong get rid of damp heat) Strong function to control hepatitis [In china: IV, intramuscular injection]
	Huang Qin	9	Bitter, cold	HT, LU, GB, LI	Drains d-h from shaoyang;
Deputy	Zhu Ru	9	Sweet, cool	LU, ST, GB	Drains GB & St heat, stops vomiting [Bamboo shavings, colder than bamboo leaves treats damp heat] Bamboo drinks for obesity Very strong heat clearing
	Zhi Ke	4.5	Bitter, cool	SP, ST	Directs qi downward
	Chen Pi	4.5	Acrid, warm	SP, ST	Transforms phlegm, stop vomiting
	Ban Xia	4.5	Acrid, bitter, warm, aromatic	SP, ST, LU	Directs qi downward, harmonizes stomach [middle jiao]
Assistant	Chi Fu Ling	9	Sweet, bland, neutral	HT, SP, LU	Addresses damp-heat, protects middle jiao
Envoy	**Bi Yu San [A,E]**	9	Hua Shi: Gan Cao: Qing Dai 6:1:1		With chi fu ling, drains d-h through urine [Small formula] [Qing Dai (indigo, Extract of Da Qing Ye)]

Modifications			
Plus huang lian, zi su ye	Pronounced vomiting	Plus yu xing cao, lu gen, dong gua ren	Phlegm heat in lungs
Plus huo xiang, yi yi ren	Severe damp/phlegm	Plus hou po, huo xiang	Thick greasy tongue coating, fullness in chest and diaphragm
Plus ze xie, che qian zi, tong cao	Difficult urination		

Da Yuan Yin [达原饮] (Reach The Membrane Source)
Source: Wen Yi Lun

- **Actions**: Spreads Qi, Penetrates To Membrane Source, Transforms Turbidity.
- Preparation: decoction
- Administration: taken lukewarm in the afternoon.
- In old days, didn't know how things started. Think that things entered into membrane source [somewhere cannot reach, nobody knows where it is, secret hiding space in closet use this formula to reach membrane source]
  - Hike in woods, suddenly so dark feel sick [deep in valley, Qi not moving at all, get scared, turbid Qi has made you sick, spirit make you sick, bugs bite you and make you sick]
  - Haunted house feel sick
  - Some people with allergies, allergic to trees [puffed up like dough]

Indications
- Half-exterior, half-interior disorder due to **epidemic pathogenic influences** entering the membrane source (mo yuan膜原)
- alternating fever and chills (both strong) occuring 1-3 times a day at irregular intervals, a stifling sensation in the chest, nausea/vomiting, headache, irritability
- Tongue with deep-red edges, a thick, foul, and pasty coating [very nasty tongue, toxic pathogenic influences]
- Wiry, rapid pulse.
-

Applications
-

Modern Research
-

Case Study
-

Think & Review
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Cao Guo	1.5	Very aromatic		3 strong aromatics penetrate to membrane source, Cao Guo used as spice
	Hou Po	3	Very aromatic		
	Bing Lang	6	Very aromatic		
Deputy	Huang Qin	3			Once penetrated into membrane source, Huang Qin kill the bugs
	Zhi Mu	3			
	Bai Shao	3			
Envoy	Gan Cao	1.5			

Related Formula			
New formula	**Based on da yuan yin**	**indication**	
Chai Hu Da Yuan Yin	Add Chai Hu, Zhi Ke, Qing Pi, Jie Geng, He Geng; Minus Cao Guo, Zhi Mu, Bai Shao	Phlegm/damp obstructing Mo Yuan: with Shao Yang sx	More Shao Yang Sx, very toxic

Formulas That Regulate and Harmonize the Liver and Spleen调和肝脾	
● Liver and spleen disharmony: 1. liver Qi stagnation-violates Sp & St; 2. Sp Qi xu-constrains the spreading of liver Qi – a stifling sensation in the chest, hypochondriac pain, epigastric and abdominal distention and pain, reduced appetite, diarrhea, and in severe cases, alternating fever and chills.	● Treated with formulas that move liver Qi, nourish blood, and tonify spleen to regulate Lr & Sp. [Move LV Qi & Tonify SP. If SP strong enough, not easily assaulted by LV]

Si Ni San [四逆散] (Frigid Extremities Powder)
Source: Shang Han Lun

- **Actions**: Vents Pathogenic Influences, Releases Constraint, Spread LV Qi, Regulates SP
- Preparation: grinds equal amounts of the herbs into powder; or decoction
- Administration: powder-take in 6-9 g doses; decoction-take warm.
- Si = 4 extremities, Ni = Cold □ 4 extremities get cold
- **LV Qi Stagnation □ Angry □ Hungry, cold extremities**

Indications

- **Yang-type collapse** (Yang Jue阳厥): cold fingers & toes (although the body is warm [not Qi Xu, started because Yang Qi collapsed, can't get to extremities □ when you get so angry you start to lose your temper □ Qi & Blood go up to head □ extremities feel so cold]) or accompanied by a sensation of irritability and fullness of chest and epigastrium; or abdominal pain and/or severe diarrhea. Red tongue with yellow coating, a wiry pulse.
- Disharmony between LV and ST: hypochondriac pain & distention, or with epigastric pain and fullness, bitter taste in the mouth, belching, reduced appetite; or vomiting [LV Qi constraint overact on ST □ rebellious ST because of LV Qi stagnation], wiry pulse

Applications [Problems cause by LV Qi stagnation w/ ST/SP symptoms]

- Yang-type collapse, or Qi-type collapse (frigid extremities)
- Liver Qi stagnation with spleen deficiency
- Chronic gastritis
- Diverticulosis
- Peptic ulcer
- Cholecystitis/cholelithiasis
- Mastitis
- Fibrocystic breasts
- Poor digestion

Patent Forms

- Shu Gan Wan [China & USA]
- Shu Gan [Health Concern]

Modern Research [Lot of good functions]

- Smooth-muscle-contraction inhibiting
- Antishock/blood-pressure elevating
- Cardiotonic/antiarrhythmic
- Blood-lipid reducing
- Blood-vessel dilatation
- Anti-ulcer
- Anticoagulant
-

Case Study

- A middle-aged female comes in telling us that she feels cold in the fingers and toes for years, gets worse recently after learning about her husband's affair. Each time when she talks about the husband, the coldness becomes severe. However, she has hot flushes at times, irregular menses with dark spotting. [Blood is more deficient during menopause]
- red tongue with thin yellow coating; a wiry and slightly rapid pulse.
- Dx: LV Qi Stagnation
- Tx: Move Qi to extremities
- **Chai Hu Shu Gan San/Wan [add ingredients]**

Think & Review

-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Chai Hu	9-12	Bitter, slt acrid, cool	LV, GB	Regulates Qi by venting heat & releasing the constraint (ascending) [Enters both LV & GB] Release LV Qi & guide out through GB [which is exit for LV □ keep LV detoxing through the bile]
Deputy	Zhi Shi	9-12	Bitter, slt cold	SP, ST	Drains stagnation from middle jiao (descending), help middle jiao
Assistant	Bai Shao	12-24	Bitter, sour, cool	LV, SP	Nourishes LV, preserves Yin (**move LV Qi w/o injuring LV Yin & Blood**) LV in charge of Blood □ LV blood can be easily damaged, need to nourish it because when LV Blood damaged, LV Qi easily stagnates again
Envoy	Zhi Gan Cao [A,E]	6-9	Sweet, warm	All 12	Alleviates pain, harmonizes the others ZZJ: everyone in those days were deficient

Modifications			
Plus wu wei zi, gan jiang	Coughing from Lu cold	Plus xiang fu, yu jin	Severe Qi stagnation
Plus gui zhi	Palpitation	Plus zhi zi, chuan lian zi	With heat
Plus fu ling	Urinary difficulty	Plus qing pi	Breast abscess

New formulas	Based on si ni san	indications	
Zhi Shi Shao Yao San (Jin Gui Yao Lue)	Minus Chai Hu, Zhi Gan Cao	Postpartum abdominal pain, irritability, fullness, difficult to lie flat d/t qi & blood stagnant heat	Qi & Blood level disorders
Chai Hu Shu Gan San/Wan **(Jing Yue Quan Shu)** **Very Important!!!**	Minus Zhi Shi; Plus Chen Pi, Chuan Xiong, Xiang Fu, Zhi Ke	Hypochondriac pain, alternating fever & chills due to blood stagnation Severe LV Qi Stagnation	Almost everyone can move the LV Qi, very strong! Gynecological dept. likes to use Dang Gui to move blood, Xiang Fu to move the Qi Very bad LV Qi Stagnation Chuan Xiong: Work on Blood (aromatic) Zhi Ke stronger in moving Qi than Zhi Shi

Xiao Yao San (Rambling Powder) [逍遥散]
Source: Tai Ping Hui Min He Ji Ju Fang

- **Actions**: Spreads LV Qi, Strengthens SP, Nourishes Blood.
- Preparation: grind the herbs into powder; or decoction with dosage indicated in parentheses; available in patent form.
- Administration: draft [6-9g with 6g wei jiang(e) & 3g bo he(e) tea; decoction – bid.
- **Formula very mild, gracefully designed**

Indications
- LV Constraint With Blood Xu & SP Weakness [hypochondriac pain, headache, vertigo, bitter taste in mouth, dry mouth & throat, fatigue, reduced appetite]
- Pale red tongue, and a wiry, deficient pulse.
- There may also be alternating fever and chills, irregular menstruation, or distended breasts. LV Qi Stagnation sometimes feel hot, sometimes feel cold [PMS, menopause, LV Qi Stagnation with SP Qi Deficiency (diarrhea before finals, diarrhea during menstruation)]
- Can be taken for a long period of time without any adverse effects for middle jiao
- Qi is Yang, Blood is Yin. If Yang too excess, yin is weak Nourish LV Blood Match LV Qi
- **Shao Yao Gan Cao Tang**: Originally to regulate Ying & Wei regulation & pain management, similar to 4 gates [one for Qi (gan cao), one for Blood (shao yao)], **Qi & Blood disharmony** not moving together creates stagnation
  - Often added to other formulas
  - Shao Yao can soften muscles, LV [muscle spasms]

Applications
- Any condition with liver Qi stagnation, blood and spleen deficiency – hypochondriac pain, fatigue, reduced appetite, (or irregular menstruation) a pale-red tongue, wiry, deficient pulse.
- Hepatitis [LV Xu, SP Xu, LV Blood Xu], Pleurisy
- Chronic gastritis
- Cholecystitis/cholelithiasis
- Functional uterine bleeding
- Menopausal syndrome
- Pelvic inflammatory disease
- Fibrocystic breasts
- CFS, Hysteria, PMS
- Senile constipation
- Chronic prostatitis
- dysmenorrhea

Patent Forms
- Xiao Yao Wan [China, USA]
- Jia Wei Xiao Yao Wan [China, USA]
- Free and easy wanderer (Relaxed wanderer) [Kan]
- Break into a smile [TTT]

Modern Research
- CNS-inhibiting
- Liver-protecting
- Estrogen-like effect
- GI-smooth-muscle relaxing
- Analgesic

Case Study
- 16 y-o high schooler wants you to help her for her PMS and menstrual cramps. She also feels stressed out with her busy school plus PSAT prep. A red-edged tongue with thin white coating; a slightly wiry pulse with left Guan soft.
- Oops, she tells us she just broke up with her first boyfriend and is in sadness. Other sx: dream-disturbed sleep, poor appetite, and loose stools.
- Dx: LV Qi stagnation, SP Qi deficiency
  - Young ladies: blood not completely filled out
- Tx:

Think & Review
- Can you list the differences between **Xiao Yao San & Chai Hu Shu Gan San**?
  - Compare
  - Si Ni San
- What is the combination of bai shao and bai zhu used for in xiao yao san?
- Pairs:
  - Dang Gui & Bai Shao
  - Bai Shao & Bai Zhu

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Chai Hu	30/9	Bitter, slt. acrid, cool	LV, GB	Relieves liver constraint, move LV qi Restore smooth flow Only use 30 g because Chai Hu can lift & raise Qi, disperse & potentially damage LV blood (aromatic, dispersing, uprising could damage LV Blood & yin),
Deputy	Dang Gui	30/9	Sweet,acrid,bitter,warm	HT, LV, SP	Nourishes blood, moving & nourish LV blood, soothe LV
	Bai Shao Yao	30/9	Bitter, sour, cool	LV, SP	Nourishes and softens LV [Bai Shao Yao & Bai Zhu: Simultaneous LV & SP Xu]
Assistant	Bai Zhu	30/9	Bitter, sweet, warm	SP, ST	Strengthens SP
	Fu Ling	30/9	Sweet, bland, neutral	HT, LU, SP	Strengthens SP, transforms damp
	Slt. Zhi Gan Cao	15/6	Sweet, warm; 12 meridians	SP, LU	With bai shao relieves pain [Shao Yao Gan Cao Tang: Bai Shao Yao & Zhi Gan Cao]
	Wei Jiang Bo He		Dispersing		Aid other herbs to disperse and prevent qi rebellion Usually give patient Sheng Jiang, dispersing, regulate Qi

Modifications			
Plus xiang fu, chen pi	Severe cases	Minus zhi gan cao; plus wang bu liu xing, xiang fu, dan shen	Fibrocystic breasts
Plus shu di	Pronounced blood xu		
Plus mu dan pi, zhi zi	Pronounced liver heat	Plus jin yin hua, guan zhong	Vaginal discharge

Related **formulas**	**Based on xiao yao san**	**Indications**	
Jia Wei Xiao Yao San(Also Named As Dan Zhi Xiao Yao San)	Plus Mu Dan Pi, Zhi Zi	With liver heat or fire	Very often used
Hei Xiao Yao San **Patent availabe**	Plus Sheng Di Or Shu Di Huang	With abdominal pain from blood xu [Yin nourishing stuff]	Hei = Black Postpartum women

Tong Xie Yao Fang [痛泻要方] (Important Formula For Painful Diarrhea) Source: Jing Yue Quan Shu)

- **Actions**: Spreads LV Qi & tonifies SP.
- Preparation: grind the herbs into powder, or as a decoction with the dosage indicated in parentheses.
- Administration: taken in powder /pill/decoction.
- **LV Qi Stagnation Abdominal Pain Diarrhea**
- **4 Herbs, well balanced: Qi Stagnation, Blood deficiency, make SP back to normal**

Indications

- Painful diarrhea due to SP xu with an overcontrolling LV [recurrent problems of borborygmus (Qi & fluids mixed up make noise & pain), abdominal pain, diarrhea with pain (which starts with the urge to defecate and subsides after completion)]
- T: thin, white tongue coating,
- P: wiry on left, soft pulse on right [LV overacting, controlling, assaulting SP]
- Chao = prepared, stir fried

Applications

- Liver overacts on deficient spleen manifesting as painful diarrhea.
- Acute gastroenteritis
- Bacillary dysentery
- IBS [very common now, Often have LV Qi stagnation before this problem starts]
- Ulcerative colitis [Also very common now. Diarrhea with blood]
- Gastrointestinal neurosis
- Meniere's disease
- Infantile diarrhea

Modern Research

- Peristalsis-inhibiting
- Bacterial-inhibiting
-

Case Study

-

Think & Review

-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Chao Bai Zhu	90 [9-12]	Bitter, sweet, warm	SP, ST	Strengthens SP, dries damp, stops dirrrhea Chao: Stronger function to tonify SP [more cooked, better to stop diarrhea, can even char, make black]
	Chao Bai Shao	60 [6-24]	Bitter, sour, cool	LV, SP	Softens overactive LV, alleviates pain [Still soften LV, relax muscles]
Deputy	Chao Chen Pi	45 [4.5-9]	Acrid, bitter, warm, aromatic	SP, ST, LU	Harmonizes middle jiao, transforms damp Move Qi alleviate pain
A/E	Fang Feng	30-60 [3-6]	Acrid, sweet, slt. Warm	UB [exterior] LV, SP [interior]	Disperses LV, awakens SP [soften LV, disperse internal wind, internal & external wind] Special ingredient (acrid & sweet): Sweet stuff has tonifying function [chocolate], your spleen really craving for the sweet stuff [tonifying function]

Modifications			
Plus sheng ma	Long-term diarrhea	Plus huang qin, bai tou weng	Blood & pus in stool
Plus huang lian	With yellow greasy tongue coating	Plus mu xiang, bing lang	tenesmus
Plus fu ling, gan jiang, che qian zi	Watery diarrhea	Plus hua shi	Urinary difficulty

Formulas That Harmonize Stomach & Intestines	
● Conditions in which pathogenic influences have invaded St and Intestines and formed complexes of heat and cold with simultaneous excess and deficiency – the ascending and descending functions of these organs are thereby disrupted, leading to fullness and focal distention in the epigastrium, nausea, vomiting, abdominal pain and distention, borborygmus, and diarrhea. ● Treated with formulas that harmonize the various conflicting processes.	●

Ban Xia Xie Xin Tang [半夏泻心汤] (Pinellia Decoction To Drain Epigastrium) Source: Shang Han Lun

- **Actions**: Harmonizes ST, Directs Rebellious Qi , Disperses Clumping, Eliminates Focal Distention.
- Preparation: decoction
- Administration: taken warm

Indications

- **Clumping in epigastrium & focal distention [痞 (Pi)]** due to improper purging of an exterior or half exterior/interior condition with underlying ST Xu [lazy ST], causing pathogens to sink into the interior, plus fullness & tightness with very slight or no pain, dry heaves or vomiting, borborygmus with diarrhea, reduced appetite; thin, yellow, and greasy tongue coating, and wiry, rapid pulse.
- Improper treatment of exterior condition causing pathogen to sink into interior
- Exterior cold & interior heat messed up together Qi blocked in middle jiao [Xin Xia (under heart), cardiac area, upper stomach, sometimes you can see this area stick out, but it's not permanent], Qi stagnation due to heat & cold struggling with each other.
- Run half marathon feel so hot, drink the cold water feel the heat & cold block there
- Eat spicy food [hot pot too hot, spicy, oily], eat ice cream feel discomfort
- Hiatal hernia, gastritis, reflux, bile go to ST, esophagus, heartburn [have deficiency to cause this] LV Qi stagnation, professional worriers

Applications

- focal distention due to complex of heat and cold
- Sp and St xu that develop cold-heat complex due to an EPI
- Chronic gastritis (hypertrophic)
- Chronic hepatitis
- Indigestion
- Gastric ulcers from hypersecretion of acid
- Gastric atony

Modern Research

- Peptic ulcer-treating and preventing (gastric mucosa protection, healing-promoting)
- Anti-anoxia
- Peristalsis-promoting
- Pyloric sphincter-strengthening
- Bile reflux-inhibiting
-

Case Study

- 45 y-o female teacher asks for Tx for her gastric bloating since last week. She caught a flu from her students. She took huang lian su pian once three days ago. She has been suffering from a chronic gastritis for over 20 years. Other Sx: nausea, poor appetite, tiredness, diarrhea with **undigested food** in the stool twice.
- Slightly flabby tongue thin white coating;
- Slightly wiry on the left and slightly deep pulse on the right.
- Dx:
- Tx: **Gan Cao Xie Xin Tang [undigested food]**

Think & Review

- Compare **Xiao Chai Hu Tang & Ban Xia Xie Xin Tang**.
- Please **compare the "three xie xin tangs**".
  - **Ban Xia Xie Xin Tang [ST/Intestines]**
  - **Sheng Jiang Xie Xin Tang**
  - **Gan Cao Xie Xin Tang**
- **All regulate**

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Ban Xia	12	Acrid, bitter, warm, aromatic	SP, ST	**Disperses** clumping [to treat distention], directs qi downward Distention is stuck in middle or between upper/middle
Deputy	Gan Jiang	9	Acrid, hot	SP, ST, LU, KD	Expels cold [Cold & Heat messed up together treat both]
	Huang Qin	9	Bitter, cold	HT, LU, LI, GB	Drains heat
	Huang Lian	3	Bitter, cold	HT, LV, ST, LI	Drains heat
Assistant	Ren Shen	9	Sweet, slt.bitter, slt. Warm	SP, LU	Benefits middle qi [Ren Shen & Da Zao: Protect middle jiao]
	Da Zao	4 PC	Sweet, neutral	SP, ST	Protects middle qi
Envoy	Zhi Gan Cao	9	Sweet, warm	All 12	Protects and harmonizes

Modifications			
More huang qin and huang lian	Heat > cold	More ban xia	Pronounced turbidity [too much acid come up]
More gan jiang	Cold > heat	- Ren shen, da zao; + Zhi shi, sheng jiang	Thick greasy tongue coat [too much tonics not good], severe dry heaves w/o middle qi xu

Related Formula			
New formulas	**Based on ban xia xie xin tang**	**indications**	
Sheng Jiang Xie Xin Tang (Shang Han Lun)	Add Sheng Jiang 12 g, [take over as chief] cut Gan Jiang down to 3g	Water & heat complexes Or St xu with food stagnation and **suspended fluids** lingering inside	More dispersing
Gan Cao Xie Xin Tang **(Shang Han Lun)**	Increase Zhi Gan Cao to 12-15 g	Severe SP/ST Qi Xu [undigested food in stool, frequent long-term diarrhea]	SP/ST very deficient

Chapter 4: Formulas That Clear Heat [清法]

● Use cold to treat heat. ● The conditions due to heat (warm, heat, fire) where there is neither an exterior condition nor internal clumping [qi level heat, nutritive and blood level heat, qi and blood heat, heat toxin, zang-fu heat, deficient heat, summer heat] ● Treated with heat-clearing formulas to purify, transform, and eliminate heat from different levels of the body. Also used for Detox ● Most of the herbs in these formulas are (bitter) cold in nature. Herbs which protect the middle jiao are often included. [Too much cold for too long can damage SP] ● Formulas in this chapter should be discontinued once the heat has been successfully treated (7-8 out of 10). [At 100% gone, SP is damaged]	● Everyone has cancer every day. Why you don't get the cancer? You have to have strong immunity [Wei Qi] □ recognize & kill them. Don't want to kill everyone, just remediate, harmonize. Key of TCM is stay in the middle & harmonize, not like Western medicine. ● TCM focus on environment. If environment is strong & well. Don't treat condition directly, just focus on environment, strengthen Qi & let it kill the bad guys in the body ● Western Medicine uses antibiotics, painkillers, muscle relaxants

Formulas That Clear Heat From the Qi Level [清气分热]	
● Among 4-level system, Qi-level sx, among 6-meridian system, Yangming meridian sx are marked by high fever, profuse sweating, irritability, thirst, a yellow tongue coating, and a flooding, huge, and rapid pulse. ● Treated with formulas that clearing heat to protect yin fluids.	●

Bai Hu Tang [白虎汤] (White Tiger Decoction) [1st Degree]

● **Actions**: Clears Qi-Level Heat, Generates Fluids.
● Preparation: Cook shi gao first, then cook the rest until rice is done.
  ◦ Now have powdered shi gao □ don't have to cook it first.
  ◦ Back in the old times, didn't have antibiotics □ use shi gao to reduce fever
● Shi Gao + Zhi Mu = Bai Hu Tang
● Ma Huang + Gui Zhi = Ma Huang tang
● Pay attention to chief pairs
● Administration: taken warm, bid-tid

Indications
● Blazing heat in Qi-level/Yangming meridian stage [high fever with profuse sweating & aversion to heat, a red face, severe thirst with a desire to drink and irritability; and a flooding, forceful or slippery, rapid pulse]
● This sx can be summarized as "Four Greats/Big" 四大. [Big Fever, sweating, pulse, thirst] Get rid of fever □ everything else follows
● Organ: Da Cheng Qi Tang

Applications
● Yangming-meridian stage/ Qi-level/severe heat (St & Lu excess heat) with yin-fluids damage and without interior clumping.
● Epidemic meningitis, Epidemic encephalitis B
● Lobar pneumonia/mycoplasmal pneumonia
● Heat stroke, Flu, Measles, Epidemic hemorrhagic fever
● Rheumatic fever/arthritis, Rheumatic myocarditis
● Trigeminal neuralgia, Acute tonsillitis, Epistaxis
● Systemic pruritus, Acute pancreatitis

Modern Research
● Anti-pyretic
● Immunity-supporting
● Anti-bacterial
● Anti-inflammatory
●

Case Study
● On the CHM shift, A 23 y-o male comes in with flushed face and hoarse voice. He came back from Europe yesterday and felt chilly and hot last night. This morning woke up with sore throat and sounds wired while talking. Other sx: thirst with desire to drink cold fluids, very hot.
● You feel the heat steaming out from him while interviewing with him, and feel sticky wet while feeling his pulses.
● A red tongue with thin yellow dry coat; a rapid and forceful pulse.
● Dx:
● Tx:

Think & Review
●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Shi Gao	30-50	Sweet, acrid, very cold	LU, ST	Clears blazing heat, alleviate thirst and irritability Cold is draining [used to make tofu with shi gao □ after everyone eat, run to bathroom]
Deputy	Zhi Mu	9	Bitter, cold	LU, ST, KD	Clears heat, nourishes fluids (yin) Mutual promotion [Shi Gao & Zhi Mu] (just like Ma Huang & Gui Zhi)
A/E	Zhi Gan Cao	3	Sweet, warm	LU, SP	Harmonizes, protects middle qi, neutralizes the cold nature of chief and deputy
A/E	Geng Mi [Rice]	9-15	Bland, neutral	SP, ST	Protects middle qi, tonifies St. Sp

Modifications			
Plus shui niu jiao, gou teng	Qi and blood level heat	Plus huang qin, chai hu	With Shao yang sx
Plus dan dou chi, xi xin, cong bai	With residual w-c	Plus shan yao; minus geng mi	Middle qi xu
Plus da huang, mang xiao	With interior clumping	Plus huang lian, zhi zi	With toxin presence

Related Formula			
New formulas	**Based on bai hu tang**	**Indications**	
Bai Hu Jia Ren Shen Tang (Shang Han Lun)	Add Ren Shen 9g	Qi & Yin injury [Profuse sweating, large weak pulses]	
Bai Hu Jia Gui Zhi Tang (Jin Gui Yao Lue)	Add Gui Zhi 9g	With Wind Damp Heat Bi; Malarial disorders	
Bai Hu Jia Cang Zhu Tang (Lei Zheng Huo Ren Shu)	Add Cang Zhu 9g	For damp-warm-febrile disease: epigastric distention, white greasy tongue coat	

Zhu Ye Shi Gao Tang [竹叶石膏汤] (Lophatherus And Gypsum Decoction) Source: Shang Han Lun

- **Actions**: Clears Heat, Generates Fluids, Augments Qi, Harmonizes Stomach.
- Preparation: Cook Shi Gao first, then cook the rest until rice is done.
- Administration: taken warm.
- ZZJ loved Ban Xia. Get rid of damp, disperse Qi

Indications

- **Lingering Qi-level heat injures Qi & Yin-fluids**: lingering fever accompanied by profuse sweating, heat entered into ST [vomiting, irritability and thirst with a desire to drink, parched mouth, lips, and throat, a choking cough, stifling sensation in the chest; or restlessness, insomnia]
- T: Red with little coating, P: Deficient, rapid pulse.
- More complicated, more damage has been done

Applications

- Aftermath of a febrile disease [lingering fever]
- Febrile diseases with injury to qi and yin-fluids characterized by unabated fever…
- Toxic reactions from chemo/radio-therapy [Radiation is extreme heat Patient feels hot & dry Damage Qi & Yin]
- Post-surgical fever
- Pharyngitis
- Nephritis
- Diabetes mellitus
- Infantile night sweating

Modern Research

- Anti-hypoglycemic
- Anti-diuretic
- Anti-inflammatory
-

Case Study

- 23 y-o male comes in a week after he saw us – tired(he traveled again), poor sleep, feel warm and sweating a lot, poor appetite, nausea, irritability, sore and dry throat, thirst with a large bottle of cold water in hands. He is unable to concentrate on his work.
- A red geographic tongue. A soft and rapid pulse.
- Oh, he just took once of the herb you gave to him last week which made him nauseated. Then he went on trip without taking again.
- Dx:
- Tx:

Think & Review

- Why do Shi Gao & Zhi Mu play an important role in Bai Hu Tang?
- What are the combined actions of ren shen and zhi gan cao in zhu ye shi gao tang?
- Why ban xia is included in zhu ye shi gao tang?

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Dan Zhu Ye	9-15	Sweet, bland, cold	HT, ST, SP, UB	[Instead of Zhi Mu], Clears [HT] heat, **alleviates irritability (specialty),** generates fluids
	Shi Gao	30	Sweet, acrid, cold	LU, ST	Paired with zhu ye to clear heat, alleviate irritability The sooner you get rid of heat, the more fluids will be spared.
Deputy	Ren Shen	6	Sweet, slt.bitter, warm	SP, LU	Tonifies qi and yin-fluids [Qi & Yin rooted in each other] Can tonify almost everything [even pathogens]
	Mai Dong	9-18	Sweet, slt.bitter, slt.cold	LU, ST, HT	Paired with ren shen to tonify qi, yin-fluids
Assistant	Ban Xia	9	Acrid, warm, poisonous	SP, ST	Directs qi downward to stop vomiting
Envoy	Zhi Gan Cao	3-6	Sweet, warm		Tonify qi, protect middle jiao from injury
	Geng Mi [Rice]	15	Bland, neutral		Tonify qi, protect middle jiao from injury

Modifications			
Plus shi hu, tian hua fen, bai sha shen	Red dry tongue with canker sore in the mouth		
Plus zhi mu, xuan shen, tian hua fen	Red tongue, rapid pulse with excessive hunger due to stomach fire		
Minus shi gao	Mild/no stomach heat; Stomach qi and yin xu		

Formulas That Clear Heat From Ying & Blood Level [清营凉血]	
● Heat enters ying level: fever that worsens at night, irritability, and insomnia, indistinct rashes, dark red tongue… ●	● Heat enters xue level: distinct rashes, or hemorrhage appears, manic behavior due to shen disturbance, and a reddish-purple tongue with prickles… ● Treated with formulas that clear heat and cool blood, and often add herbs that invigorate blood.

Qing Ying Tang [清营汤] (Clear The Nutritive Level Decoction) Source: Wen Bing Tiao Bian

- **Actions**: Clears Ying Heat, Relieves Fire Toxins, Nourishes Yin.
- Preparation (decoction): shui niu jiao decocted 20' first before adding other herbs.
- Administration: taken lukewarm.
- **Zeng Ye Tang**: Xuan Shen, Sheng Di Huang, Mai Dong

Indications

- **Heat in Ying level**: High fever that worsens at night, severe irritability and restlessness; or thirst, or delirium, or indistinct erythema [red patches under skin but haven't come out yet] and purpura
- T: Scarlet, dry reddish-purple, P: thin, rapid
- Ying: Almost to blood, but not yet [Ying is first level of blood]

Applications

- Heat entering ying-level
- Septicemia
- Leukemic crisis
- Fever, Meningitis, Encephalitis B
- Infantile severe pneumonia, Infantile epistaxis
- Glomerular hematuria
- Retinal veno-occlusion, Acute optic neuritis
- Psoriasis, Medicinal rashes
- Pityriasis rosea
- Hodgkin's disease, Pain from cancers

Modern Research

- Anti-pyretic
- Bacteria-inhibiting
- Circulation-improving
- Nerve-protecting

Case Study

- 35 y-o male looks for help for his intractable off-and-on skin rashes which are related to his sleep (he thought so). He had a blood infection 4 months ago from a small cut while doing yard work. He has been feeling hot as a tide eversince. Other sx: insomnia or dream-disturbed sleep.
- A dry scarlet tongue; a rapid and slightly thin pulse.
- Oops, he just tells us he took some huang lian shang qing pian from a friend of his with little effect, but caused him diarrhea.
- Dx:
- Tx:
-

Think & Review

- Why are jin yin hua & lian qiao included in qing ying tang?
- What is difference between clearing 清法 and downward draining 下法 Chapter 2? Where toxin? Where heat? Substantial form?
  - Clearing heat: clear toxins, detox, get heat from different levels
    - Appendicitis:
      - already formed, pus □ substantial
      - Just inflamed: insubstantial
  - Downward draining: Get rid of substantial heat accumulated below middle jiao

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Shui Niu Jiao [Xi Jiao]	30-120 [3-9]	Bitter, salty, c	HT, ST, LV	Clears heat, cools blood, calms spirit, detoxifies
Deputy	Xuan Shen	9	**Cool blood, nourish, generate fluids**		**Zeng Ye Tang.** Cools blood, nourishes and generates yin-fluids
	Sheng Di	15	**Cool blood, nourish, generate fluids**		**Zeng Ye Tang.** Cools blood, nourishes and generates yin-fluids
	Mai Dong	9	**Cool blood, nourish, generate fluids**		**Zeng Ye Tang.** Cools blood, nourishes and generates yin-fluids
Assistant	Jin Yin Hua	9	Clear heat, guide, Relieve toxicity		**Yin Qiao San.** Clear heat from Qi level, guide heat from Ying □ Qi □ Wei □ Out [Ying Level: can disturb spirit] Drain heat down from heart, relieve toxicity
	Lian Qiao	6	Clear heat, guide		**Yin Qiao San.** Clear heat from Qi level, guide heat from Ying □ Qi □ Wei □ Out [Ying Level: can disturb spirit] Drain heat down from heart, relieve toxicity
	Huang Lian	4.5	Clear heat, guide		**Yin Qiao San.** Clear heat from Qi level, guide heat from Ying □ Qi □ Wei □ Out [Ying Level: can disturb spirit] Drain heat down from heart, relieve toxicity
	Dan Zhu Ye	3	Clear heat, guide		**Yin Qiao San.** Clear heat from Qi level, guide heat from Ying □ Qi □ Wei □ Out [Ying Level: can disturb spirit] Drain heat down from heart, relieve toxicity
Envoy	Dan Shen	6	Bitter, slt. cold	HT, PC, LV	**Prevents blood stasis**, reinforces other herbs which cool blood

Modifications			
Plus shi gao, zhi mu, or da qing ye, ban lan gen	Severe qi-level fire	Minus huang lian	Yin xu: thready rapid pulse
Use more shui niu jiao, sheng di, xuan shen	Severe ying-level heat	Plus sha shen	Sever yin depletion
		Plus gou teng, di long	tremors, spasms

Xi Jiao Di Huang Tang [犀角地黄汤] (Rhinoceros And Rehmannia Decoction) Source: Qian Jin Yao Fang

- **Actions**: Clears Heat, Relieves Fire Toxin, Cools Blood, Nourishes Yin, Dispels Blood Stasis.
- Preparation: decoction-cook shui niu jiao 20' before adding the other herbs.
- Administration: taken lukewarm.
-

Indications

- **Heat Entering Blood-Level**: Fever, various types of bleeding (vomiting of blood, nosebleed, blood in the stool or urine, and rashes) [most of heat already entered blood reckless blood circulation cause all kinds of bleeding, get anywhere], black and tarry stools [far blood], abdominal distention and fullness, thirst with an inability to swallow; or delirium
- T: Scarlet with prickles, P: thin, rapid
-

Applications

- All types of bleeding accompanied by fever and a purple/dark-red tongue.
- Conditions due to both heat and blood stasis
- Acute purulent meningitis
- Epidemic hemorrhagic fever
- Septicemia
- DIC: disseminated intravascular coagulation, abnormal clumps of thickened blood (clots) form inside blood vessels. These abnormal clots use up the blood's clotting factors, which can lead to massive bleeding in other places. Causes include inflammation, infection, and cancer.
- Toxemia, Uremia, Hepatic coma
- Idiopathic thrombocytopenic purpura (ITP)
- Glaucoma, Acute leukemia
- Blood/pus in the anterior chamber of eye
- Aplastic anemia, Urticaria

Modern Research

- Anti-pyretic
- Circulation-improving
-

Case Study

- 52 y-o female leukemia patient comes in complaining about abdominal distention and fullness, thirst and nosebleed 1-2 times/day. She is treated with chemo and feels irritable. She looks pale and weak.
- Dry purple red tongue with thin gray coating
- thin, weak, and slightly rapid pulse.
- Dx:
- Tx:

Think & Review

- In TCM view, what is the difference between Qing Ying Tang & Xi Jiao Di Huang Tang in terms of ingredients, actions, and indications?
- Paired herbs:
  - Shui Niu Jiao, Sheng Di Huang: cool, detox
  - Chi Shao Yao, Mu Dan Pi: cool blood, stop bleeding, move blood
  - Dan Shen, Mu Dan Pi: dan shen more focused on heart
    - cool blood, stop bleeding, move blood
    - Fu Fang Dan Shen Pian
-
- Common ingredients: Shui Niu Jiao [Xi Jiao], Sheng Di

Rank	Herb	Amount	Properties	Channels	Notes	
Chief	Shui Niu Jiao [Xi Jiao]	30-120 [3-9]	Bitter, salty, cold	HT, LV, ST	Clears Ht fire, cools blood, relieves fire toxin	Chief pair
Deputy	Sheng Di Huang	24	Sweet, bitter, cold	HT, LV, KD	Cools blood, nourishes yin, stops bleeding, clears heat	
Assistant	Chi Shao [Yao]	9	Sour, bitter, slt.cold	LV, SP	Cools & invigorates blood, nourishes yin Cools blood & stop bleeding at same time Moves blood	Secondary pair
Envoy	Mu Dan Pi	6	Acrid, bitter, cool	HT, LV, KD	**Cools blood w/o causing stasis [Very special]**	

Modifications			
Plus qing dai, zi cao	Severe heat toxin	Plus ce bai ye, bai mao gen, san qi	Vomiting with blood
Plus hui hua, di yu	Blood in stool	Plus bai mao gen, huang qin	Nosebleed
Plus bai mao gen, xiao ji	Blood in urine		

Related Formula			
formula	**ingredients**	**Indication**	
Shen Xi Dan (Wen Re Jing Wei)	Xi jiao, sheng di huang, jin yin hua, lian qiao, ban lan gen, huang qin, chang pu, dan dou chi, tian hua fen, xuan shen, zi cao	Warm-febrile diseases, epidemic summer heat, poxes characterized by severe heat toxin, delirious speech, deep-purple rashes… scarlet tongue/with black coating	Detoxing Herbs Ban Lan Gen Zi Cao Chang Pu Huang Qin Tian Hua Fen [HIV +]

End 5/4/2017 Midterm

Formulas That Clear Heat From Both Qi and Blood Level 气血两清	
● Heat in both Qi & Blood level: high fever, irritability, thirst, and profuse sweating are present with rashes, bleeding, dark-red/scarlet tongue, or even delirium, spasm and syncope. ● Treated with formulas that clearing heat from qi and blood, cooling blood and relieving toxicity.	●

Qing Wen Bai Du Yin [清瘟败毒饮] (Clear Epidemics And Overcome Toxin Decoction) Source: Yi Zhen Yi De

● **Actions**: Clears Heat, Relieves Toxicity, Cools Blood, Drains Fire.
● Preparation: cook shi gao and shui niu jiao first for 15'-20', then add the other herbs in.
● Administration: decoction, 1 bag/day

Dosages Vs. Pulses:
● Deep, thin, & rapid pulse (more severe condition) requires large dosage [1.5-2 times dosage specified above.
● Floating, large, and rapid pulse (less severe condition) requires small dosage: ½ dosage specified above.

Indications: Severe heat (fire) in both Qi & Blood levels [intense fever, strong thirst, dry heaves, severe and stabbing headache, extreme irritability, even delirious speech, rash, and nosebleed]
● T: dark-red, the lip are dark and scorched
● P: rapid and either deep and thin or floating and large.
●

Applications
● Blazing heat (fire) in both Qi & Blood.
● Septicemia, Toxemia, Pyotoxinemia, Meningitis
● Encephalitis B, Typhoid fever, Scarlet fever
● Liver necrosis, Lobar pneumonia, Mono, Mania
● Epidemic parotitis

Modern Research
● Anti-pyretic
● Anticoagulant
● Anti-inflammatory
● Anti-bacterial
● Anti-viral
●

Case Study
● 18 y-o female presents with high fever, severe thirst with desire to drink cold beverage, and splitting headache after she scratched herself in her chin, arms and elbows when she had a fall 2 days ago. Other sx: flushed face, fast and coarse breathing, unable to correctly answer all the questions.
● A dark-red tongue with dry brown coating. A large, rapid and forceful pulse.
● Dx:
● Tx (before you refer her to an ER):
●

Think & Review
●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Shi Gao	60-120			Bai Hu Tang: Clear heat from Qi Level, Protect yin fluids
Deputy	Zhi Mu	6-12			Bai Hu Tang: Clear heat from Qi Level, Protect yin fluids
Assistant	Gan Cao	3-6			Bai Hu Tang: Clear heat from Qi Level, Protect yin fluids
Envoy	Dan Zhu Ye	3-6			Bai Hu Tang: Ascending, Clear heat from Qi Level, Protect yin fluids
	Shui Niu Jiao (Xi Jiao)	30-120			Xi Jiao Di Huang Tang: Clear heat from blood, Relieve Toxicity, Cool & Move Blood
	Sheng Di Huang	9-15			Xi Jiao Di Huang Tang
	Mu Dan Pi	6-12			Xi Jiao Di Huang Tang
	Chi Shao	6-12			Xi Jiao Di Huang Tang
	Xuan Shen	6-12			Xi Jiao Di Huang Tang
	Huang Lian	6-12			Huang Lian Jie Du Tang: Relieves toxicity, eliminates toxic fire
	Huang Qin	3-9			Huang Lian Jie Du Tang, Relieves toxicity, eliminating toxic fire
	Zhi Zi	6-12			Huang Lian Jie Du Tang, Relieves toxicity, eliminating toxic fire
	Lian Qiao	6-12			Huang Lian Jie Du Tang, Relieves toxicity, eliminating toxic fire
	Jie Geng	3-6	Ascending		Ascending, Conducts the actions of other ingredients upward

Modifications			
Plus da huang, mang xiao	constipation	Plus jin yin hua, qing dai	Swollen parotid gland
Plus da qing ye, ban lan gen	Very high fever	Plus ju hua, xia ku cao	Splitting HA, blurring vision
Plus zi hua di ding, sheng da huang	Swollen face	Plus huang bai, zhi mu	LBP, sore joints

Related Formula			
formula	**ingredients**	**indications**	
Hua ban tang [化斑汤] (wen bing tiao bian)	Shi gao, zhi mu, gan cao, xuan shen, shui niu jiao (xi jiao), geng mi	Both qi and blood level heat with **dark-red blotches** on the skin…	Very small Hua Ban = transform blotches

Formulas That Clear Heat and Relieve Toxicity [清热解毒]	
● **Toxin**: presence of pustular lesions such as sores, boils, abscesses, or the general "sickness" of the patient. [Toxins produced by heat that has been there for a while & causing trouble] ● **Heat toxin** (with vigorous heat in 3 jiao): fever, irritability, incoherent speech, nausea or vomiting, nosebleed, rashes, or various types of sores.	● **Heat toxin** in the chest and diaphragm – fever, red face, warm & irritable sensation in chest/diaphragm, sores on the tongue and mouth, scanty/dark yellow urine, constipation; or **wind-heat** epidemic toxin attacking the head and face – pain, redness & swelling on the top, malaise. ● **Treated** with formulas that clear heat, drain fire, and relieve toxin. ◊ Feel toxic, have heat

Huang Lian Jie Du Tang [黄连解毒汤] (Coptis Decoction To Relieve Toxicity) Source: Wai Tai Bi Yao

● **Actions**: Drains Fire & Relieves Toxicity.
● Preparation: decoction
● Administration: taken lukewarm, bid

Indications: Severe heat (fire) toxin obstruction of 3 Jiao [high fever, irritability, dry mouth & throat, incoherent speech, insomnia, dark urine or nosebleed, vomiting blood, carbuncles, deep-rooted boils, and/or other toxic swellings; dysenteric disorders or jaundice due to damp-heat]
● T: Red with yellow coating, P: rapid, forceful

Applications
● All types of heat (fire) toxin pervades 3 jiao and the entire body.
● Acute viral myocarditis, Acute bacillary dysentery
● Lobar pneumonia, UTI, Septicemia, Encephalitis B
● Purulent skin lesions, Recurrent infantile URI, Peptic ulcer
● Gonorrhea, Acute pyelonephritis, Diabetes
● Acute gout-induced arthritis, Spring conjunctivitis, Otitis media
● Acute tonsillitis

Specialties
● Da Huang: Get rid of heat through defecation
● Zhi Zi: Drain heat through urine
● Dan Zhu Ye & Zhi Zi: Relieve irritability
● Huang Lian has very strong anti-viral, anti-bacterial properties
◊ Stronger than Huang Qin & Bai
◊ Reduces cholesterol, blood sugar, blood pressure
◊ Very bitter, nasty taste is good for condition

Patent Formulas
● Huang lian jie du wan
● Huang lian jie du pian
● Huang lian shang qing pian
● Huang lian shang qing wan
● Niu huang shang qing wan [HT heat & toxins] (Cattle gallstone)
● Niu huang jie du pian [Heat toxins spread all over body]

Modern Research
● Anti-pyretic
● Anti-bacterial/viral
● Anti-inflammatory
● Ulcer-preventing
● Gastric-mucosa protecting
● Detoxifying (to endotoxin)
●

Case Study
● 31 y-o red-faced male wants to be cooler internally. He has been hot since switching to Atkin's diet (6 months ago). He did lose 6 pounds at beginning, then gained back. However, he feels hot all the time. Other sx: constipation, thirst, hot sensation worse in the evening, red face pronounced on the nose and around area with some acne. Talking to him, you smell a warm steam coming to you. [Yang Ming can't handle so much heat □ goes to blood]
● A red tongue with thick yellow coating; a forceful and rapid pulse.
● Dx:
● Tx:

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Huang Lian	3-9	Bitter, cold	HT, ST, LV, LI	Drains fire from heart and the body
Deputy	Huang Qin	6	Bitter, cold	HT, LU, GB, LI	Clears heat from upper jiao
Assistant	Huang Bai	6	Bitter, cold	KD, UB	Clears heat from lower jiao
A/E	Zhi Zi	6-12	Bitter, cold	LU, ST, LV	Drains heat throughout 3 jiao and drives heat out from urine, relieves irritability

Modifications			
Plus da huang, mang xiao	Constipation	Plus mu xiang, bing lang	Diarrhea with pus and blood
Plus xuan shen, sheng di, bai mao gen, mu dan pi	Vomiting of blood, nosebleed, erythema and purpura	Plus che qian zi, mu tong, hua shi	Painful, urgent, frequent urination
Plus yin chen, da huang	Jaundice	Plus pu gong yin, jin yin hua, lian qiao	Skin disorders

Related Formula			
Formula	**Ingredients**	**Indications**	
Xie Xin Tang [泻心汤] **[Drain Heart Heat]** (Jin Gui Yao Lue)	Da huang 6 Huang lian 3 Huang qin 3	Damp-heat excess with interior clumping [HT heat, drain, shift □ Bowel movements]	Very strong Substantial & insubstantial heat

Liang Ge San [凉膈散] (Cool The Diaphragm Powder) Source: Tai Ping Hui Min He Ji Ju Fang

- **Actions**: Drains Fire, Unblocks Bowels
- Preparation and administration: grind the herbs into powder, take 6-12g as a draft with 3g of honey and dan zhu ye, bid-tid. May also be prepared as a decoction with the dosage in the parentheses.
-

Indications: Heat accumulation in the upper and middle jiao (blazing heat in diaphragm) [sensation of heat & irritability in chest and upper abdomen, thirst, flushed face, red lips, mouth & tongue sores, sore throat, swollen tongue, red eyes, nosebleed, vomiting blood, constipation, dark scanty urine, delirious speech]

- T: red body or edges with dry, yellow/white coating
- P: rapid and/or slippery
-

Applications

- Heat clumped in the chest and diaphragmatic regions, and manifesting as substantial form in the lower jiao, and unsubstantial from in the upper jiao.
- Infantile high fever from URI
- Tonsillitis, Encephalitis B
- Cholecystitis/cholelithiasis
- Hypertension
- Bronchiectasis with hemoptysis
- Lobar pneumonia
- Herpetic angina/stomatitis
- Infantile epilepsy
- Chronic renal insufficiency
- Enteritis from flora imbalance
- Mono, Epistaxis

Modern Research

- Detoxificating
- Microcirculation-improving
- Anti-pyretic
-

Case Study

- 37 y-o male looks for Tx of his recurrent aphthosis which bothers him with eating, drinking, even smiling and talking. He was just diagnosed as HIV+, and feels depressed. Other sx: stiff and swollen tongue, irritability and hot sensation in the epigastrium, long-term smoker, thirst, constipation, sore throat and red eyes each morning when gets up, better with day goes on
- A red tipped and edged tongue with dry thin yellow coating; a wiry and rapid pulse.
- Oh, he was treated with xi gua shuang with temporary effect.
- Dx:
- Tx:

Think & Review

- Compare the indications and ingredients of Lian Ge San & Huang Lian Jie Du Tang.
- What is the role of Tiao Wei Cheng Qi Tang In Lian Ge San? How about lian qiao?
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Lian Qiao	1200(18)	Bitter, acrid, slt. cold	HT, LV, GB	[Top Dose], **Clears heat toxin**, dissipates clumping
Deputy	Da Huang	600 (9)			Tiao Wei Cheng Qi Tang, Drains **formed** heat, promotes defecation
	Mang Xiao	600 (9)			Tiao Wei Cheng Qi Tang, Drains **formed** heat
	Huang Qin	300 (5)			Helps chief clear heat toxin, Clear & drain **unformed** heat through upper & lower exits
	Zhi Zi	300 (5)			Helps chief clear heat toxin, Clear & drain **unformed** heat through upper & lower exits
	Dan zhu ye	7 leaves			Light and uprising to disperse stagnant heat, Aid chief and deputies to clear upper jiao heat
Assistant	Bo He	300 (5)			Light and uprising to disperse stagnant heat, Aid chief and deputies to clear upper jiao heat
Envoy	Gan Cao	600 (9)			Tiao Wei Cheng Qi Tang, Drains **formed** heat

Modifications			
Plus zhi zi, tian hua fen, mai dong	Severe heat in upper jiao	Plus jie geng, ban lan gen, shan dou gen	Sore throat
Plus huang lian, sheng di	Mouth and tongue sores	Plus gou teng, ling yang jiao	Infantile convulsion

Related Formula			
Formula	Ingredients	Indications	
Qing Xin Liang Ge San [清心凉膈散] (Wen Re Jing Wei)	Lian Qiao, Huang Qin, Bo He, Zhi Zi, Shi Gao, Jie Geng, Gan Cao	Heat toxin at Qi-level in upper jiao [unremitting fever, thirst, irritability, red, swollen & macerated throat]	

Pu Ji Xiao Du Yin [普济消毒饮] (Universal Benefit Decoction To Eliminate Toxin) Source: Wei Sheng Bao Jian

- **Actions**: Clears Heat, Eliminates Heat Toxins, Disperses Wind Heat
- Preparation and administration: grind the herbs into powder and take as a draft; or form into pills with honey; or decoction
- Jie Geng & Gan Cao: Small formula to clear throat
- Sore throat: Niu Bang Zi, Jie Geng, Gan Cao, Ma Bo, Xuan Shen

Indications: Acute, massive febrile disorder of head (Da Tou Wen 大头瘟)
[Feels like getting puffed up (like mumps)] strong fever and chills, redness, swelling, and burning pain of the head and face, scratchy throat, dryness, thirst

- T: red with powdery-white/yellow coating
- P: floating, rapid, & forceful
-

Applications

- da tou wen (epidemic parotitis) from heat toxin with w-h and d-ph
- Acute tonsillitis
- Suppurative otitis media
- Cellulitis
- Lymphadenitis
- Bell's palsy
- Infantile high fever from URI
- Shingles around eye
- Acute laryngitis/pharyngitis
- Acute oral infection
- Acute viral myocarditis
- Erysipelas
- Flat wart
- Cough from throat disorders
-

Modern Research

- Anti-bacterial
- Anti-mumps virus
- Sedative
- Anti-pyretic
- Bile secretion promoting
- Blood pressure reducing

Case Study

- A 3 and 8 month old boy was carried in by his dad with fever and chills, flushed face, coarse breathing, does not answer any questions. He has teary eyes, apathy.
- The dad thinks the boy caught a cold from preschool where 2 kids presented similar sx. [Big head disease]
- A very warm face and whole body with aversion to wind. A red tipped tongue and a rapid floating pulse. Index finger veins show within wind and qi regions.
- A tender and hot area palpated below the right jaw.
- Dx:
- Tx:
- Young boy with mumps, make sure get treated promptly or can get infertility

Think & Review

- How many herbs in Pu Ji Xiao Du Yin act on the throat?
- Which pairs of herbs in Pu Ji Xiao Du Yin are working on descending and ascending to vent the heat toxin?

- Huang Qi & Huang Lian Descending
- Sheng Ma, Chai Hu Ascending

Rank	Herb	Amount	Properties	Channels	Notes	
Chief	Huang Qin (Jiu Chao)	15	Bitter,cold		Clear and drain toxic heat from upper jiao Jiu Chao: Stir-fried with alcohol Stronger dispersing heat function	
	Huang Lian (Jiu Chao)	15	Bitter,cold		Clear and drain toxic heat from upper jiao	
Deputy	Niu Bang Zi	3	Acrid, cool		Disperse & dissipate, Clear wind-heat from the head, face, muscle and skin	
	Lian Qiao	3	Acrid, cool		Disperse & dissipate, Clear wind-heat from the head, face, muscle and skin	
	Bo He	3	Acrid, cool		Disperse & dissipate, Clear wind-heat from the head, face, muscle and skin	
	Jiang Can	1.5	Acrid, cool		Disperse & dissipate, Clear wind-heat from the head, face, muscle and skin	
For sore throat	Xuan Shen	6	Bitter, cold		Cool & Detoxify, Soothe Throat, Help chiefs clear & drain heat toxin Clear heat from throat, and nourish throat	Strong anti-virals
	Ma Bo	3	Bitter, cold		Cool & Detoxify, Help chiefs clear & drain heat toxin	
	Ban Lan Gen	3	Bitter, cold		Cool & Detoxify, Help chiefs clear & drain heat toxin	
	Jie Geng	6	Soothe Throat		Clear heat from throat, and nourish throat	
	Gan Cao	6	Soothe Throat		Clear heat from throat, and nourish throat	
Assistant	Chen Pi	6	Acrid, bitter, aromatic, warm		Moves qi to ensure free flow of qi & blood	
Envoy	Sheng Ma	1.5	Bitter, acrid, cool		Raise Yang, disperse w-h, guide other herbs to head	
	Chai Hu	6	Bitter, acrid, cool		Raise Yang, disperse w-h, guide other herbs to head	

Modifications			
Cut down huang qin, huang lian; plus jing jie, fang feng, sang ye	Still with the exterior, mild interior heat		
Minus chai hu, bo he; Plus jin yin hua, shi gao, qing dai	Blazing interior heat fire with the exterior is over		
Plus da huang, zhi shi, mang xiao	With interior formed heat clumping		
Plus dan pi, bei mu, xia ku cao, chi shao, si gua luo, chen pi	Hard lumps/nodules that has been there long-term		
Plus chuan lian zi, long dan cao, pu gong ying	Complicated with orchitis		

Next: 4-5 Clear heat, relieve toxicity

Formulas That Clear Heat From The Zang-Fu Organs [清脏腑热]	
● When heat develops in an organ it will manifest in signs and symptoms which are characteristic of pathology of that organ and its associated meridian, e.g. stomach heat - toothache, gum bleeding and sores, bad breath, excessive hunger, red, painful tongue…. ● Treated with formulas that clear heat from each involved organ and meridian	●

Dao Chi San [导赤散] (Guide Out The Red Powder) Source: Xiao Er Yao Zheng Zhi Jue	
● **Actions**: Clears Heart, Promotes Urination, Nourishes Yin. ● Preparation & administration: grind equal amounts of sheng di, mu tong, gan cao shao into powder and take 9-15g as a draft after meal with dan zhu ye. Or decoction with the dosage specified. ● Red = Heart **Indications:** Heat in HT & SI meridians: irritability with sensation of heat in the chest, thirst with a desire to drink cold beverages, a red face, possibly sores around the mouth; or dark, scanty, **rough**, & painful urination [HT Heat + SI Heat], or even clearly visible blood in the urine ● T: red, P: rapid ● **Applications** ● source text uses this formula for children with heat in the heart characterized by irritability and thirst. Now it is used for heat in Ht & SI. ● Viral myocarditis ● Acute UTI (cystitis, urethritis) [Very mild cases] ● Glomerulonephretis ● Nightmares ● Stomatitis ● Epidemic mumps ● Urinary calculus ● Postpartum urinary retention ● Male infertility ● Chronic prostatitis ● Recurrent aphthous stomatitis ● Herpetic stomatitis ● Radiation-induced oral mucosa damage	**Modern Research** ● Urine-promoting ● Detoxifying ● Anti-inflammatory ● Anti-pyretic ● Coagulation-promoting ● **Case Study** ● A 21 y-o quick-talking female wants you to help her with recurrent premenstrual canker sores and hot scanty urination every month. Other sx: PMS, cold drinks preferred, acne worse with period. ● A red-tipped tongue with thin yellow coating, slightly thickening in the back; a thin and rapid pulse. ● Dx: ● Tx: ● **Think & Review** ●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Sheng Di Huang	3-6	Bitter, sweet, cold; Ht, K, Lr		Cools heart blood, nourishes yin, generates fluids
Deputy	Mu Tong	3-6	Bitter, cool; Ht, SI, UB		Clears heat from Ht and SI through urination, promote urination
Assistant	Dan Zhu Ye	3-6	Sweet, bland, cold; Ht, St, UB		Alleviates **irritability** by clearing heart heat
Envoy	Gan Cao Shao	3-6	Sweet, neutral; all 12 primary meridians		Harmonizes, treats painful urinary dysfunction □ Urinary tract Shao: Small tips of Gan Cao root Small tips enter to the urethra, big tips more tonify function

Modifications			
Plus huang lian	Severe heart heat		
Plus mai dong, zhi mu	With Yin xu		
Plus che qian zi, chi fu ling, bian xu, qu mai	Difficult, painful urination		
Plus han lian cao, bai mao gen	Blood in the urine		

Related Formula			
formulas	**ingredients**	**indications**	
Xie Xin Dao Chi San (Yi Zong Jin Jian)	Huang Lian, Deng Xin Cao, Sheng Di, Gan Cao Shao, Mu Tong	More severe heat in SI & HT: tongue thrusting in kids	Huang Lian □ Stronger [clear HT heat]
Qing Xin Lian Zi Yin (Tai Ping Hui Min He Ji Ju Fang)	Huang Qin, Mai Dong, Di Gu Pi, Che Qian Zi, Gan Cao, Lian Rou, Fu Ling, Huang Qi, Ren Shen	Severe HT heat with Qi & Yin Xu, Damp Heat downward infusion	Summer days: Make tea & drink Nourish Qi

Formulas That Clear Heat From The Zang-Fu Organs [清脏腑热]

Long Dan Xie Gan Tang (Wan Patent) [龙胆泻肝汤] (Gentiana Longdancao Decoction To Drain The Liver) Source: Yi Fang Ji Jie

- **Actions**: Drains LV & GB Fire, Clears & Drains Lower Jiao Damp-Heat.
- Preparation and administration: decoction -long dan cao, zhi zi, sheng di are fried in wine to produce draining with dispersion. Pills.
- Xie Gan: Drain LV heat
- Xiao Chai Hu Tang Harmonize Shao Yang
- Long Dan Cao & **Xia Ku Cao**: Treat hypertension [LV Yang rising, LV Heat]
-

Indications: Excess heat in LV and/or GB meridians [hypochondric pain, headache, dizziness, red & sore eyes, hearing loss, swelling in ears, a bitter taste in mouth, irritability, short temper; difficult & painful urination with heat sensation in urethra, scanty dark-yellow urine, swollen and pruritic external genitalia, or foul-smelling leucorrhea]

- T: red tongue with a yellow coating
- P: wiry, rapid, & forceful pulse

Applications

- Lr & GB excess heat/d-h disturbs up and down along the meridians. There are
- 3 criteria indicate use of this formula: wiry, rapid pulse; a red tongue or red dots along the sides of the tongue; and dark urine or urinary difficulty.
- Acute viral hepatitis
- Herpes zoster/herpes simplex
- HA/migraine HA
- Intercostal neuralgia
- Cholecystitis/cholelithiasis
- Epidemic parotitis
- Pelvic inflammatory disease
- Orchitis/epididymitis
- Pyelonephritis/cystitis/urethritis
- Hyperthyroidism
- Acute glaucoma
- Suppurative otitis media

Modern Research

- Urination-promoting
- Immunity-boosting
- Anti-hypertensive
- Peristalsis-reducing
- Anti-inflammatory
- Anti-allergic

Patent

- Long dan xie gan wan
- Long dan xie gan pain
- Long dan xie gan jiao nang
- Drain the jade
- Quell fire [US]

Case Study

- A 46 y-o male asks your help for his migraine headache. He has been suffering from migraine since he was misdiagnosed as a cancer for his diverticulosis and hepatolithiasis. Other sx: bitter taste in the mouth, dizziness, hypochondriac pain that worse with eating. He took xiao yao wan [very mild] and pain-killer as well with some temporary effect, but just cut edge.
- A red tongue with purple dots on the sides, a yellowish gray coating pronounced in the center. A wiry pulse.
- Dx:
- Tx:

Think & Review

- Differentiate the pair of combination of ____ with long dan cao in formulas:
- Huang qin, zhi zi with long dan cao in long dan xie gan tang
- Da huang, zhi zi with long dan cao in xie qing wan
- Da huang (lu hui), zhi zi(3-huang) with long dan cao in dang gui long hui wan

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Long Dan Cao	3-9	Very bitter, very cold	LV, GB, UB	Don't take too long will damage SP Drains LV & GB excess heat, eliminates Damp Heat from lower jiao
Deputy	Huang Qin	9			Helps chief in upper clear & lower drain Clears heat toxin, drain d-h, Aids clearing upper heat
	Zhi Zi	9			Helps chief in upper clear & lower drain Clears heat toxin, drain d-h
Assistant	Mu Tong	9	Conduct d-h		Find a way out for d-h; promote urination STDs, skin conditions, shao yang, LV Damp heat, LV yang rising
	Che Qian Zi	9	Conduct d-h		Find a way out for d-h, promote urination
	Ze Xie	12	Conduct d-h		Find a way out for d-h, promote urination
	Chai Hu	6	Aid in clearing upper heat		Combination for clearing Shaoyang heat
	Sheng Di	9			Drain evils without injuring normal qi Move & nourish blood, stretch liver qi out
	Dang Gui	3			Drain evils without injuring normal qi Move & nourish blood, stretch liver qi out
Envoy	Gan Cao	6	envoy		Harmonizes & protects

Modifications			
Minus ze xie, che qian zi; Plus mu dan pi, qing dai	Severe liver & GB excess heat (fire)	Plus chuan lian zi, yan hu suo	Pronounced costal pain
Minus dang gui, sheng di; Plus yi yi ren, bi yu san	Severe damp-heat	Plus da huang, lu hui	constipation

Related Formula			
formulas	Ingridients	indications	
Xie Qing Wan泻青丸 (Xiao Er Yao Zheng Zhi Jue)	Dang Gui, Long Dan Cao, **Chuan Xiong**, Zhi Zi, Da Huang, **Qiang Huo, Fang Feng**	Interior constrained LV fire. Draining fire effect weaker than Long Dan Xie Gan Tang	Qing = blue/green LV Aromatic disperse Weakest
Dang Gui Long Hui Wan **[当归龙荟丸]** (Dan Xi Xin Fa)	Dang Gui, Long Dan Cao, Zhi Zi, Huang Lian, Huang Bai, Huang Qin, Lu Hui, Da Huang, Mu Xiang, She Xiang [Very Aromatic]	Liver & GB excess fire with constipation and dark rough urination	Strongest in heat clearing, detoxing, promote bowel movement & urination

Formulas That Clear Heat From The Zang-Fu Organs [清脏腑热]

Zuo Jin Wan [左金丸] (Left Metal Pill) Source: Dan Xi Xin Fa

- **Actions**: Clears LV Heat, Directs Rebellious Qi , Stop Vomiting.
- **Preparations**: grind the herbs into powder and form into pills with water. Decoction with the dosage specified in parentheses.
- Administration: pill- take in 2-3g doses 2-3 times a day.
-

Indications

- Liver heat (fire) overacts on ST causing disharmony of LV & SP hypochondriac pain [Classic LV Fire invading ST bringing fire/food up], indeterminate gnawing hunger [don't know if you're hungry or not], epigastric focal distention, vomiting, acid regurgitation, belching, a bitter taste in mouth [LV (Mother) Excess Reduce LV's Son (HT) Good for HT Heat/Fire], Severe LV Qi Stagnation for long time LV Heat [Toxin accumulation in ST]
- T: Red with yellow coating, P: wiry, rapid

Applications

- LV heat (fire) overacts on stomach
- Erosive gastritis [GERD]
- Peptic ulcer
- Esophageal reflux
- Hiatal hernia
- Colitis, IBS
- Cholecystitis

- Deficiency: Tonify Mother
- Excess: Reduce son

Patents

- Xiang lian wan
- Jia wei xiang lian wan
  - Damp heat, toxins, parasites, etc. Clean up & restore function of stomach

Modern Research

- Anti-acid
- Anti-peptic ulcer
- Anti-microorganism
-

Case Study

- A 29 y-o female asks for help of her heartburn with acid reflux in the evenings 2 hours after meal. She just started a stressful job 23 days ago, and has to keep eating to ease herself from time to time. Other sx: bloating, burping and epigastric pain while stressed out, headache.
  - Common in US because drink too much, take too many pharmaceutical pills (mess up flora & pH), eat too much junk food
- A red tongue with a thin yellow coating; a wiry and slightly rapid pulse.
- Dx:
- Tx: **Zuo Jin Wan,** Xiang lian wan

Think & Review

- Can you tell the differences among formulas zuo jin wan, xiang lian wan, and wu ji wan in terms of their actions and indications just by analyzing their common ingredients – huang lian and wu zhu yu? (hints: dosages, preparations)
  - Small formula
- Try to name the effect of huang lian a 5-E therapeutic principle in zuo jin wan.
  - LV (Mother) Excess Reduce LV's Son (HT) Good for HT Heat/Fire

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Huang lian	180 (15-18) Ratio 6:1	Bitter, cold	HT, LV, ST, LI	Drains LV fire, clears heat from ST Very good bitter, cold for LV Fire
A/E	Wu zhu yu	15-30 (2-3)	Acrid, bitter, warm, poisonous	SP, SP, LV, KD	Hot nature is moderated by cold nature of the chief [Very strong aromatic] Moves qi, releases constraint by dispersing liver, directs St qi downward

Modifications			
Plus chuan lian zi, yan hu suo	Severe hypochondriac pain and distention		
Plus hai piao xiao(wu zei gu), duan wa leng zi(cockle shell)	Pronounced acid reflux		

Related Formula			
formulas	**ingredients**	**indications**	
Xiang Lian Wan [香连丸] **(Tai Ping Hui Min He Ji Ju Fang)**	Huang Lian 60, Wu Zhu Yu 300, Mu Xiang 130 (fry first 2 herbs together, then discard the latter. Grind huang lian,mu xiang and form into pill with vinegar)	Dysenteric disorders due to damp-heat	
Wu Ji Wan [戊己丸] **(Tai Ping Hui Min He Ji Ju Fang)**	Huang Lian, Wu Zhu Yu, Bai Shao (grind equal amounts of each herb into powder and form into pills with flour)	Disharmony between LV & SP (ST)	

Formulas That Clear Heat From The Zang-Fu Organs [清脏腑热]

Xie Bai San [泻白散] (Drain The White Powder) Source: Xiao Er Yao Zheng Zhi Jue

- **Actions**: Clears LU Heat, Calms Wheezing & Coughing

Indications
- Smoldering fire due to constrained heat [coughing, wheezing, and fever with skin that feels hot to the touch, all of which worsen in the late afternoon; or dry mouth, little or difficult-to-expectorate sputum] [Very mild formula for heat stuck inside]
- P: thin, rapid pulse, T: red tongue with a yellow coating.
-

Applications
- lung smoldering heat and lung xu (neither of which is severe)
- Infantile pneumonia
- Pertussis
- Chronic bronchitis
- Hyperhidrosis in children
-

Modern Research
- Anti-Pyretic
- Anti-bacterial
- Anti-viral
- Expectorant
- antibechic
-

Case Study
- A 4 year and 5 month girl comes in with her mom, looks for Tx of cough and wheezing off and on for over 5 weeks. She caught a cold 2 months ago and a kind of gone with taking antibiotics. Other sx: afternoon aggravation, night sweating at times, poor appetite, loose stools [Remaining heat still there]
- A red-tipped tongue with thin grayish coating;
- a rapid pulse; index finger vein in the wind and qi regions.
- Dx:
- Tx: Use more Sang Bai Pi, up to 9 grams
- 3 grams of Di Gu Pi
-

Think & Review
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Sang Bai Pi (Chao)	30	Sweet, cold	LU, SP	Dosage varies based on heat [Mulberry tree bark] Drains LU constrained heat, stops coughing and wheezing More Excess □ Chao Sang Bai Pi = Chief
Deputy	Di Gu Pi	30	Sweet, cold	LU, LV, KD	dosage varies based on xu, Clears yin-deficient heat [Gou Qi Zi tree bark] More deficiency □ Di Gu Pi = Chief
Assistant	Zhi Gan Cao	3	Sweet, warm		Tonify the middle (mom) to nurture son and harmonizes
Envoy	Geng Mi	15-30	Bland, neutral		Protects ST, aids zhi gan cao in tonifying the middle

Modifications			
Plus sheng di, chi shao	Mouth and tongue sores	Plus qing hao, bie jia	Afternoon fever from xu
Plus da huang	constipation	Plus fu ling; minus geng mi	Mild phlegm
Plus huang qin, zhi mu	Severe heat		

Related Formula			
formulas	ingredients	indications	
Sang Dan Xie Bai San [桑丹泻白散]	Sang bai pi, sang ye, di gu pi, dan pi, zhu ru, chuan bei mu, zhi gan cao, da zao, geng mi	LV fire scorching lungs: coughing of blood/blood-streaked sputum, flank pain [More deficiency, more heat in LU, more effective, used more than **Xie Bai San**]	Da Zao = More protect Chuan Bei Mu: small, expensive
Ting Li Da Zao Xie Fei Tang [葶苈大枣泻肺汤] (Jin Gui Yao Lue)	Ting li zi 9-12 [Very aggressive seeds] Da zao 12 pieces	Lung abscess with phlegm in chest, Ascites, water, pus in LU [Very aggressive formula, lot of Da Zao, Not used much now]	Oldest formula [ZZJ original formula]

Formulas That Clear Heat From The Zang-Fu Organs [清脏腑热]

Qing Wei San [清胃散] (Clear The Stomach Powder) Source: Lang Shi Mi Cang

- **Actions**: Drains ST Fire, Cools Blood, Nourishes Yin
- Preparation and administration: grind the herbs into powder, taken cool as a draft. Decoction.

- **Indications: ST heat accumulation** [toothache (especially when pain extends into the head), facial swelling, fever, bad breath, dry mouth, bleeding & sores on gums, swollen & painful tongue, lips/jaw, pain better with cold & worse with heat] (Fire consumes yin, fire has been there for a while)
- T: red with little coating, P: slippery, large and rapid

Applications
- Sx in which accumulated St heat upward disturbing along the St meridian.
- Recurrent stomatitis
- Gingivitis
- Periodontal disease
- Herpetic angina in children
- Halitosis
- Acne
- Oral lichen planus
-

Modern Research
- Anti-Pyretic
- Bacteria-inhibiting
- Anti-hypertension
- Bile-secretion promoting
- Sedative
- Analgesic
-

Case Study
- A 57 y-o old male comes in for his excessive hunger and bad breath even 2 months after smoking cessation (actually his appetite gets greater). Other sx: bleeding gums while eating hot food, exertion on constipation every morning that makes stools with blood.
- A red tongue with a little yellow coating in the back; a rapid and slippery pulse.
- Dx:
- Tx:
-

Think & Review
- Please make a comparison between qing wei san and xie huang san in terms of the actions, indications and ingredients.
- Try to find the herbs that ascend and descend in above 2 formulas

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Huang lian	3-6	Bitter, cold	ST, HT, LV, LI	Drains ST fire, clears accumulated heat
Deputy	Sheng ma	3-6	Sweet, acrid, slt.bitter, cool	LU, SP, ST	Raises & disperses heat, relieves toxicity
Assistant	Mu Dan Pi	6-9	Acrid, bitter, cool	HT, LV, KD	Cools blood, avoiding stasis
	Sheng di	6-12	Sweet, bitter, cold	HT, LV, KD	Cools blood, nourishes yin
	Dang gui	6-12	Sweet, acrid, bitter, warm	HT, LV, SP	Reduces swelling, alleviates pain, avoiding stasis, Move, tonify blood Don't use too much [warm compared to other ingredients], very nourishing

Modifications			
Plus shi gao	Blazing stomach fire		
Plus niu xi	Gum bleeding		
Plus jin yin hua, lian qiao	Heat and toxin		
Plus xuan shen, tian hua fen	Severe thirst		

Related Formula			
formulas	**ingredients**	**indications**	
Qing Wei Tang [清胃汤] (Yi Zong Jin Jian)	Shi gao, huang qin, sheng di, huang lian, sheng ma, mu dan pi	Vigorous stomach fire: Bleeding gums, bad breath	
Xie Huang San [泻黄散] (Xiao Er Yao Zheng Zhi Jue)	Shi gao 15, zhi zi 3, fang feng 120, huo xiang ye 21, gan cao 90, with honey, wine	**SP Smoldering Fire**: tongue thrusting in kids with bad breath [heat drives tongue out to release heat (like dogs)], mouth ulcers, hyperhunger (consuming food)	huo xiang ye: Protect middle jiao, damp cold wind in ST Honey & wine: dispersing,

Formulas That Clear Heat From The Zang-Fu Organs [清脏腑热]

Yu Nu Jian [玉女煎] (Jade Woman Decoction) Source: Jing Yue Quan Shu

- **Actions**: Clears ST Heat, Nourishes Yin.
- Preparation and administration: Decoction.
- Take either warm or cool.
-

Indications

- **Indications:** ST Fire with KD Yin Xu [toothache, loose teeth, bleeding gums, frontal headache, irritability, fever, dry mouth, **severe itchiness in ears**, thirst with a desire to drink cold beverages, frequent hunger (xiao ke)] a
- T: dry red with dry coating, P: slippery, large/deficient
-

Applications

- condition of yin xu with vigorous fire requires tx that directs the fire downward, rather than dispersing it.
- Senile toothache
- Recurrent canker sores
- Chronic laryngitis
- Oral ulcers during menstruation
- Glossitis/gingivitis
- Oral ulcers from radiotherapy
- Senile ear pruritus

Modern Research

-

Case Study

- A 54 y-o female has been suffering from **severe itchiness in her ears** for over 2 months, been treated with her MD and ear specialist with little effect. Other sx: hot flushes 4-8 times per day, night sweats, very good appetite, gum recession, gum bleeding each time while brushing teeth.
- A thin red tongue with little coating; a thready rapid pulse.
- Dx:
- Tx:

Think & Review

-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Shi Gao	15-30	Sweet, acrid, cold	LU, ST	Clears ST fire to relieve fever, thirst, irritability
Deputy	Shu Di	9-30	Sweet, slt. Warm;	LV, KD, HT	Nourishes KD yin, enables water to restrain fire
	Zhi Mu	3-6	Bitter, cold	LU, ST, KD	Helps in clearing St heat, nourishing K yin
	Mai Dong	6-9	Sweet, slt.bitter, slt. Cold	LU, ST, HT	Helps in nourishing yin, moistening St
Envoy	Niu Xi [Huai]	3-6	Bitter, sour, neutral		Nourishes yin, conducts heat downward Huai: stronger to tonify yin [Can use Chuan Niu Xi if KD not deficient]

Modifications			
Plus xuan shen, nu zhen zi, huang bai	Severe yin xu with heat		
More shi gao, zhi mu; plus bai mao gen, dan pi	Severe bleeding		
Plus wu wei zi	Profuse sweating, severe thirst		
Plus zhi zi, da huang; sheng di replaces shu di	Blazing St fire		

Related Formula			

Formulas That Clear Heat From The Zang-Fu Organs [清脏腑热]

Shao Yao Tang [芍药汤] (Peony Decoction) Source: Su Wen Bing Ji Qi Yi Bao Ming Ji

- **Actions**: Regulates & Harmonizes Qi & Blood, Clears Heat, Relieves Toxicity.
- Preparation and administration: grind into powder, take warm in 15g doses as a draft after meals.
- or decoction.
-

- **Indications:** Damp-heat dysenteric disorders [abdominal pain, tenesmus, difficulty with defication, diarrhea with pus(white) and blood(red)(equal amounts), a burning sensation around the anus, dark,scanty urine]
  - Damp Heat in LI Bloody diarrhea with pus
  - Diarrhea with blood (heat) Regulate the blood
  - Tenesmus (urge to go) from Qi stagnation Regulate the Qi
  - Blood & tenesmus Regulate Qi & Blood [Very important in dysenteric disorders]
- T: greasy, slightly yellow coating, P: wiry, rapid

Applications

- **Applications**: d-h lodged in Intestines where it causes qi & blood to stagnate.
- Bacillary/amebic dysentery
- Acute enteritis
- Ulcerative colitis
- Anal sinusitis

Modern Research

- Anti-bacterial
- Anti-inflammatory
- Peristalsis-inhibiting
-

Case Study

- A 18 y-o female looks for help for her diarrhea with abdominal pain upon return from a trip to South America. She took antibiotics twice 2 days ago for an acute diarrhea with pus in stool. Other sx: tenesmus, a hot feeling around anus, frequent BM with a bit of stool and a lot pus and some blood
- A slightly red tongue with thick yellow coating, especially in the center; a slippery and slightly rapid pulse.
- Dx:
- Tx:
-

Think & Review

-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Bai Shao Yao	15-20	Sour, bitter, cool	LV, SP	Regulates qi & blood, relieves pain, stops diarrhea Shao Yao Gan Cao tang: treat spasmatic muscles, like 4 gates Regulate Qi & Blood Remove stagnation, restore Ying & Wei circulation
Deputy	Dang Gui	6-9	Sweet, acrid, bitter, warm	HT, LV, SP	Helps chief move blood
	Gan Cao	4-5	Sweet, neutral		Helps chief moderate spasms, protects middle
	Mu Xiang	4-5	Acrid, bitter, warm	SP, ST, LI, GB	Regulates qi
	Bing Lang	4-5	Acrid, bitter, warm	SP, ST, LI	Moves qi, leads stagnation out
Assistant	Huang Lian	6-9	Bitter, cold		Clear heat, dry damp
	Huang Qin	9-12	Bitter, cold		Clear heat, dry damp
	Da Huang	9-12	Bitter, cold	ST, LI, LV	Drains d-h through stools
	Guan Gui	1.5-3	Acrid, sweet, hot	KD, SP, LV, UB	Young Rou Gui (cinnamon tree <5 years old) Milder, not as hot as Rou Gui Aids moving blood; An opposing assistant, Hold gate, don't let everyone out (gatekeeper, security)

Modifications			
Dang gui wei subs dang gui; plus di yu, dan pi	More blood than pus		
Minus rou gui	Dry tongue, thirst		
Minus gan cao; plus jiao shan zha, shen qu	With food stagnation		
Plus bai tou weng, jin yin hua	Severe heat-toxin		

Related Formula			
formula	**ingredients**	**Indications**	
Huang Qin Tang [黄芩汤] (Shang Han Lun)	Huang qin Bai shao Zhi gan cao Da zao	Dysenteric disorders due to heat entering interior: fever, abdominal pain, bitter taste in mouth…	Original image, much older [ZZJ] More tonifying (people in those days much more deficient, smaller, colder)

Formulas That Clear Heat From The Zang-Fu Organs [清脏腑热]

Bai Tou Weng Tang [白头翁汤] (Pulsatilla Decoction) Source: Shang Han Lun [White Haired Old Guy Decoction]

- **Actions**: Clears Heat, Relieves Toxicity, Cools Blood, Alleviates Dysenteric Disorders.
- Preparation and administration: decoction, take warm.
- All four ingredients are cold Very rare for ZZJ [Can put in Gan Cao to soften, move Qi,

- **Indications:** Hot dysenteric disorders [abdominal pain, tenesmus, (burning sensation around anus), diarrhea containing more blood than pus, thirst;
- T: red with yellow coating, P: wiry, rapid

Applications
- hot dysenteric disorder from heat toxin searing St & LI.
- Heat toxin/damp heat in lower jiao
- Acute bacillary dysentery
- Amebic dysentery
- Acute enteritis
- Ulcerative colitis
- UTI
- leukorrhea

Modern Research
- Anti-inflammatory
- Anti-bacterial
- Ulcer-healing
-

Case Study
- A 40 y-o male has had diarrhea with purple- red pus in stool for 4 days after he attended a raw sea food banquet. Other sx: feverishness, burning abdominal pain, worse with pressure; thirst with a desire to drink cold water, burning sensation around the anus, frequent BM with decreasing amount of fishy-stinky feces and increasing amount of dark-red slimy JELLO-like pus.
- He took some huo xiang zheng qi wan with a slight relief.
- A deep-red tongue with a dry orange coating, a wiry, rapid, and forceful pulse.
- Dx:
- Tx:
-

Think & Review
- Please compare shao yao tang and bai tou weng tang from their ingredients, actions and indications.
- Try to figure out the differences among bai tou weng tang, bai tou weng jia gan cao e jiao tang, and jia wei bai tou weng tang

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Bai tou weng	15	Bitter, cold;	LI, LV	Clears heat, relieves toxicity; cools blood to treat dysentery
Deputy	Huang lian	4-9	Bitter, cold	HT, LV, ST, LI	Clears damp-heat (LI,St)
Assistant	Huang bai	12	Bitter, cold	KD, UB	Clears damp-heat (Lower jiao)
Envoy	Qin pi	12	Bitter, cold, **astringent**	LI	Treats hot dysentery, enhances other herbs' actions

Modifications			
Plus sheng di, dan pi, jin yin hua	Severe heat toxin in blood		
Plus mu xiang, bing lang, bai shao	Severe tenesmus		
Plus chi shao, dan pi, di yu	More pus and blood in stool		
Plus jiao(charred) shan zha, zhi shi	With food stagnation		

Related Formula			
formulas	Based on bai tou weng tang	Indications	
Bai Tou Weng Jia Gan Cao E Jiao Tang (Jin Gui Yao Lue)	Plus gan cao, e jiao	Dysenteric disorders with blood/yin xu	
Jia Wei Bai Tou Weng Tang (Wen Bing Tiao Bian)	Plus bai shao, huang qin	Damp warm-febrile dz leading to hot dysenteric disorders	Bai Shao: soften muscles Huang Qin: make stronger

Formulas That Clear Deficient Heat [清虚热]

- Deficient heat – from chronic injury to LV/KD: unremitting low-grade fever, steaming bone disorder, tidal fever; or from final stage of a warm-febrile dz when heat has depleted yin/fluids or settled into the deep/yin regions: fever at night, which cools by morning.
- Treated with formulas that both clear deficient heat and enrich yin.

-

Qing Hao Bie Jia Tang [青蒿鳖甲汤] (Artemisia Annua And Soft-Shelled Turtle Shell Decoction) Source: Wen Bing Tiao Bain

- **Actions**: Nourishes Yin, Vents Heat.
- Preparation and administration: decoction.
- Bie Jia: cook long time until shell has dissolved into decoction
- Bie Jia & Qing Hao: Good pair for yin deficient heat, especially long term, chronic that won't go away

- **Indications:** Heat smoldering in the yin level of the body [night fever & morning coolness with an absence of sweating as the fever reduces, emaciation with no loss of appetite]
- T: red with little coating, P: fine, rapid

Applications

- yin/fluids depleted by heat during late stages of warm-febrile disease. [Most deficient heat is not very severe]
- Fevers of unknown origin
- Fever from cancers, Post-surgical fevers
- Fever from viral infections
- Afternoon fever from TB
- Cervical vertigo, Hyperthyroid

Modern Research

-

Case Study

- A 25 y-o male suffers from a flu-like bug for over a month – evening low-grade fever, hot chest, night sweats, weight loss, good appetite. He had a chronic cough for 3 weeks, and treated with ma xing shi gan tang x 5 bags prior to this weird fever.
- A thin red tongue with little coating; a deep, weal and rapid pulse.
- Dx:
- Tx:
-

Think & Review

-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Bie jia	15	Salty, slt.cold	LV, SP	Enriches yin, reduces xu heat [Soft shelled turtle shell: very good tonic]
	Qing hao	6	Bitter, cold	LV, GB	Vents heat, drives it out
Deputy	Sheng di Huang	12	Sweet, biiter, cold	HT, LV, KD	Nourishes yin, cool blood level heat
	Zhi mu	6	Bitter, cold	LU, ST, KD	Nourishes yin, clears yin xu heat
Assistant	Mu dan pi	9	Acrid, bitter, cool	HT, LV, KD	Drains heat from yin, disperses heat

Modifications			
Plus tian hua fen	With thirst	Plus di gu pi, bai wei	Severe xu heat
Plus sha shen, mai men dong	With lung yin xu	Plus bai mao gen	Yellow urine, 5-center heat, a yellow coating

Qing Gu San [清骨散] (Cool The Bones Powder) Source: Zheng Zhi Zhun Sheng

- **Actions**: Clears Deficient Heat, Alleviates Steaming Bone Disorder.
- Preparation and administration: grind into powder and take as a draft between meals; or as a decoction with a doubling of the dosage.
- **Yin Chai Hu & Hu Huang Lian**: Combo for yin deficiency

- **Indications [Stronger for clearing yin deficient heat]** Steaming bone disorder from LV and KD yin xu gives rise to fire [afternoon/evening tidal fever or unremitting, chronic low-grade fever, sensation of heat in the bones but flesh not warm to touch [deep rooted heat], irritability, insomnia, emaciation, lethargy, red lips, dark-red cheeks, night sweats, thirst, a dry throat] [more yin deficiency & more heat]
- T: red with little coating, P: thin, rapid pulse

Applications

- Lr/K yin xu with deficient fire internal disturbance.
- Trauma-caused fever
- Bone tuberculosis
- Leukemia
- Low-grade fevers of unknown origin

Think & Review

- What is the similarity of qing hao bie jia tang and qing gu san? How about the differences?
  - Qing Gu San: Stronger than Qing Hao Bie Jia Tang
  - Ingredients very similar

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Yin chai hu	4.5			
Deputy	Zhi mu	3			Deal with Viruses
	Hu huang lian	3			
	Di gu pi	3			Deficient heat, nourish yin
Assistant	Qing hao	3			Deficient heat, clear damp, Deal with Viruses
	Qin jiao	3			
	Zhi bie jia	3			Zhi: prepared, easier to cook
Envoy	Gan cao	1.5			

Modifications			
Plus dang gui, shao yao, sheng di	With blood xu	Plus huang qi, dang shen	With qi xu
Plus e jiao, mai dong, wu wei zi	With coughing	Minus qin jiao, zhi mu, hu huang lian; plus shan yao, bai bian dou	With Spleen xu

Formulas That Clear Deficient Heat [清虚热]

Dang Gui Liu Huang Tang [当归六黄汤] (Tangkuei And Six-Yellow [Huang] Decoction) Source: Lan Shi Mi Cang

- **Actions**: Enriches Yin, Clears Heat, Stabilizes Exterior, Stops Sweating.
- Preparation and administration: grind the herbs into powder, take 15g as a draft before meals; or decoction.

- **Indications: Night sweats** due to raging fire from deficiency [fever, night sweats, red face, dry mouth and parched lips, irritability, dry stools, dark and scanty urine] (
- Yin Xu: yin fluids leak out at night)
- T: red, dry, P: rapid.
-

Applications
- Night sweats with fire from yin xu. [Deficient & toxic]
- Tuberculosis [Night sweats]
- Hyperthyroidism
- Myocarditis
- Neurasthenia
- Diabetes
- Sjogren's syndrome
- Hodgkin's disease

Modern Research
-

Case Study
- A 62 y-o female has been suffering night sweating for 9 years since her menopause. Recently she was diagnosed as diabetes, and she feels even warmer, and sweats during the day. Other sx: dry mouth, short-temper, poor sleep, frequent hunger, dry stool and difficult to eliminate.
- T: dry, red with thin yellow coating; P: rapid and slightly thin pulse.
- Used to take liu wei di huang wan with good effect.
- Dx:
- Tx:
-

Think & Review
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Dang Gui	6-9			
	Sheng Di Huang	9-15			
	Shu Di Huang	9-15			
Deputy	Huang Lian	3-6			
	Huang Qin	6-12			
	Huang Bai	6-12			
Assistant	Huang Qi	12-24			Stabilize surface

Modifications			
- huang lian, huang qin; + zhi mu	Mild xu fire		
+ bai shao, gui ban	Excess yang rises with yin xu		
+ duan long gu, duan mu li, wu wei zi, ma huang gen	Severe night sweats		
- huang lian, huang qin, hunag bai; + dang shen, fu xiao mai, bai zhu	Spontaneous sweats		
+ zhi zi, liu yi san, che qian zi	With damp-heat		
+ long dan cao, ci shi	With tinnitus, dizziness		

Formulas That Relieve Summerheat [祛暑热]	
● Summerheat injures qi and fluids, often attacks with damp and cold – high fever, profuse sweating, thirst, irritability; may be with GI sx and the exterior condition (often cold-damp). ● Treated with formulas that relieve summerheat, transform damp, and tonify qi & yin/release the exterior.	●

Liu Yi San [六一散] (Six-To-One Powder) Source: Shang Han Zhi Ge	
● **Actions**: Clears Summerheat, Resolves Dampness, Augments Qi. ● Preparation and administration: grind into powder, take 9-18g with warm water; or prepare as a decoction by placing ingredients in cheese cloth bag. ● Or add into other formulas. ● **Hao Qin Qing Dan Tang [Similar small formula]** ◊ **Bi Yu San:** Hua Shi: Gan Cao: Qing Dai □ 6:1:1 ● **Indications:** Summer-heat (damp) invasion [fever, sweating, thirst, irritability, urinary difficulty, diarrhea] [Very mild formula, initial stage] ● T: thin, yellow, and greasy coating, P: soggy, rapid	**Applications** ● summerheat invasion with major symptoms: fever, thirst, irritability, urinary difficulty. ● Acute prostatitis ● UTI ● URI ● Oozy sores (topical use) ● Combine with other formulas that treat d-h ●

Rank	**Herb**	**Amount**	**Properties**	**Channels**	**Notes**
Chief	Hua shi (6)	180	Sweet, bland, cold	ST, UB	Clears summerheat and drains d-h through the urine, absorbs dampness [talc]
Deputy	Gan cao (1)	30	Sweet, neutral	SP, LU (all)	Harmonizes the middle, protects qi/yin, clear heat, relieves toxicity

Modifications			
Plus cong bai, dan dou chi	With w-c	Plus xi gua shuang, dan zhu ye	Severe cases
Plus zhi zi, dan zhu ye	Severe irritability	Plus xi yang shen	Injury to qi and yin
Plus bai mao gen, xiao ji	Bloody Lin sx	Plus huang bai, jin qian cao	Cystitis, or urethritis
Sub shi gao for hua shi with half dosage	Dry summerheat	Plus mai dong, sha shen, shi hu, zhi mu	Severe thirst, red tongue – yin fluids xu

Related Formula			
New formulas	**Based on liu yi san**	**indications**	
Ji Su San [鸡苏散]	+ bo he 7.5g	Concurrent exterior wind heat: headache, heavy distended head	
Yi Yuan San [益元散]	+ zhu sha (cinnabar □ mercury, not used anymore) 10g; taken with den xin cao decoction	With anxiety, palpitations, insomnia, dream-disturbed sleep	
Bi Yu San [碧玉散]	+ qing dai 30g (6:1:1)	With LV & GB stagnant heat: red eyes, sore throat, mouth/tongue sores	Qing Dai: even by itself, it works

Formulas That Relieve Summerheat [祛暑热]	
Qing Shu Yi Qi Tang [清暑益气汤] (Clear Summerheat And Augment The Qi Decoction) Source: Wen Re Jing Wei	
● **Actions**: Clears Summerheat, Augments Qi, Nourishes Yin, Generates Fluids. ● Preparation and administration: decoction, tid-qid. ● **Xi Yang Shen & Xi Gua Pi**: good pair for summer heat ● **Indications [Very strong formula for summer heat]** Summerheat injuring qi and fluids [fever, profuse sweating, irritability, thirst, scanty and dark urine, low energy and tiredness, apathy] ● P: deficient, rapid **Applications** ● summerheat invasion with injury to qi and yin. ● Heat stroke for the elderly and children ● Asthmatic attack in summer ● URI in summer ● Fevers of unknown origin	**Modern Research** ● Anti-microorganism ● Immunity-boosting ● Anti-pyretic ● Analgesic ● Spleen-strengthening ● Diuretic ● **Case Study** ● **Think & Review** ● What is the characteristics of summerheat? ● Please figure out the characteristics of the formulas that treat summerheat

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Xi Yang Shen	5	Sweet, slt. Bitter, cool	LU, ST, KD	Tonifies qi, yin, fluids; clears heat [American ginseng]
	Xi Gua Pi	30	Sweet, cold	HT, ST Ub	Clears & releases summerheat [Watermelon rind] (Watermelon green jacket)
Deputy	Lian Geng	15	bitter, slt. sweet, neutral	HT, LV, SP	Clears heat, open the chest [lotus stem] (open deep-rooted stagnant heat)
	Shi Hu	15	Help xi yang shen		Nourishes yin fluids
	Mai Men Dong	9	Help xi yang shen		Nourishes yin fluids
Assistant	Dan Zhu Ye	6	Aid chiefs & deputies		Clear summerheat, resolve damp
	Zhi Mu	6	Aid chiefs & deputies		Clear summerheat, resolve damp
	Huang Lian	3	Aid chiefs & deputies		Clear summerheat, resolve damp
A/E	Gan Cao	3	Tonify qi, protect St		Prevent cloying nature of… and cold nature of…
A/E	Geng Mi	15	Tonify qi, protect St		Prevent cloying nature of… and cold nature of…

Modifications			
+ shi gao, jin yin hua, lian qiao	Severe summerheat		
- huang lian + bai wei, di gu pi	Severe qi and fluids xu, especially for kids		
- mai dong, zhi mu + huo xiang, liu yi san	Pronounced turbid damp		

Related Formula			
formula	**ingredients**	**indication**	
Qing Shu Yi Qi Tang **[利湿)清暑益气汤]** **(Li Shi) (Pi Wei Lun)**	Huang qi, ren shen (sub by xi yang shen), cang zhu, bai zhu, mai dong, wu wei zi, ge gen, chen pi, qing pi, dang gui, sheng ma, ze xie, huang bai, shen qu, zhi gan cao	Damp-summerheat with qi xu (tonify qi, strengthen spleen, dry damp)	Shen Qu: protect middle jiao More damp than heat Cang Zhu: very dry Many yin tonics: mu dan pi

Chapter 5: Formulas That Warm Interior Cold [温里剂]	
● There are different types of warming formulas for treating interior cold 温法 in different levels: ● 1. Formulas that warm the meridians and disperse cold – relatively superficial cold ● 2. Formulas that warm the middle and disperse cold – middle jiao xu cold ● 3. Formulas that rescue the devastated yang – the decline, exhaustion, and collapse of yang (Ht, K) ●	● Formulas in this chapter contain herbs of a hot and drying nature. They must therefore be used with caution in patients with yin xu/blood loss, and should never be used in cases with true heat and false cold. ● The dosage of the chief ingredients, particularly fu zi, gan jiang, must be adjusted to suit the season, climate, and individual patient [Don't use too much of the hot herbs in the summer, etc.]

Formulas That Warm the Channels and Disperse Cold	
● The cold congeals in the channels and obstructs the qi flow – This condition is often seen in patients with preexisting blood xu, attacked with cold, manifesting as cold extremities… ● Treated with formulas that scatter the invading cold, and address the underlying blood xu as well. [Reynaud's Syndrome]	●

Dang Gui Si Ni Tang [当归四逆汤] (Tangkuei Decoction For Frigid Extremities) Source: Shang Han Lun

● **Actions**: Warms Meridians, Disperses Cold, Nourishes Blood, Unblocks Blood Vessels.
● Preparation and administration: decoction, taken warm, tid.
● Classic ZZJ formula

Indications
● Cold in meridians with underlying blood xu [long-standing cold hands and feet that are both cold to the touch and feel very cold to the patient, cold pains in low back, thighs, legs, and feet;
● T: pale with white coating, P: deep, thin, or too thin to be perceptible.
●

Applications
● cold invading the meridains with underlying blood deficiency
● Rheumatic heart disease
● Rheumatoid arthritis
● Coronary heart disease
● Raynaud's disease/thromboangitis obliterans (Buerger's disease) [Works well for this] Women get it more because their yin & blood is damaged
● Fibromyalgia
● Frostbite
● Post-stroke sx

Modern Research
● Circulation-improving
● Microcirculation-improving
● Blood vessel-dilating
●

Case Study
● A 38 y-o female asks for Tx for her cold fingers and toes. She has had this for years and got worse for last 6 months since she converted to a vegan [blood deficiency]. Other sx: pale complexion, always bundled up, coldness worse in the mornings when she first goes out
● A slightly pale tongue with moist coating; deep and weak pulse.
● Western Dx - Raynaud's disease
● Dx:
● Tx:
●

Think & Review
● Does dang gui si ni tang [more blood tonic] remind you of gui zhi tang? Do they share similarities? How about the differences?
● Why patient feel cold? Ying & Wei Disharmony

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Dang Gui	12	Sweet, acrid, bitter, warm	HT, LV, SP	Moves and tonifies blood, warms meridains [Blood volume not enough] Focus on blood
Deputy	Bai Shao	9	Acrid, sweet, warm	LU, UB	Warms meridians, disperses cold
Chief	Gui Zhi	9	Bitter, sour, cool	LV, SP	Helps dang gui in tonifies blood; with gui zhi regulate ying and wei… [Warm meridians, disperse heat] (Focus on Qi)
Deputy	Xi Xin	1.5	Acrid, warm	LU, SP, KD	Helps gui zhi to warm and disperse both interior and exterior [Don't use too much in one day, had this ingredient before]
Assistant	Zhi Gan Cao	6	Sweet, warm	SP	Tonify qi, strengthen spleen
	Da Zao	5 PC	Sweet, warm; Sp	SP	Tonify qi, strengthen spleen
Envoy	Mu Tong	3	Bitter, cool	HT, SI, UB	Dredges meridians, focuses other herbs' effects on the meridians

Modifications			
+ xu duan, niu xi, ji xue teng	Cold pains in foot, leg, thigh, and low back	+ plus sheng jiang, wu zhu yu	Vertex headache, vomiting of white foamy mucus
+ wu yao, xiao hui xiang, mu xiang, gao liang jiang	Menstral cold cramping, hernial disorders, deep pulse, cold limbs	+ bai zhi, fang feng	Vertigo, tinnitus, chronic headache

Related Formula			
formulas	**ingredients**	**indications**	
Dang Gui Si Ni Jia Wu Zhu Yu Sheng Jiang Tang (Shang Han Lun)	Dang gui si ni tang + wu zhu yu 5g, sheng jiang 15g	Internal cold with long-term blood and yang xu	Stronger to tonify yang & open meridians
Huang Qi Gui Zhi Wu Wu Tang (Jin Gui Yao Lue)	Huang qi, bai shao, gui zhi, sheng jiang, da zao	Vessel Bi sx due to mild attack of external wind during exertion and sweating: numb skin and muscle w/o pain, paresthesias…	

Formulas that warm the middle and dispel cold [温中祛寒]	
● The middle jiao cold from xu – epigastric and abdominal distention and pain, fatigue, cold extremities; or acid regurgitation, nausea and vomiting, abdominal pain with diarrhea, reduced appetite, reduced thirst; a white, slippery tongue coating, a deep slow or deep thin pulse. ●	●

Li Zhong Wan [理中丸] (Regulate The Middle Pill) Source: Shang Han Lun	
● **Actions**: Warms Middle, Strengthens SP & ST ● Preparation and administration: grind the herbs into powder and form into pills with honey. Taken 2-3 times a day in 9g doses with warm rice porridge. Or decoction ● **Indications:** middle jiao cold from xu [diarrhea with watery stool, nausea and vomiting, no particular thirst, loss of appetite, abdominal pain] ● T: pale/flabby with white coating, P: deep, thin **Applications [Chronic & deficient disorders]** ● Middle jiao cold from xu ● Sudden turmoil disorder 霍乱 ● Spitting of fluids due to cold in the chest during recovery from a chronic disease [can't transform □ dampness accumulates] ● Chronic bleeding from yang xu ● Chronic childhood convulsion ◇ Gastric/duodenal ulcers ◇ Chronic gastritis ◇ IBS/colitis ◇ Oral herpes ◇ Chronic bronchitis ◇ Male infertility	**Patents** ● Fu zi li zhong wan ● Gui fu li zhong wan **Modern Research** ● Anti-peptic ulcer (by reducing acid level) ● GI-improving (by regulating peristalsis) ● CNS excitability-strengthening ● Immunity-boosting ● Adrenocortical function-regulating **Case Study** ● A 26 y-o male nurse has been suffering from anemia due to the recent diagnosed duodenal ulcer. He feels tired and can't concentrate on work. Other sx: poor appetite, mild cold abdominal pain, worse with hunger, better with warm food, sallow complexion, occasional diarrhea. Has taken si jun zi tang with some effect. ● **Think & Review** ●

Rank	**Herb**	**Amount**	**Properties**	**Channels**	**Notes**
Chief	Gan Jiang	9	Acrid, hot	SP, ST, LU, KD	Warms the middle yang, eliminates interior cold
Deputy	Ren Shen	9	Sweet, slt. bitter, slt. Warm	SP, LU	Tonifies the middle and yuan qi, restores Sp & St function
Assistant	Bai Zhu	9	Bitter, sweet, warm	SP, ST	Strengthens the middle, dries damp
Envoy	Zhi Gan Cao	9	Sweet, warm	SP, LU	Harmonizes, and tonifies the middle jiao

Modifications			
+ sheng jiang - bai zhu	Severe vomiting	+ fu zi, rou gui	Severe cold
+ fu ling	With palpitations	+ fu zi - bai zhu	Abdominal fullness
+ more ren shen	Severe abdominal pain	+ ai ye, huang qi, e jiao Replace gan jiang with pao jiang	Bleeding from yang xu

Related Formula			
New formulas	**Based on li zhong wan**	**indications**	
Fu Zi Li Zhong Wan [附子理中丸]	+ fu zi	More severe internal cold; Recurrent oral ulcers from xu cold	
Li Zhong Hua Tan Wan	+ fu ling, ban xia	The middle yang xu with cold and congested fluids/phlegm	Fluids, mucus accumulation
Gui Zhi Ren Shen Tang (Shang Han Lun)	+ gui zhi	Taiyang sx mistreated by purgatives, the exterior hasn't been resolved Internal cold developed [SP damaged]	

Xiao Jian Zhong Tang [小建中汤] (Minor Construct The Middle Decoction) Source: Shang Han Lun

- Gui Zhi Tang Plus Yi Tang
- **Actions**: warms & tonifies middle jiao, moderates spasmodic abdominal pain.
- Preparation and administration: add yi tang (maltose) to the strained decoction
- Very balanced regulate different levels Harmonizes
- Flora changes as get older because pH changes Need to rebalance system

- **Indications:** Spasmodic abdominal pain from consumptive deficiency [虚劳里急] [intermittent, spasmodic abdominal pain that responds favorably to local application of warmth and pressure, a lusterless complexion, reduced appetite, low-grade fever, palpitations, irritability, cold and sore extremities with nonspecific discomfort, and a dry mouth and throat
- T: pale with a white coating, P: thin, wiry, and soft
-

Applications

- abdominal pain due to cold from xu; heat (yin fire) due to lack of regulation between yi and yang – sweet,warm to expel heat. [Chronic GI disorders lack of absorption malnutrition, anemia, TCM Perspective: Middle Jiao deficiency can't balance yin & yang]
- Chronic hepatitis
- Chronic gastritis
- Gastric/duodenal ulcers
- Inflammatory bowel disease
- Neurasthenia [Chronic fatigue]
- Spontaneous sweating [Qi deficiency]
- Angioneurotic abdominal pain
- Postpartum fever
- Male infertility
- Neurogenic vomiting in children
- Chronic nephritis
- Hypoglycemia
- Leukemia
- Fever of unknown origin
-

Modern Research

- Anti-peptic ulcer (by prorecting the mucosa)
- Antispastic
- Analgesic
-

Case Study

- A 3 and half year old girl came in with her mom, looking for help for the abdominal cramps with apathy, tiredness, low motivation to learn or play. Other sx: cold limbs, distended abdomen, pale face, loose stools, occasional vomiting of acid fluid, reduced appetite, the cramp better with warm beverage and pressure.
- A slightly pale tongue with white coating; a soft pulse; the index finger veins appear in the wind and qi areas.
- Dx:
- Tx:
-

Think & Review

- Can you tell the relationship between xiao jian zhong tang [more focus on deficiency] and gui zhi tang?
  - Retains function to Reguate Ying & Wei
- Please compare li zhong wan [more warm up middle jiao] with xiao jian zhong tang [more tonify middle jiao].
  - Ren Shen & Gan Jiang

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Yi tang	18-30	Sweet, warm	SP	Tonifies and moderates spasmodic abdominal pain [Maltose, brown sugar ok]
Deputy	Gui zhi	9	Acrid, sweet, warm	LU, UB	With gan cao to produce yang from acrid +sweet, disperses cold
Assistant	Bai shao	18	Bitter, sour, cool	LV, SP	With gui zhi to regulate yin + yang, with gan cao to produce yin from sour + sweet to relieve spasm
Envoy	Zhi gan cao	6	Sweet, warm	SP, LU	Harmonizes middle, aids in stop pain with bai shao
	Sheng jiang,	9	A pair of regulation		Aids in regulating ying and wei, protects middle
	da zao	4 PC	A pair of regulation		

Modifications			
+ chuan jiao Sub rou gui for gui zhi	More severe cold	+ bai zhu, bai bian dou	Loose stools
+ mu xiang, chen pi	With qi stagnation	+ wu mei, chuan jiao Cut down yi tang, bai shao	Parasites

Related Formula			
New formulas	**Based on xiao jian zhong tang**	**Indications**	
Huang Qi Jian Zhong Tang (Jin Gui Yao Lue)	+ huang qi 9g	More severe qi xu: sob, spontaneous sweating, faint & frail Pulse	Add Qi tonic
Dang Gui Jian Zhong Tang (Qian Jin Yi Fang)	+ dang gui 12g	Postpartum weakness & emaciation: tight, persistent abdominal pain, sob	Add blood tonic Lose so much blood, then start feeding baby Even more deficient

Formulas That Rescue Devastated Yang [回阳救逆]	
● Devastated yang sx – a sudden collapse of yang, an increase of yin(cold) in the interior, which is accompanied by severe yuan qi xu: cold extremities, an aversion to cold; or watery diarrhea [KD yang affected], abdominal pain with frequent vomiting, lethargy; a submerged, faint, and almost imperceptible pulse.	● Treated with formulas that rescue devastated yang by strong warming herbs. ● Warmest formulas

Si Ni Tang [四逆汤] (Frigid Extremities Decoction) Source: Shang Han Lun

- **Actions**: Rescues devastated yang, warms middle, stops diarrhea. [Heart attack]
- Preparation and administration: cook sheng fu zi for one hour before adding the other herbs. Decoction, take warm.
- Very balanced formula: Upper jiao, middle jiao, warm up but not make too dry

- **Indications:** Kidney yang exhaustion with internal cold [Extremely cold extremities, aversion to cold, sleeping with the knees drawn up, a lethargic state with a constant desire to sleep, vomiting, diarrhea with undigested food particles, abdominal cold pain, lack of thirst]
- T: pale with white, slippery coating, P: deep, thin/deep, faint pulse

Applications
- kidney yang exhaustion with increasing internal cold;
- true cold with false heat (decoction taken cool).
- Cardiac insufficiency
- Vomiting/diarrhea from acute and chronic gastroenteritis
- Hypothyroidism
- Adrenal insufficiency
- Intractable arthritis
- Acute myocardial infarction

Patents
- Shen fu zhu she ye (shen fu injection)

Modern Research
- Cardiotonic
- Blood pressure-raising
- Coronary-dilating
- Antioxidant
- Antishock
- Immune-support
- Anti-anoxia

Case Study
- A 58 y-o male were carried in ER with profuse cold sweating, cold extremities, shallow and quick breathing, pale complexion, almost no consciousness. He had two similar attacks before, and had diagnosis of coronary heart disease.
- A pale and dusky tongue with thin white coating; a very faint pulse that is imperceptible.
- Dx:
- Tx:
-

Think & Review
- How do fu zi and gan jiang enhance and complement each other in rescuing yang?
- How do you comprehend "fu zi is not hot if it is used apart from gan jiang"?
- When ren shen is added into si ni tang, what action changes have taken place?
  - Tonifies yang, yin & Qi

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Sheng Fu Zi	5-10	Acrid, sweet, hot, poisonous	HT, SP, KD	Warms & stimulates kidney yang and disseminates throughout the body [Difficult to buy this now Toxic]
Deputy	Gan Jiang	6-9	Acrid, hot	SP, ST, LU, KD	Warms the middle, eliminates cold, work with fu zi synergistically. **Fu zi is not hot if it is used apart from gan jiang** (complementary) Fu Zi + Gan Jiang: Warm up 3 jiao [warm up yang Qi of whole body]
Assistant	Zhi Gan Cao	6	Sweet, warm; 12 meridians		Tonifies qi, strengthens the middle, reduces toxicity, moderates dry nature of chief and deputy

Modifications			
+ dang shen, fu ling, ze xie	Edema, leukorrhea from xu cold	+ sang ji sheng, du zhong	LBP
+ hong shen, huang qi	Weak constitution, frail pulse	Increase fu zi, gan jiang + long gu, mu li	Severe cold, excessive sweating, severe diarrhea
+ gui zhi, bai zhu	Intractable Bi sx		

Related Formula			
Si Ni Jia Ren Shen Tang (Shang Han Lun)	+ ren shen 3g	Extremities remain cold with Tx	Maintain effects
Bai Tong Tang (Shang Han Lun)	+ cong bai 4 pieces [bridge/open meridians] - zhi gan cao	Shaoyin sx: diarrhea, faint pulses	
Tong Mai Si Ni Tang (Shang Han Lun)	Increase sheng fu zi to 15g, gan jiang to 9g	Shaoyin sx: interior cold with exterior heat; Severe Ht yang xu	Heart attack, heart failure Use higher dosage [use too much, could be dangerous, but needed for heart failure]
Shen Fu Tang (Jiao Zhu Fu Ren Liang Fang)	Ren shen 12g, zhi fu zi 9g	Sudden yang qi collapse, used as an rescuing formula (a short form of si ni jia ren shen tang)	Made into IV in emergency room in china get into blood immediately, rescue heart attack

Chapter 6: Formulas That Treat Both Exterior & Interior [表里双解剂]	
• Exterior condition with interior excess – treated with formulas that release exterior and drain • Exterior condition with interior heat – treated with formulas that release exterior and clear	• Exterior condition with interior cold – treated with formulas that release exterior and warm • Notes: Please differentiate the intensity and severity of the exterior and interior to help proportionate herbs of each group.

Release Exterior & Drain [解表攻里]	
• These formulas are used to treat the exterior condition (either w-c or w-h) simultaneously with interior heat accumulation.	• These formulas often contain exterior-releasing herbs (ma huang, gui zhi, jing jie, fang feng, chai hu, bo he) and downward-draining herbs (da huang, mang xiao) as well

Da Chai Hu Tang (Major Bupleurum Decoction) Source: Shang Han Lun

- Refer to [*xiao chai hu tang*小柴胡汤] chai hu, huang qin, ren shen, ban xia, zhi gan cao, sheng jiang, da zao]
- **Actions**: Harmonizes & Releases Shao Yang, Drains Internal Clumping Heat.
- Preparation and administration: decoction, taken warm

- **Indications:** Concurrent Shaoyang & Yangming disorder [alternating fever & chills, fullness in chest and hypochondria (with or without pain), bitter taste in mouth, nausea, continuous vomiting, hard focal distention or fullness & pain in the epigastrium, burning diarrhea or no bowel movements, despondency, slight irritability
- T: yellow coating, P: wiry, forceful

Applications

- Concurrent Shaoyang and Yangming sx; Stomach and GB heat excess (continuous vomiting).
- Cholecystitis/cholelithiasis
- Fatty liver
- Acute pancreatitis
- Fever secondary to cancer removal
- Infantile fever at midnight
- Malignant hypertension

Modern Research

- Bile-secretion promoting
- Gastric-mucosa protecting
- Liver-protecting
- Blood-lipid reducing

Case Study

- A 43 y-o female complains about progressive right upper abdominal pain for 5 hours secondary to a stomach flu. The pain extends to right middle back and feels like colic. Other sx: nausea, vomiting at times, bitter taste in the mouth, alternating fever/chills, irritability, no BMs so far.
- A red-tipped/edged tongue with orange coating; A wiry and forceful pulse, pronounced at right Guan. A significant tender area in right subcostal region.
- You noticed a slight jaundice while you looked at her eyes.
- Dx:
- Tx:

Think & Review

- **Compare Da Chai Hu Tang with Xiao Chai Hu Tang from the ingredients, actions and indications.**
- **Compare da chai hu tang with hou po qi wu tang from the ingredients, actions and indications.**

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Chai hu	15	Bitter, slt.acrid, cool	LV, GB	With huang qin, has stronger effect to clear LV & GB heat
Deputy	Huang qin	9	Bitter, slt.acrid, cool	LV, GB	With huang qin, has stronger effect to clear LV & GB heat
	Zhi shi	9	Bitter, cold	ST, LI, LV	Drain heat clumping from Yangming
	Da huang	6	Bitter, cold	ST, LI, LV	Drain heat clumping from Yangming
Assistant	Bai shao	9	Bitter, sour, cool		Relieve abdominal excess pain [focal distention/ fullness & pain in epigastrium from qi/blood disharmony] Paired with Da Huang, Zhi Shi
	Ban xia	9	Acrid, warm, poisonous	SP, ST	Stop vomiting by directing rebellious qi downward Paired with Sheng Jiang
Envoy	Sheng jiang	15	Protect the middle		Regulate ying and wei; help release pathogenic influence
	Da zao	5 PC	Protect the middle		Regulate ying and wei; help release pathogenic influence

Modifications			
+ pu gong ying, zhi zi, yu jin	Severe damp-heat	+ yan hu suo, xiang fu, chuan lian zi	Severe abdominal pain
+ cang zhu, hou po, chen pi, ji nei jin	Poor appetite, loose stools	+ tai zi shen, dang gui	Weak constitution

Related Formula			
formulas	**ingredients**	**indications**	
Hou po qi wu tang [厚朴七物汤] (jin gui yao lue)	Huo po, gan cao, da huang, zhi shi, gui zhi, sheng jiang, da zao	Exterior not yet resolved with an interior excess has developed [Taiyang & Yang ming sx]	
Qing yi tang [清胰汤] (zhong xi yi jie he zhi liao ji fu zheng)	Chai hu, huang qin, hu huang lian, bai shao, mu xiang, yan hu suo, da huang, mang xiao	Acute pancreatitis [stabbing, diffuse epigastric pain extending to the back, fever/chills]	

Fang Feng Tong Sheng San [防风通圣散] (Ledebouriella Powder That Sagely Unblocks) Source: Huang Di Su Wen Xuan Ming Lun Fang

- **Actions**: Disperses Wind, Releases Exterior, Drains Heat, Unblocks Bowels.
- Preparation and administration: grind into powder, take 6-9g as a draft with 3 pieces of sheng jiang (envoy). Or prepare as a decoction with a proportionate reduction in dosage.

- **Indications:** Heat excess in both exterior & interior [strong fever & chills, light-headedness, dizziness, red & sore eyes, difficulty swallowing, nasal congestion with thick and sticky nasal discharge and saliva, bitter taste in mouth, dry mouth, focal distention with a stifling sensation in chest & diaphragm, constipation, dark, rough urination; facial sores; stiff tongue, clenched jaw
- T: yellow, greasy coating, P: flooding, rapid or wiry, slippery

Applications

- accumulated wind-heat with exterior and interior excess; carbuncles, heat rash, manic behavior(kuang), intestinal wind, erysipelas.
- Lobar pneumonia
- Urticaria
- Hyperlipemia
- Acute mastitis
- Food poisoning
- Obesity

Modern Research

- Cholesterol-reducing
- Anti-embolism formation
- Blood pressure-reduction
- Heart rate reduction
- Anti-arrythmia effect
- Cadio-improving
- Anti-microorganism

Case Study

- A 49 y-o red-faced male looks for tx for his hyperlipemia and fast weight gain since his cigarette cessation a month ago. Other sx: BM/2-3 days, excessive appetite, feverish sensation above the neck, cold feet and knees. Medical hx: hypertension for 13 years, alcoholism for 28 years. The father died of heart attack.
- A dull-red tongue with thin yellow coating, congested and purple sublingual veins. A rapid, slippery pulse.
- Dx:
- Tx:
-

Think & Review

-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Fang Feng	15			Release the exterior, disperse wind through sweating
	Ma Huang	15			Release the exterior, disperse wind through sweating
	Jiu Da Huang	15			Drain interior heat, promote BM through stool
	Mang Xiao	15			Drain interior heat, promote BM through stool
Deputy	Jing Jie	15			Release exterior, disperse wind thru sweating, Clear w-h from LU & eyes/head
	Bo He	15			Release exterior, disperse wind thru sweating, Clear w-h from LU & eyes/head
	Zhi Zi	15			Drain heat through urine
	Hua Shi	90			Drain heat through urine
	Shi Gao	30			Clears heat from lungs and stomach
	Lian Qiao	15			Clear heat (fire), relieve toxicity
	Huang Qin	30			Clears heat from lungs and stomach, Clear heat (fire), relieve toxicity
	Jie Geng	30			Clear up w-h from lungs and eyes/head
Assistant	Chuan Xiong	15			Nourish and regulate blood, help disperse wind
	Dang Gui	15			Nourish and regulate blood, help disperse wind
	Bai Shao	15			Nourish and regulate blood, help disperse wind
	Bai Zhu	15			Protect middle, harmonize the others
Envoy	Gan Cao	60			Protect middle, harmonize the others
	Sheng Jiang	3 PC			Protect middle, harmonize the others

Modifications		Fang feng,ma huang,jing jie,bo he	Release the exterior, disperse wind through sweating
- ma huang	Mild exterior sx	Jiu da huang, mang xiao	Drain interior heat, promote BM through stool
- shi gao	Mild interior heat	Shi gao, huang qin	Clears heat from lungs and stomach
- da huang, mang xiao	W/o constipation	Lian qiao, huang qin	Clear heat (fire), relieve toxicity
+ jiang ban xia	With productive cough	Jie geng, bo he, jing jie	Clear up w-h from lungs and eyes/head
- dang gui, bai shao, bai zhu	Strong constitution	Zhi zi, hua shi	Drain heat through urine
		Dang gui, bai shao, chuan xiong	Nourish and regulate blood, help disperse wind
		Bai zhu, gan cao, sheng jiang	Protect middle, harmonize the others

Release Exterior and Clear [解表清里]	
● These formulas are used to treat condition in which EPI remains lodged in the exterior while an interior already developed. ● These formulas often contain exterior-releasing herbs(ge gen, ma huang, dan dou chi) and heat-clearing herbs(3 huangs, shi gao) as well	●

Ge Gen Huang Qin Huang Lian Tang [葛根黄芩黄连汤] (Kudzu, Scutellaria, Coptis Decoction) Source: Shang Han Lun	
● **Actions**: Releases Exterior, Clears Heat ● Preparation and administration: decoction, taken lukewarm ● **Indications:** Exterior not been completely released but interior is already ablaze with heat (may be caused by improper purging) [fever, sweating, thirst, dysenteric diarrhea with marked foul-smelling stools & burning sensation around the anus, irritability & heat in chest & epigastrium; or wheezing] ● T: red with yellow coating, P: rapid **Applications** ● Taiyang improperly purged leads into Yangming (3:7 ratio); early-stage dysenteric disorder diagnosed as lower damp-heat with lingering exterior condition. ● Chronic colitis ● Gastroenteritis ● Bacillary dysentery ● Upper GI bleeding with black stool ● Radio-therapy induced proctitis ● Prostatitis	**Modern Research** ● Anti-pyretic ● Anti-bacterial ● Anti-viral ● Peristalsis-inhibiting ● Anti-spastic ● Anti-anoxia ● Immune-supporting ● **Case Study** ● A 34 y-o female asks for your help for her diarrhea secondary to a flu started 2 weeks ago. She took antibiotics for a week and some over-the-counter anti-pyretic meds for fever for 2 days. Other sx: thirst with desire to drink cold water, a feverish sensation worse in the afternoon, stinky stools with burning sensation around anus, tiredness, aversion to wind, mild cough with grayish mucus. ● A dusky-red tongue with greasy, and yellow coating, thickening in the middle and back. A soggy and slightly floating pulse. ● Dx: ● Tx: ● **Think & Review** ● Compare ge gen huang qin huang lian tang with bai tou weng tang. ● Can you catch a hidden formula you learned this quarter in shi gao tang? In what chapter did you first study this hidden formula?

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Ge Gen	15	Sweet, acrid, cool	SP, ST	Alleviates diarrhea, releases exterior, clears heat
Deputy	Huang Qin	9	Bitter, cold	HT, LU, GB LI	Clears heat, especially heat in lungs and LI to treat wheezing
Assistant	Huang Lian	9	Bitter, cold	HT, LV, ST, LI	Clears heat, especially heat in stomach and LI
Envoy	Zhi Gan Cao	6	Sweet, warm; 12 meridians		Harmonizes the others, protects the middle

Modifications			
+ mu xiang, bai shao	With abdominal cramps		
+ chao shan zha, shen qu	With food stagnation		
+ mu dan pi, hui hua, di yu	With boody stool		
+ sang bai pi, bo he	Prominent exterior sx		

Related Formula			
formula	**ingredients**	**Indication**	
Shi Gao Tang [石膏汤] (Wai Tai Bi Yao)	Shi Gao 30 Ma Huang 9 Dan Dou Chi 9 **Huang Lian Jie Du Tang [Chapter 4]** ● Huang Lian 6 ● Huang Qin 6 ● Huang Bai 6 ● Zhi Zi 9	Heat blazes in the interior while exterior lingers [strong fever (slight chills) w/o sweating, HA, red face & eyes, thirst, irritability, delirium; nosebleeds, coughing up blood, skin blotches, dry nasals, rapid, slippery/flooding pulse]	

Release the Exterior & Warm [解表温里]	
● Used to treat simultaneous existence of exterior condition & interior cold. ● Often contain exterior-releasing herbs (ma huang, bai zhi, gui zhi) and interior-warming herbs (gan jiang, rou gui).	●

Wu Ji San [五积散 (15 Wei)] (Five-Accumulation Powder) Source: Tai Ping Hui Min He Ji Ju Fang	
● **Actions**: releases exterior, warms interior, smoothes qi flow, transforms phlegm, invigorates blood, reduces accumulation. ● Preparation and administration: grind the herbs into coarse powder, take 9g warm as a draft with 3 pieces of sheng jiang. Or prepared as a decoction with dosage indicated in parentheses ● **Indications:** Exterior wind-cold with interior injury from cold (often improper diet) Wu Ji [五积] [cold寒, damp湿, qi气, blood血, phlegm痰] [fever & chills w/o sweating, HA, body aches, stiff neck and back, a sensation of fullness in the chest and abdomen, nausea, aversion to food, vomiting, abdominal cold pain, diarrhea with borborygmus; in women, irregular menses with cramps] ● **Applications** ● exterior w-c with interior cold (damp-cold, phlegm, qi, blood) accumulation ● Food stagnation with w-c ● Irregular mense with epigastric and abdominal pain due to cold ● URI with gastritis ● Acute exacerbation of bronchial asthma	**Modern Research** ● **Case Study** ● A 42 y-o female asks for help for her menstrual cramps due to swam in Lake Washington on a cold day 7 months ago. She also notices that menses become 7-10 days late each month. Other sx: the cramps worse with cold, better with heat, scanty flow with dark red blood and some clots, reduced appetite, poor absorption, low energy. She took pain-killers with temporary relief ● A dusky tongue with thin, white coating, bluish and congealed sublingual veins. A deep, slow pulse. ● Dx: ● Tx: ● **Think & Review** ● What is the primary pathological mechanism among "wu ji-5 accumulations" in wu ji san? (hint: the size of dosages of ingredients) ● Please compare Chai Hu Gui Zhi Gan Jiang Tang & Xiao Chai Hu Tang

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Ma huang	180 (4.5)			Release exterior and disperse w-d
	Bai zhi	90 (4.5)			
	Gan jiang	120 (4.5)			Warm interior, expel internal cold
	Rou gui	90 (4.5)			
Deputy	Cang zhu	720 (9)			Dry and vent dampness
	Hou po	120 (4.5)			
	Chen pi	180 (9)			Boost SP, transform phlegm, move qi
	Ban xia	90 (9)			
	Fu ling	90 (9)			
	Jie geng	360 (9)			Regulate qi by ascending & descending, transform phlegm
	Zhi ke	180 (4.5)			
	Dang gui	90 (4.5)			Move blood, alleviate pain
	Bai shao	90 (4.5)			
	chuan xiong	90 (4.5)			
A/E	Zhi gan cao	90 (4.5)			Harmonizes the others, protects the middle

Modifications		Ma huang, bai zhi	Release exterior and disperse w-d
- rou gui; + gui zhi	More w-c	Gan jiang, rou gui	Warm interior, expel internal cold
- ma huang, cang zhu	Exterior conditions with sweating	Cang zhu, hou po	Dry and vent dampness
- zhi ke, chen pi; + bai zhu, ren shen	Qi xu	Chen pi, ban xia, fu ling	boost SP, transform phlegm, move qi
+ wu zhu yu	Severe cold w/ intense abdominal pain	Dang gui, chuan xiong, bai shao	Move blood, alleviate pain
- ma huang, bai zhi; + xiang fu, yan hu suo	Irregular menstruation with cramps from cold	Jie geng, zhi ke	Regulate qi by ascending & descending, transform phlegm
		Zhi gan cao	Harmonizes the others, protects the middle

Related Formula			
formula	**ingredients**	**Indications**	
Chai Hu Gui Zhi Gan Jiang Tang [柴胡桂枝干姜汤] (Shang Han Lun)	Chai hu 15, Gui zhi 12, Gan jiang 6, Tian hua fen 12, Huang qin 9, Mu li 20, Zhi gan cao 3	Cold injury (shang han) leading to accumulation & fullness in chest and hypochondria [difficult urination, thirst, sweating of head, alternating fever/chills, irritability] Malaria: strong fever and mild chills	

Chapter 7: Formulas That Tonify 补益剂

- Among the 8 strategies, this belongs to the tonifying (补法).
- Formulas in this chapter are used to treat qi xu, blood xu, qi and blood xu, yin xu, and yang xu. Between qi and blood, yin and yang, tonifying one will have a salutary effect on the other.
- In "Discussion of the Spleen and Stomach" Li Dong Yuan said: "For blood xu, use ren shen to tonify, because when the yang qi is exuberant, it will generate yin blood".
- In "Collected Treatises of Jing-Yue" Zhang Jing Yue said: "To tonify the yang well, you must search for yang within the yin… To tonify the yin well, you must search for yin within the yang."
- Many formulas that tonify the yang (qi) therefore contain ingredients that tonify the yin (blood), and vice versa.
- For deficiency, tonify the mother is often applied as a strategy for tonification. E.g. tonify water to tonify wood.
- Side-effects often develop when tonics are prescribed for individuals who are not suffering from xu – [fever, HA, rash, pimples, insomnia, irritability, and digestive upset]
- Too deficient to be tonified [虚不受补] the rich, cloying nature of tonifying herbs places a burden on the digestive system. It is usually necessary to add ingredients that promote digestion and assimilation. E.g. chen pi, sha ren.
  - Start with mild tonics, then gradually get stronger
- Mild, chronic conditions require a smaller dosage than do acute, life-threatening conditions.
- Tonifying formulas: generally cooked for long period of time over a low flame (between 30'-1hr.), and taken on an empty stomach to realize their full effect.
- Relationship of Qi & Blood Tonify Qi, Tonify Blood

Formulas That Tonify the Qi [补气]

- Formulas in this section are primarily used to treat Spleen and Lung Qi xu – generalized weakness, fatigue (with little exertion), a low voice/laconic speech, sob, profuse sweating; or prolapse, bleeding, and incontinence; a shiny pale complexion, reduced appetite, loose stools; a flabby tongue with white thin coating, a weak, or weak, large pulse.
- Treated with formulas that contain Qi tonics such as ren shen, dang shen, huang qi, bai zhu, gan cao, and some blood-tonics such as dang gui, as well as qi-movers such as chen pi, and damp-transformers such as fu ling, bai bian dou

Si Jun Zi Tang [四君子汤] (Four-Gentleman Decoction) Source: Tai Ping Hui Min He Ji Ju Fang

- **Actions**: Tonifies Qi, Strengthens Spleen.
- Preparation and administration: grind the herbs into fine powder, take 6g as a draft. Or prepared as a decoction. 2-3 times of dang shen may sub for ren shen in mild cases

- **Indications:** Classic presentation of Spleen Qi xu – pallid complexion, low and soft voice, reduced appetite, loose stools, and weakness in the limbs
- T: pale with white coating, P: thin and/or frail

Applications: Basic Qi-tonifying formula.
- Peptic ulcer
- Atrophic gastritis
- Chronic active hepatits
- Chronic ulcerative colitis
- PMS
- Uterine fibroid
- Recovering from infectious diseases in kids

Patents
- Si jun zi tang wan
- Xiang sha liu jun zi wan
- Xiang sha yang wei wan [GI deficiency with damp accumulation]

Modern Research
- Peptic ulcer prevention
- Anti-cancer effect
- Peristalsis-inhibiting
- Immune-stimulating
- Metabolism-promoting
- Hemopoiesis-promoting

Case Study
- A 5 y and 2 month old girl comes in with her mom for her reduced appetite and weight loss in last 3 months due to the application of antibiotics for her chronic sinusitis. Other sx: apathy, no motivation for kids' games and activities, lose and frequent stools, cold extremities, sluggish grow in height comparing to her friends in school.
- A slightly flabby tongue with white coating; a thin and weak pulse.

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Ren Shen	3-9	Sweet, S. bitter, S. warm	SP, LU	Tonifies spleen Qi Chief Pair: Ren Shen + Bai Zhu
Deputy	Fu Ling	6-9	Sweet, bland, neutral	HT, SP, LU	leaches out damp, helps strengthen spleen,
Assistant	Bai Zhu	6-9	Bitter, sweet, warm	SP, ST	Strengthens spleen, dries damp
Envoy	Zhi Gan Cao	3-6	Sweet, warm	SP, LU	Warms and regulates the middle

Modifications			
+ ban xia	With nausea, vomiting	+ suan zao ren	With palpitations, insomnia
+ zhi ke, chen pi	With fullness & stifling sensation in chest and diaphragm	+ fu zi	With kidney yang xu
		+ huang qi	Severe Qi xu

New formulas	Based on si jun zi tang	Indications	
Yi Gong San [异功散] (Xiao Er Yao Zheng Zhi Jue)	+ Chen Pi 6-9 (Da Zao, Sheng Jiang)	Sp xu w/qi stagnation leading to an irregular appetite, stifling sensation	
Liu Jun Zi Tang [六君子汤] (Yi Xue Zheng Zhuan)	+ Chen Pi 3, Ban Xia 4.5 (Sheng Jiang, Da Zao)	Sp xu w/phlegm & damp: loss of appetite, focal distention, stifling sensation, nausea/vomiting	
Xiang Sha Liu Jun Zi Tang [香砂六君子汤] (Zhang Shi Yi Tong)	+ Chen Pi, Ban Xia, Sha Ren, Mu Xiang	Sp/St xu w/qi and phlegm stagnation: belching, vomiting, diarrhea, abdominal pain/distention…	
Xiang Sha Yang Wei Tang [香砂养胃汤] (Wan Bing Hui Chun)	Ren Shen, Bai Zhu, Fu Ling, Zhi Gan Cao, Cang Zhu, Jiang Zhi, Hou Po, Chen Pi, Chao Xiang Fu, Bai Dou Kou, Mu Xiang, Sha Ren, Sheng Jiang, Da Zao	Sp and St xu with damp accumulation & qi stagnation [Strongest]	
Bao Yuan Tang [保元汤] (Jing Yue Quan Shu)	Ren Shen, Zhi Gan Cao, Huang Qi, Rou Gui	Yuan (source) qi xu w/ coldness in children	Not used very often

Formulas That Tonify the Qi 补气

Shen Ling Bai Zhu San [参苓白术散] (Ginseng, Poria, And Atractylodes Macrocephala Powder) Source: Tai Ping Hui Min He Ji Ju Fang

- **Actions**: Augments Qi, Strengthens Spleen, Leaches Out Damp, Stops Diarrhea.
- Preparation and administration: grind the herbs into powder, take in 6g doses with warm water. Decoction with 1/100 the dosage specified above

- **Indications:** Spleen qi xu leading to internally-generated damp [loose stools or diarrhea, reduced appetite, weak extremities, weight loss, distention & stifling sensation in chest & epigastrium, pallid and wan complexion; or vomiting]
- T: pale with white coating, P: thin, soft or deficient soft

Applications
- SP qi xu with diarrhea (Well-balanced formula: warm w/o being dry, tonifying w/o cloying, leaching out w/o damaging normal qi)
- Diarrhea with the onset of menstrual flow
- Leukorrhea in relatively obese women
- Infantile malnutrition, Rickets, Infantile anorexia, Zinc deficiency in children
- Allergic enteritis, Chronic gastritis/bronchitis/hepatitis
- Mal-absorption, Chronic nephritis, Diabetes mellitus
- Liver cirrhosis, Urinary tract stones
- Side-effects from chemo/radiotherapy

Patent
- Shen ling bai zhu wan/pian
- Zi sheng wan
- Prosperous farmer
- Source Qi

Modern Research
- GI tract-regulating
- Immune-support
- Circulation-improving

Case Study
- A 45 y-o female looks for Tx for her frequent loose BMs(4-6 per day) with slimy pus. Other sx: lassitude, reduced appetite, abdominal distention, gurgling sound with cramping prior to BM. She has been diagnosed as chronic enteritis for years, and all the sx get worse with stress and menstruation.
- A pale and flabby tongue with white coating; a soft and large pulse.
- Dx:
- Tx:
-

Think & Review
- Please compare si jun zi tang with shen ling bai zhu san
- Why can shen ling bai zhu san be used for chronic cough with copious sputum due to lung xu? Please deliberate from 5-E.
  - LU is son of Earth (SP)

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Ren Shen	1 kg			Tonify & strengthen Sp and St qi
	Bai Zhu	1 kg			
	Fu Ling	1 kg			
	Zhi Gan Cao	1 kg			
Deputy	Shan Yao	1 kg			help ren shen tonify qi to stop diarrhea
	Lian Zi	500			
	Bai Bian Dou	750			help bai zhu, fu ling Strengthen Sp and leach out damp
	Yi Yi Ren	500			
Assistant	Sha Ren	500			Transforms damp, moves qi
Envoy	Jie Geng	500			Unblocks LU qi flow: ascending to treat diarrhea, disseminating to spread nourishment, as a LU guide to prevent development of LU xu

Modifications		Ren shen, bai zhu, fu ling, zhi gan cao – si jun zi tang	Tonify & strengthen Sp and St qi
+ gan jiang, rou gui	Diarrhea with cramps due to internal cold	Shan yao, lian zi – help ren shen	In tonifying qi to stop diarrhea
+ huang lian, che qian zi, ze xie	Diarrhea due to damp-heat	Bai bian dou, yi yi ren – help bai zhu, fu ling	Strengthen Sp and leach out damp
+ shen qu, mai ya, shan zha	With poor digestion, anorexia	Sha ren (acrid, warm; Sp, St)	Transforms damp, moves qi
+ xiang fu, mu xiang	Diarrhea onset with menstrual flow	Jie geng (bitter, acrid, neutral; Lu, St)	Unblocks LU qi flow: ascending to treat diarrhea, disseminating to spread nourishment, as a LU guide to prevent development of LU xu

Related Formula			
New formulas	**Based on shen ling bai zhu san**	**Indications**	
Shen Ling Bai Zhu San (Yi Fang Ji Jie)	+ Chen Pi	Same as original formula with stronger moving middle qi effect	
Qi Wei Bai Zhu San [七味白术散] (Xiao Er Yao Zheng Zhi Jue)	Si Jun Zi Tang + Huo Xiang Ye, Mu Xiang, Ge Gen	Persistent diarrhea & vomiting due to chronic Sp St xu [for kids]	
(Bao Tai) **Zi Sheng Wan [资生丸]** (Xian Xing Zhai Yi Xue Guang Bi Ji)	+ Huo Xiang, Ze Xie, Mai Ya, Chen Pi, Shan Zha, Huang Lian, Qian Shi Fen; - Sha Ren	Morning sickness or threatened miscarriage (1st trimester) from Sp qi xu & qi stagnation; Sp xu leading to weakness, reduced appetite, diarrhea, weight loss	Bao Tai = protect fetus Cool/quiet uterus

Bu Zhong Yi Qi Tang [补中益气汤] (Tonify The Middle And Augment The Qi Decoction) Source: Pi Wei Lun	
● **Actions**: Tonifies Middle Jiao Qi, Raises Sunken Yang. ● Preparation and administration: coarsely grind the herbs and take warm as a decoction by cooking two bowls of water down to one. Or prepare as a decoction. Or taken as pills with ginger soup. ● **Indications**: SP & ST qi xu leading to yang sinking – [intermittent fever, worse with exertion, spontaneous sweating, thirst for warm beverages, SOB, laconic speech, a tendency to curl up, weak limbs, a shiny, pale complexion, loose and watery stools [yin fire]; a ● T: pale with thin, white coating, P: flooding, deficient, or deficient & rootless at right Guan **Applications** ● Persistent Sp qi xu worsen with exertion leading to middle yang qi sinking – GI xu & general xu; prolapse of organs; chronic low-grade fever (unknown origin). ● Chronic and consumptive sx ● Prolapsed organs, Recurrent miscarriage, Leukorrhea ● Postpartum disorders (urinary incontinence, lochioschesis, insufficient lactation…) ● Leukopenia, Pernicious anemia ● Chronic nephritis, Chronic hepatitis, Hematuria from unknown reason ● Hypotension, Chronic colitis, Chyluria (galacturia)	**Patent** ● Wan □ patent **Modern Research** ● **Case Study** ● **Think & Review** ●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Huang Qi	18	sweet, slt.warm	SP, LU	Tonifies raises the middle jiao yang qi to stop sweating [Tonify & raise]
Deputy	Ren Shen	9			Tonify spleen qi
	Bai Zhu	9			
	Zhi Gan Cao	6			
Assistant	Dang Gui	6	sweet, acrid, bitter, warm	LV, HT, SP	Nourishes blood with huang qi
	Chen Pi	6	acrid, bitter, warm, aromatic	SP, ST, LU	Facilitates digestion of tonifying herbs and aids in raising qi by moving nature
Envoy	Sheng Ma	6			Help raise sunken yang qi
	Chai Hu	6			

Modifications			
+ bai shao	With abdominal pain	+ zhi ke, double huang qi	Severe qi sinking
+ wu wei zi, mai dong	With cough	+ bai shao, wu wei zi	Severe spontaneous sweating
+ mu xiang, zhi ke	With qi stagnation		

Related Formula			
formulas	**ingredients**	**indications**	
Ju Yuan Jian [举元煎] (Jing Yue Quan Shu)	Ren Shen, Huang Qi, Zhi Gan Cao, Bai Zhu, Sheng Ma	Severe blood loss and devastated yang due to qi xu leads to collapse	
Sheng Xian Tang [升陷汤] (Yi Xue Zhong Zhong Can Xi Lu)	Huang Qi, Zhi Mu, Chai Hu, Jie Geng, Sheng Ma	Sob, difficult & rapid breathing due to qi sinking in the chest	
Sheng Yang Yi Wei Tang [升阳益胃汤] (Nei Wai Shang Bian Huo Lun)	Huang Qi, Ban Xia, Ren Sheng, Zhi Gan Cao, Du Huo, Fang Feng, Bai Shao, Qiang Huo, Chen Pi, Fu Ling, Chai Hu, Ze Xie, Bai Zhu, Huang Lian, Da Zao, Sheng Jiang	Aftermath of a damp-heat Sx leads to Sp St xu affecting Lu; Upper jiao sx affecting lower jiao leads to vaginal discharge	

Sheng Mai San [生脉散] (Generate The Pulse Powder) Source: Nei Wai Shang Bian Huo Lun

- **Actions**: Augments Qi, Generates Fluids, Preserves Yin, Stops Excessive Sweating
- Preparation and administration: xi yang shen may sub for ren shen.
- Decoction, tid.
- Small formula, well balanced, can be taken for a long time
- Good for heart, can be taken for years, heart problems, heart surgery, etc.

- **Indications**: Concurrent qi and yin xu [chronic cough with sparse sputum that is difficult to expectorate, SOB, spontaneous sweating, a dry mouth & tongue
- T: pale, red with dry, thin coating, P: deficient, rapid or deficient, thin

Applications

- concurrent qi and yin xu in upper and middle jiao with palpitations, a stifling sensation in the chest, sob, sweating, thirst, poor sleep, a pale red dry tongue, a slow-irregular/consistently-irregular pulse.
- Viral myocarditis
- Coronary heart disease
- Post-bypass disorder
- Arrhythmias
- Pulmonary heart disease
- Hypotension
- Iron-deficiency anemia
- Congestive heart failure
- Heart attack (myocardial infarction)
- Senile dementia
- Infertility
- Often recommended by cardiologists in China for patients to take for a long time.

Patent

- Sheng mai oral liquid
- Sheng mai drip (iv)
- Sheng mai san wan
- Yu ping feng san teapills
-

Modern Research

- Cardiotonic
- Coronary-blood-flow reinforcing
- Maximize oxygen usage for myocardium
- Microcirculation improving
- Anti-shock
- Blood pressure regulation (duel-direction)
-

Case Study

- A 54 y-o male complains of dizziness, blurred vision, fatigue, low motivation, sob, palpitations, dream-disturbed sleep, cold extremities. He feels heavy in the head and lighter the in legs and feet. He has had a number of blackouts lately. His doctor just diagnosed him as low blood pressure.
- A pale, dusky tongue with thin white coating; a deficient pulse.
- Dx:
- Tx:
-

Think & Review

-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Ren shen	9-15	Sweet, slt.bitter, slt.warm; Sp, Lu		tonifies yuan qi, generates fluids
Deputy	Mai dong	9-12	Sweet, slt.bitter, slt.cold; Lu,St,H		Nourishes yin, moistens lungs, generates fluids
Assistant	Wu wei zi	3-6	Sour,warm; Lu, K		Restrains lung qi leakage, generates fluis

Modifications			
+ bai he, kuan dong hua	With cough		
+ ma huang gen, fu xiao mai	Profuse sweating		
+ shi hu, ge gen	Severe thirst		

Related Formula			
formulas	**ingredients**	**indications**	
Yu Ping Feng San [玉屏风散]	Fang Feng6, Huang Qi12, Bai Zhu12	**Defensive Qi Xu** [pale face, hypersensative to wind, spontaneous sweating, frequent sickness]	
Jia Jian Sheng Mai San [加减生脉散]	Sha Ren, Mai Dong, Sheng Di, Wu Wei Zi, Mu Dan Pi	EPI in blood level with the exterior xu; Taiyin sx with smoldering summerheat	
Ren Shen Wu Wei Zi Tang [人参五味子汤]	Ren Shen, Wu Wei Zi, Mai Dong, Bai Zhu, Fu Ling, Zhi Gan Cao, Sheng Jiang, Da Zao	Chronic cough in kids leads to Sp xu: weakness, pale face and lips	

Ren Shen Ge Jie San [人参蛤蚧散] (Ginseng And Gecko Powder) Source: Wei Sheng Bao Jian

- **Actions**: Tonifies Qi, Clears Heat, Transforms Phlegm, Stops Coughing, & Arrests Wheezing.
- Preparation and administration: grind the ingredients into a fine powder, taken in 6g doses with warm water, bid, on an empty stomach.
- Use real animal Condition very severe and needs strong tonic

- **Indications**: LU Qi Xu with heat in lungs [chronic coughing & wheezing, thick, yellow sputum, coughing of pus and blood, sensation of heat and irritability in the chest, facial edema, gradual emaciation
- T: purple with either thin & white or greasy, thin, & yellow tongue coat
- P: floating, deficient pulse, especially at the distal position (Cun).
-

Applications
- Lu & K xu with phlegm-heat due to long-term coughing/wheezing
- Chronic bronchitis
- Bronchial asthma
- Emphysema
- Pulmonary tuberculosis
- Old days: Late stage tuberculosis

Case Study
- A 76 y-o male comes in with complaint of wheezing and coughing with scanty sticky and sometimes blood-streaked sputum for over 4 years. He has had bronchitis for 43 years, emphysema for 14 years, mild heart failure for 2 years. Other sx: palpitations, chest fullness, inability to lie supine, sob worsen with walking.
- A dusky tongue with bluish distended sublingual veins, and thin yellow coating; a deficient and large pulse, pronounced at Cuns.
- Dx:
- Tx:
-

Think & Review
- **Compare ren shen hu tao tang with ren shen ge jie san.**
- **Compare ren shen hu tao tang with shen mai san.**
- **List the indications of bu zhong yi qi tang.**
- **Analyze shen ling bai zhu san with a focus on the relationships among the ingredients.**
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Ge Jie	1 PR	Salty, neutral; Lu, K		Tonifies LU & KD, arrests wheezing [Pair: Male & Female to balance Tonify Qi, Essence]
Deputy	Ren Shen	60	Sweet, slt.bitter, slt.warm; Sp, Lu		Tonifies yuan qi and lung/spleen
	Fu Ling	60	Sweet, bland, neutral; Ht, Sp, Lu		Benefits SP by draining damp
	Sang Bai Pi Xing Ren	60 150	Pair to treat LU heat due to constraint		Regulate LU qi and direct rebellious qi downward
Assistant	Chuan Bei Mu Zhi Mu	60 60	Pair to treat LU yin xu heat		Clear xu heat, nourish yin, transform damp to stop coughing More Deficiency cough: Chuan bei mu [small white seed, more expensive] More mucus: Zhi bei mu [larger, slices, less expensive]
Envoy	Zhi Gan Cao	150	envoy		Harmonizes; tonifies qi

Modifications			
- sang bai pi, zhi mu	Without heat		
+ mai dong	Severe yin xu		
+ bai mao gen, di yu tan, ce bai tan	Coughing of pus and blood or blood-streaked sputum		

Related Formula			
formula	**ingredients**	**Indication**	
Ren Shen Hu Tao Tang [人参胡桃汤] (Ji Sheng Fang)	Ren shen 6-9 hu tao ren 5 nuts Sheng jiang 5 pieces	Both KD & LU [coughing, wheezing, chest fullness, inability to lie supine]	Very warm Don't use for yin deficiency Good for Addison's, adrenal exhaustion, hypothyroidism

Formulas That Tonify the Blood [补血]	
● Blood xu – dizziness, vertigo, a pale and lusterless complexion, a pale tongue and lips, dry and cracked nails, palpitations, dry/itchy skin, insomnia, constipation, long menstrual cycles with scanty, pale flow, and a thin pulse. ● Often caused by excessive loss of menstrual blood, or any blood loss and malnutrition	● Chronic blood xu can lead to blood stasis, blood stasis can lead to a reduction in the production and circulation of blood – this is known as "bad blood preventing the generation of new blood". ● Blood xu is treated with formulas that tonify and nourish blood that contain ingredients of blood-nourishing, qi-tonifying, and blood-invigorating as well.

Si Wu Tang [四物汤] (Four-Substance Decoction) Source: Tai Ping Hui Min He Ji Ju Fang	
● **Actions**: Tonifies & Regulates Blood ● Preparation and administration: coarsely grind the ingredients and take in 9g doses as a draft,tid, before meals. ● Or as decoction. ● **Indications**: Blood xu (Liver or Chong & Ren Mai) [dizziness, blurred vision, lusterless complexion and nails, generalized muscle tension; irregular menstruation with little flow or amenorrhea, periumbilical and lower abdominal pain; or menorrhagia, hard abdominal masses with recurrent pain, restless fetus disorder, or lochioschesis with a firm and painful abdomen and sporadic fever and chills] ● T: pale tongue, P: thin and wiry or thin and choppy pulse **Applications:** Blood Xu From Various Causes [Mild conditions] ● Dysmenorrhea, Amenorrhea, Irregular menstruation ● Anemia, Threatened miscarriage, Postpartum weakness ● Insufficient lactation, Infertility, Uterine fibroid ● Chronic nephritis, Angioneurotic headache, Hypocalcemia convulsion ● Sciatica pain, Urticaria, Psoriasis ● Allergic rhinitis, Serous retinopathy	**Modern Research** ● Hematopoiesis-promoting ● Immune-regulating ● Anti-blood-agglutination ● Myometrium-regulating ● Anti-anoxia ● **Case Study** ● A 35 y-o female asks for tx for her 9-14 days late menstruation with clots and dark-red flow secondary to her abortion 2 years ago. Other sx: premenstrual cramping that worsen with pressure and better with the passage of clots. The menstrual flow is off and on for about 10 days. Poor concentration, poor memory, low sexual drive ● A purple-edged tongue with thin white coating; a thready pulse with deep and weak in Chis. ● Dx: ● Tx: ● **Think & Review** ●

Rank	**Herb**	**Amount**	**Properties**	**Channels**	**Notes**	
Chief	Shu Di Huang	9-21	Sweet, warm; Lr, K, Ht	LV, KD, HT	Nourishes yin of the blood, tonifies LV and KD. Greasiest, hardest to digest plant. Nourish blood	Nourish yin of blood
Deputy	Bai Shao	9-15	Bitter, sour, cool; Lr, Sp	LV, SP	Tonifies blood, nourishes and preserves yin. With shu di-strong blood tonic	
Assistant	Dang Gui	9-12	Sweet, acrid, bitter, warm	HT, LV, SP	Tonifies and invigorates blood. Nourishes yang of blood	Nourish yang & Qi of blood
Envoy	Chuan Xiong	3-6	Acrid, warm	LV, GB, PC	Invigorates blood and moves qi of the blood, alleviates pain by releasing constraint Lr qi	

Modifications			
+ dang shen, huang qi	With qi xu	+ huang qin, dan pi, sheng di; - shu di	Blood xu with heat
+ tao ren, hong hua, chi shao; - bai shao	With blood stasis	+ xiang fu, yan hu suo, ji xue teng	Dysmenorrhea due to blood xu and blood stasis
+ rou gui, pao jiang, wu zhu yu	Blood xu with cold		

Related Formula			
New formulas	**Based on si wu tang**	**Indications**	
Tao Hong Si Wu Tang [桃红四物汤]	+ Tao Ren, Hong Hua	Early menses with dark clots & abdominal pain	Pair to move & invigorate blood
Jiao Ai Tang [胶艾汤] (Jin Gui Yao Lue)	+ E Jiao, Ai Ye, Gan Cao	Chong & Ren xu/injury: uterine bleeding, incomplete or threatened miscarriage, postpartum weakness	E Jiao: Tonify blood & stop bleeding at same time Real Ai Ye: very warm Coldness whenever there is damage E Jiao + Ai Ye: Really good to treat gynecological bleeding, nourish uterus, fetus Extra meridians [Enter Chong & Ren]
Bu Gan Tang [补肝汤]	+ Suan Zao Ren, Mu Gua [Enter LV], Zhi Gan Cao	LV Blood & Yin Xu: muscle twitches, numbness, blurred	Mu gua: for muscles [charley horse]
Sheng Yu Tang [圣愈汤] (Yi Zong Jin Jian)	+ Ren Shen, Huang Qi	Qi & blood xu: early menses with excessive light-red blood, general weakness, fatigue, achy low abdomen preference to pressure, pale tongue, frail pulse	Add Qi tonics

Dang Gui Bu Xue Tang [当归补血汤] (Danggui Decoction To Tonify The Blood) Source: Nei Wai Shang Bian Huo Lun

- **Actions**: Tonifies Qi, Generates Blood.
- Preparation and administration: decoction, taken with an empty stomach, bid-tid.
- **Ratio: Huang Qi: Dang Gui 5:1** [Can't tonify blood without tonifying Qi] Qi is very important to tonify blood
- Postpartum soup: chicken cooked with huang Qi & dang gui

- **Indications**: Consumptive fatigue (lao juan) [劳倦内伤] (kind of blood xu from injury to yuan qi 原气) hot sensation in muscles, red face, irritability, thirst, with a preference for warm beverages; or difficult-to-heal wounds & skin lesions
- T: pale, P: flooding, large, & deficient pulse, forceless when pressed hard.
- Also fever and headache due to loss of blood during menstruation or postpartum
-

Applications

- Consumptive Fatigue: low fever, slight sweating, thirst for warm beverages, and deficient (large) pulse.
- Leukopenia
- Thrombocytopenic purpura
- Bone marrow suppression due to chemo/radio therapy
- Functional uterine bleeding
- Neurasthenia
- Menopausal Syndrome
- Male infertility
- Allergic purpura
- Anemia
- Long-term Bi

Modern Research

- Blood-tonic
- Anti-anoxia
- Cardiac muscle-protecting
- Coagulation-inhibiting
- Immune-boosting
- Liver-protecting
-

Case Study

- A 44 y-o female looks for a support for her radiotherapy post the chemotherapy due to a breast cancer. Sx: low energy, a chest skin and muscles burning sensation, a flushed face, thirst, irritability, reduced appetite.
- Purplish-red chest skin.
- A pale and slightly flabby tongue with thin white coating; a soft and large pulse, weaker upon pressure.
- Dx:
- Tx:
-

Think & Review

- What is the most commonly used Ob-Gyn herb in CHM? Why?
  - Dang Gui: both functions nourish blood, tonify Qi
- Dang gui bu xue tang is a good example in which blood is nourished through tonifying qi. Have you found a vice versa example in a qi-tonifying formula?
- 3. Please compare the fever in dang gui bu xue tang and bai hu tang
  - Blood deficiency [not very high]
  - Febrile disease [very high]

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Huang Qi	30	Sweet, slightly warm; Sp, Lu		Strongly tonifies LU & SP Qi to reinforce the blood source
Deputy	Dang Gui	6	Sweet, acrid, bitter, warm; Ht, Lr, Sp		Tonifies and invigorates blood. A most common-used ob-gyn herb

Modifications			
+ cong bai, sheng jiang, da zao, dan dou chi	Menstrual and postpartum HA, fever due to EPI invasion	+ jin yin hua, gan cao	Intractable ulcerated sores with toxin and xu
+ hui niu xi, jiang can	Allergic purpura	+ e jiao, shan zhu yu, duan long gu	Persistent bleeding due to qi xu from blood loss

Related Formula			
New formulas	**Based on dang gui bu xue tang**	**Indications**	
Huang Qi Dang Gui San [黄芪当归散] (Yi Zong Jin Jian)	+ Ren Shen, Bai Zhu, Bai Shao, Gan Cao, Da Zao, Sheng Jiang	Lao lin (chronic UTI): frequent urination with dripping, worsen with exertion	
Tou Nong San [透脓散] (Wai Ke Zheng Zong)	+ Chuan Xiong, Chuan Shan Jia, Zao Jiao Ci	Chronic abscesses w/o heads which produce pus but do not readily perforate to discharge the pus	Drive the pus away Chronic infections

Chapter 7: Formulas That Tonify the Qi and Blood [气血双补]	
● Concurrent qi and blood xu – light-headedness, sob, palpitations, fatigue (often with insomnia or other signs of restlessness), a sallow complexion ● pale tongue with thin white coating, a deficient and thin pulse.	● Treated with formulas that tonify both qi and blood

Ba Zhen Tang [八珍汤] (Eight-Treasure Decoction) Source: Zheng Ti Lei Yao

- **Actions**: Tonifies & Augments Qi & Blood.
- Preparation and administration: cook with 3 slices of sheng jiang and 2 pieces of da zao, taken before meals, bid-tid.
- Postpartum ladies: Don't exercise right after birth, miscarriage, abortion □ need to wait until tendons & ligaments have time to return to normal [wait at least 40 days to 3 months]

- **Indications**: Pallid or sallow complexion, palpitations with anxiety that may be continuous, reduced appetite, SOB, laconic speech, easily-fatigued extremities, light-headedness and/or vertigo
- T: pale with white, thin coating
- P: either thin & frail or large, deficient, and without strength

Applications
- almost any case where both qi and blood are deficient
- Leukopenia
- Uterine bleeding
- Chronic atrophic gastritis
- Chronic hepatitis
- Post-stroke paralysis
- Anemia
- Neurapathy
-

Patent
- Ba zhen wan
- Nu ke ba zhen wan
- Ba zhen yi mu wan
- Shi quan da bu wan
- Yang ying wan
- Eight Treasures
- Women's Precious

Case Study
- A 29 y-o postpartum female looks for help for her lack of milk, no sex drive, falling of pubic hair and armpit hair, anemia, puffy and pale face, reduced appetite, generalized weakness. She was diagnosed as Sheehan's Syndrome 5 months ago.
- A pale and thin tongue with white coating; a large and deficient pulse. You noticed her pale nails while taking pulse.
- Dx:
- Tx:
-

Think & Review
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Ren Shen	6-9			Tonify qi and nourish blood
	Shu Di Huang	15-18			
Deputy	Bai Zhu	9-12			Help ren shen - Strengthen Sp, dry/leach-out damp
	Fu Ling	9-15			
Deputy	Dang Gui	12-15			Help shu di - Nourish blood
	Bai Shao	9-15			
Assistant	Chuan Xiong	6-9			Invigorates blood and moves qi
Assistant	Zhi Gan Cao	3-6			Augments qi, harmonizes the middle jiao
	Sheng Jiang				Regulate between ying qi and wei qi, promote the absorptive function of Sp
	Da Zao				

Modifications			
+ zhi ke, hou po, mu xiang	Gastric and abdominal fullness/distention		
+ sha ren, shan zha, mai ya, shen qu	Poor appetite, food stagnation		
+ shan yao, yi yi ren, che qian zi	Diarrhea, edema		
- chuan xiong + huang qi, wu wei zi	Chronic leakage from xu		

Related Formula			
New formulas	**based on ba zhen tang**	**Indications**	
Ba Zhen Yi Mu Wan [八珍益母丸] (Jing Yue Quan Shu)	+ Yi Mu Cao, Honey	Qi & blood xu with blood stasis leading to irregular menses, red & white vaginal discharge	
Shi Quan Da Bu Tang [十全大补丸] (Tai Ping Hui Min He Ji Ju Fang)	+ Huang Qi, Rou Gui [Warm Formula]	Qi & blood xu with a predominance of deficient qi tending toward cold: consumptive diseases	Chronic fatigue Fibromyalgia
Ren Shen Yang Ying Tang [养营] (Tai Ping Hui Min He Ji Ju Tang)	- Chuan Xiong + Huang Qi, Chen Pi, Rou Gui, Wu Wei Zi, Yuan Zhi	Qi & blood xu with shen disturbance: palpitations, forgetfulness…	Shen lost spirit □ wandering
Tai Shan Pan Shi San [泰山盘石散] (Jing Yue Quan Shu)	Ren Shen, Huang Qi, Xu Duan, Huang Qin, Chuan Xiong, Shu Di, Bai Shao, Bai Zhu, Zhi Gan Cao, Sha Ren, Nuo Mi	Qi & blood xu with restless fetus or signs of threatened miscarriage in pregnant women	Huang Qin + Sha Ren: Anchor, calm down fetus
Chang Ning Tang [肠宁汤] (Fu Qing Zhu Nu Ke)	Dang Gui, Shu Di, Ren Shen, Mai Dong, E Jiao, Shan Yao, Shu Duan, Rou Gui, Gan Cao	Postpartum abdominal pain (better with pressure □ deficiency) due to loss of blood	Chang = intestines Tonify lower jiao

Gui Pi Tang [归脾汤] (Restore The Spleen Decoction) Source: Ji Sheng Fang

- **Actions**: Augments Qi, Tonifies Blood, Strengthens Spleen, Nourishes Heart.
- Preparation and administration: coarsely grind herbs, take in 12-15g doses as a draft with 5 pieces of sheng jiang, 3-5 pieces of da zao. Decoction.
-

- **Indications**: Long-term excessive deliberation or obsessive behavior (Overuse of brain) injures both (SP) qi & (HT) blood [forgetfulness, palpitations (w or w/o anxiety), insomnia, dream-disturbed sleep, anxiety and phobia, feverishness/night sweating, withdrawal, reduced appetite, pallid and wan complexion; or early menstruation with copious, pale blood or prolonged, almost continuous periods with little flow
- T: pale with thin, white coating, P: thin, frail

Applications

- 1. Qi and blood xu; 2. Restless Ht spirit; 3. Inability of SP to control Blood
- Uterine bleeding, Tired eye
- Allergic purpura, Skin itchiness
- CFS [Chronic Fatigue Syndrome]
- Supraventricular tachycardia
- Chronic anemia, Aplastic anemia, Chronic benzolism (benzene poisoning)
- Myasthenia gravis, Intractable insomnia
- Chronic hepatitis B, Hyperthyroidism
- Arrhythmia due to CHD, Menopausal sx

Patent

- Gui pi wan
- Gui pi teapills
- Heart Spirit
- Shen-Gem
- Gather Vitality
-

Modern Research

- Anti-shock
- Anti-peptic ulcer
- Memory-improving
- Cns-regulating
-

Case Study

- A 42 y-o male asks for tx for his insomnia with reduced memory, light-headedness, and tiredness. He also has occasional palpitations, poor appetite, loose stools, headaches. He has just finished a huge project in which was a chief engineer. He visited his GP who thought he got CFS and depression.
- A pale and flabby tongue with thin, white coating; a weak and deep pulse.
- Dx:
- Tx:

Think & Review

-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Ren Shen	3-6			Tonify SP & Qi
Deputy	Huang Qi	9-12			Tonify SP & Qi, Blood
Assistant	Bai Zhu	9-12			Tonify SP & Qi, Regulates qi, revive SP
Envoy	Fu Shen	9-12	sweet, sour, neutral	HT, SP, LV, GB	Calm spirit, nourish HT, reinforce SP
	Suan Zao Ren	9-12	sweet, sour, neutral	HT, SP, LV, GB	
	Long Yan Rou	9-12			Tonifies blood, calms spirit
	Mu Xiang	3-6			Regulates qi, revive SP
	Zhi Gan Cao	3-6			Tonify SP & Qi
	Dang Gui	6-9			Tonify blood
	Zhi Yuan Zhi	3-6	bitter, acrid, warm	HT, KD, LU	Calm spirit, nourish HT, reinforce SP
	Sheng jiang, da zao				Regulate ying & wei, improve SP

Modifications		Ren shen, huang qi, bai zhu, zhi gan cao	Tonify SP & Qi
+ ai ye, pao jiang	Uterine bleeding/spotting with cold	Huang qi, dang gui	Tonify blood
+ sheng di, e jiao	Uterine bleeding with heat	Long yan rou (sweet, warm; Ht,Sp)	Tonifies blood, calms spirit
+ e jiao, he shou wu, lu jiao jiao	Subcutaneous bleeding	Fu shen, suan zao ren (sweet,sour,neutral; Ht,Sp,Lr,GB), zhi yuan zhi(bitter,acrid,warm;Ht,K,Lu)	Calm spirit, nourish Ht, reinforce SP
+ shan zhu yu, duan long gu, duan mu li	Excessive bleeding	Bai zhu, Mu xiang (acrid,bitter,warm;Sp,St,LI,GB)	Regulates qi, revive SP
		Sheng jiang, da zao	Regulate ying & wei, improve SP

Related Formula			
formula	**ingredients**	**indications**	
Gu Ben Zhi Beng Tang 固本止崩丸 (Fu Qing Zhu Nu Ke)	Shu Di Huang, Bai Zhu, Ren Shen, Huang Qi, Dang Gui, Pao Jiang	SP Qi Xu unable to control blood: sudden, severe uterine bleeding/persistent bleeding	

Zhi Gan Cao Tang [炙甘草汤] (Honey-Fried Licorice Decoction) Source: Shang Han Lun [ZZJ Formula] [Fu Mai Tang: Recover Irregular Pulses]

- **Actions**: Augments Qi, Nourishes [HT] Blood, Enriches Yin, Restores Pulse. [Nourishes HT Blood]
- Preparation and administration: decoct with 10 ml of rice wine added at the end, e jiao dissolved in strained decoction, taken tid.
- **Treats Irregular Pulses [Gives the HT a boost]**
- **Make taste like Coke . . . Not Pepsi, Coke.**

- **Indications**: Qi & blood xu due to consumptive conditions [HT Qi & Blood Xu] palpitations with anxiety, irritability, insomnia, emaciation, sob, constipation, a dry mouth and throat **Thinking too much Internally consumes the Heart blood** [Contraindiacated for patients with high blood pressure or diabetes],
- T: pale, shiny tongue,
- P: consistently irregular, slow-irregular, or thin, faint, and forceless.
-
- PTSD: HT shen disturbed Nourish HT Blood [Mother is nourishing (HT Blood)]

Applications

- 1. irregular pulses (slow-irregular 结*jie*-knotted, consistently-irregular 代 *dai*-intermittent) – this formula is also called *fu mai tang* (restore the pulse decoction复脉汤); 2. Lung atrophy肺痿 – dry coughing/of blood-streaked sputum, emaciation, sob, insomnia, irritability, sweating, dry throat/tongue
- Arrhythmia [Irregular pulses Unknown reason]
- Coronary heart disease/angina pectoris [Mild cases]
- Mitral stenosis, Emphysema
- Neurasthenia, Hyperthyroidism
- Viral myocarditis, Hypotension, Senile bradycardia
- Late stage pulmonary tuberculosis

Patent

- Zhi gan cao tang teapills
-

Modern Research

- Anti-arrhythmia
- Myocardium-protecting
- Myocardiocellular DNA & myocardio-cytoplasm-protein-synthesis promotion
-

Case Study

- A 21 y-o female complains of palpitations, sob, thirst, chest fullness, irritability, fatigue, light-headedness secondary to a flu-like bug last month.
- A dusky tongue with little coating; a thin, slow, and irregular pulse.
- She seems hearing from the nurse about that she had a viral myocarditis. So a good rest and nutrients is necessary.
- Dx:
- Tx:

Think & Review

- Please compare gui pi tang with zhi gan cao tang.
- Please compare gui pi tang with bu zhong yi qi tang.
- Please compare gui pi tang with shi quan da bu tang.
- What is the paired-herb to calm restless fetus in tai shan pan shi san?
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Zhi gan cao	12	sweet,warm	HT, SP	Tonifies qi, nourishes Ht blood with large dosage
Deputy	Ren shen	6			Help chief in tonifying qi and blood
Assistant	Gui zhi	9			
	Sheng di	24		HT, KD, LV	Nourish yin and blood, connect HT with KD [Water & Fire Balance]
	Mai dong	9			Nourish yin and blood, connect HT with KD [Water & Fire Balance]
	E jiao	6		LU, KD, LV	Makes very strong [Nourish blood & stop bleeding] Nourish yin and blood, connect HT with KD [Water & Fire Balance]
	Huo ma ren	9			Nourish yin and blood, connect HT with KD [Water & Fire Balance]
	Sheng jiang	9			
	Da zao	5-10 PC			Help chief in tonifying qi and blood

Modifications		Zhi gan cao(sweet,warm;Ht,Sp)	Tonifies qi, nourishes Ht blood with large dosage
- huo ma ren	Loose stools	Ren shen, da zao	Help chief in tonifying qi and blood
+ suan zao ren, bai zi ren	insomnia	Sheng di(Ht,K,Lr), mai dong, e jiao(Lu,K,Lr), huo ma ren	Nourish yin and blood, connect HT with KD [Water & Fire Balance]
+ long chi, hu po	Severe palpitations	Gui zhi, (ren shen) [Open meridians, especially heart]	Unblock HT qi flow powerfully Add more Yang Qi into meridians to pop open the blockages
+ fu ling, che qian zi	edema	Sheng jiang, da zao	Regulate ying & wei, harmonize the middle jiao

Related Formula			
New formula	Based on zhi gan cao tang	indications	
Jia (+) Jian (-) Fu Mai Tang **[加减复脉汤]** (Wen Bing Tiao Bian)	- ren shen, gui zhi, sheng jiang, da zao, rice wine + bai shao	Yangming-fu in which purging has removed heat, but has also depleted yin-fluids: fever, red face, heat in palms and soles, dry mouth & tongue, large, deficient pulse.	

Formulas That Warm and Tonify the Yang [补阳]	
● Kidney yang xu – soreness and weakness of the lower back and lower extremities, a sensation of cold, or aversion to cold, cold extremities, withdrawal into oneself, systemic exhaustion, or emaciation; impotence, spermatorrhea, watery leukorrhea, enuresis, frequent and copious urination, wheezing, daybreak diarrhea, and wasting and thirsting disorder; a pale tongue, a deep and frail pulse, pronounced at right Chi.	● Treated with formulas that warm and tonify K yang, which contain both yang-tonics and yin-tonics as well. ●

Jin Gui Shen Qi Wan [金匮肾气丸] (Kidney Qi Pill From The Golden Cabinet) **Source**: Jin Gui Yao Lue

- **Actions**: Warms & Tonifies KD Yang. [Classic KD Yang tonic]
- Preparation and administration: grind the herbs into powder, form into small pills with honey. Take 9-15g of the pills, bid, with warm water. Decoction with dosage of the herbs decreased by a factor of ten.
- Make decoction get rid of zero
- Without Zhi Fu Zi & Gui Zhi, it's a yin tonic These make it a yang tonic
- If Fire leaves KD & starts floating up, use Rou Gui instead of Gui Zhi to anchor KD Yang
- Tonify 3 Yin channels: KD, LV,

- **Indications**: Kidney yang xu (classic presentation) [lower back pain, weakness of lower extremities, cold sensation in lower half of body, tenseness in the lower abdomen; urinary difficulty with edema, or excessive urination
- T: pale, swollen tongue with a thin, white, and moist coating; an
- P: empty/frail pulse, deep & faint at Chi positions.

Applications
- classic K yang xu with insufficient fire at the Mingmen.
- Deficient fire floating up (replace gui zhi with rou gui)
- Water fluids metabolism disruption due to K yang qi xu
- Chronic glomerulonephritis [proteinuria] (KD not strong enough to hold essence [protein is essence] because KD Qi is too weak to hold)
- Chronic UTI
- CFS
- hypothyroidism
- Senile urinary incontinence [Can take up to 6 months for it to start working]
- Chronic asthma
- Nephropathy from diabetes mellitus
- Infantile enuresis
- Senile cataracts

Patent
- Jin gui shen qi wan
- Ji sheng shen qi wan
- Golden Book Teapills
- Dynamic Warrior
- Rehmannia 8

Modern Research
- Anti-early-aging
- Immune boosting
- Lipometabolism-promoting
- Cardio-tonic
- Hypertension-inhibiting
- Hypoglycemic
-

Case Study
- A 62 y-o female asks for help with her urinary incontinence. She tells us that the accidents occur more often (from 1-2 time to 4-5 times per day), better with rest, worse with exertion. Other sx: sob, reduced energy, weak lower limbs, achy low back.
- A slightly pale and flabby tongue with a thin, white and moist coating. A deep and xu pulse, pronounced at Chi positions.
- Dx:
- Tx:
-

Think & Review
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Shu Di Huang	240			3 tonics, tonify, strengthen & replenish KD, LV, SP
Deputy	Shan Zhu Yu	120			
Assistant	Shan Yao	120			
	Zhi Fu Zi	30	acrid, sweet, hot, poisonous		tonifies source fire,dispels cold, eliminates damp
	Gui Zhi	30	acrid, sweet, warm		Warms meridians, benefits joints, unblock vessels
	Ze Xie	90			
	Fu Ling	90			
	Mu Dan Pi	90			

Modifications			
Shu di, shan zhu yu, shan yao	3 tonics, tonify, strengthen & replenish K, Lr, Sp	+ du zhong, gou qi zi	Sore LB, weak lower limbs
Ze xie, mu dan pi, fu ling	3 drains, regulate & strengthen K, Lr, Sp	+ yin yang huo, bu gu zhi	Low sex drive
Zhi fu zi (acrid, sweet, hot, poisonous; Ht, Sp, K)	tonifies source fire,dispels cold, eliminates damp	+ rou gui; - gui zhi	Stronger K-warming effect
Gui zhi (acrid, sweet, warm; Lu, UB)	Warms meridians, benefits joints, unblock vessels	+ bu gu zhi, lu rong, ba ji	Clear, frequent, copious urination with emaciation
		+ wu wei zi	Night urination

Related Formula			
formulas	**ingredients**	**indications**	
Ji Sheng Shen Qi Wan [济生肾气丸]	Jin gui shen qi wan + chuan niu xi, Che qian zi (promotes urination)	Edema due to KD Yang Xu	
Shi Bu Wan [十补丸] **[Shi = 10, Universal, Tonify Everything]**	Fu zi, wu wei zi, rou gui, shu di, shan zhu yu, shan yao, lu rong, ze xie, dan pi, fu ling	KD Qi & Essence Xu: dark complexion, cold & edematous lower extremities, tinnitus, hearing loss, emaciation, weak legs and knees, urinary difficulty, LBP	KD is totally down [Yin, Yang, Qi, Essence]

You Gui Wan (Restore The Right Kidney Pill) Source: Jing Yue Quan Shu

- **Actions**: Warms & Tonifies KD Yang, Replenishes Essence & Marrow, Tonifies Blood. [Restore KD Function]
- Preparation & administration: grind the ingredients into fine powder, from into pills with honey. Take 9-15g, bid or tid, with warm water. May also be prepared as a decoction with an appropriate reduction in the dosage of the ingredients.
- Analysis of formula you gui wan
  [*jin gui shen qi wan*–3 drain + lujiaojiao, gouqizi, tusizi, duzhong, danggui]

- **Indications**: KD yang xu with waning of Mingmen fire [exhaustion from long-term illness, aversion to cold, coolness of the extremities, impotence, spermatorrhea; or aching, weakness of lower back & knees. Also infertility, loose stools (sometimes with undigested food particles), incontinence, and edema of the lower extremities
- T: pale with white coating, P: deep and slow
- Can't stand anymore, have to use walker [KD deficiency Restore KD Yang Qi]

Applications
- K yang xu with Mingmen fire waning; or K yang xu with essence and blood xu
- Chronic bronchitis
- Male infertility
- Osteoporosis
- Oligospermia/spermacrasia
- Aplastic anemia (aregenerative anemia)
- Senile primary frequent night urination
- Nephrotic syndrome

Patent
- You gui wan
- Warm the Mansion
- Essential Yang Formula
- Right Side Replenishing Teapills

Modern Research
- Immune-boosting
- Anti-oxidant
- Testosterone-promoting
- Anti-early-aging

Case Study
- A 57 y-o male looks for Tx of poor sleep due to frequent urinations at night(3-5 times/night). Other sx: weak urine stream with dripping, cold limbs, pronounced in lower limbs, low sex drive,or premature ejaculation. Western Dx: benign hyperplasia of prostate.
- A dusky tongue with thin white coating; a deep and weak pulse.
- Dx:
- Tx:

Think & Review
- **Please compare *jin gui shen qi wan* with *you gui wan*. Why are they respectively called as "kidney qi" pill and "restore right kidney" pill?**
- **Compare *you gui wan* with *you gui yin*. Which formula is stronger in K-yang-tonifying?**
- **Please analyze the relationship of yin and yang *in liu wei di huang wan* & *you gui wan***

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Zhi Fu Zi	60-180			
	Rou Gui	60- 120			
	Lu Jiao Jiao	120			Enters into the Du Mai
Deputy	Shu Di	240			3 yin tonics: produce yang from yin
	Shan Zhu Yu	90			
	Shan Yao	120			
	Gou Qi Zi	120			
Assistant	Tu Si Zi	120			
	Du Zhong	120			
	Dang Gui	90			

Zhi fu zi, rou gui, lu jiao jiao	Acrid,sweet,hot; K Sweet,warm; K, Lr	Warm and tonify K yang; Replenish essence & marrow (flesh & blood nature)	
Shu di, shan zhu yu, shan yao	3-tonic: produce yang from yin	Nourish K yin, tonify Lr & Sp – promote essence generation	Don't have enough essence,
Gou qi zi, tu si zi, du zhong	Acrid, sweet; neutral/warm; Lr,K	Tonify Lr & K, strengthen LB & Knees	Fortify lower jiao
Dang gui	Sweet, acrid, bitter, warm; Ht,Lr,Sp	Nourishes and tonifies blood	Blood tonic [Yin herb]
Modifications			
+ ren shen	With qi xu	+ gan jiang	Reduced appetite, poor digestion
+ bu gu zhi	Diarrhea, nocturnal emission	+ wu zhu yu	Abdominal pain
+ wu wei zi, rou dou kou	5 am diarrhea		

Related Formula			
formula	**Based on you gui wan**	**indication**	
You Gui Yin [右归饮] (Jing Yue Quan Shu)	- lu jiao jiao, tu si zi, dang gui; + zhi gan cao	**KD yang xu with feebleness & exhaustion**: abdominal pain, sore low back, cold extremities, thin pulse. **True cold with false heat**	Very young (60 years old)
Er Xian Tang [二仙汤] [2 Xian] (Two-Immortal Decoction) (Fang Ji Xue) [Yin Yang Huo Nickname: Xian Ling Pi]	Xian mao 9-15 Yin yang huo 9-15 Ba ji tian 9 [KD Yang tonic] (acrid, sweet, warm (almost neutral); Lr, K) Dang gui 9 Zhi mu 4.5-9 Huang bai 4.5-9	**Both KD yin & yang xu with xu fire flaring-up and Chong & Ren disharmony**: menopause sx and menopausal **hypertension** . Irregular menses, hot flushes/ aversion to cold, sweating, nervousness, fatigue, lassitude, mood swings, irritability, insomnia, palpitations, urinary frequency	Hypertension during menopause or during pregnancy [safe] Menopause: Chong & Ren deficient Balance KD Yin & Yang [Both slightly warm] Very mild formula

Formulas That Nourish and Tonify the Yin [补阴]	
● (True) Yin xu – tidal fever with malar flush, irritability, heat in the five centers, night sweats, insomnia, spontaneous emissions, light-headedness, vertigo, soreness and weakness of the lower back and legs, emaciation, dry/withered complexion, dry throat and mouth, dry stools, scanty and dark-yellow urine; a thin and red tongue with little or no coating, a rapid, thin pulse	● Treated with formulas that contain yin-nourishing ingredients (but also rich and cloying), and qi/fluids-moving ingredients (to prevent the formulas from clogging the body's digestion and water metabolism) ●

Liu Wei Di Huang Wan [六味地黄丸] (Six-Ingredient Pill With Rehmannia) Source: Xiao Er Yao Zheng Zhi Jue

- **Actions**: Enriches Yin, Nourishes Kidneys.
- Preparation and administration: grind the herbs into powder and form into pills with honey, taken in 9g doses, tid.
- Decoction with 1/10 [get rid of zeros]
- Developed for kids
- 3 pairs: Very balanced, tonify without cloying, draining without damaging the good Qi Good for old people starting to go downhill
- Wu Wei Zi: Very strong in vitamin B, good for insomnia, lack of focus

- **Indications**: KD & LV Yin Xu [soreness and weakness in lower back, light-headedness, vertigo, tinnitus, diminished hearing, night sweats, spontaneous and nocturnal emissions; hot palms and soles, chronic dry and sore throat, toothache, or wasting and thirsting disorder
- Emotional, mental, spiritual weakness [Kids, middle aged ladies, etc.]
- T: red tongue with little coating, P: rapid, thin pulse.

Applications
- classic K(Lr) yin xu sx; K yin xu in children characterized by an open anterior fontanel, lack of spirit, a shiny, pale complexion; steaming-bone sx
- Hypertension, Diabetes, Hyperthyroidism
- Chronic glomerulonephritis, neurasthenia, Arrhythmia
- Chronic renal failure, Optic nerve atrophy, Central retinitis
- Optic neuritis, Chronic prostatitis
- Chronic laryngitis, Side-effects from chemotherapy

Patent

- Liu wei di huang wan
- Zhi bai di huang wan
- Zhi bai ba wei wan
- Qi ju di huang wan
- Mai wei di huang wan
- Ming mu di huang wan
- Er long zuo ci wan
- Astra Essence
- Eight Immortals
- Strengthen the Root
- Nourish the Root
- Quiet Contemplative
- Nine Flavor Tea
- Replenish Essence
- Brighten the Eyes
- Nourish Essence Form

Modern Research
- Cellular-immunity boost, Anti-cancer
- Anti-hyperlipemia (high blood-lipid)
- Anti-hypertension, Anti-anoxia
- Anti-chemo-side-effects, Liver/kidney protection

Case Study
- A 52 y-o female asks for a tx for her irritability, short-temper, poor sleep with dream-disturbance, hot flushes, night sweats. She also noticed her reduced memory, palpitations, a dry and itchy sensation in the pudendum, and late menses last 3 months.
- A thin and red tongue with little coating; a rapid and thready pulse.
- Dx:
- Tx:

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Shu Di Huang	240	Sweet, slt.warm	LV, KD, HT	Enriches KD yin & essence [Richest herbal tonics (Steak: hard to digest)]
Deputy	Shan Zhu Yu	120	Sour, slt.warm	LV,KD	Nourishes Lr, restrains leakage of essence [LV Yin Xu]
	Shan Yao	120	Sweet, neutral	SP, LU, KD	Stabilizes essence by tonifying Sp [SP Qi Xu]
Assistant	Fu Ling	90	Sweet, bland, neutral	HT, SP, LU	Leaches out damp from SP-paired with shan yao
	Mu Dan Pi	90	Acrid, bitter, cool	HT, LV, KD	Clears and drains LV fire-paired with shan zhu yu
	Ze Xie	90	Sweet, bland, cold	KD, UB	Clears and drains KD fire-paired with shu di

Modifications			
+ zhi mu, xuan shen, huang bai	Yin xu with fire	+ lian zi, qian shi, more shan yao, fu ling; - less shu di	With loose stools
+ bai zhu, sha ren, chen pi	With Sp xu and qi stagnation	+ sheng di - shu di	Severe yin-fluids depletion with heat signs

Related Formula			
New formulas	**Based on liu wei di huang wan**	**Indications**	
Du Qi Wan都气	+ wu wei zi 6g	KD yin xu: wheezing with exertion, hiccups	
Qi Ju Di Huang Wan杞菊	+ gou qi zi 9g, bai ju hua 9g	Lr & K yin xu: diminished visual acuity, photophobia, tearing upon drafts	
Zhi Bai Di Huang Wan (Zhi Bai Ba Wei八味 Wan) 知柏	+ zhi mu 6g, huang bai 6g	Yin xu with vigorous fire, steaming bone sx, consumptive heat:night sweats… UTI from d-h	Er Xian [One of favorite formulas] Good for yin deficient heat in menopause
Mai Wei麦味 **Di Huang Wan** (Ba Xian Chang Shou Wan八仙长寿)	+ mai dong 9g, wu wei zi 6g	Lu & K yin xu:coughing (of blood), wheezing, tidal fever, night sweats	More yin tonifying function Lot of yin deficient symptoms
Ming Mu Di Huang Wan明目	+ sheng di, chai hu, dang gui, wu wei zi, fu shen; - fu ling	Lr & K yin xu: blurry/diminished vision	Stronger in tonifying LV/KD yin Stronger than Qi Ju Di Huang Wan
Er Long Zuo Ci Wan耳聋左慈	+ ci shi, shi chang pu, wu wei zi	K & Lr yin xu: continuous, cicada-like tinnitus worsen at night, hearing loss, insomnia, vertigo with blurry vision. Senile hearing loss	
Ba Wei Di Huang Wan八味	+ wu wei zi, zhi huang qi	Yin xu: postpartum continuous sweating	

Zuo Gui Wan (Restore The Left-Kidney Pill) Source: Jing Yue Quan Shu

- Get rid of draining, keeps tonics
- **Actions**: Nourishes KD Yin, Supplements Essence, Benefits Marrow.
- Preparation and administration: grind the ingredients into powder and form into pills with honey, take in 9-15g doses bid with salted water or warm water.
- Severe KD deficiency, very dry, lost memory, forgetful, hot flashes, osteoporosis, strengthens lower back [Du Mai empty]
- **Stronger than Liu Wei Di Huang Wan [Yin & Essence Tonic]**
  - **Tonify yin from yang [Tu Si Zi, Lu Jiao Jiao]**

- **Indications**: True yin xu [light-headedness, vertigo, tinnitus, soreness and weakness in the lower back and legs, spontaneous and nocturnal emissions, spontaneous and night sweats, dry mouth and throat, thirst]
- T: red, shiny, P: thin or thin rapid

Applications
- True yin and essence xu, bone marrow emptiness; early aging, early degeneration
- Aplastic anemia
- Polyneuritis
- Male sexual dysfunction
- Uterine bleeding
- Amenorrhea
- Periodontal diseases
-

Patent
- Zuo gui wan
- Cong rong bu shen wan (rou cong rong, shu di, tu si zi, wu wei zi)
  - KD Yin & yang Xu, but no significant heat/cold symptoms
  - Evenly tonify yin & yang □ Focus on KD Essence
- Fertile garden
- Zuo gui teapills
-

Modern Research
- Endocrine-regulating (estrogen, progestogen, testosterone)
- Nonspecific immunity boost
-

Case Study
- A 31 y-o female suffers from weight loss, low energy, and no menstruation. She has lost 25 pounds in 8 months and still losing. The mentrual flow was late and scanty for 3 months, and has been no bleeding at all for 4 months. Other sx: low sex energy, poor digestion, dry throat and mouth. Oh, she converted to a vegan and started eats a lot of raw food one year ago.
-

Think & Review
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Shu Di Huang	24	Sweet, slt.warm		Nourishes and supplements true yin
Deputy	Shan Zhu Yu	12			Help in tonifying LV yin, Sp qi, K(Lr) yin
	Shan Yao	12			
	Gou Qi Zi	12			Help in tonifying Lr yin, Sp qi, K(Lr) yin, KD blood tonic [KD Yin & Yang both]
Assistant	Chuan Niu Xi	9	**Sweet, bitter, neutral**	LV, KD	Help in tonifying LV & KD, strengthen LB & knees, tendons and bones Tu Si Zi: Tonify yang
	Tu Si Zi	12	**Sweet, acrid, neutral**	LV, KD	
Envoy	Lu Jiao Jiao	12			Tonifies and fortifies K yang, benefits essence & blood, **tonifies Du Mai**
D/E	Gui Ban Jiao	12			Nourishes yin, settles yang, tonifies Ren Mai

Shu di	Sweet, slt.warm; Lr, K, Ht	Nourishes and supplements true yin	
Shan zhu yu, shan yao, gou qi zi (sweet, neutral; Lr, K)	Focuses respectively on Lr, Sp, K(Lr)	Help in tonifying Lr yin, Sp qi, K(Lr) yin	Gou Qi Zi: KD blood tonic [KD Yin & Yang both]
chuan niu xi,	**Sweet, bitter, neutral;Lr, K**	Help in tonifying LV & KD, strengthen LB & knees, tendons and bones	
tu si zi	**Sweet, acrid, neutral; Lr, K**		
Lu jiao jiao	Sweet, slt.warm; Lr, K, Du	Tonifies and fortifies K yang, benefits essence & blood, **tonifies Du Mai**	Guide effects of KD tonics into small circle
Gui Ban jiao	Sweet, salty, neutral; Lr, K, Ren	Nourishes yin, settles yang, tonifies Ren Mai	
Modifications			
+ mai dong, nu zhen zi; - lu jiao jiao	Yin xu with heat/fire		
+ fu ling, ze xie	Difficult/turbid urination		
+ rou cong rong	constipation		
+ bai he	Nonproductive cough		

Related Formula			
formulas	**ingredients**	**indications**	
Zuo Gui Yin [左归饮] (Jing Yue Quan Shu)	Shu di, shan zhu yu, shan yao, gou qi zi, fu ling, zhi gan cao	KD yin xu, mild true yin xu	Between Liu Wei Di Huang Wan &
Da Bu Yuan Jian [大补元煎] (Jing Yue Quan Shu)	**Shu di, shan zhu yu, shan yao**, ren shen, gou qi zi, dang gui, du zhong, zhi gan cao	Severe injury to yuan-source qi and blood [KD & Blood Xu]	Strengthen lower back
Gu Yin Jian [固阴煎] (Jing Yue Quan Shu)	**Shu di, shan yao, shan zhu yu**, ren shen, wu wei zi, tu si zi, yuan zhi, zhi gan cao	KD yin xu with Chong & Ren injury: irregular menses, down-bearing sensation in lower abdomen…	More gynecological symptoms, especially post-partum ladies Wu Wei Zi: Stop bleeding

Da Bu Yin Wan [大补阴丸] (Great Tonify The Yin Pill) Source: Dan Xi Xin Fa

- **Actions**: enriches yin & causes fire to descend.
- Preparation and administration: grind the ingredients into powder, cook with pigs' vertebrae marrow, add honey to form into pills, take in 6-9g doses with salted water, bid. Decoction by reducing the dosage by a factor of 8-10.
- More aromatic to treat yin deficiency caused fire

- **Indications**: Empty fire upward-rising due to LV & KD yin xu [steaming bone disorder (hot flushes, brain not working) with afternoon tidal fever, night sweats, spontaneous emissions, irritability and short-temper, sensation of heat and pain in knees and legs sometimes accompanied by weakness; coughing of blood, constant hunger]
- T: red tongue with little coating, P: rapid and forceful chi pulse.

Applications
- Yin xu with ascendant yang [Lose root/anchor & everything coming up to head]
- Menopausal sx
- Senile/mid-aged insomnia
- Tuberculosis
- UTI
- Hyperthyoidism
- Pyelonephritis
- Epididymitis
- Diabetes mellitus
-

Patent
-

Modern Research
-

Case Study
- A 37 y-o female looks for help for her recurrent frequent, painful and hot urination with reduced energy and low spirit. She has noticed that this problem gets worse each time after intercourse, then treated with antibiotics. It takes about 14 days before it gets better. Other sx: feverish in the afternoons, irritability, thirst with desire to drink cold water, frequent wakeups at night.
- A red-tipped tongue with thin yellow coating; a rapid and soggy pulse.
- She was diagnosed as chronic urinary tract infection years ago.
- Dx:
- Tx:
-

Think & Review
- Please compare da bu yin wan with liu wei di huang wan and zhi bai di huang wan. Chart Compare
- What does it mean – *cultivate the root and clear the source?*
  - Principle in Nei Jing Anchor the yang, make base stronger
  - Higher building needs deeper foundation
  - Longer life, more stable, less suffering Need strong root
  - KD Essence [yin & yang], Lose root Life in trouble
  - Deficient heat disturbing yin Yang floats up [Zhi Mu, Huang Bai]
  - Deficint fire [minister fire] Start from KD Out of balance
  - Clear source & anchor yang
- Compare zuo gui wan with zuo gui yin.
- What roles do *gui jiao* and *lu jiao jiao* play in zuo gui wan?
  - What extra meridian enter?
- How do *three tonics* balance with *three drains* in liu wei di huang wan? NCCAOM 3 pairs
- Why some related formulas do not include all *three drains*?
  - Don't have excess to worry about Focus on yin tonics
  - Severe yin deficiency

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Shu Di Huang	180	Sweet, slt.warm	LV, KD, HT	Enriches/tonifies KD & LV
	Su Zhi Gui Ban	180	Sweet, salty, neutral	LV, KD	Nourishes yin, anchor floating yang [Su Zhi = well cooked]
Deputy	Chao Huang Bai	120	Bitter, cold	KD, UB	Quells KD fire [Chao = stir fried]
	Jiu Chao Zhi Mu	120	Bitter, cold	SP, ST	Clears LU & KD heat, generates fluids [Jiu Chao = stir fried with rice wine]
	Marrow			DU, KD	Tonifies essence/marrow; [Marrow is between essence & yin]
	honey			SP, ST	Moderate bitter, drying nature of huang bai

Modifications			
+ tian dong, mai dong	Severe yi xu		
+ mu li, fu xiao mai	Severe night sweats		
+ jin ying zi, qian shi, sang piao xiao	Spontaneous emissions		
+ bai bu, bei mu, kuan dong hua	Coughing with difficult expectoration		

Related Formula			
formulas	**ingredients**	**indications**	
Zi Shen Tong Guan Wan [滋肾通关丸] (Lan Shi Mi Cang)	Huang Bai 30, Zhi Mu 30, Rou Gui 1.5	Damp-heat in blood level of lower jiao difficult, painful urination/no urination with lower abdomen distention, no thirst	Yin & Yang not connected [gate closed] Restore yin/yang function
Liang Di Tang [两地汤] (Fu Qing Zhu Nu Ke)	Sheng Di 30, Xuan Shen 30, Bai Shao 15, Mai Dong 15, Di Gu Pi 9, E Jiao 9	KD yin xu with empty fire [**early** menses with red, **scanty** & sticky blood, tidal fever, night sweats, dry throat and mouth, red tongue with little coating, thin and weak pulse]	

Hu Qian Wan [虎潜丸] (Hidden Tiger Pill) Source: Dan Xi Xin Fa

- **Actions**: enriches yin, causes fire to descend, strengthens sinews & bones.
- Preparation and administration: grind ingredients into powder, form into pills with wine. Or make into 9g pills with honey, one pill twice with salted/warm water. Or decoction.
- Balanced Can be taken long term

- **Indications**: Atrophy disorder (wei痿) due to LV & KD xu [weakness of lower back & knees, deterioration of sinews & bones with general reduction in function, wasting of the muscles of the legs and feet, difficulty in walking. Xu Heat in LV & KD, and xu of their associated blood and essence. Good for recovery after bone breaks, surgeries.]
- T: Red with little coating, P: thin, frail.
-

Applications
- wei sx from Lr and K xu with empty fire.
- Myasthenia gravis
- Polio sequelae
- Syringomyelia
- Progressive muscular atrophy
- Chronic arthritis, osteoporosis causing deformity [Huang Bai & Zhi mu clear damp heat]
- Sequelae of knee and hip TB
-

Patent
- Jian Bu Hu Qian Wan [Make walk better, make extremities better]

Modern Research
-

Case Study
-

Think & Review
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Jiu Chao Huang Bai	150			Drain fire/dry damp, clear heat
	Jiu Chao Zhi Mu	60			
Deputy	Shu Di Huang	60			Enrich yin, tonify kidney
	Jiu Zhi Gui Ban	120			
Assistant	Bai Shao	60			Nourishes sinews & blood
	Hu Gu (Bobcat Bone)	60			Pair good at strengthening sinews & bones Helps healing of broken bones
	Suo Yang	45			
	Gan Jiang	15			Warm and tonify Sp, St Chen Pi: Regulates middle jiao
	Chen Pi	60			

Modifications			
Huang bai, zhi mu	Drain fire/drying damp, clear heat		
Shu di, gui ban	Enrich yin, tonify kidney	+ shan yao	With Sp xu
Bai shao	Nourishes sinews & blood		
Hu gu, suo yang	A pair good at strengthening sinews and bones		
Gan jiang	Moderates bitter cold nature of huang bai,warm the middle		
Chen pi	Regulates middle jiao		
Chen pi, gan jiang	Warm and tonify Sp, St		

Related Formula			
Hu Qian Wan (Yi Fang Ji Jie)	+ Dang Gui, Hui Niu Xi, Yang Rou (Lamb)	Stronger in nourishing and tonifying blood, strengthening sinews, muscles, and bones	

Er Zhi Wan [二至丸] (Two-Ultimate Pill) Source: Yi Fang Ji Jie	
● **Actions**: Tonifies & benefits KD & LV ● Preparation and administration: grind equal amounts of the herbs into powder and into pills with honey. Taken in 9-15g doses, bid-tid. ● Added into other formulas. ● ● **Indications**: KD & LV yin xu [dry and parched mouth and throat, dizziness and blurred vision, insomnia and dream-disturbed sleep, weakness and soreness of the lower back and knees, or weakness and atrophy of the lower extremities, spontaneous emissions, premature graying or loss of hair] ● T: red, dry, P: thin, deep pulse **Applications** ● elegant combination of 2 herbs, which is widely used both by itself and as an additive to other formulas when Lr and K yin needs to be nourished. It is considered safe and relatively mild. ● Threatened miscarriage ● Functional uterine bleeding ● Chronic nephritis ● Leukopenia ● Purpuric skin dz	**Patent** ● **Modern Research** ● **Case Study** ● **Think & Review** ●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Nu zhen zi		Bitter, sweet, neutral		Enriches KD & LV yin w/o being cloying
Deputy	Han lian cao		Sweet, sour, cool		Nourishes KD & LV yin, benefits essence, cools blood (to stop bleeding)

Modifications			
+ sang shen zi	Sweet, cool; Lr, K	Stronger effect in enriching yin and tonifying blood	

Related Formula			
Sang Ma Wan [桑麻丸] (Yi Fang Ji Jie)	Sang Ye 300 [Best □ Sang Shen: Fruit] Hei Zhi Ma 120 Bai Mi (Honey) 300	Yin xu with dried blood & wind-damp [dizziness, blurred vision, chronic cough, constipation with very dry stools, dry flaky skin accompanied by numbness and Bi]	More often used Honey: Nourish yin, tonify yang

Yi Guan Jian [一贯煎] (Linking Decoction) Source: Xu Ming Yi Lei An

- **Actions**: Enriches Yin, Moves LV Qi.
- Preparation and administration: decoction, taken lukewarm.
- Patients with yin deficiency easily get LV Qi stagnation & Blood stagnation

- **Indications**: LV & KD xu with concurrent LV qi stagnation (with heat) [hypochondriac & chest pain, epigastric and abdominal distention, dry and parched mouth and throat, a bitter taste in mouth, acid regurgitation. Also lumps and nodules due to yin xu and qi stagnation.]
- T: red & dry, P: thin, frail or deficient, wiry.
-
-

Applications
- Hypochondriac and abdominal pain due to yin xu and qi stagnation.
- Chronic hepatitis/cirrhosis with elevated enzymes
- Atrophic gastritis, Hypertension, Restless leg
- Peptic ulcer, CFS, xerophthalmia
- Sjogren's sx, PMS
- Soft tissue injury
- Chronic nephritis
- Recurrent sotmatitis
- Side-effects from radiotherapy
- Pruritus in pregnancy
- Pregnancy-induced hypertension sx

Modern Research
- Liver-protecting
- Anti-fatigue
- Anti-anoxia
- Sedative
- Analgesic
- Anti-inflammatory
- Immune-boost
-

Case Study
- A 38 y-o female wants your help for her sore lower back and weak lower extremities for over 7 years. Other sx: fatigue, reduced endurance, tinnitus, dizziness, no patience. MD Dx: chronic nephritis due to hypertension.
- A red tongue with thin yellow coating; a wiry and slightly rapid pulse.
- Dx:
- Tx:
-

Think & Review
- Please compare hu qian wan with da bu yin wan (both treat yin xu with empty fire).
- Compare Er Zhi Wan & Liu Wei Di Huang Wan (both are elegant, both treat Lr and K yin xu).
  - Er Zhi Wan: small formula
- Compare yi guan jian with si ni san and xiao yao san & **Zi Shui Qing Gan Yi** (all three treat hypochondriac pain from Lr qi stagnation).
  - xiao yao san: with SP Qi xu
  - All: 4 gates for herbs

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Shu Di Huang	18-45	Sweet, slt.warm	LV, KD, HT	Enriches yin
	Gou Qi Zi	9-18	Sweet, neutral	LV, KD	Nourishes blood & yin
Deputy	Sha Shen	9	sweet, bitter, cool	LU, ST	Nourish ST & LU yin, treat dry throat/mouth Mai Dong: Upper & middle jiao
	Mai Dong	9	sweet, bitter, cool	LU, ST, HT	
Assistant	Dang Gui	9	Sweet, acrid, bitter, warm	HT, LV, SP	Helps nourish/move blood
Envoy	Chuan Lian Zi	4.5	Bitter, cold, poisonous	LV, ST, SI	Disperses LV qi to alleviate pain [Move LV Qi] (Qi Stagnation with heat)

Modifications			
+ gua lou ren, huo ma ren	constipation		
+ di gu pi, sheng di	Sweating from yin xu heat		
+ bai shao, gan cao	Severe pain		
+ huang lian, huang qin, tian hua fen	very dry and bitter taste in the mouth		
+ sang ji sheng, du zhong	hypertension		

Related Formula			
formula	**ingredients**	**indications**	
Zi Shui Qing Gan Yin [滋水清肝饮] (nourishes water, clears LV decoction)	Shu Di Huang, Bai Shao, Dang Gui, Shan Zhu Yu, Shan Yao, Suan Zao Ren, Zhi Zi, Fu Ling, Mu Da Pi, Ze Xie, Chai Hu [3 Tonics + 3 Drains + Chai Hu]	Yin xu with LV qi stagnation & heat [hypochondriac pain & distention, gastric pain, dry throat & mouth, red tongue with little coating, thready or thready & soggy pulse]	More comprehensive & Stronger than Liu Wei Di Huang Wan Calm spirit by calming heart shen (suan zao ren & zhi zi)

Shi Hu Ye Guang Wan [石斛夜光丸] (25 Wei) (Dendrobium Pill For Night Vision) Source: Yuan Ji Qi Wei

- Preparations and administration: grind the ingredients into powder and form into 9g pills with honey, take one pill, bid, with salted water.
- Very comprehensive formula
- Exercise outside Get universal energy
- Computer induces HT heat & toxins [web surfing makes you toxic]
- Just remember name & indications

- **Indications**: vision disorders due to LV & KD yin xu and empty fire and internal wind [blurred vision, photophobia, excessive tearing, light-headedness, vertigo, in severe cases-enlarged pupils; or cataracts]
-

Applications
-

Patent
- Patent form: the same name.

Modern Research
-

Case Study
-

Think & Review
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	**1.** Tian Dong	60			(Nourish Blood, Generate Fluids, Nourish Yin) Formula name: Shi Hu
Deputy	Mai Dong	30			
Assistant	Shu Di	30			
Envoy	Wu Wei Zi	24			
	Shi Hu	15			
	2. Tu Si Zi	24			(Tonify KD, Nourish Yin) Directly focus on KD
	Hui Niu Xi	24			
	Gou Qi Zi	24			
	Rou Cong Rong	15			
	3. Ren Shen	60			(Tonify SP & LU) Like Si Jun Zi tang Shan Yao instead of Bai Zhu
	Fu Ling	60			
	Bai Mi	500			
	Zhi Gan Cao	15			
	Shan Yao	24			
	4. Zhi Ke	15			(Clear Heat, Disperse Wind) Eye disorders manifest as itchiness, allergies
	Chuan Xiong	15			
	Ju Hua	24			
	Bai Ji Li	15			
	Xing Ren	24			
	Jue Ming Zi	24			
	Qing Xiang Zi	15			
	Fang Feng	15			
	5. Huang Lian	15			(Suppress LV, Cool Blood, Clear HT Heat) (LV Yang rising) Use goat horn
	Xi Jiao	15			
	Ling Yang Jiao	15			

Bu Fei E Jiao Tang [补肺阿胶汤] (Tonify The Lungs Decoction With Ass-Hide Gelatin) Source: Xiao Er Yao Zheng Zhi Jue

- Original name: e jiao san; nickname: bu fei san
- **Actions**: Nourishes Yin, Tonifies Lungs, Controls Coughing, Stops Bleeding.
- Preparation and administration: dry-fry e jiao with wheat bran, pound it and form into balls with glutinous rice flour, grind the other ingredients into powder, take as a draft in 3-6g doses.
- Or Decoction (e jiao dissolved in water, and added to the decoction.

- **Indications**: Lung yin xu with vigorous heat (dry symptoms) [coughing with wheezing, a dry and parched throat, scanty or blood-streaked sputum]
- T: red tongue with little coating, P: floating, thin, and rapid pulse.
-

Applications
- lung yin xu with heat
- Chronic cough from flu/cold
- Nonproductive cough
- Prolonged pneumonia in children
- Laryngeal cough

Patent
-

Modern Research
-

Case Study
- A 50 y-o male suffers from a post-flu cough with scanty mucus for over 3 months. He has been treated with antibiotics and acupuncture w/o significant effect. Other sx: severe dry cough with talking, occasional sticky yellow or blood-streaked mucus, chest pain, dry tickling throat, poor GI.
- A red-tipped tongue with thin yellow coating. A thready and rapid pulse.
- Dx:
- Tx:
-

Think & Review
- Study formulas under organ systems

Rank	Herb	Amount	Properties	Channels	Notes
Chief	E Jiao	45	Sweet, neutral	LU, LV, KD	Nourishes yin/blood, tonifies lungs, stops bleeding Heavy menstruation, post partum bleeding □ E Jiao
Deputy	Ma Dou Ling	15	Bitter, cold	LU	LU: Clears heat, stops coughing
	Xing Ren	6	Bitter, warm	LU, LI	LU: Descends LU qi, calms wheezing
	Niu Bang Zi	7.5	Acrid, slt.bitter, slt.cold	LU, ST	LU: Spreads LU qi, unblocks congested throat
Assistant	Geng Mi	30	Sweet, bland	ST, SP	Tonify SP (earth) to benefit LU (metal) [Earth is Mother of Lung] Deficiency: Tonify Mother to Tonify Son [5E]
	Zhi Gan Cao	7.5	Sweet, neutral	LU, SP	

Modifications			
+ sang bai pi, pi pa ye	Severe cough		
+ tian hua fen, xuan shen	Thirst, dry throat		
+ qing dai, zhi zi	Blood-streaked sputum due to Lr fire violating Lu		

Related Formula			
formulas	**ingredients**	**indications**	
Bu Fei Tang [补肺汤]	Sang Bai Pi, Shu Di, Ren Shen, Zi Wan, Huang Qi, Wu Wei Zi, Bai Mi	Chronic cough & wheezing from LU & KD xu with heat: sweating, frequent flu/cold, alternating cold and hot sensation	Very similar to Bu Fei E Jiao Tang
Yue Hua Wan [月华丸]	Tian Dong, Mai Dong, Shu Di, Sheng Di, Shan Yao, Bai Bu, Sha Shen, Chuan Bei Mu, E Jiao, Fu Ling, Ta Gan, San Qi, Ju Hua, Sang Ye, Bai Mi	Chronic/consumptive cough, tidal fever, 5-center heat, emaciation, dry cough/with blood-streaked sputum, sob, dry mouth/throat, red and dry tongue, thin and rapid pulse	Very strong tonify blood & yin Dry cough Ta Gan: Sea Otter Liver

Gui Lu Er Xian Jiao [龟鹿二仙胶] (Tortoise Shell And Deer Antler Syrup) Source: Yi Fang Kao

- **Actions**: nourishes replenishes yin, tonifies essence, augments qi, tonifies and strengthens yang.
- Preparation and administration: prepared as a syrup (reduction), taken in 3-9g doses with wine/lightly salted, warm water. [Cook for hours until all ingredients are melted into a paste, store in sealed vessel]
- 2 animals + gou qi zi
- Yin & Yang deep level
- Tonify Everything: Yin, Yang, Qi, Blood, Essence
- Very small but very comprehensive use to build up little kids (very premature, lot of organs not developed As baby, then as teenager)
- Seniors, postpartum women who lose too much blood (Sheehan's syndrome)
- Foundation completely depleted, falling apart
- Western Medicine: blood transfusion
- All warm ingredients (don't use cold stuff for people that are very depleted)

- **Indications**: Kidney yin & yang xu with Ren/Du essence & blood insufficiency [emaciation, weakness, spermatorrhea, impotence, diminished visual acuity, achy and weak lower back and knees, long-term infertility]
- P: thready, frail pulse.

Applications
- yin & yang, qi & blood, essence xu, Ren & Du emptiness.
- Severe depletion due to prolonged diseases or long-term, general debility
- Hypotension
- Myasthenia gravis
- Angina pectoris
- Early aging (20's) Transform to healthy aging
- Impotence
- Uterine bleeding in teenagers

Patent
-

Modern Research
-

Case Study
- A 34 y-o female wants you to help her with her long-term lightheadedness and lassitude, aggravated with exertion. Other sx: palpitations, sob, poor sleep or dream-disturbed sleep, reduced memory. MD Dx: primary hypotension. Her parents are both hypotensive
- A pale red tongue with thin white coating; a deep and deficient pulse.
- Dx:
- Tx:
-

Think & Review
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Lu Jiao	5000	Sweet, salty, warm	LV, KD	Warms KD, tonifies yang, enters Du
	Gui Ban	2500	Sweet, salty, neutral	LV, KD	Nourishes yin & blood, enters Ren
Deputy	Gou Qi Zi	1500	Sweet, neutral	LV, KD	Helps tonify LV, KD, essence, blood
	Ren Shen	500	Sweet, slt.bitter, slt. Warm	SP, LU	Tonifies source Qi to generate yin, blood

Modifications			
+ ju hua, tian ma	Dizziness, blurred vision		
+ jin ying zi, yi zhi ren	Frequent nocturnal emissions		

Related Formula			
Qing E Wan [青娥丸]	Ingredients: Du zhong 480, bu gu zhi 240, hu tao ren 20, honey, da suan (crushed garlic)	**Indication**: Severe LBP (continuous, hard to move) from KD yang xu: weak low limbs, cold limbs, better w/ bedrest, shiny face, pale tongue, deep, thin pulse	Not for yin Xu

Qi Bao Mei Ran Dan [七宝美髯丹] (Seven-Treasure Special Pill For Beautiful Whiskers) Source: Yi Fang Ji Jie

- **Actions**: Enriches KD Yin, Nourishes LV Blood.
- Preparation and administration: grind the herbs into powder, form into 9g pills with honey, one pill, bid, with warm, salted water (guide into KD)/rice wine.

- **Indications**: LV & KD insufficiency [premature graying of the hair or hair loss, loose teeth, spontaneous & nocturnal emissions, soreness & weakness of lower back & knees]

Applications
- evenly tonifies yin & yang, LV & KD xu disorders.
- Chronic persistent hepatits
- Menopausal sx
- Aplastic anemia
- Male infertility
- Hair loss
- Osteoporosis

Patent
- Shou Wu Pian
- Qi bao mei ran dan wan (seven treasures for beautiful hair)
- Wu zi yan zong wan (five ancestors teapills)
- Huan shao dan wan (return to spring teapills)

Modern Research
- Anti-aging (anti-oxidant)
- Hemolysis-promoting
- Anti-hypertensive
- Adrenocortical promotion
- Anti-coagulation
- Anti-anoxia
- Hemoglobin/serum iron-elevating
-

Case Study
- A 67 y-o female asks for Tx for her reduced height and back pain. She has been getting shorter remarkably since the menopause (lost 4 inches!) without any reasons. Other sx: general weakness, low sex drive, hair loss, reduced memory, (especially short-term) TCM Dx(11 years ago): Bone Bi. MD Dx: decreased bone density; osteoporosis; sclerosis.
- A dusky tongue with thin white coating; a thin and deficient pulse, pronounced at both Chi Sections.
- Dx:
- Tx:

Think & Review
- Please analyze shi hu ye guang wan in terms of the effects of ingredients from the relationships of qi and blood, yin and yang.
  - Remember name
- Please compare gui lu er xian jiao with qi bao mei ran dan.
  - Both generate Yin, Yang, Qi Blood Essence tonic
- What is the difference between gui lu er xian jiao (tonify yin, yang, Qi, blood, essence) and zuo gui wan (yin tonic)?

Rank	Herb	Amount	Properties	Channels	Notes
Chief	He Shou Wu	300	bitter, sweet, astringent, slt.warm		(steam in black sesame □ make very strong) Tonify LV & KD, blood, essence, blackens hair, strengthens sinews & bones
Assistant	Fu Ling	150			Leaches out damp turbidity, tonifies Sp
Deputy	Hui Niu Xi	150			Tonify LV & KD, strengthens sinews & bones, invigorates blood
Assistant	Dang Gui	150			Nourishes blood to tonify LV
Deputy	Gou Qi Zi	150			Help chief in tonifying KD essence & blood
Deputy	Tu Si Zi	150			
Assistant	Bu Gu Zhi	120	acrid,bitter, warm	KD, SP	(dry-fry with black sesame) Tonifies KD yang to hold essence
	Hei Zhi Ma		sweet, neutral;Lr, K		Guides the formula effect into KD &LV, boosts yin-nourishing properties.

Modifications			
+ di gu pi, nu zhen zi, fu xiao mai	Tidal fever, night sweats		
+ bai shao, e jiao	With blood xu		
+ shan yao, bai zhu, shan zha, mai ya	Reduced appetite, poor digestion		

Related Formula			
formulas	**ingredients**	**indications**	
Wu zi yan zong wan [五子衍宗丸]	Gou qi zi 240, tu si zi 240, wu wei zi 60, fu pen zi 120, che qian zi 60	KD essence xu: infertility, impotence, nocturnal emission, cold sperms	Go back to youth
Huan shao dan [还少丹]	Shan yao, niu xi, shan zhu yu, fu ling, wu wei zi, rou cong rong, ba ji, shi chang pu, yuan zhi, du zhong, chu shi zi, hui xiang, gou qi zi, shu di, bai mi	SP & KD yang xu, HT blood xu, consumptive deficiency, labor-induced injury, early aging, insomnia, reduced memory, impotence, turbid urine, sore and weak LB & knees, dizziness, lassitude	

Formulations 2 Formula List

1st Group – Detailed Knowledge Of The Formulas: 30

1. Yu Ping Feng San
2. Si Shen Wan
3. Gu Jing Wan
4. Yue Ju Wan
5. Ban Xia Hou Po Tang
6. Su Zi Jiang Qi Tang
7. Ding Chuan Tang
8. Ju Pi Zhu Ru Tang
9. Tao He Cheng Qi Tang
10. Xue Fu Zhu Yu Tang
11. Gui Zhi Fu Ling Wan
12. Wen Jing Tang
13. Xiao Feng San
14. Xiao Huo Luo Dan
15. Tian Ma Gou Teng Yin
16. Ping Wei San
17. Huo Xiang Zheng Qi San
18. Ba Zheng San
19. Wu Ling San
20. Zhu Ling Tang
21. Wu Pi San
22. Zhen Wu Tang
23. Du Huo Ji Sheng Tang
24. Er Chen Tang
25. Bei Mu Gua Lou San
26. Wend An Tang
27. Zhi Sou San
28. Ban Xia Bai Zhu Tian Ma Tang
29. Bao He Wan
30. Tian Wang Bu Xin Dan
31. Suan Zao Ren Tang
32. Gan Mai Da Zao Tang

2nd Group – Familiar With The Information Of The Formulas: 32

1. Mu Li San
2. Jin Suo Gu Jing Wan
3. Suo Quan Wan
4. Wan Dai Tang
5. Jin Ling Zi San
6. Zhi Shi Xie Bai Gui Zhi Tang
7. Nuan Gan Jian
8. Xuan Fu Dai Zhe Tang
9. Si Mo Tang
10. Shi Xiao San
11. Dan Shen Yin
12. Bu Yang Huan Wu Tang
13. Sheng Hua Tang
14. Fu Yuan Huo Xue Tang
15. Shi Hui San
16. Ke Xue Fang
17. Huai Hua San
18. Xiao Ji Yin Zi
19. Huang Tu Tang
20. Jiao Ai Tang
21. Chuan Xiong Cha Tiao San
22. Zhen Gan Xi Feng Tang
23. Yin Chen Hao Tang
24. Fang Ji Huang Qi Tang
25. Qing Qi Hua Tan Wan
26. Xiao Xian Xiong Tang
27. Ling Gan Wu Wei Jiang Xin Tang
28. Ling Gui Zhu Gan Tang
29. San Zi Yang Qing Tang
30. Jian Pi Wan
31. Xing Su San
32. Sang Xing Tang

3rd Group – General Knowledge Of The Formulas: 44

1. Shui Lu Er Xian Dan
2. Gu Chong Tang
3. Yi Huang Tang
4. Gua Lou Xie Bai Bai Jiu Tang
5. Gua Lou Xie Bai Ban Xia Tang
6. Ju He Wan
7. Tian Tai Wu Yao San
8. Hou Po Wen Zhong Tang
9. Liang Fu Wan
10. Wu Mo Yin Zi
11. Xian Fu Dai Ze Tang
12. Xia Yu Xue Tang
13. Tong Qiao Huo Xue Tang
14. Ge Xia Zhu Yu Tang
15. Shao Fu Zhu Yu Tang
16. Shen Tong Zhu Yu Tang
17. Shou Nian San
18. Ai Fu Nuan Gong Wan
19. Huo Luo Xiao Ling Dan
20. Ju Hua Cha Tiao San
21. Qian Zheng San
22. Zhi Jing San
23. Da Huo Luo Dan
24. Jian Ling Tang
25. Gou Teng Yin
26. Di Huang Yin Zi
27. Bu Huan Jin Zheng Qi San
28. Chai Ping Tang
29. Liu Huo Tang
30. Zhi Zi Bai Pi Tang
31. San Ren Tang
32. Er Miao San
33. San Miao Wan
34. Si Miao Wan
35. Si Ling San
36. Wei Ling Tang
37. Qiang Huo Sheng Shi Tang
38. Juan Bi Tang
39. Dao Tan Tang
40. Di Tan Tang
41. An Gong Niu Huang Wan
42. Zi Xue Dan
43. Zhi Bao Dan
44. Su He Xiang Wan

Formulas That Calm The Spirit [安神剂] [Calm & Sedate Spirit By Clearing Heat]	
● 2nd UB Line □ Spirit (Nourishes Yin) ● Shen (spirit) disturbance – ● Deficiency: palpitations with anxiety, forgetfulness, disorientation, and insomnia – treated with formulas that nourish and enrich blood and yin. ● Excess: a feeling of being overstressed, manic behavior, bad temper, and agitation – treated with formulas that sedate and calm spirit. ● However, shen disturbances are usually complex, and involve aspects of both xu and shi. A combination of nourishing and sedating is therefore utilized in most cases. ● Many of these formulas contain metals or other heavy substances that are toxic, or which easily injure GI system. They are generally cooked for 30-60 minutes before adding the other ingredients. [Long Gu, Mu Li, Zhi Shi, Amber]	**Formulas that anchor & settle the spirit [重镇安神]** ● Ascendant Ht yang with Ht fire upward blazing – spirit disturbances – severe anxiety or phobia, palpitations, insomnia restlessness, and uncontrolled emotions (manifested in bouts of laughter or crying). ● Treated with formulas that sedate or tranquilize which contain fire-draining, phlegm-transforming, and orifice-opening ingredients. ● **More Excess**

Zhu Sha An Shen Wan [Also Named As An Shen Wan] (Cinnabar Pill To Calm The Spirit) Source: Yi Xue Fa Ming	
● **Actions**: sedates HT, calms spirit, drains fire, nourishes Yin. ● Preparation and administration: grind the herbs, form into pills that are covered with zhu sha. Take in 6-9g doses at bedtime. Decoction. ● **Indications**: **Vigorous HT fire injuring Blood & Yin** [insomnia, dream-disturbed sleep, continuous palpitations, a sensation of irritability and heat in the chest, a desire to vomit without result [uprising fire] ● T: red, P: thin, rapid **Applications** ● **HT fire** disturbing shen with Yin Blood xu. Very effective in treating palpitations and anxiety during dreams. ● Ventricular arrhythmia, PMS with palpitations and insomnia ● Acute myocarditis ● Burning sensation on the tongue, Spontaneous sweating	**Patent** ● **Modern Research** ● **Case Study** ● A 45 y-o slender female asks for Tx for her insomnia with dream-disturbed sleep before and during menstruation. Other sx: red face and lips, hot sensation in the palms, shot temper, talkative, yelling/screaming at people without reason, restlessness. ● A red tongue with yellow coating; rapid and slightly superficial pulse, pronounced at Cun positions. ● Dx: ● Tx: ● **Think & Review** ●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Zhu Sha	15	Sweet, cool, poisonous	HT	Calms spirit, clears fire from Ht Substitutions: Ci Shi, Amber
Deputy	Huang Lian	18	Bitter, cold	HT, LV, ST, LI	Paired with chief, drains fire from Ht [Pair: Clear heat from HT]
Assistant	Dang Gui	7.5	Sweet, acrid, bitter, warm	HT, LV, SP	Tonifies Ht Blood
Envoy	Sheng Di Huang	7.5	Sweet, bitter, cold	HT, LV, KD	Nourishes Yin and cools Blood
	Zhi Gan Cao	16.5	Sweet, warm;	All 12	Protects St, harmonize the actions of other ingredients

Modifications			
+ shu di, mai dong, yu zhu	Dry mouth and throat from Yin xu		
+ gua lou, zhu ru, ban xia	Greasy tongue coating, chest stifling sensation		
+ zhi zi, lian zi	Red tongue, rapid pulse, hot sensation in the chest		
+ yuan zhi, fu shen, lian xin	Severe insomnia		

Related Formula			
formula	**ingredients**	**indications**	
Sheng Tie Luo Yin (Yi Xue Xin Wu) 生铁落饮	Sheng Tie Luo (Iron Filings, Decoct First), Dan Nan Xing, Bei Mu, Xuan Shen, Tian Dong, Mai Dong, Lian Qiao, Gou Teng, Dan Shen, Fu Ling, Fu Shen, Chen Pi, Shi Chang Pu, Yuan Zhi, Zhu Sha (Add At End)	**Manic behavior due to phlegm-fire agitating HT**: restless agitation, bad temper, severe and throbbing headache, insomnia, extreme emotional instability, manic behavior, shouting, yelling at people for no reason, a scarlet tongue with a yellow, greasy coating, a wiry and rapid pulse.	Sheng tie luo: Heavy, anchor spirit Stronger formula, more comprehensive, severe shen disturbance, more severe condition

Formulas That Nourish the Heart and Calm the Spirit 滋养安神	
● Shen disturbances due to yang floating-up and Ht Yin/blood xu – irritability, insomnia, palpitations, forgetfulness, nocturnal emission, a red tongue with little coating, a thready and rapid pulse. ● Treated with formulas that enrich yin and nourish blood of Ht. Substances which calm or sedate are usually added.	● **More deficiency**

Suan Zao Ren Tang (Sour Jujube Decoction) Source: Jin Gui Yao Lue	
● **Actions**: Nourishes Blood, Calms Spirit, Clears Heat, Eliminates Irritability. ● Preparation and administration: cook suan zao ren first, then add the rest in, cook together. Take bid. ● ● **Indications**: Insomnia/irritability due to deficient consumption from HT (LV) Blood xu虚劳 [inability to sleep, deficient irritability, palpitations, night sweats, dizziness and vertigo, dry throat and mouth] ● dry, red tongue, a thin rapid pulse. [Too deficient to fall asleep, shen wandering, (too tired to fall asleep □ Need to nourish the yin)] ● Specialty: Nourish, tonify, calm & sedate at same time [just like chicken soup] ● Not heavy, like rocks ● Study long hours □ Consumes, damages blood □ condensed, concentrated ● Move Qi & Blood to avoid blood stagnation ● Small formula but works very well, not deep enough sleep **Applications:** Deficient irritability虚烦 & insomnia due to blood xu (either from bleeding, lack of production, or chronic consumption, worrying and thinking) ● Menopausal Sx, Restless leg: Some cases respond very well ● Insomnia ● Ventricular premature beat (extrasystole)	**Patent** ● Suan zao ren tang pian [US] ● An shen bu xin wan [China] (nu zhen zi, han lian cao, dan shen, sheng di, ye jiao teng, tu si zi, he huan pi, wu wei zi, shi chang pu, zhen zhu mu) ● **Modern Research** ● **Case Study** ● **Think & Review** ●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Suan Zao Ren	15-18	Sweet, sour, neutral	HT, SP, LV, GB	Nourishes Ht & Lr, calm Spirit (Astringent)
Deputy	Fu Ling	6	Sweet, bland, neutral	HT, SP, LU	Tonifies Sp, calm Spirit [Can substitute Fu Shen to calm spirit more]
	Zhi Mu	6-10	Bitter, sweet, cold	LU, ST, KD	Enriches Yin, clears heat, moistens dryness
Assistant	Chuan Xiong	3-6	Acrid, warm;	LV, GB, PC	Regulates Lr blood by moving blood (Dispersing)
Envoy	Gan Cao	3	Sweet, neutral;	All 12	Harmonizes, tonifies the Middle

Modifications			
+ zhi zi, huang lian	Short-temper, hot sensation in the chest		
+ dang gui, long yan rou	Severe Blood xu		
+ sheng di, mai dong	With Yin xu		
+ wu wei zi, shan zhu yu	Night sweating		
- chuan xiong + han lian cao, nu zhen zi	Severe Yin xu heat		

Related Formula			
formula	**ingredients**	**indication**	
Zhen Zhu Mu Wan [珍珠母丸] [Mother-Of-Pearl Pill] (Pu Ji Ben Shi Fang)	Dang Gui, Shu Di Huang, Ren Shen, Suan Zao Ren, Bai Zi Ren, Zhen Zhu Mu, Fu Shen, Xi Jiao (Sub Shui Niu Jiao), Chen Xiang, Zhu Sha	**Concurrent Blood & Yin xu with ascendant LV & HT Yang [**irritability, restless sleep, occasional palpitations with anxiety, dizziness, a thin wiry pulse.] <u>This formula focuses on insomnia from HT blood xu with ascendant LV Yang.</u>	Stronger than Suan Zao Ren Wan Later formula Ascendant Yang: red eyes, craziness, high blood pressure

Tian Wang Bu Xin Dan [天王补心丹] (13 Wei)] (Emperor Of Heaven's Special Pill To Tonify The Heart) Source: She Sheng Mi Pou

- **Actions**: Enriches Yin, Nourishes Blood, Tonifies Heart, Calms Spirit.
- Preparation and administration: grind the ingredients into powder and form into pills with honey. Coat pills with zhu sha 15g. Take 9g on an empty St with either boiled water or a decoction of long yan rou.
- Decoction with a proportionate reduction in dosage.
-

- **Indications**: **HT Blood & KD Yin Xu** [irritability, palpitations with anxiety, fatigue, insomnia with very restless sleep, inability to think or concentrate for even short periods of time, nocturnal emissions, forgetfulness, dry stools; or sores of the tongue & mouth, low-grade fever, night sweats]
- T: red with little coating, P: thin, rapid
- Very strong yin & blood tonic
- Strongest formula to nourish KD yin & HT blood

Applications: Deficient irritability & insomnia due to Yin blood xu
- CFS, Menopausal sx, Neurocirculatory asthenia (NCA)
- Hyperthyroidism, Tension headache, Cardineurosis
- Apthous ulcers [canker sores]
- Students, professors, Computer science, people who work with their brains

- Si Jun Zi tang
- Many pairs here

Patent
- Tian wang bu xin wan
- Bai zi yang xin wan
- Tian wang bu xin dan wan
- Emperor's Teapills
- Emperor's Blend

Modern Research
- Anti-myocardial ischemia
- Anti-myocardial infarction
- Nonspecific immunity boost
- Myocardial blood circulation promotion
-

Case Study
- A university professor looks for Tx for his reduced memory and poor concentration with occasional palpitations and anxiety due to 3-month continuous hard work. Other sx: warm sensation in the abdomen through the chest upto the head, light-headedness, thirst, dream-disturbed sleep, fatigue.
-

Think & Review
- Please compare *tian wang bu xin dan* with *zhu sha an shen wan*.
- Compare *tian wang bu xin dan* with *bai zi yang xin wan.*
- Make a comparison between *tian wang bu xin dan* and *gui pi tang* since both of formulas are used in treating disorders with insomnia, palpitations, and forgetfulness.

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Sheng Di Huang	120			
Deputy	Ren Shen	15			Ren & Dan Shen:
	Dan Shen	15			
	Fu Ling	15			
	Yuan Zhi	15			
	Dang Gui	30			
	Bai Zi Ren	30			
Envoy	Jie Geng	15			
Assistant	Tian Dong	30			Tian & Mai Dong: Pair to nourish yin
	Mai Dong	30			
	Xuan Shen	15			
	Wu Wei Zi	30			
	Suan Zao Ren	30			Paired with Bai Zi Ren Nourish yin & calm spirit

Modifications		Analysis of formula	
+ huang lian, zhi zi	Ht fire, rapid pulse	Sheng di	Nourishes Yin, clear heat
+ zhi ke, chuan xiong	Cardiac pain	Dan shen, dang gui	Tonify blood to nourish Ht
+ sheng pu huang, jiang xiang, san qi	Severe cardiac pain	Bai zi ren, yuan zhi	Nourish Ht & calm Spirit
+ zhi gan cao, gui zhi	Irregular pulse	Ren shen, Fu ling	Tonify Ht Qi
+ yu jin, chuan lian zi	Hypochondriac pain	Tian dong, mai dong, xuan shen	Enrich Yin, clear xu heat
		Wu wei zi, suan zao ren	Nourish Yin, prevent Ht Qi leakage
		Jie geng (zhu sha)	Conducts formula actions upward to upper jiao. (Zhu sha anchors & calms Spirit)

Related Formula			
formulas			
Bai Zi Yang Xin Wan [柏子养心丸]	Bai Zi Ren, Gou Qi Zi, Mai Dong, Xuan Shen, Dang Gui, Shu Di, Fu Shen, Shi Chang Pu, Gan Cao, Bai Mi	**Disharmony between HT & KD**: disorientation, severe continuous palpitations, dream-disturbed sleep, forgetfulness, night sweats	Connect HT & KD
Yang Xin Tang [养心汤]	Sheng Di, Shu Di, Dang Gui, Fu Ling, Ren Shen, Mai Dong, Suan Zao Ren, Bai Zi Ren, Wu Wei Zi, Zhi Gan Cao, Deng Xin Cao, Lian Zi [Guide Into HT]	Blood xu with some Qi xu (w/o Yin xu): weak constitution or debility, palpitations with anxiety, insomnia, forgetfulness	Nourish HT [HT Yin Xu]

Gan Mai Da Zao Tang [甘麦大枣汤] (Licorice, Wheat, And Jujube Decoction) Source: Jin Gui Yao Lue

- **Actions**: nourishes HT, calms Spirit, harmonizes Middle jiao.
- Preparation and administration: decoction, bid-tid.

- **Indications**: Restless organ disorder **(zang zao脏躁)** [disorientation, frequent attacks of melancholy and crying spells, inability to control oneself, restless sleep (sometimes with night sweats), frequent bouts of yawning, abnormal behavior and speech
- T: red with sparse coating, P: thin, rapid
- Zang zao [restless organ] presents emotional/mental symptoms & signs caused by Fluids xu in Zang organs, or with empty heat. Etiology includes worry, over-thinking or anxiousness, as well as blood loss that consumes Fluids, and severe or chronic illness that injures Zang Fluids. Manifestations: depression, moodiness, weeping, absent-mindedness, restless sleep, frequent yawning & abnormal behavior [5 organs]
  - Caused by deficiency of organ fluids too dry, not well nourished, can't function normally, consumes too much [heat] or can't make enough
  - Worry, overthinking internally consumes fluid
  - Diabetes, hyperthyroidism
- Pathogenesis: Lu stores po (corporeal soul), which dominates the experience of grief & related with weeping. When Lu yin is xu, po can't be stored adequately, causing sadness & frequent weeping spells. Ht stores shen which dominates joy. When xu Blood fails to nourish Ht, shen will be disturbed, resulting in sudden laughter after inappropriate crying. Lr controls Tendons & K controls yawning. Fluids xu or Blood loss may cause frequent yawning & stretched of the back & body.
  - Will deficiency KD deficiency
  - Mild yin deficiency, yin organs lost function not functioning normally

Applications: Zang zao; Disorders diagnosed as HT and/or SP Xu, such as menopausal sx, PMS, postpartum palpitations and sweating.
- Depression, CFS, Seizures, Senile cutaneous pruritus
- Insomnia, Hysterical spasm
-

Patent
- gan mai da zao wan (calm spirit teapills)

Modern Research
- Sedative
- Analgesic
- Estrogen-like effect
- Blood circulation improving effect
-

Case Study
- A 26 y-o female suffers from crying and laughing spells without apparent reason. She cannot control herself in keeping talking or screaming sometimes. She has difficulty to fall asleep and wakes up easily. All these symptoms get worse with menstruations. MD Dx: schizophrenia.
-

Think & Review
- What is the difference between formulas that anchor & settle shen and formulas that nourish Ht & calm shen?
- Gan mai da zao tang is used to treat zang zao. What is zang zao & what is its pathogenesis?
- Please compare gan mai da zao tang with xiao yao san.
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Fu Xiao Mai [Light Wheat]	9-15	Sweet, salty, cool; Ht	HT	Nourishes Ht, calms Spirit [Focuses on middle jiao to produce more fluids] Floating, disabled wheat, more astringent properties [for wandering spirit]
Deputy	Gan Cao	9	Sweet, neutral	All 12 [LU, SP]	Nourishes Ht, harmonizes the Middle
Assistant	Da Zao	10 PC	Sweet, neutral	SP, ST	Augments Qi, moistens dryness

Modifications		Gan mai da zao tang **vs**. Xiao yao san		
+ sheng di, bai he	Severe yin xu: red tongue with little coating, insomnia, irritability		Gan mai da zao tang	Xiao yao san
+ suan zao ren, dang gui	Severe blood xu: blurred vision, dizziness	Co. sx	Depression, moodiness	
+ he shou wu, hei zhi ma	constipation	Dif. sx	Weeping, frequent yawning, disorientation, restless sleep, mood up & down	HA, dizziness, PMS, dysmenorrhea, irregular menses, breast/hypochondriac distension
+ long gu, mu li, gui zhi	Schizophrenia	T & P	Red with a little tongue coating, Rapid thin pulse	Pale red with thin white coating, wiry/weak pulse
		Indication	Zang zao sx	Lr/Sp disharmony

Related Formula			
Formula	**Ingredients**	**Indication**	
Jiao Tai Wan (Han Shi Yi Tong) 交泰丸	Huang lian [18] & Rou gui [3] Grind into powder, form into pills with honey. Decoction	Disharmony/Disconnection between HT and KD [This formula focuses on Upper & Lower, while the principal formula focuses on Middle]	Pair: Huang Lian & Rou Gui [Harmonize HT & KD]

Formulas That Open the Orifices [开窍剂]	
● Orifice Closed – loss of consciousness or coma due to either excess or deficiency. ● Excess condition – known as a closed disorder (bi zheng闭证) in which the pathogenic qi obstructs and veils the sensory orifices. ● Deficiency condition – known as an abandoned disorder (tuo zheng脱证). ● Closed disorders can be differentiated into 2 types: Hot and Cold. ● Hot-type closed disorder is caused by pathogenic heat/heat toxin sinking into the Pericardium, and is treated by clearing the heat to open the orifices. ● Cold-type closed disorder is caused by pathogenic cold and constrained qi generating turbid phlegm, which veils the Heart orifices. It is treated by warming the cold and unblocking qi to open the orifices. ● Ancient doctors used to always carry in their kit, like a first aid kit	● **Quick review**: ● Excess closed disorder (bi zheng) – accompanied by clenched jaw, clenched fists, rigid limbs; or delirious speech; and a forceful pulse. ● Deficiency closed disorder (tuo zheng) – accompanied by excessive sweating, cold extremities, bowel and urinary incontinence, flaccidity, open mouth and eyes, and a frail or faint pulse. ● Formulas in this chapter should only be used short-term for treating the acute symptoms. Long-term use the normal qi can be injured with their dispersing properties. ● Formulas in this chapter are generally prepared in the form of pills, powders, or injectable concentrates for two reasons: 1. Available for emergencies when there is no time to prepare a decoction; 2. They cannot tolerate heat because their constituents are quite volatile (heat will diminish their potency).

Formulas That Clear Heat and Open the Orifices 凉开	
● Hot-type closed disorders – high fever, irritability and restlessness, a red face, a yellow tongue coating, heavy breathing, delirious speech, spasms, convulsions, and a loss of consciousness. Often seen in the conditions such as heat/heat toxin sinks into Pericardium, wind-stroke, phlegm accumulation.	● 3 treasures

An Gong Niu Huang Wan [安宫牛黄丸 (13 Wei)] (Calm The Palace Pill With Cattle Gallstone) Source: Wen Bing Tiao Bian	
● **Actions**: Clears Heat, Relieves Toxicity, Dislodges Phlegm, Opens Orifices, And Calms Spirit. ● Preparations and administrations: grind the above into powder, form into pills with honey of 3g each, coated with gold leaf [very precious]. Taken 1 pill, bid-tid depending on severity. ◊ Old days: Egg pill, sealed in wax, powdered with honey ● **Indications**: Heat/heat-toxin sinks into PC, or turbid-phlegm veils the sensory orifices [High fever, irritability and restlessness, delirious speech, impaired consciousness, a red or deep-red tongue, and a rapid pulse. Coma due to wind-stroke or childhood convulsion with a similar presentation. Tongue stiffness and frigid extremities.] ● Treats Heat, high fever **Applications:** impaired consciousness due to heat and phlegm-heat. ● Wind-stroke ● High fever from acute encephalitis, meningitis, hepatitis, pneumonia… ● Uremia, Hepatic coma, Dysentery ● CVA [Cerebrovascular accident], Acute pancreatitis, Parkinson's disease ● Lupus, Intractable headache, Schizophrenia	**Patent** ● An gong niu huang wan ● Niu huang qing xin wan **Modern Research** ● Sedative ● Anti-convulsion ● Resuscitative ● Brain cell protection ● Anti-pyretic ● Anti-inflammatory ● Anti-hypertensive ● **Case Study** ● **Think & Review** ● Required knowledge: Name, related formulas [don't need to know the ingredients]

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Niu Huang	30	Very bitter, sweet, cool	HT, LV	Clears heat, relieves toxicity, dislodges phlegm, opens orifices, extinguishes wind…
	Shui Niu Jiao	150-300	Bitter, salty, cold	HT, LV, ST	Clears heat/fire, cools blood to calm spirit
	She Xiang	7.5	Acrid, warm, aromatic	HT, LV, SP	Aromatically opens up the orifices,revives shen
Deputy	Huang Lian	30	Bitter, cold		Clear and drain heat
	Huang Qin	30	Bitter, cold		
	Zhi Zi	30	Bitter, cold		
	Xiong Huang	30	Acrid, bitter, warm, poisonous	HT, LV, ST	Drains turbid phlegm to open the orifices
	Bing Pian	7.5	Acrid, bitter, cool	HT, LU	Aromatically unblock orifices
	Yu Jin	30	Acrid, bitter, cool	HT, LU	
Assistant	Zhu Sha	30	Sweet, cool, poisonous	HT	Sedate Ht, clear heat to calm spirit
	Zhen Zhu	15	Sweet, salty, cold	HT, LU	

Related Formula	ingredients	Indications	
Niu Huang Cheng Qi Tang 牛黄承气汤	An Gong Niu Huang Wan + Da Huang 9g	With Yangming Fu-organ sx	
Niu Huang Qing Xin Wan 牛黄清心丸	Niu Huang, Zhu Sha, Huang Lian, Huang Qin, Zhi Zi, Yu Jin, Bai Mi	Actions are slightly weaker than the principal formula; used for milder sx	

Zi Xue Dan [紫雪丹] (Purple Snow Special Pill) (18wei) Source: Wai Tai Bi Yao

- **Actions**: Clears Heat, Opens Orifices, Controls Spasms & Convulsions, Relieves Toxicity, Calms Spirit.
- Preparation and administration: crush minerals into small pieces, boil in water. Then boil herbs with the mineral decoction to produce a syrup. Mix mang xiao and xiao shi into the syrup, which is then dried and powdered. The horns, zhu sha & she xiang are powdered and shifted together to produce the final formulas. Gold is omitted. Taken in 1.5-3g doses 1-2 times daily after meals.

- **Indications**: **Blazing heat** sinks into PC & generates LV wind internal disturbance [high fever, irritability and restlessness, delirious speech, impaired consciousness, muscle twitches, spasms, convulsions, thirst, parched lips, dark urine, severe constipation; or childhood convulsions]
-
- Muscular spasms, convulsions, spasms, seizures
- Milder, not so toxic, for kids, safer, smaller pill, easy to take

Applications

- Sweet and cold to treat disorders in which **blazing heat injury** to Fluids with spasms and convulsions (high fever, irritability) as main manifestations.
- High fever & convulsion from acute epidemic diseases, acute tonsillitis…
- Seizures, Hepatic encephalopathy, schizophrenia

Patent

- Zi xue dan
- Xiao er hui chun dan
-

Modern Research

- Anti-pyretic
- Sedative
- Tumor-inhibiting
-

Case Study

-

Think & Review

-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Shi gao	1500			Clear heat, drain fire, conduct heat downward
	Han shui shi	1500			
	Hua shi	1500			
	Shui niu jiao	150			Clear heat from Ht & Lr, detoxify, open orifices
	Ling yang jiao	150			
	She xiang	37.5			
Deputy	Xuan shen	500			Aid to clear heat and detoxify, enrich yin
	Sheng ma	500			
	Ci shi	1500			Calm spirit by sedating Ht
	Zhu sha	90			
	Mang xiao	5000			Drain heat, dissipate clumps (+ Xuan Shen)
	Xiao shi	96			
Assistant	Qing mu xiang	150			Promote qi flow, help in opening orifices
	Chen xiang	150			
	Ding xiang	30			
Envoy	Zhi gan cao	240			Harmonizes St, relieves toxicity
	Huang jin	3000			Weighs upon and sedates spirit

Modifications			
+ wu wei xiao du yin [jin yin hua, ye ju hua, pu gong ying, zi hua di ding, zi bei tian kui]	Septicemia with furuncles		
+ bai hu tang	Acute epidemic diseases with high fever, neck stiffness, irritability…		
+ bai tou weng tang	Dysenteric disorders with high fever, muscle twitches and impaired spirit		
+ qing wen bai du yin	Acute febrile diseases with delirious speech		
+ xi jiao di huang tang	Measles with high fever, thirst, purple rashes		

formula	ingredients	indications	
Xiao Er Hui Chun Dan [小儿回春丹] (Jing Xiu Tang Yao Shuo)	Niu Huang, Tian Zhu Huang, Chuan Bei Mu, Dan Nan Xing, She Xiang, Gou Teng, Quan Xie, Tian Ma, Jiang Can, Zhu Sha, Da Huang, Chen Pi, Ban Xia, Bai Dou Kou, Tan Xiang, Mu Xiang, Zhi Ke, Chen Xiang, Gan Cao	Childhood convulsions due to phlegm-heat entering PC & veiling HT orifices [fever, impaired consciousness, convulsions, irritability, restlessness; wheezing, nausea, vomiting milk, night crying, diarrhea, abdominal pain, excessive mucus and saliva, sounds of mucus in the throat]	

Zhi Bao Dan [至宝丹(11 Wei)] (Greatest Treasure Special Pill) Source: Tai Ping Hui Min He Ji Ju Fang

- **Actions**: Clears Heat, Opens Orifices, Transforms Turbidity, Relieves Toxicity.
- Grind the ingredients into powder. Zhu sha & xiong huang are water-refined to remove impurities. Today 50 pieces of sliver and gold leaf are rarely used. One 3g pill taken 1-3 times daily with warm water.
-

- **Indications**: Closed disorder due to phlegm-heat [fever, irritability and restlessness, delirious speech, impaired consciousness to the point of coma, copious sputum with labored and raspy breathing; spasms, convulsions
- T: red or deep-red with a foul, greasy, yellow coating, P: slippery, rapid
- More phlegm & heat, loss of consciousness, mucus, sputum

Applications: closed disorder from phlegm heat, often seen in summerheat-stroke, wind-stroke, infantile convulsions, or febrile diseases when heat sinks into PC & turbid phlegm veils HT Orifices.
- Acute encephalitis B, Acute meningitis
- Measles complicated with bronchial pneumonia, Seizure disorders

Patent
- Zhi bao dan

Modern Research
-

Case Study
-

Think & Review [Important!!! Know this!]
- 3 treasures: Ancient ER
- An gong niu huang wan, zi xue dan and zhi bao dan are traditionally known as "Three-treasure三宝", which are representative formulas among Formulas That Clear Heat and Open the Orifices, commonly used.
- **An Gong Niu Huang Wan:** coldest, focuses on clearing heat and relieving toxicity [extreme heat, high fever, toxins]
- **Zi Xue Dan**: focuses on extinguishing wind used for childhood convulsions and tenanic [tetanic] collapse [stiffness, muscle spasms]
- **Zhi Bao Dan**: focuses on aromatically opening Orifices and clearing phlegm.
  - Seizures, mucus, foamy
- **Xiao Er Hui Chun Dan**: designed for childhood convulsions, but also for other conditions due to phlegm-heat in children, such coughing, bronchitis, and pneumonia

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Shui Niu Jiao	300-600			Clear heat, open Orifices to revive Senses
	She Xiang	7.5			
Deputy	Niu Huang	15			Aid shui niu jiao - Detoxify and clear heat
	Dai Mao	30			
	Bing Pian	7.5			Aid she xiang - Transform turbidity, open Orifices
	An Xi Xiang	45			
Assistant	Zhu Sha	30			Sedate Ht, calm Spirit
	Hu Po	30			
	Xiong Huang	30			Eliminates phlegm, relieves toxicity
	Gold & silver				Aid zhu sha, hu po in anchoring and sedation effect

Comparison Of Three Treasures (San Bao)

	An Gong Niu Huang Wan	Zhi Xue Dan	Zhi Bao Dan
Common	Heat invades PC, stroke from phlegm heat. Clear heat, relieve toxin & irritability, dispel phlegm, open orifices, calm shen, stop spasm		
Nature	Coldest	Colder	Cold
Clear heat, relieve toxin	Strongest	Stronger	Strong
Clear heat, stop spasm	Stronger	Strongest	Strong
Dispel phlegm turbid	Stronger	Strong	Strongest

Formulas That Warm and Open the Orifices 温开	
● Cold-type closed disorders (usually associated with wind-stroke, cold-stroke, or loss of consciousness due to the accumulation of phlegm) – sudden collapse, clenched jaw, loss of consciousness, ashen face, cold body, a white tongue coating, and a slow pulse. ● Treated with formulas that contain aromatic substances that open Orifices, and acrid, warm substances that promote qi flow.	●

Su He Xiang Wan (Liquid Styrax Pill) Source: Tai Ping Hui Min He Ji Ju Fang 苏合香丸 (16 Wei) [Xiang = Aromatic, Includes Almost All Aromatics]

● **Actions**: Warms Middle, Aromatically Opens Orifices, Promotes Qi Flow, Transforms Turbidity.
● Grind the ingredients into powder, form into pills with honey. Take one 3g pill 1-2 times daily with warm water, or ren shen tea for xu patients.
●

Indications: Acute closed disorders due to excessive cold
● 1. Sudden collapse, loss of consciousness, clenched jaw.
● 2. Fullness, pain, a sensation of cold in the chest and abdomen that may signal the impending sudden loss of consciousness or coma.
● 3. Abdominal pain and focal distention in the chest, an urge to vomit and defecate without doing either, which in severe cases can lead to sudden loss of consciousness or coma.
● All of the above are accompanied by a pale complexion, purple lips, excessive mucus and saliva, cold extremities; a pale tongue with a slippery, greasy coating, and a deep, slippery pulse.
● Very strong formula, rescue people

Applications
● 1. Wind-stroke from damp-cold or turbid phlegm (phlegm-stroke);
● 2. Constrained qi leading to sudden collapse (qi-stroke), or crippling attack of damp-cold obstruction (cold-stroke);
● 3. Fierce qi of epidemic sudden turmoil disorder (qi-stroke) [sudden nausea, vomiting, diarrhea, etc.]
● Acute biliary colic, CVA, hysteria, Seizure disorders, Severe Bell's palsy
● Encephalitis, Post-concussion syndrome, Angina pectoris

Patent
● Su he xiang wan
● Guan xin su he wan
●

Modern Research
●

Case Study
●

Think & Review
● Remember name, actions, indications
● Su he xiang wan's distinctive characteristic is its use of many aromatic substances that open Orifices, transform turbidity, and promote the qi flow. It is most commonly used in treating collapse such as wind-stroke, cold-stroke, qi-stroke, tan-stroke. It may also be used for the so-called 'dry' sudden turmoil disorder in which patients have a strong urge to vomit and defecate, but is unable to do either, end up loss of consciousness. Recently, its scope has been expanded to include painful obstruction of the chest due to qi stagnation, congealing due to cold, and turbid phlegm obstructing the collaterals.
●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Su He Xiang	30			Aromatically (penetrating) open Orifices
	An Xi Xiang	60			
	She Xiang	60			Break up turbidity, open Orifices
	Bing Pian	30			
Deputy	Mu Xiang	60	acrid, dispersing, moving, warm		Move qi, dispel cold, open up constrained Areas, Transform turbidity, move blood
	Tan Xiang	60			
	Chen Xiang	60			
	Ru Xiang	30			
	Ding Xiang	60			
	Xiang Fu	60			
Assistant	Bi Ba	60	acrid, hot	ST, LI	Warms Middle, dispels cold, arrests pain
	Xi Jiao	60			Relieves toxicity
	Zhu Sha	60			
	Bai Zhu	60			Strengthens Sp, tonifies qi, dries damp, transforms turbidity
	He Zi	60	bitter, sour, astringent, neutral		Counter assistant: Restrains qi leakage, prevents the other ingredients from consuming normal qi

Modifications			
+ ren shen 10-15g Increase the amount of bai zhu to 100-120g	With qi xu, or weak constitutional patients		
+chan su, increase bi bo; - xi jiao, zhu sha, he zi	Angina pectoris due to qi stagnation, blood stasis, or congealing of cold		

Related Formula			
formula	ingredients	Indications	
Guan Xin Su He Wan (China Pharmacopeia) 冠心苏合丸	Su He Xiang 50 Bing Pian 105 Ru Xiang 105 Tan Xiang 210 Mu Xiang 210 Form into 1000 pills with bai mi, take one pill 1-3 times daily.	Angina pectoris due to stagnation of qi and turbid-phlegm – SOB, stifling sensations in the chest, or cardiac pain	After heart attack if still experiencing chest pain (after home from hospital)

Formulas That Stabilize and Bind [固涩剂]	
● Leakage and discharge (hua tuo滑脱, literally "slippage and separation") are pathological conditions caused by a chronic xu of the body's normal qi, characterized by chronic symptoms of leakage and loss of qi, blood, essence or fluids with no external pathogenic factors present, manifested with spontaneous sweating, night sweats, chronic coughing, signs of incontinence such as chronic diarrhea, urinary leakage, bedwetting(enuresis) or involuntary sperm loss(spermatorrhea), uterine bleeding, vaginal discharges(leukorrhea) ● Leaking the good stuff. ● Dumping the trash is okay, but you have to keep the good stuff	● Etiology – qi xu due to chronic diseases or congenital weakness [Qi Deficiency: can't hold the good stuff] ◊ WM osteoporosis/osteoartritis: Calcium going away from bones Bones get loose, brittle (KD Xu Not enough energy & power to hold the calcium Bone spurs) ◊ Diabetes: Glucose leaking out no energy, ADP doesn't work. SP Qi too weak essence leaking out ◊ Chronic nephritis: Protein leaking out (SP/KD Qi deficiency) ● Pathogenesis – qi is exhausted and loses its normal function of stabilizing and consolidating, thus causing the basic body substances to leak or spill out. This in turn leads additional pathologies of the xu type. ● Treatment principles and considerations – stabilize, consolidate and astringe to stop leakage and discharge. If EPI are involved in leakage/discharge conditions, they should be eliminated first, or at least treated simultaneously in severe cases. Failure to eliminate EPI first may cause them to be retained internally.

Locations	**Symptoms**
Superficial	Spontaneous sweating
Lungs	Chronic cough
Intestines	Chronic diarrhea, watery dysentery
Chong and Ren	Ben Lou (menorrhagia & metrorrhagia)
Ren and Dai	Chronic leukorrhea
Kidney and Bladder	Urinary incontinence, enuresis, spermatorrhea

● **The Formulas**
● Definition – formulas that stabilize and binding use astringent herbs as chief ingredients.
● Actions and indications – to astringe, consolidate and stabilize in conditions of consumption and leakage of qi, blood, essence or fluids
● Because astringent formulas address mainly the symptoms, they should be combined with tonifying herbs according to the degree and type of consumption of qi, blood, yin, yang, essence or fluids. For the same reason, once the symptoms of leakage or discharge have been relieved, these formulas should be discontinued and the underlying xu should then be addressed with tonifying formulas.
● Astringent formulas should not be used where leakage or discharge is caused by EPI such as heat, fire and damp-heat.
●

Formulas That Stabilize the Exterior & Stop Sweating 固表止汗	
● Wei qi (protective/defensive) xu – susceptible to EPI leading to recurrent, externally-contracted disorders, profuse spontaneous sweating, aversion to wind, fatigue, pale complexion, sob, palpitations, a pale tongue with thin white coating, and a floating, weak or soggy pulse.	●

Yu Ping Feng San [玉屏风散] (Jade Windscreen Powder) Source: Dan Xi Xin Fa	
● **Actions**: Tonifies Qi, Stabilizes Exterior And Stops Sweating. ● Preparation and administration: grind the herbs into powder, take in 6-9g twice a day as a draft with 3 pieces of sheng jiang. Or decoction with a proportionate reduction. ● **Indications**: The exterior xu with weak and unstable protective qi [aversion to drafts, spontaneous sweating, a shiny, pale complexion; or recurrent colds] ● T: pale with white coating, P: floating, deficient, or soft pulse. ● Contraindicated in night sweats due to Yin xu heat **Applications** ● 1. Protective qi xu causing sweating; ● 2. Recurrent colds (prevent it from happening) ● Allergic rhinitis, Urticaria, Chronic renal failure/chronic nephritis ● Chronic URI, Chronic bronchitis in children ● Primary thrombocytopenic purpura ●	**Patent** ● **Modern Research** ● Immunity dual-direction regulation ● Anti-viral/bacterial effect ● Anti-inflammatory ● Auto-immune inhibitory (by inhibiting the production of IgE and secretion of mastocytes) ● Anti-aging ● **Case Study** ● A 38 y-o female asks for tx of her seasonal allergies in early spring, mainly manifesting as nasal congestion, runny nose with clear watery discharge, sneezing and itchy nose. She also feels tired and foggy mind; sweaty while sneezing. ● A pale tongue with white thin coating; a soggy pulse. ● She takes yin qiao tablets and feels a little better each time when she has an episode. ● Dx: ● Tx: ● **Think & Review** ●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Huang qi	60-180	Sweet, slt. Warm	SP, LU	Strengthens qi, stabilizes the exterior [close skin pore] Hypertension: Don't use huang qi too much
Deputy	Bai zhu	60	Bitter, sweet, warm	SP, ST	Tonifies Sp qi, strengthens the metal by cultivating the earth
Assistant	Fang feng	30	Acrid, sweet, slt. Warm	UB, LV, SP	**With the chief, expels EPI without harming normal qi** **[Expel possible EPI/wind, open skin pores Balance with Huang Qi]** **Fang Feng = sweet moistening & dispersing at same time, mild** **Guide appropriate amount of good Qi to the surface**

Comparison Of Yu Ping Feng San & Gui Zhi Tang		
	Yu ping feng san	**Gui zhi tang**
Common sx	Spontaneous sweating, aversion to wind, floating pulse	
Different sx	Recurrent/chronic colds, profuse sweating, pale tongue [Prevent exterior condition]	Slt. sweating, chills, HA, low fever, normal tongue [Exterior condition]
Indications	Protective qi xu	External wind cold with exterior xu
Sweating path.	Sweating d/t protective qi xu	Sweating d/t xu exterior with ying/wei disharmony
Actions	Tonifies qi, consolidates exterior to stop sweating	Promotes sweating to dispel w-c, harmonizes ying/wei to stop sweating
Therapeutic emphasis	Consolidates the exterior	Dispels the pathogens

Modifications			
+ fu xiao mai, duan mu li, ma huang gen	Severe sweating		
+ gui zhi	Continuous sweating due to EPI		
+ bu zhong yi qi tang	Weak constitutional person catching cold frequently	Middle jiao Qi	

Mu Li San [牡蛎散] (Oyster Shell Powder) Source: Tai Ping Hui Min He Ji Ju Fang	
● Actions: inhibits sweating, stabilizes the exterior. ● Preparation and administration: grind the first 3 ingredients into powder, add the 4th, and take 9g as a draft twice daily. Or decoction. ● **Indications**: Spontaneous sweating due to unstable protective qi – persistent spontaneous sweating that worsens at night, palpitations, easily startled, sob, irritability, general debility, lethargy; a pale red tongue, and a thin, frail pulse. ● Inappropriate for treating the profuse, oily sweat due to yin or yang xu. **Applications** ● profuse sweating due to normal qi xu leading to yin fluids leakage from loss of external consolidation ● Postpartum excessive sweating ● Post-surgery excessive sweating ● Excessive sweating from improper/excessive diaphoretic treatment [too much ma huang tang]	**Patent** ● **Modern Research** ● **Case Study** ● **Think & Review** ● What kind of syndromes do formulas that stabilize and binding address? ● Yu ping feng san is an astringent formula. Why then is the diaphoretic herbs fang feng used in this formula? ● Why are huang qi and fang feng used together in yu ping feng san? ◇ One dispersing, one consolidating ◇ Mutually enhance □ Reach balance ●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Mu Li	30	Astringent		Stop sweating, shrink pores
Deputy	Huang Qi	30			
Assistant	Ma Huang Gen	30			
Envoy	Fu Xiao Mai	30			

Comparison Of **Mu Li San** & **Dang Gui Liu Huang Tang**			
	Mu Li San	**Dang Gui Liu Huang Tang** **Dang Gui + All The Huangs** (Gui, Di Huangs, Qi, Qin, Lian, Bai)	
Common sx & actions	Excessive sweating [Strongly stop abnormal sweating] Stabilize the exterior, stop sweating		
Different sx & path.	Spontaneous sweating from unstable protective qi	Night sweating from xu yin fire	
Actions	Stabilizes the exterior, restraining sweating	Enriches yin, clears heat, stops sweating	
Therapeutic emphasis	Stops sweating	Enriches yin and clears heat to stop night sweating	

Formulas That Restrain Leakage from the Intestines涩肠固脱	
● Spleen and kidney cold from xu – chronic, unremitting diarrhea/dysenteric disorders; or even incontinence of stool; or lethargy, weakness, abdominal pain that responds favorably to warmth or pressure, reduced appetite; a pale tongue with a white coating, and a deep, slow pulse. ● Treated with formulas consist primarily of warm, tonifying substances with astringent properties and qi regulating/qi raising herbs.	● These formulas are designed for long-term disorders and used for a relatively long term. They should not be used for acute, excessive disorders, or those with remnants of damp heat. If improperly prescribed, the pathogenic influences will linger in the body for a long time. ●

Si Shen Wan [四神丸] (Four-Miracle Pill) Source: Zheng Zhi Zhun Sheng

● **Actions**: warms and tonifies SP & KD, binds up intestines and stops diarrhea.
● Preparation and administration: grind the herbs into powder and decoct with 240g of sheng jiang and 100 pieces of da zao. Form into pills. Take 9-12g at bedtime with salted water [guide into KD].
● Or decoction with a proportionate reduction in dosage.
●

● **Indications**: Daybreak (cock-crow/5am) diarrhea due to KD & SP Yang xu [diarrhea which occurs daily just at daybreak, (or with cold abdominal pain,) lack of interest in food and inability to digest what is eaten, lower back soreness with cold limbs, fatigue, lethargy]
● pale tongue with a thin, white coating; a deep, slow, and forceless pulse.
● More KD Yang Xu than SP Xu

Applications
● Kidney & Spleen Yang xu causing diarrhea, especially at daybreak.
● Chronic diarrhea, Chronic ulcerative colitis, Chronic dysentery
● Allergic colitis, IBS, Enuresis, Fatty diarrhea

Modern Research
● Peristalsis inhibiting
● Intestinal spasm relieving (similar to the effect of atropine against acetylcholine)
● Immune-boosting
● Sedative
● Anti-bacterial
●

Case Study
● A 45 y-o female looks for tx for her chronic, intractable diarrhea for over 12 years. Her diarrhea happens between 5-6 am each morning with urgency and borborygmi and undigested food, usually followed by 3-4 more diarrheas after each meal or drink. Other sx: cold sensation in the abdomen, lower back and four limbs, poor appetite, low energy, mobile joint/muscle pain almost everyday.
● A pale moist tongue with thin white coating; a deep and thin pulse.
● She was diagnosed by MD with IBS and CFS 10 years ago.
● Dx:
● Tx:

Think & Review
● Which is the chief herb in si shen wan? How does it work?
● Please compare si shen wan with li zhong wan.

Rank	**Herb**	**Amount**	**Properties**	**Channels**	**Notes**	
Chief	Bu Gu Zhi	120	Acrid, bitter, warm	KD, SP	Warms up mingmen fire, tonifies Sp & K [AKA Po Gu Zhi] (very aromatic, almost spicy)	
Deputy	Rou Dou Kou	60	Acrid, warm	SP, LI	Warms Sp, astringes Intestines to stop diarrhea	
Assistant	Wu Zhu Yu	30	Acrid, bitter, warm, poisonous	SP, LV, KD	Warms Sp & K, dispels cold	
	Wu Wei Zi	60	Sour, warm	LU, KD	Astringes Intestines to stop diarrhea [Main flavor: sour □ astringent]	
	Sheng Jiang		Acrid, hot	LU, ST	Warms & tonifies the middle jiao	Pair: Cure chronic gastritis, many difficulties in middle jiao
	Da Zao		Sweet, neutral	SP, ST	Tonifies & harmonizes the middle jiao	

Modifications			
+ ying su ke, he zi	Watery diarrhea	+ fu zi, rou gui	Sore and cold low back/extremities
+ huang qi, sheng ma, ren shen	Prolapsed rectum from middle qi sinking	+ mu xiang, xiao hui xiang	Abdominal distention
		+ li zhong wan	Interior cold with abdominal pain & nausea

Related Formula			
formulas	**ingredients**	**actions**	
Er shen wan 二神丸	Rou dou kou, bu gu zhi	Warms Sp & K, stops diarrhea	
Wu wei zi san 五味子散	Wu wei zi, wu zhu yu	Warms Middle, binds up Intestines	
Si shen wan 四神丸	Er shen wan + wu wei zi san	Warms & tonifies Sp & K, binds up Intestines, stops diarrhea	

Comparison of **si shen wan** & **li zhong wan**		
	Si shen wan	**Li zhong wan**
Common sx	Chronic diarrhea w/ undigested food, abd.pain relieved by heat & pressure, poor appetite	
Different sx	Early-morning diarrhea	Diarrhea or loose stool
Major Zang involved	Kidney	Spleen
Common actions	Warm & tonify K and Sp yang, stop diarrhea	
Different actions	Astringes Intestines	Dispels cold
Indications	Chronic diarrhea from Sp & K yang xu	
Thera. emphasis	Stabilizes and astringes	Warms the Interior

Formulas That Stabilize the Chong, Ren & Dai Meridians & Stop Uterine Bleeding or Vaginal Discharge 固崩止带

- Beng Lou – menorrhagia, metrorrhagia
  - Sudden, acute, excessive, severe
  - Lou: Chronic
- Dai Xia – chronic leucorrhea
  - Excessive, abnormal vaginal discharge
-

- Formulas in this section are indicated for unremitting uterine bleeding and vaginal discharge, either Beng or Lou. Other sx include sob, palpitations, weakness & soreness of the lower back, a pale complexion; a pale tongue, and a deficient, thin, and frail pulse.
- Formulas in this section consist primarily of Qi/Yin-toinfying and astringent herbs.

Gu Jing Wan [固经丸] (Stabilize The Menses Pill) Source: Yi Xue Ru Men

- **Actions**: nourishes Yin, clears xu heat, stabilize Chong/Ren, stops bleeding.
- Preparation & administration: grind the herbs into powder & form into pills with wine. Take 9g bid with warm water. May also be prepared as a decoction with a proportionate reduction in the dosage of the herbs.
- Jing: Menstruation or meridians

- **Indications**: LV fire injuring the Chong & Ren causing uterine bleeding (alternately trickling and flooding), continuous menstruation, blood is thick, sticky, clotted, red or purple; Or heat feelings in chest, irritability, lower abdominal pain, dark urine
- T: red with yellow coating, P: rapid, wiry
- Chong & Ren Damage Excessive bleeding

Applications

- Liver stagnant heat disturbs the Chong & Ren causing uterine bleeding
- Functional uterine bleeding [WM doctors don't know why]
- Early menstruation
- Menopausal heavy/continuous bleeding
- Chronic pelvic inflammatory disease

Patent

-

Modern Research

-

Case Study

- A 21 y-o female comes in looking for the treatment of unterine bleeding secondary to an abortion 58 days ago. The blood flow is up & down with dark red thick blood and some clots. Other sx: LBP, weak legs, feverish sensation, thirst, short temper. She also tells you that she has had another abortion last year and had the similar sufferings but was shorter period of time.
- Tongue: red with thin yellow coating
- Pulse: rapid and tight.
- Dx:
- Tx:

Think & Review

- What is the function of *chun gen pi* in Gu Jing Tang?
- Please make a comparative table of the formulas in this section.

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Gui Ban	30	Salty, sweet, neutral	KD, LV	Nourishes Yin/blood, tonifies KD, clears heat, subdues Yang, stops bleeding Gui Ban enters Ren meridian
	Bai Shao	30	Bitter, sour, cool	LV, SP	Enriches Yin/blood, Enters Chong meridian
Deputy	Huang Qin	30	Bitter, cold;	HT, LU, GB, LI	Clears hear from upper jiao
Assistant	Huang Bai	9	Bitter, cold	KD, UB	Clears heat from lower jiao
Envoy	Chun Gen Pi	21	Bitter, astringent, cold	LI, LV	Clears heat, cools blood, dries damp, astringes Stop uterine bleeding Special for gynecology
	Xiang Fu	7.5	Acrid, slt bitter, sweet, slt warm	LV, SJ	Spreads Lr qi, releases constraint [Qi Mover]

Modifications			
+ duan long gu, duan mu li, wu zei gu, qian cao	Severe cases with heavy/continous bleeding		
- Huang bai + nu zhen zi, han lian cao	Cases with less heat & severe yin xu	Er Chen Wan (yin tonic)	

Gu Chong Tang [固冲汤] (Stabilize Gushing Decoction) Source: Yi Xue Zhong Zhong Can Xi Lu

- **Actions**: stabilizes the Chong Mai to stop uterine bleeding, strengthens Sp, augments qi, and nourishes liver.
- Preparation & administration: the calcined substances are cooked first for 1 hour or so, wu bei zi is ground into a powder, divided into 2 portions, and taken with the strained decoction.
- Damage to Chong Mai [have LV symptoms] causes heavy bleeding
- LV & Chong Intersection: REN 4
- Treat symptoms & root at same time
- Emergency use during menses with heavy bleeding, acute bleeding

Think & Review

- Chong Pulse: peak between Cun & Guan Means Chong damage

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Chao Bai Zhu	30			Tonify Qi
	Huang Qi	18			
Deputy	Shan Zhu Yu	24			Enter Chong Mai
	Bai Shao	12			
Assistant	Duan Long Gu	24			Pair: Astringent, promote each other
	Duan Mu Li	24			
	Hai Piao Xiao	12			
	Zong Lu Tan	6			
	Wu Bei Zi	1.5	Astringent		Chinese gall
	Qian Cao Gen	9			Stop bleeding

Wan Dai Tang [完带汤] (End Discharge Decoction) Source: Fu Qing Zhu Nu Ke

- **Actions**: stabilizes Dai to stop vaginal discharge, strengthens Sp, soothes Lr and transforms damp.
- Preparation & administration: decoction. 2-3 times the dosage of dang shen is usually substituted for ren shen
-

- **Indications**: **Dai Mai & Sp xu with damp and qi stagnation causing leucorrhea** – profuse vaginal discharge that is white or slightly yellow in color, thin in consistency, not particularly foul-smelling, and usually continuous; fatigue, lethargy, sallow complexion, loose stools, poor appetite; A pale tongue with a white coating; a soggy/weak/frail or moderate pulse.
- **Cang Zhu & Bai Zhu together**: Enter Dai Mai [Fix Dai Xia]

Applications

- Loose Dai /Liver constraint and Sp xu causing damp to descend – thin, profuse vaginal discharge
- Chronic vaginitis, Chronic gastritis, Chronic nephritis with edema [All can cause damp]
- Diarrhea or edema during menstruation or pregnancy
- Chronic colitis

Patent

-

Modern Research

-

Case Study

-

Think & Review

-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Chao Bai Zhu	30	Bitter, sweet, warm; Sp,St		Boosts Sp, dries damp [Si Jun Zi Tang Tonify SP]
	Chao Shan Yao	30	Sweet, neutral; Sp, Lu, K		boosts Sp,K,stops discharg
	Ren Shen	6	Sweet,slt bitter,slt warm;Sp		Boosts Sp/qi
Deputy	Cang Zhu	9	Acrid, bitter, warm, aromatic		Dries damp,stops discharge
	Chen Pi	1.5	Acrid,bitter,warm,aromatic,		Moves qi, dries damp
	Jiu Chao Che Qian Zi	9	Sweet, bland, cold; K,UB,Lr		Promotes uri, drains damp
	Chai Hu	1.8	Bitter, slt acrid, cool; Lr, GB		Moves Lr qi, subdues Lr
Assistant	Jiu Chao Bai Shao	15	Bitter, sour, cool; Lr, Sp		Soothes Lr
	Jie Sui Tan	1.5	acrid,aromatic,slt warm;lu,lr		Dries/disperses damp (Jing Jie flower)
	Gan Cao	3	Sweet,neutral		Boosts MJ, harmonizes the formula

Comparison of 3 formulas that treat abnormal vaginal discharge			
Formula name	Actions	Indications	
Wan dai tang [完带汤]	Boosts Sp, binds up Dai [Er Zhu], tonifies qi; Also moves Lr qi	Sp xu/Lr qi stagnation – abnormal vaginal discharge	Stronger tonify SP
Qing dai tang [清带汤]	Boosts Sp, binds up Dai; Also stops bleeding	Sp xu – profuse, thin, clear or red, and continuous vaginal discharge	Not stronger in either way
Yi huang tang [易黄汤]	Boosts Sp, binds up Dai; Also clears damp-heat	Sp xu with **damp-heat** – yellowish and fetid (bad smell)	Stronger clear heat

Related Formula			
Name of Formulas	Ingredients	Actions/indications	
Qing dai tang [清带汤] (yi xue zhong zhong can xi lu)	Shan yao, (long gu, mu li) Pair: astringent, help close the door hai piao xiao (astringent), qian cao gen	Boosts Sp, stops vaginal discharge. For Sp xu with profuse, thin, clear/red, continuous discharge	Not as comprehensive as Wan Dai Tang
Yi huang tang [易黄汤] (fu qing zhu nu ke)	Chao shan yao, chao qian shi, huang bai, che qian zi, bai guo (ginkgo fruit)	Boosts Sp, dries damp, clears heat, stops vaginal discharge. For Sp xu with damp heat – long-term, unremitting discharge that is yellowish, viscous and fishy-smelling, heavy feeling, soreness in LB & lower limbs…	Damp Heat

Formulas That Stabilize the Kidney & Stop Urogenital Leakage涩精止遗	
● K xu that has lost its ability to store causing instability in the lower jiao and loose gate of essence – spermatorrhea, enuresis/urinary incontinence, restless fetus or miscarriage; may be accompanied by low back soreness/weakness, tinnitus, forgetfulness; a pale tongue with white coating, a thin, frail and weak pulse.	●

Jin Suo Gu Jing Wan [金锁固精丸] (Metal Lock Pills To Stabilize The Essence) Source: Yi Fang Ji Jie	
● Actions: stabilizes K and binds up Semen. ● Preparation & administration: grind ingredients into powder, form into pills. Take in 9g doses on an empty stomach with salted water. Or decoction with a proportionate reduction in dosage. ● **Indications**: Kidney xu causing spermatorrhea – chronic seminal emissions, impotence, fatigue, and weakness, sore and weak limbs, lower back pain, tinnitus; a pale tongue with white coating, and a thin, frail pulse. ● Can't maintain erection or ejaculate □ very deficient ● Strong gold lock **Applications** ● spontaneous emission (spermatorrhea which occurs without dreams from instability of essence gate due to Kidney xu. ● Leukorrhea ● Enuresis (Bedwetting) □ KD not strong enough ◊ Dreams about bathroom □ HT ● Chronic diarrhea ● Diabetes ● Male infertility ● Myasthenia gravis	**Patent** ● **Modern Research** ● **Case Study** ● **Think & Review** ●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Sha Yuan Ji Li		Sweet, warm	LV, KD	Tonifies K essence, astringes to stop emission & leakage Very strong, brighten eyes, stop tinnitus, Asparagus seeds
Deputy	Lian Zi		Sweet, astringent, neutral	HT, SP, KD	Tonifies K, astringes to stop nocturnal emission
	Qian Shi		Sweet, astringent, neutral	SP, KD	Stabilizes essence gate, stops semen leakage SP: very starchy herb
Assistant	Lian Xu		Sweet, astringent, neutral	SP, KD	Tonifies K, astringes to stop emission & leakage (Lotus stamen)
	Su Zhi Long Gu		Sweet, astringent, neutral	HT, LV, KD, LI	Astringe emission, calm the mind, suppress blazing fire.
	Duan Mu Li		Salty,astringent, cool	LV, KD	

Suo quan wan [缩泉丸] (shut the sluice pill) source: fu ren liang fang	
● Actions: warms K, dispels cold, shuts off urinary frequency, stops leakage. ● ● **Indications**: Preparation & administration: combine equal amounts of the 1st two herbs with a paste made from the 3rd herb, from into pills. Take in 6g twice a day. Or decoction. ● Cold symptoms, mild cases [milder than the other one] **Applications** ● Kidney Yang deficiency with cold causing urinary leakage – frequent, long, clear urination, urinary leakage (incontinence), enuresis, polyuria; Pale tongue with white coating; Deep and weak pulse. ● Contraindicated in enuresis due to damp-heat in the Liver meridian. ●	**Patent** ● **Modern Research** ● **Case Study** ● **Think & Review** ● What are the mutual effects among *sha yuan ji li, lian zi* and *qian shi* in formula jin suo gu jing wan? ● KD Ht SP

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Yi Zhi Ren	9-12			
Deputy	Wu Yao	6-12			
Assistant	Shan Yao	9-15			
Envoy					

Formulas That Regulate the Qi [理气剂]

- Inadequate movement of qi – Qi dysfunction conditions are excess (shi) types characterized by pain and distension in the case of qi stagnation or by sx of rising energy in the case of qi rebellion, such as nausea and coughing
- Qi stagnation [Liver qi: hypochondriac/breast distension and pain, irregular menstrual cycles, dysmenorrhea, hernial pain. Sp/St qi: abdominal distension, stuffiness and pain, relieved after passing gas, poor appetite, irregular BM]
- Qi rebellion – Lu qi: coughing, wheezing, dyspnea. St qi: belching, hiccoughs, nausea, vomiting

- Treated by formulas that either promoting the movement of qi/ unblocking the stagnation of qi, or directing the rebellious/abnormal flow of qi downward
- The ingredients of these formulas are mostly bitter or acrid and warming or drying, and can easily injure the fluids and scatter the qi when improperly used. These formulas should therefore be discontinued as soon as the condition improves. Also patients presenting qi, blood, Yin or fluids xu, including pregnant women, should use qi-regulating formulas very cautiously, and with the appropriate addition of qi, blood or Yin/fluids tonics.

	Qi quality		**Qi movement**	
Pathology	Qi xu	Qi sinking	Qi stagnation	Qi rebellion
Symptoms	Fatigue, weariness	Organ prolapse	Distension, pain	Coughing, belching, nausea, vomiting
Organs involved	SP, ST, LU, HT	SP, ST	LR, SP, ST	LU, ST, LR
Tx principle	Tonify the qi		Regulate the qi	

Formulas That Promote the Movement of Qi行气

- Qi stagnation – Pain, distension
- In the chest: chest/back pain, coughing, sob
-

- In the Sp/St: epigastric and abdominal pain/distension, belching, acid regurgitation, and irregular BMs
- In the Lr: pain/distension in the chest and hypochondria, or hernial disorders, irregular menstruation, or dysmenorrhea

Yue Ju Wan [越鞠丸(芎术丸)] (Escape Restraint Pill) Source: Dan Xi Xin Fa

- Actions: promotes qi movement and releases constraint. Reduces stagnation of qi, blood, phlegm, damp, fire & food.
- Preparation & administration: grind equal amounts of the ingredients into a fine powder & form into pills with water. Take 6-9g with warm water. May also be prepared as a decoction with 6-12g of each herb. Adjust the administration based on which element is more stagnant.

- **Indications**: **6 Stagnations: Qi, Blood, Phlegm, Damp, Fire & Food** fullness and focal distension and a stifling sensation in the chest and abdomen, fixed pain in the hypochondria, belching, distending breast pain, vomiting, acid regurgitation, nausea/vomiting, mild coughing with copious sputum, reduced appetite, and indigestion
- **No special herb to treat phlegm, but is heat & damp together treat damp & heat, phlegm gets treated automatically**
- T: dusky, purple or red tongue with white or yellow greasy (Qi stagnation, damp) coating
- P: wiry, slippery, possible rapid pulse.

Applications

- Conditions presenting 6-yu六郁, with primary qi-yu气郁, characterized by fullness and focal distension in epigastrium and chest, poor appetite, nausea/reflux, greasy tongue coating.
- Peptic ulcers, Chronic gastritis, Cholecystitis/cholelithiasis,
- Intercostal neuralgia, Infectious hepatitis, Migraines, dysmenorrhea

Case Study

- A 42 y-o female looks a herbal approach for her premenstrual HA that starts 2-3 day before menstruation, gets worse each day until formal bleeding, then gets better, gone with the end of mense. HA is often accompanied with dizziness, nausea, anorexia, short temper, abdominal distension/pain, lower back pain/body aches. Other sx: irregular menses with dark-red clots in blood.
- Tongue: red tongue with dark dots on the edges. Slightly yellow thin coating.
- Pulse: wiry
- Dx:
- Tr.Pr.:
- Formula:
- Herbs:
-

Think & Review

- Please compare yue ju wan with xiao yao san & si ni san in terms of their indications, functions, sx and ingredients.
- One of the indications for yue ju wan is to resolve phlegm. Why does this formula not contain any herbs that resolve phlegm?

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Xiang Fu				Moves qi, soothes Lr, relieves pain
Deputy	Chuan Xiong				Moves qi, invigorates blood, relieves fixed pain
	Cang Zhu				Dries damp/transforms phlegm, strengthens Sp, promotes urination
	Shan Zhi Zi				Clears heat from all 3-jiaos, resolves fire from constraint
	Shen Qu				Reduces food stagnation, improves digestion, harmonizes St

		Si ni san [Hangry + cold]	**Xiao yao san [Mild, nourishing]**	**Yue ju wan**
Functions	Co.	Moves Lr qi		
	Dif.	Regulates Lr & Sp	Nourishes Bl, strengthens Sp	Releases constraint of 6-yu
Indications	Co.	Liver qi stagnation		
	Dif.	Lr/Sp disharmony	Qi stagnation with Bl xu	6-yu
Symptoms	Co.	Hypochondriac/abdominal pain & distension, dusky tongue, wiry pulse		
	Dif.	Cold limbs, hungry, diarrhea	Fatigue, HA, dizziness, irregular cycles, PMS, dysmenorrhea	Indigestion, nausea/vomiting, fixed pain

Modifications			
Severe qi yu	Amount of xiang fu up, + mu xiang, bing lang, zhi shi	Severe fire yu	Amount of zhi zi up, + huang lian, qing dai
Severe damp yu	Amount of cang zhu up, + fu ling, ze xie	Severe phlegm yu	Amount of cang zhu up, + dan nan xing, gua lou
Severe food yu	Amount of shen qu up, + mai ya, shan zha	Absence of fire yu,…	- Zhi zi,…(no damp, - cang zhu, no food, - shen qu)
Severe blood yu	Amount of chuan xiong up, + tao ren, hong hua		

[Ban Xia Hou Po Tang [半夏厚朴汤] (Pinellia And Magnolia Bark Decoction) Source: Jin Gui Yao Lue	
● Actions: moves qi, descends rebellious qi; resolves phlegm, dissipates clumps. ● Preparation & administration: decoction ● ● **Indications**: **Plum-Pit Qi (Mei He Qi)** [feeling of something caught in the throat that can neither be swallowed nor ejected, a stifling sensation in the chest and hypochondria; Or coughing and vomiting] ● T: moist or greasy, white tongue, P: wiry, slow or wiry, slippery ● **Applications** ● Plum-pit qi (mei he qi 梅核气) due to concurrent constrained qi and phlegm ● Hysteria Food reflux ● Post-chemo/radiation/surgery triggered nausea and vomiting ● Chronic gastritis, Esophageal spasms, Chronic laryngitis	**Patent** ● **Modern Research** ● **Case Study** ● **Think & Review** ● In ban xia hou po tang, why are ban xia and hou po combined in the treatment of plum-pit qi? ● Why zi su ye is included to spread Liver qi instead of chai hu in ban xia hou po tang? ●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Ban Xia	9-12			Dries damp to resolve phlegm, dissipates clumps, directs rebellious qi downward
Deputy	Hou Po	9			Chief Pair: Ban Xia & Hou Po [Magnolia tree bark, flower: Xin Yi Hua] Moves qi, dries damp, reduces accumulation. Paired with ban xia to treat qi and phlegm stagnation
	Fu Ling	12			Strengthens Sp, drains damp
Assistant	Sheng Jiang	9			Harmonizes St, stops nausea & vomiting, neutralize toxicity of Hou Po Bring Qi downward
Envoy	Zi Su Ye	6	Aromatic	LU, ST	Moves qi, circulates Lu qi, regulates St qi to stop nausea/vomiting (Lu & St) Why Zi Su Ye instead of Chai Hu? Enters ST & LU, resolve phlegm, open chest Chai Hu: Raises Qi [Sheng Ma: Bu Zhong Yi Qi tang], doesn't go to LU & ST, where the

Modifications			
Severe liver qi stagnation with frequent sighing/burping	+ xiang fu, qing pi, chen pi, gua lou, chai hu	Severe clumped feeling in the throat	Jie geng, xuan shen, gan cao, chi shao yao
Fire generated by stagnant qi with short temper, irritability and bitter taste in the mouth	+ huang lian, huang qin, zhi zi	With qi & yin xu manifesting as insomnia, low spirit, fatigue	+ suan zao ren, mu dan pi, huang qi, sha shen

Related Formula			
si qi tang 四七汤	Ban xia hou po tang + da zao	For a milder case of plum-pit qi with less phlegm-damp stagnation. However, si qi tang is not appropriate for a condition in which phlegm-damp is severe and Sp is not xu.	

Gua Lou Xie Bai Bai Jiu Tang [瓜蒌薤白白酒汤] (Trichosanthes Fruit, Chinese Chive, And Wine Decoction) Source: Jin Gui Yao Lue

- Actions: unblocks yang, dissipates clumps, moves qi, expels phlegm
- Preparation & administration: decoct with equal amounts of wine and water. In cases where ingestion of wine is contraindicated, wine may be reduced or omitted. Take warm, bid or tid

- **Indications**: Chest Bi syndrome 胸痹 [pain in chest which often radiates to the upper back, a feeling of oppression in the chest, wheezing, cough with copious sputum, sob; palpitations]
- T: thick greasy white coating, P: deep and wiry or tight pulse.
- Chronic, mild cases, not for first aid/rescue

Applications
- Chest Bi: due to qi and phlegm obstruction in the chest causing pain
- Coronary heart disease, Intercostal neuralgia
- Angina pectoris, Chronic obstructive pulmonary disease (COPD)

Patent
-

Modern Research
-

Case Study
-

Think & Review
- Please compare gua lou xie bai bai jiu tang, gua lou xie bai ban xia tang and zhi shi xie bai gui zhi tang.
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Gua Lou		Aromatic, sweet, cold		Expels phlegm, unbinds the chest, dissipates clumps
Deputy	Xie Bai		warm, aromatic		[shallots] Warms yang, moves qi, disperses clumps, relieves pain
Assistant	Bai Jiu				[White wine] Moves qi, invigorates blood

Modifications			
Severe qi stagnation with blood stagnation	+ dan shen, dang gui, tao ren, hong hau, pu huang, chi shao, zhi shi, hou po, qing pi, ru xiang		
Severe phlegm blockage	+ ban xia, tian nan xing, shi chang pu, yu jin (turmeric)		

Related Formula			
New formulas	Based on the primary formula	Indications	
Gua lou xie bai ban xia tang 瓜蒌薤白半夏汤	+ ban xia	Chest Bi with severe pain due to significant phlegm sx	
Zhi shi xie bai gui zhi tang 枳实薤白桂枝汤	+ zhi shi, hou po, gui zhi - Bai jiu	Chest Bi with severe qi clumping causing focal distension	

Hou Po Wen Zhong Tang [厚朴温中汤] (Magnolia Bark Decoction For Warming The Middle) Source: Nei Wai Shang Bian Huo Lun

- Actions: warms the middle, moves qi, dries damp, and relieves fullness.
- Preparation & administration: decoct with 3 pieces of sheng jiang. The source text advises to take 15g as a draft with sheng jiang before meals.

- **Indications**: SP & ST injured by damp-cold [epigastric & abdominal distension, fullness and/or pain, appetite loss, loose stool, belching, vomiting of clear liquid, lethargy, cold extremities. A
- T: flabby, pale/dusky tongue with white slippery coating. P: deep or full pulse.
- Excess consumption of ice cream

Applications
- Middle jiao damp-cold with qi stagnation presenting with epigastric & abdominal distension/fullness/pain
- Chronic gastritis, Intestinal spasm, Chronic pancreatitis, Cold-damp Bi

Patent
-

Modern Research
-

Case Study
-

Think & Review
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Hou po	9-15	Very aromatic		Warms Middle, dries damp, moves qi down, expands chest, reduce accumulation
Deputy	Cao dou kou	6-9	Very aromatic		Warms Middle, dries damp, disperses cold, relieves nausea, spice
Assistant	Chen pi	9-15			Move qi, expand chest, stop pain, dry damp, stop diarrhea
	Mu xiang	6-9			
	Gan jiang	2-6			Warm Middle, disperse cold, relieve nausea, stop pain [+ sheng jiang]
	Fu ling	9-12			Strengthen Sp, leach out damp, harmonize Middle [+ gan cao]
A, E	Zhi gan cao	6-9			Harmonize & focus the actions of other herbs on Middle
	Sheng Jiang				Harmonize & focus the actions of other herbs on Middle [+ Gan cao]

Liang Fu Wan [良附丸] (Galangal And Cyperus Pill)

- **Actions**: warms the Middle, dispels cold; moves Lr qi, relieves pain.
- **Preparation & administration**: wash the 1st herb in wine and 2nd in vinegar. Bake and then grind the herbs into a fine powder and form into pills with ginger juice. Take in 6g doses 2-3 times a day with water. May also be prepared as a decocti

- **Indications**: Liver qi stagnation with ST cold causing pain [epigastric and abdominal pain that improves with warmth, a stifling sensation in the chest, hypochondriac pain, dysmenorrhea. A
- T: pale with white coating; P: wiry and possibly tight or slow.
- Chronic gastritis/chronic peptic ulcer

Patent
-

Modern Research
-

Case Study
-

Think & Review
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Gao liang jiang	Equal			warms St & disperses cold
Deputy	Xiang fu	Equal			moves qi and relieves pain

	Hou po wen zhong tang	Liang fu wan
Common	Warm the Middle, move qi, alleviate pain	
Difference (zang-fu)	Treats Sp & St	Treats St & Lr
Actions	Expels cold & dries damp	Expels cold, moves Lr qi

Jin Ling Zi [AKA: Chuan Lian Zi] San [金铃子散] (Melia Toosendan Powder)

- Actions: regulates Lr qi, clears heat, alleviates pain
- Preparation & administration: grind the herbs into a fine powder, take in 9g doses with wine or water. May also be prepared as a decoction with a proportionate reduction in the dosage

- **Indications**: LV qi stagnation with heat causing pain [intermittent epigastric and hypochondriac pain, hernial pain, or menstrual pain that is aggravated by ingestion of spicy food/beverages; abdominal distension, irritability]
- T: red with a yellow coating, P: wiry and rapid
- Chronic gastritis/peptic ulcer, Chronic hepatitis/cholecystitis

-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Jin Ling Zi	30			**[AKA: Chuan Lian Zi]** moves Lr qi, clears heat
Deputy	Yan Hu Suo	30			regulates qi, moves blood, relieves pain

	Jin ling zi san	Zuo jin wan
Common	Move Lr qi, alleviate pain	
Difference (zang-fu, heat/cold)	Treats Lr stagnant heat that affects Lr meridian	Treats Lr stagnant heat that attacks St
Sx	Pain along Lr meridian	Rebellious St qi: vomiting, reflux, belching

Nuan Gan Jian [暖肝煎] (Warm The Liver Decoction) Source: Jing Yue Quan Shu

- Actions: Warms Lr and K, moves qi, alleviates pain.
- Preparation & administration: decoction, taken warm. Mu xiang is often sub for chen xiang due to its greater availability and better flavor.

- **Indications**: **Lr. & K. xu cold leading to qi stagnation causing lower abdominal pain/cold-type hernial disorders** – lower abdominal pain that is sharp, localized, and is aggravated by the local application of cold, accompanied by a pale tongue (especially on the sides and root), and a submerged, tight pulse.
- **Also for** – Swelling, distension, and pain of the scrotum.
- Hernia conditions or hernia-like conditions

Think & Review
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Xiao Hui Xiang	6			Fennel
Deputy	Wu Yao	6			
	Chen Xiang	3			
Assistant	Dang Gui	6-9			
	Fu Ling	6			
	Rou Gui	3-6			
	Gou Qi Zi	9			
	Sheng Jiang	3-5			

Formulas That Direct Rebellious Qi Downward 降气	
● Rebellious Qi: Lung & St. – coughing, wheezing, vomiting, belching ● Differentiation should be focused on excess or deficiency, heat or cold, or a combination. ● Formulas that for rebellious lung qi often include zi su zi, xing ren, chen xiang, qian hu…; formulas that for rebellious St qi often include ban xia, chen pi, ding xiang, xuan fu hua, dai zhe shi….	●

Su Zi Jiang Qi Tang [苏子降气汤] (Perilla Fruit Decoction For Directing Qi Downward) **Source: Tai Ping Hui Min He Ji Ju Fang**

- Actions: directs rebellious qi downward, arrests wheezing, stops coughing, warms & resolves phlegm-cold.
- Preparation & administration: decoct with 2 slices of sheng jiang, 3 pieces of da zao & 5 leaves of su ye. In one version, chen pi 6-9g is added. In another version, chen xiang is added & rou gui excluded.
- Zi Su Ye is light, aromatic □ floats up □ Don't use for rebellious Qi
- Zi Su Zi is more anchoring, grounding □ Better for rebellious Qi
- Zi Su Gen: Stem □ Between leaf & seeds □ More for Qi blocked in between □ Open up air passages [Like Gui Zhi, which opens meridians]

- **Indications**: **Excess above & deficiency below** **[上实下虚]** [LU phlegm-damp & KD Yang xu with LU Qi rebellion causing wheezing or coughing with watery, copious sputum, a stifling sensation in the chest & diaphragm, SOB marked by relatively labored inhalation & smooth exhalation. Or may be pain & weakness of the lower back and legs, edema of the extremities, and/or fatigue]
- T: white coating that is either slippery or greasy.
-

Applications

- Wheezing & coughing due to **excess above with xu below** [This differentiation is key] copious watery clear sputum, oppressive feeling in the chest, white greasy or white slippery coating.
- Chronic bronchitis, Bronchial asthma, Emphysema
- Rheumatic heart disease (+ chen xiang, ren shen)

Patent

-

Modern Research

-

Case Study

- A 65 y-o male suffers from wheezing & SOB for over 20 years. Often worse with catching a cold, and accompanied with coughing up a big amount of clear foamy mucus, a stifling feeling in the chest. He usually has cold extremities, especially at the lower ones. Other sx: urinary difficulty, decreased libido.
- A flabby dusky tongue with moist white coating. A slightly tight and full pulse.
- Oh, he also told you that he was diagnosed as asthma 18 years ago.
-

Think & Review

- What is the function of dang gui & rou gui in su zi jiang qi tang?
- What is the indications for us to use su zi jaing qi tang?
- Please find the similarity & difference between
  - su zi jiang qi tang: **Excess above & deficiency below**
  - xiao qing long tang: Exterior wind cold invasion causing lung Qi rebelling with damp accumulation [Exterior condition]
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	**Zi Su Zi [Seeds]**	9-12			Descends lung qi, stops wheezing, resolves phlegm to stop cough, warms the Middle;
Deputy	Ban Xia	9			Aid the chief in resolving phlegm to stop coughing & descending lung qi to stop wheezing [Stagnant Qi clumped together]
	Hou Po	6			
	Qian Hu	6			
Assistant	Dang Gui	6			Nourishes & invigorates Bl, assists qi circulation to treat cough & consolidate K qi, prevent injury to yin & qi from acrid, dry… Anchor lower jiao, good for yin/blood deficiency causing constipation Also postpartum constipation [blood deficiency] Don't take Dang Gui with breast/ovarian cancer
	Rou Gui	1.5-3			Warms K, dispels cold, promotes the transformative function of qi to circulate water [Consolidate lower jiao]
Envoy	Zhi Gan Cao	6			
	Sheng Jiang, Zi Su Ye				Disperse cold to facilitate lung qi
	Zhi Gan Cao, Da Zao				Harmonize and tonify the Middle [Protect middle jiao]

Modifications			
+ xing ren, ma huang	Severe wheezing with exterior condition		
+ dang shen, wu wei zi, huang qi	With qi xu		
+ fu ling, che qian zi	Urinary difficulty		

Ding Chuan Tang [定喘汤] (Arrest Wheezing Decoction) Source: She Sheng Zhong Miao Fang

- Actions: disseminates & redirects LU qi, arrests wheezing, clears heat, and transforms phlegm, releases wind-cold.
- Preparation & administration: Peel bai guo, crush and stir-fry; then decoct with other ingredients.
- Bai Guo: Yin Xin [apricot shell]

- **Indications**: Wind-cold constraining exterior & phlegm-heat smoldering in interior [coughing & wheezing with copious, thick, and yellow sputum, labored breathing. Or simultaneous mild fever and chills]
- T: greasy, yellow coating; P: slippery, rapid
-

Applications

- Wheezing/coughing due to Lu phlegm-heat & external wind-cold with Lu qi rebellion (internal heat with external cold)
- Asthma/bronchitis/URI/pulmonary heart disease presenting with copious thick yellow sputum, a greasy yellow tongue coating and a rapid slippery pulse, with/without the exterior condition

Case Study

- A 3 y-o boy comes in with her mom looks for treatment for his asthma. He has had wheezing and coughing with a lot of thick yellow sputum for 5 days secondary to a swimming lesson in a cold day. He saw the GP and was given antibiotics with little effect. Other sx: difficulty in breathing, runny nose with yellow mucus, mild sore throat.
- A red tipped tongue with moist yellow coating. The dark red index finger veins appear at the Qi Region.
- You also hear a rasping rattle while he breathing in and out.

Think & Review

- Why are bai guo and ma huang the chief herbs in ding chuan tang?
- Please compare su zi jiang qi tang with ding chuan tang.
- Please compare ding chuan tang with ma xing shi gan tang

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Bai Guo	9	Toxic, especially shell		Transforms phlegm, astringes Lu qi, stops coughing & wheezing, moderates ma huang's dispersing quality
Deputy	Ma Huang	9			Unblocks & redirects LU qi to arrest wheezing, releases wind-cold. Complementary of 2 chiefs in dispersing & binding greatly enhances the ability to stop wheezing/coughing
Assistant	Zi Su Zi	6			Transforms phlegm to stop coughing, descends Lu qi to stop wheezing
Envoy	Xing Ren	9			
	Ban Xia	9			
	Kuan Dong Hua	9			
	Sang Bai Pi	9			Drain LU heat, dry damp, stops coughing/wheezing
	Huang Qin	6			Good to clear heat (inflammation)
	Gan Cao	3			Harmonizes the formula, protect middle jiao

Modifications			
- Ma huang, or use zhi ma huang	No exterior wind-cold		
+ gua lou pi, dan nan xing, bai jie zi	Sticky, thick & yellow sputum that is hard to expectorate		
+ shi gao, yu xing cao	Severe Lu heat		

	Su zi jiang qi tang	**Ding chuan tang**
Co. functions	Descend rebellious Lu qi, resolve phlegm, stop wheezing/ coughing	
pathogens	Phlegm-cold	Phlegm-heat with w-c
indications	Lu qi rebellion d/t phlegm-cold & K yang xu	Lu qi rebellion d/t phlegm-heat & exterior w-c
differentiation	Shi above and xu below	Internal heat with external w-c
sx	Copious watery clear sputum, stifling feeling in the chest	Copious thick yellow sputum, possible chills & fever
Zang-fu	K, Lu, Sp	Lu, Sp

	Ding chuan tang	**Ma xing shi gan tang**
Co. functions & sx	Descend & circulate Lu qi, clear Lu heat, release w-c; coughing/ wheezing, labored breathing, mild chills, fever, a red tongue yellow coating, a rapid, slippery pulse	
Chief paired herbs	Bai guo, ma huang	Shi gao, ma huang [Treats wind cold]
Functions	Descends & circulates Lu qi to stop wheezing/coughing	Clears heat from Lu to stop wheezing/coughing
Indications	Lu qi rebellion d/t ph-h & w-c invasion	Lu qi rebellion d/t EPI changes into heat & accumulates in Lu
Sx	Copious thick yellow sputum, possible mild fever & chills, greasy tongue coating	Persistent high fever, thirst, possible aversion to w or c, dry tongue with thin coating
Tx emphasis	Resolves Lu phlegm	Clears Lu heat

Xuan Fu Dai Zhe Tang [旋复代赭汤] (Inula & Hematite Decoction) Source: Shang Han Lun

- Actions: Directs rebellious qi downward, transforms phlegm, augments qi, and harmonizes St
- Preparation & administration: 2-3 times the dosage of dang shen is usually aub for ren shen. Decoction.

- **Indications**: Phlegm-turbidity obstructing the interior with St qi xu [Unremitting belching, hiccough, regurgitation, nausea or vomiting, hard epigastric focal distension]
- T: white slippery tongue coating, P: empty, wiry/slippery

Applications
- Phlegm-turbidity obstruction with St xu causing St qi rebellion presenting with hard epigastric focal distension and unremitting belching & hiccough
- Meniere's disease, Morning sickness, Hypertension
- Incomplete pyloric obstruction

Patent
-

Modern Research
-

Case Study
-

Think & Review
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Xuan Fu Hua	9			decoct in a coffee bag, Descends qi, resolves phlegm, stops vomiting & hiccoughs Most flowers rise up except this one
	Dai Zhe Shi	9			decoct first, Strongly Descends St qi to stop vomiting Not often carried in dispensary [Red rock]
Deputy	Ban Xia	9			Dries damp, resolves phlegm, descends St qi to stop vomiting Paired with Sheng Jiang to bring rebellious Qi down
	Sheng Jiang	6			Warms St, dispels cold, regulates St qi to stops nausea, vomit
Assistant	Ren Shen	6			Tonifies & protects the Middle, boosts qi
	Zhi Gan Cao	6			Tonifies & harmonizes the Middle
A,E	Da Zao	4 PC			Tonifies the Middle, protects the qi from further harm from dispersing herbs

Related Formula			
Formula	**Ingredients**	**Indication**	
Gan Jiang Ren Shen Ban Xia Wan 干姜人参半夏丸 (Jin Gui Yao Lue)	Gan jiang, ren shen, ban xia Sheng jiang	Vomiting d/t Sp & St xu cold during pregnancy. (This is more on warming & tonifying, and less on directly treating rebellious qi.)	

Ju (Chen) Pi Zhu Ru Tang [橘皮竹茹汤] (Tangerine Peel And Bamboo Shavings Decoction) Source: Jin Gui Yao Lue

- Actions: directs rebellious St qi □, stops hiccough, augments qi, clears heat.
- Preparation & administration: deccotion

- **Indications**: **ST heat & qi xu causing ST qi rebellion** [hiccough, nausea,dry heaves, belching. A tender, red tongue with yellow coating; a weak, rapid pulse. Also for vomiting resulting from debility after a prolonged illness, or heat from ST xu]

Applications
- St. qi rebellion due to St xu with heat presenting with severe & persisted hiccough, nausea, vomiting
- Chronic atrophic gastritis (mucosa stop producing stomach acid) [60% of people have this, even though they don't have symptoms]
- Post-surgical/chronic disease-induced hiccough, Reflux-caused esophagitis
- St upset from chemo-therapy, Morning sickness [deficiency: two people use same stomach, not enough capacity]

Case Study
- A 58 y-o female comes in for the treatment of chronic but persistent nausea and vomiting. Other sx: appetite loss, canker sores and occasional urine taste in the mouth, fatigue and sallow complexion. She tells us she was diagnosed as chronic renal failure one year and 10 months ago.
- A tender, slightly red tongue with yellow coating
- A deficient and rapid pulse
- Dx:
- Tx:

Think & Review
- Please explain the effects of combination of warm chen pi & cold zhu ru, moving chen pi & tonifying ren shen, warm sheng jiang & cold zhu ru in the formula ju pi zhu ru tang.
- Why is ju pi zhu ru tang often used for chronic and persistent hiccough/nausea/ vomiting instead of everyday, occasional ones?

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Chen Pi		Warm		[Ju Pi = Chen Pi] Regulates qi, boosts Sp, harmonizes St, stops hiccough, nausea Paired with Zhu Ru: detox, clear turbidity heat [Warm/Cold □ help each other]
	Zhu Ru		Cold		Clears St heat, calms St, stops hiccough, nausea & vomiting Transform turbidity, reduce inflammation, bring down rebellion Bamboo sap: Popular in drinks now, Bamboo leaf tea (Zhu Ye): detox
Deputy	Ren Shen				Tonifies the Middle, generates fluids
	Sheng Jiang				Warms & harmonizes the Middle, stops nausea & vomiting
Assistant	Da Zao				Tonifies & harmonizes the Middle
	Gan Cao				Tonifies the Middle, harmonizes the formula

Modifications			
+ mai dong, shi hu	With St yin xu	- Ren shen, da zao + shi di	With St heat
+ fu ling, ban xia, mai dong, pi pa ye	With St yin xu & phlegm	+ huang qin, bai zhu	Morning sickness

Si Mo Tang [四磨汤(Or 四磨饮)] (Four Milled-Herb Decoction) Source: Ji Sheng Fang	
● **Actions**: moves qi, directs rebellious qi downward, expands the chest, and dissipates clumps. ● Preparation & administration: grind the herbs together, make into a quick draft in a small bowl that is brought to a boil 3-5 times, take warm. ● Or decoction ● ● **Indications**: LV qi stagnation & clumping due to emotional injury [irritable, stifling sensation in the chest and diaphragm, labored breathing, wheezing, epigastric focal distension and fullness, and appetite loss]	**Think & Review** ● Know name & indications, not ingredients

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Bing lang	9			
	Chen xiang	3			Hard to find, very expensive Not often used
Deputy	Wu yao	9			
Assistant	Ren shen	3			

Related Formulas	Ingredients based on si mo tang	Indication	
Wu mo yin zi [五磨饮子]	- Ren shen + mu xiang, zhi shi	Severe Lr qi stagnation w/o xu	
Liu mo tang [六磨汤]	- Ren shen + mu xiang, zhi ke, da huang	Severe Lr qi stagnation in a robust person with abd. pain/ disten. & constipation	

Ding Xiang Shi Di Tang [丁香柿蒂汤] (Clove & Persimmon Calyx Decoction) Source: Zheng Yin Mai Zhi	
● Actions: augments qi, warms the Middle, directs rebellious downward, and stops hiccough. ● Preparation & administration: 2-3 times the dosage of dang shen is usually sub for ren shen. Decoction ● ● **Indications**: ST xu cold causing ST qi rebellion [hiccough, belching, belching, vomiting, a stifling sensation in the epigastrium, focal distension of the chest. A ● T: pale, thin white coating; P: deep, weak or deep slow. ● Postoperative hiccough/morning sickness d/t St xu cold	**Think & Review** ●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Ding xiang	6	Acrid, warm	SP, KD	Often paired with Shi Di Bring down rebellious Qi Warm, anchor KD, Tonify & anchor ST & KD Qi
	Shi di	6-9	Near neutral	ST	Persimmon Calyx (top part) Strong anchor anchor ST Qi by tonifying Not easy to find
Assistant	Ren shen	3-6			
Deputy	Sheng jiang	6-9			

Formulas That Invigorate Blood [理血剂]	
● Blood stagnation sx – indicates the accumulation of blood caused by obstruction in its circulation within Meridians & Zang-Fu; Or refers to blood that has extravasated to accumulate within the body. They are often characterized by pain or palpable masses. ●	● Blood stasis – pain that is sharp & fixed, and is not relieved by warmth/cold, is worse with pressure & at night. Other sx: cyanosis, dark-red/purple menstrual bleeding with clots, a dark complexion, scaly & dry skin, tumors. A purple/darkish tongue, possibly with purple/blue spots; a choppy, deep, or thin, or tight/wiry pulse.

Location	**Symptoms**
Heart	Oppressive/stifling sensation in chest, anginal pain, blue-purplish lips
Lung	Chest pain with hemoptysis, cough with dyspnea & hemoptysis
Liver	Hypochondriac pain, palpable abdominal masses
Intestines	Hematemesis, blood in stool, palpable abdominal masses
Uterus	Dysmenorrhea, amenorrhea, irregular menstruation, dark-red menstrual flow with clots
Body surface	Purplish/blue-greenish skin discoloration, subcutaneous hematoma

Etiology & Pathogenesis ● Exogenous: 6 pathogenic factors, especially cold/heat, trauma ● Endogenous: qi xu, qi stagnation, hemorrhage, childbirth ● Qi stagnation can cause blood stagnation/stasis, blood stagnation/stasis in turn obstruct qi flow resulting in phlegm/damp accumulation, and making blood stagnation/stasis worse as well. Treatment Principles ● Invigorate Blood flow, reduce Blood stasis, move qi – Identify the cause, location & duration of Blood stagnation; In acute conditions, the symptom should be addressed, whereas in chronic one both the symptom & root should be addressed. ● Formulas that invigorate Blood & dispel stasis tend to consume Blood & Qi. They should therefore be used cautiously in xu conditions, individuals of a weak constitution, & the elderly. ● These formulas are contraindicated in pregnancy & in women with menorrhagia; also contraindicated in patients on blood-thinning meds such as Coumadin, or with hemorrhagic disorders such as hemophilia and allergic purpura.	Formulation Principles ● Choose Blood-invigorating herbs as chief ingredients ● For chronic Blood stasis, add herbs that unblock Meridians, such as di long ● For Blood stasis with heat, add herbs that cool Blood [mu dan pi, dan shen] ● For Blood stasis with cold, add warming herbs such as gui zhi & wu zhu yu ● Add qi-moving herbs to the formula as qi & blood are closely related ● Add blood-tonifying herbs to the formula because [Move & tonify] ◇ 1. blood-moving herbs that warm & disperse tend to consume Blood; ◇ 2. xu Blood itself is a common cause of Blood stagnation ● Add Qi tonics to the formula because: ◇ 1. qi xu is a source of blood stagnation; ◇ 2. blood-moving herbs that warm & disperse tend to consume qi Formula classification [3 sections] ● Invigorate Blood & reduce Blood stasis ● Warm Meridians & reduce Blood stasis ● Reduce Blood stasis from tissue trauma ●

Formulas That Invigorate Blood & Reduce Blood Stasis 活血祛瘀	
● Formulas in this section are used for fixed, deep, & usually severe pain due to blood stasis in various parts of the body including the chest, epigastrium, flanks, & abdomen. Other sx: palpable, immobile masses, abscesses & ulcers, loss of hair or brittle hair, purple lips, dark discoloration of the sclera, purple spots on the tongue or a darkish tongue, and a choppy, submerged, tight, or wiry pulse.	● This treatment principle widely used in all chronic deficiency conditions & seniors ● All chronic conditions will cause blood stagnation ◇ Diabetes (chronic) □ cause blood stasis □ KD problems, neuropathy, stasis leading to amputations

Tao He Cheng Qi Tang [桃核承气汤] (Peach Pit Decoction To Order Qi) Source: Shang Han Lun	
● **Actions**: breaks up blood stasis, drains heat. ● Preparation & administration: Decoction, add mang xiao to strained decoction. Jiu zhi da huang [prepared with alcohol] is often used to accentuate Blood-invigorating action of the formula ● Da Huang & Mang Xiao: Image of Cheng Qi Tang ● **Indications**: Blood buildup [clumping] (xu xue 蓄血) in lower jiao with heat accumulation [acute lower abdominal pain & spasm, constipation, night fever, irritability, restlessness, thirst, normal urination; amenorrhea, dysmenorrhea; in severe cases delirium or mania ● T: purple with yellow coating; P: deep, forceful, or choppy **Applications** ● Used for any conditions caused by Blood stasis with heat, regardless of whether found in the upper or lower jiao ● Acute pancreatitis, Endometritis/endometriosis, Retained placenta ● Toothaches with constipation, Chronic prostatitis, Acute testitis	**Patent** ● **Modern Research** ● **Case Study** ● **Think & Review** ●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Tao Ren	12			[Tao He = Tao Ren] Moves blood. Breaks up and dispels blood stasis Chief Pair: Both move blood
	Da Huang	12			Clears heat, purges Intestines, attacks stasis & guides it out Not cooked: move bowel stronger Cooked: Move blood better □ Usually both function Opens lower jiao at same time
Deputy	Gui Zhi	6			Unblocks Meridians, dispels retained blood stasis from lower jiao
Assistant	Mang Xiao	6			Softens accumulation, clears heat, purges Intestines
Envoy	Zhi Gan Cao	6			Harmonizes formula, protects Middle

Modifications			
+ chi shao, hong hua, su mu	Fixed & severe pain from trauma	+ dang gui, hong hua, shui zhi, meng chong	Amenorrhea
+ sheng di, dan pi, zhi zi, niu xi	Gum bleeding, toothache, HA	+ xiang fu, wu yao, qing pi, mu xiang	With qi stagnation

	Tao he cheng qi tang	Tiao wei cheng qi tang
Common ingred.	Da huang, mang xiao, zhi gan cao	
Different ingred.	Tao ren, gui zhi	
Common sx	Constipation, abd.pain that is worse with pressure, fever, thirst, irritability, restlessness, red tongue, slippery, rapid, forceful, deep pulse	
Different sx	Fever at night, dysmenorrhea/amenorrhea, purple tongue, rough pulse	Fever in the afternoon
Indications	Blood stagnation with heat accumulation in Lower Jiao	Full heat in the Yangming organ

Xue Fu Zhu Yu Tang [血府逐瘀汤] (Drive Out Stasis In The Mansion Of Blood Decoction) Source: Yi Lin Gai Cuo

- Actions: invigorates Blood, reduces Blood stasis, activates Qi, relieves pain.
- Preparation & administration: Decoction

- **Indications**: Blood stagnation in the chest [pain in the chest & hypochondria, chronic, stubborn HA with a fixed, piercing nature, chronic & incessant hiccough, a choking sensation when drinking, dry heaves, depression or low spirits accompanied by a sensation of warmth in the chest, palpitations, insomnia, restless sleep, irritability, extreme mood swings, evening tidal fever]
- T: dark-red, dark spots on the sides of the tongue, dark or purplish lips, complexion, or sclera, P: choppy or wiry, tight
-

Applications

- Blood stagnation in chest with constrained LV Qi: commonly used in treating chest pain d/t blood stasis accompanied by a dark-red tongue & a choppy or wiry, tight pulse
- Blood stasis in children: usually when fever, pain, & difficulty in sleeping develop after trauma.
- Embolism, CHD, Hypertension/hyperlipemia
- Intercostal neuralgia, Migraine HA, Postconcussion syndrome
- Primary dysmenorrhea, Menopausal syndrome, Chest Bi, Chronic hepatitis
- Psychosis, Acute optic neuritis, Angina pectoris

Case Study

- A 59 y-o male looks for treatment of occasional chest pain for over 9 months. He has smoked 1 pack per day for over 36 years. Other sx: HA & dizziness at times, cough with brownish thick sputum each morning, hair loss, reduced memory, stifling sensation in the chest while overwork. Medical Hx: high cholesterol, very high LDL.
- A dusky tongue with blue spots on the sides; a wiry pulse.
- Dx:
- Tx:
-

Think & Review

- Why are qi-moving herbs often added to formulas that invigorate Blood?
- What is the function of Gui Zhi in Tao he cheng qi tang? NCCAOM
  - ZZJ Formula, likes to use Gui Zhi Release remaining EPI (Tai Yang Syndrome Conditions caused by wind cold)
  - Warm & acrid Break up blood stasis
  - Promote urination Open up lower jiao, urinary tract (Qi Hua fxn) [Release stagnation]
  - Warm: help control cold nature of Da Huang & Mang Xiao
- What formulas are included in Xue fu zhu yu tang? Why is Sheng di used here instead of Shu di? Why is Chi shao used here instead of Bai shao?
  - Bai Shao: Yin herb, Blood tonic Nourish blood, enter Chong, soften LV (good for LV Qi Stagnation) Treat spasmatic muscle pain
  - Chi Shao: Move blood, much more moving than bai shao, cools blood, good for blood inflammation (Hepatitis B/C), HIV
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Tao Ren	12			Tao hong si wu tang: [Don't use Shu di because greasy, cloying] Invigorates blood circulation
	Hong Hua	9			
	Chuan Xiong	4.5			
Deputy	Dang Gui	9			
	Chi Shao	6			
	Chuan Niu Xi	9			4 herbs Qi Circulation, 2 ckts/vents [Chuan Niu Xi/Chai Hu, Jie Geng, Zhi Ke] Reduces bl stasis, conducts bl flow down
Assistant	Chai Hu	3			Moves Lr qi, reduces constraint
	Jie Geng	4.5			Conducts qi upward, open up Lu qi
	Zhi Ke	6			Conducts qi downward, with jie geng to open the chest by forming a qi circuit
	Sheng Di	9			Clears heat, cools/nourishes bl, avoid yin/bl from injuring
Envoy	Gan Cao	3			Harmonizes the formula

Modifications			
- Jie geng + xiang fu, yi mu cao, ze lan	Amenorrhea dysmenorrhea		
+ yu jin, dan shen	Immobile subcostal & abdominal masses		
+ dan shen, increase the dosage of hong hua & chuan xiong	Angina pectoris d/t CHD		

Related Formula			
Tong Qiao Huo Xue Tang (Unblock Orifice & Invigorate Bl Decoction) 通窍活血汤	Chi shao, chuan xiong, tao ren, hong hua, cong bai, da zao, sheng jiang, she xiang	Accumulation of Blood stasis in the **head**, face, & upper part of body – HA, vertigo, tinnitus, hair loss, dusky complexion, darkness around eyes, brandy nose	Tong Qiao = Open orifices
Ge Xia Zhu Yu Tang (Drive Out Blood Stasis Below The Diaphragm Decoction) 膈下逐瘀汤	**Chao wu ling zhi**, dang gui, chuan xiong, tao ren, dan pi, chi shao, **wu yao, yan hu suo**, gan cao, **xiang fu,** hong hua, zhi ke	Blood stasis & LV qi stagnation in the area below Diaphragm – palpable abd. Masses with fixed pain, or abd. Masses which are visible when lying down	**Guide function of formula into LV area**
Shao Fu Zhu Yu Tang (Drive Out Blood Stasis In The Lower Abdomen Decoction) 少腹逐瘀汤	Chao **xiao hui xiang**, chao gan jiang, yan hu suo, dang gui, chuan xiong, mo yao, guan gui, [chi shao, pu huang, chao wu ling zhi Move abdominal blood stasis (gynecological)]	Blood stasis accumulating in the lower abdomen – palpable masses that may/may not be painful; or lower abd. Pain w/o palpable masses; or abd. Distension, LBP during menses with purple bl…	**Shao Fu: Lower abdomen** **xiao hui xiang: Lower abdomen, hernia feeling** **Blood stagnation Ovarian cysts, fibroids, hernias, prostatitis, etc.**
Shen Tong Zhu Yu Tang (Drive Out Blood Stasis From A Painful Body Decoction) 身痛逐瘀汤	Qin jiao, chuan xiong, tao ren, hong hua, gan cao, qiang huo, mo yao, dang gui, chao wu ling zhi, xiang fu, chuan niu xi, di long	Bi sx qi & Blood stagnation in meridians & collaterals – pain at various locations (shoulder, leg, arm, LB, joints, etc.)	Shen tong = body ache Guide function of formula into meridians

Shi Xiao San [失笑散] (Sudden Smile Powder) Source: Tai Ping Hui Min He Ji Ju Fang

- Actions: invigorates Blood, reduces stasis, disperses accumulation to relieve pain.
- Preparation & administration: grind both ingredients into a fine powder. Take 6g mixed with warm, white wine or vinegar. Also prepared as a decoction.

- **Indications**: **Blood stagnation causing pain** [severe pain in the chest, epigastrium or abdomen; dysmenorrhea, irregular menstruation, postpartum abdominal pain; retention of the lochia]
- T: purple possibly with purple spots on tip & sides; P: wiry, tight or rough
- Pain caused by smooth muscles, organ pain, spasmatic muscular pain caused by ying/wei disharmony or qi/blood stagnation]

Applications
- Blood stagnation/stasis obstruction in the blood vessels
- Blood stasis in Lr meridian, Angina pectoris
- Endometriosis, Lochioschesis, CHD

Patent
-

Modern Research
-

Case Study
-

Think & Review
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Wu ling zhi	Equal	Bitter, sweet, warm	LV, SP	moves Blood. Dispels meridian blood stasis, disperses retained blood, alleviates pain. [Paired herbs]
Deputy	Pu huang [Cat tail]	Equal	Sweet, acrid, neutral	LV, HT, SP	stops bleeding. The functions of these two ingredients are sharply contrasting that seems to be antagonistic. (Sheng = raw) Promotes blood circulation, dispels blood stasis, stops bleeding. (Zhi = honey-fried) stops bleeding to treat bleeding d/t retention of blood stasis. May use a mixture of equal parts of the raw & honey-fried forms. San Qi [3-7] & Pu Huang: Invigorate blood & stop bleeding [Special functions]

Related Formula			
Formulas	Ingredients	Indications	
Yan Hu Suo Tang 延胡索汤	Yan hu suo, pu huang, chi shao, dang gui, guan gui, jiang huang, [Pair: ru xiang, mo yao], mu xiang, zhi gan cao	Abd. Pain related to gynecological disorders. Piercing pain along the spine, severe spasms.	Patent: Yan Hu Suo Zhi Tong Pian
Shou Nian San 手拈散	Yan hu suo, wu ling zhi, cao guo, mo yao	Epigastric & abd. Pain d/t qi & Bl stagnation caused by **coldness**	Shou Nian = Hands pick up & remove it No patent

Dan Shen Yin [丹参饮] (Salvia Decoction) Source: Shi Fang Ge Kuo

- Actions: invigorates Blood, dispels Blood stasis, moves qi, relieves pain.
- Preparation: decoction
- Good, balanced formulation Learn it, Cold, but protect middle jiao

- **Indications**: Blood stasis & qi stagnation in the Middle causing chest pain that may radiate upward [abdominal or epigastric pain which may radiate upward to the arms accompanied by signs & symptoms of blood stasis and qi stagnation] T: purple tongue, P: wiry and rapid pulse.

Applications
- Chest & epigastric pain, Dysmenorrhea with flank pain
- Angina pectoris, Peptic ulcer, Hepatitis, pancreatitis

Patent
-

Modern Research
-

Case Study
-

Think & Review
-

Rank	Herb	Amount	Properties	Channels	Notes	
Chief	Dan Shen	30	bitter, slt. Cold	HT, PC, LV	Invigorates Blood, reduces Blood stasis, clears HT fire (inflammation inside blood vessels), relieves irritability, reduces swelling	
Deputy	Tan Xiang	5	acrid, warm, aromatic	SP, ST, LU	Moves qi in the chest area, relieves pain	Reduce coldness of Dan Shen
Assistant	Sha Ren	5	acrid, warm, aromatic	SP, ST	Moves qi, dries damp, relieves abdominal pain [Too deficient to be tonified Use Sha Ren]	

Bu Yang Huan Wu Tang [补阳还五汤] (Tonify The Yang To Restore Five-Tenths Decoction) Source: Yi Lin Gai Cuo	
● Actions: (1st) tonifies Qi, invigorates Blood, and unblocks Meridians. ● Preparation & administration: decoction. Huang qi may be used at 15-18g to avoid its effect on blood pressure. ● Post stroke formula, ● Contraindicated/caution with high blood pressure ● Low blood pressure causes more strokes, more risky ● **Indications**: Qi & Blood stagnation in Meridians with Qi xu causing hemiplegia [sequelae of wind-stroke including hemiplegia, paralysis, & atrophy of the lower limbs, facial paralysis, slurred speech, drooling, dry stools, frequent urination or urinary incontinence] ● T: dusky with white coating, P: moderate/weak and wiry ● Qi Xu Stagnation (Stroke consumes Qi) **Applications** ● Post-stroke sx d/t blood stasis in the meridians caused by Qi xu [Qi Deficiency, Blood stasis] ● Atrophy disorders with the same pathogenesis ● Sequelae of poliomyelitis ● Thromboangitis obliterans	**Patent** ● **Modern Research** ● **Case Study** ● **Think & Review** ●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Huang Qi	120			Tonifies Qi to impel Blood circulation, to indirectly dispel Blood stasis w/o injuring normal Qi Huang qi & Di long: Moves Qi & dredges Meridians throughout the body
Deputy	Dang Gui Wei	6			Moves Blood & Qi, harmonizes the Ying Qi
	Chuan Xiong	3			
	Chi Shao	4.5			
Assistant	Tao Ren	3			Moves Blood, dispels Blood stasis, unblock Meridians
	Hong Hua	3			
	Di Long	3			

Formulas That Warm Meridians & Reduce Blood stagnation 温经化瘀	
● Blood stagnation & stasis caused by cold – delayed menstruation with dark-colored blood and clots, lower abdominal cold and pain that intensifies with coldness and responds favorably to warmth; a dusky tongue, and a slow, choppy pulse. ● Formulas in this section focus on warming Meridians to move Blood, dispelling Blood stasis, unblocking the Blood vessels.	●

Gui Zhi Fu Ling Wan [桂枝茯苓丸] (Cinnamon Twig & Poria Pill) Source: Jin Gui Yao Lue

- Actions: moves Blood, reduces Blood stasis & fixed abdominal masses
- Preparation & administration: grind equal amounts of the herbs into powder, form into pills the size of rabbit droppings with honey, take 3 times daily before meals. Or decoction with the dosage specified above.
- Safe to use during pregnancy
  - ◊ Pill form instead of decoction □ More mild, slower
  - ◊ Small dosage, rabbit dropping
  - ◊ With honey □ neutralized

- **Indications**: **Blood stasis in the uterus** [mild, persistent uterine bleeding of purple or dark blood during pregnancy accompanied by abdominal pain that increases with pressure. Also for such disorders as immobile masses in the lower abdomen with pain and tenderness, abdominal spasms and tension, amenorrhea with abdominal distension and pain, dysmenorrhea, and retention of the lochia; or restless fetus sx. T: purple or red tongue with lateral spots, white or yellow coating; P: choppy, or wiry pulse.
- Restless fetus because of blood stasis
- Fibroids, then pregnancy

Applications

- Blood stasis in the uterus
- Blood stasis during pregnancy (mildly reduce fixed abd. Masses w/o threatening the well-being of fetus)
- Uterine fibroids
- Ovarian cysts
- Endometriosis
- Incomplete abortion
- Infertility
- Chronic prostatitis
- Dead fetus in uterus
-

Patent

-

Modern Research

-

Case Study

- A 41 y-o female looks for help for her 14-18 days bleeding with dark-red blood and purple clots for over 3 years. She tells you that she was diagnosed as uterine fibroid 2 and half years ago. Other sx: abd. Cramping for 5 days at the beginning of each mense, low energy, poor digestion.
- A dusky tongue with purple spots on sides, white moist coating
- A slightly slippery pulse, pronounced at left Chi position.
- Dx:
- Tx:
-

Think & Review

-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Gui Zhi	9-12			Acrid (sweet) & warm to open Meridians [open exit/sewer], reduce Blood stasis, promote Qi Hua [Function of the Qi in the uterus] Pair: Gui Zhi & Fu Ling
	Fu Ling	9-12			Tonifies Sp, dries damp, calms Spirit to help calm fetus, promotes urination. With gui zhi to treat Blood stasis due to damp accumulation
Deputy	Chi Shao Yao	9-12			Moves Blood, regulates menses, clear heat from blood stagnation
Assistant	Tao Ren	9-12			Moves Blood, reduces Blood stasis, clears heat Pair: Tao Ren & Mu Dan Pi
	Mu Dan Pi	9-12			Moves Blood, breaks up and dispels blood stasis, disperses accumulation, reduces abdominal masses

Modifications			
+ xiang fu, chen pi	Qi stagnation		
+ dang shen, huang qi	Severe qi xu		
+ shu di, shou wu	Blood xu		
+ zao jiao ci, san leng, e zhu, da huang	Severe blood stasis		

Sheng Hua Tang [生化汤] (Generation & Transformation Decoction) Source: Fu Qing Zhu Nu Ke	
● **Actions**: moves Blood to dispel Blood stasis, warms Meridians, relieves pain. ● Preparation & administration: as a decoction with a mixture of equal parts of yellow wine and the urine of boys under 12 y-o of age. Also decocted with water, with the optional addition of wine. ● **Indications**: Blood & cold stagnation causing postpartum lochial (lochia: vaginal discharge after giving birth (puerperium) containing blood, mucus, and uterine tissue) retention [retention of the lochia accompanied by cold and pain in the lower abdomen; T: pale-purple with purple spots, P: thin, deep and wiry/choppy. ● (If the Blood stasis is not transformed, then new blood cannot be generated) ● Post partum lady with dark purple clotted discharge & lower abdominal pain **Applications** ● Postpartum condition with lochial retention & lower abd. pain ● Abnormal vaginal discharge ● Retention of tissue fragments in Uterus ● Painful postpartum uterine contractions ● Endometritis ● Postpartum Bi sx ● Postpartum urine retention ● Infertility d/t fallopian obstruction	**Patent** ● **Modern Research** ● **Case Study** ● **Think & Review** ●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	**Quan Dang Gui**	**24**			Tonifies & moves Blood, transforms blood stasis, generates new Blood
Deputy	Chuan Xiong,	9			Moves Blood & dispels stasis
Assistant	Tao Ren	9			
Envoy	Pao Jiang	2			Disperses cold, warms Meridians, relieves pain. The warm, blood-entering nature assist chuan xiong and tao ren in warming & breaking Blood stasis, warming Middle [Blood Guide]
	Zhi Gan Cao	2			Harmonizes formula. The little boy urine nourishes Yin, reduces Blood stasis, directs fire downward Middle part of urine from first thing in the morning Boy's urine especially good for traumatic injury [have a fall □ drink boy's urine first thing in the morning]

Modifications			
	Sheng hua tang	**Shi xiao san**	
Co. actions **Co. indications**	Move Blood, reduce stasis. Treat internal obstruction d/t Blood stasis causing lochial retention with lower abd. pain		
Ingredients	Dang gui, chuan xiong, tao ren, pao jiang, zhi gan cao	Wu ling zhi, pu huang	
Dif. actions	Tonifies Blood, warms Blood & Middle	No tonifying action, stronger stasis-breaking action	
Dif. indications	Postpartum cold that congeals Blood	More severe postpartum abd. Pain from blood stasis	

Wen Jing Tang [温经汤] (Warm The Meridian Decoction) Source: Jin Gui Yao Lue [Jing = Meridian/Menstruation]

- Actions: warms Meridians/menses, dispels cold, nourishes Blood, reduces Blood stasis, stops uterine bleeding, tonifies Qi, Boosts the Middle
- Preparation & administration: 2-3 times the dosage of dang shen can sub for ren shen if Qi is not very xu. decoction
- 12 ingredients Record for ZZJ

- **Indications**: Chong & Ren meridians empty cold with Blood stagnation causing menstrual disorders [mild, persistent uterine bleeding, irregular menstruation, extended or continuous menstrual flow, bleeding between periods, pain, distention, and cold in the lower abdomen, infertility, dry lips & mouth, low-grade fever at dusk, and warm palms and soles.]
- T: dusky with thin coating, P: deep, slow & thin or thin/weak and choppy

Applications
- Xu and cold in Chong & Ren with Blood stagnation causing Ob-Gyn disorders
- Infertility
- Chronic pelvic inflammation
- Menopausal sx
- Hyperplasia of mammary glands

Case Study
- A 32 y-o female tells you on your CHM shift that she has been experiencing irregular menstruation for 8 months secondary to her delivery to her 3rd child. She was exposed to a cold atmosphere for 3 hours while delivering baby and she lost about 500 ml blood. Other sx: abd. Pain worse with cold, better with heat or passing out purple clots, spotting for 5-10 days or skip menses, cold extremities, sallow complexion, dry skin and lips.
- A pale purple tongue with thin moist coating
- A thin and slow pulse
- Dx:
- Tx:

Think & Review
- Which one is stronger in warming up the meridians –
  - wen jing tang [warmer]
  - ai fu nuan gong wan?
- What the function of ban xia in wen jing tang?
  - Tonify SP & ST Chong Mai intersection [ST 30]
- Why and how is gui zhi fu ling wan used during pregnancy?
  - Pregnancy & blood stasis 3 reasons [pill form, small dose, honey]
- Why are qi-tonifying & blood-nourishing herbs found in wen jing tang?
  - Qi & Blood Women's foundation (major material & major diagnosis)

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Wu Zhu Yu	9	Warm		Disperse cold, warm & dredge meridians, relieve pain [Warm uterus]
	Gui Zhi	6	Warm		
Deputy	Dang Gui	9			Move & nourish Blood, reduce stasis, regulate menses
	Chuan Xiong	6			
	Bai Shao	6	LV		
	E Jiao	6	sweet, neutral		Nourishes Blood & K Yin, stops bleeding, moist dry [Bloody, fleshy stronger than herbs]
	Mai Dong	9	sweet, bitter, cool		Nourishes Yin to clear xu heat, to neutralize dryness of
Assistant	Mu Dan Pi	6	bitter, acrid, cool		Moves Blood, reduces stasis & xu heat
	Ren Shen	6			Boost Middle to generate Qi for Blood production
A, E	Gan Cao	6			
	Sheng Jiang	6	acrid, warm		Warms Middle & disperses cold
	Ban Xia	6	acrid, warm		Warms & boosts Middle with ren shen, gan cao [Today's herb is really a substitute]

Modifications			
- Dan pi, mai dong + ai ye, fu zi; or replace gui zhi with rou gui	Abd. Cold pain		
+ xiang fu, wu yao	With qi stagnation		
+ ai ye, shu di	Persistent spotting with light-red blood		
+ huang qi	With qi xu		

Related Formula			
Formula	Ingredients	Indication	
Ai Fu Nuan Gong Wan 艾附暖宫丸	Ai ye, xiang fu, wu zhu yu, chuan xiong, bai shao, huang qi, sheng di, dang gui, xu duan, guan gui	**Xu and cold uterus:** profuse & clear vaginal discharge, sallow complexion, pain at limbs, fatigue, poor digestion, irregular menses, no pregnancy for years, cold abd.pain [Qi & Blood Xu + Cold uterus causing infertility] More deficiency & cold, weaker than main formula	Guan Gui: young Rou Gui [< 5 year old tree] less warm than Rou Gui Guide into uterus & KD

4 Blood Moving Formula comparison

	Tao he cheng qi tang	Xue fu zhu yu tang	Gui zhi fu ling wan	Wen jing tang
Co. actions	Move Blood, reduce Blood stasis			
Blood stasis location [Very Important!]	Lower jiao	Chest	Uterus	Chong & Ren
Associated pathogen	Heat	Qi stagnation	None	Cold
Key symptoms/signs	Severe lower abd. pain	Chest pain, palpitations	Masses/lumps, bleeding during pregnancy	Irregular menstruation

Formulas That Invigorate Blood in the Treatment of traumatic injury	
● The formulas in this section are for severe swelling & pain d/t traumatic injuries resulting in injury to Blood collaterals, the small vessels causing hemorrhage and thereafter obstruction from Blood stasis. ●	● These formulas include Blood-movers, Qi-movers, pain-killers, and often applied orally as well as topically. Wine is usually added into the formulas to reinforce the blood-moving and meridian-dredging functions. ● For severe cases, bloodstasis-crackers are also included such as san leng, e zhu, wu gong… [Animals: Tu Bie, cockroach (move blood for severe stasis), centipede, scorpion, snakes Stronger to Move blood, break blood stasis]

Fu yuan huo xue tang [复元活血汤] (revive health by invigorating Blood decoction) source: yi xue fa ming	
● Actions: invigorates Blood & reduces Blood stasis to relieve pain, spreads Lr Qi, unblocks Meridians. ● Preparation & administration: coarsely grind herbs & take 30g as a draft in a mixture of 3 parts water & one part wine. Or Decoction ● ● **Indications**: Hypochondriac Blood stagnation from **traumatic injury** causing pain [acute, fixed, stabbing hypochondriac and chest pain, large bruises, history of traumatic injury] A ● T: purple, P: wiry or choppy ● **Applications** ● Severe Blood stasis & Qi stagnation causing excruciating pain in the chest, hypochondriac, or flanks with a history of traumatic injury ● Low back sprain, Intercostal neuralgia, Liver abscess ● Costochondritis, Residual pain from shingles	**Patent** ● **Modern Research** ● **Case Study** ● **Think & Review** ●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Jiu Da Huang	30			Cleanses coagulation of static & decayed Blood downward, pushes out stale blood to make way for the new Da Huang prepared with wine, more blood moving, less purgative Nickname: Jiu Jun [Drunken General]
	Chai Hu	15		LV/GB	LV Blood/Qi stagnation: Moves Lr qi & blood, its upward & outward effect with da huang's downward effect to help regulate qi & move blood
Deputy	Dang Gui	9			Aid da huang in moving blood to reduce stasis and relieve pain
	Tao Ren	9			
	Hong Hua	6			
Assistant	Chuan Shan Jia	6			Anteater (pangolin) scales [endangered species] Crack stasis to dredge Meridians and collaterals
	Tian Hua Fen	9			Good for Blood infections, HIV [concentrated IV], blood stasis Root of Gua Lou tree [Trichosanthes] Reduces stasis & swelling and relieves pain by entering Blood, help generate new Blood and tissues
Envoy	Gan Cao	6			Harmonizes formula, relaxes spasm & relieves pain

Modifications			
+ ru xiang, mo yao, san qi	Intense pain d/t Blood stasis		
+ yu jin, qing pi, mu xiang, zhi ke	Severe Qi stagnation		
+ san leng, e zhu, xue ji, zi ran tong, wu gong	Severe & long-term blood stasis	Blood crackers	
+ cao wu, er cha (acacia or uncaria) *topically apply*	Visible bruise with excruciating pain		

Formulas That Stop Bleeding 止血剂	
● Bleeding (hemorrhage, spillage of blood) manifestations varies – vomiting of blood (hematemesis), nosebleeds (epistaxis), coughing of blood (hemoptysis), blood in the stool (hemafecia), blood in the urine (hematuria), excessive menstruation, and uterine bleeding. ●	● TCM bleeding types may be further differentiated in accordance with the various Zang & Fu organs involved; the etiological factors of cold, heat, xu, and shi; the location of the bleeding; and whether the disorder is acute or chronic. Among them, the most common causes of bleeding as the primary symptom are the reckless movement of hot blood, wherein the blood is forced out of the vessels, and Xu, wherein the body is unable to retain the blood within vessels.

	Heat in Zang-Fu	Blood heat	Yin xu	Qi xu
Etiology	Emotional imbalance spicy food, alcohol, external pathogens	Invasion of pathogenic heat	Overwork, dry from chronic dz or fever	Overwork, chronic illness, internal damage
Location	Lu, St, Lr, Ll, uterus	Blood level	Yin & fluids	Sp
Nature	Acute, bright red or purple blood	Acute, severe, fresh red, dark	Scanty, pink/ fresh red blood	Pale thin blood
Symptoms	Nosebleed, vomiting /coughing of blood, blood in urine/stool..	Subcutaneous red/bleeding, uterine bleed…	Bleeding with dry mouth/ throat, thirst…	Bleeding with weakness, pale complexion
Tongue	Red	Scarlet red	Red, dry	Swollen, scalloped
Pulse	Rapid	rapid, forceful	Rapid, thin	Weak, thin, empty
Co. Tx	Stop bleeding			
Dif. Tx	Clear heat from the affected zang-fu	Cool Blood	Nourish Yin, moisten dry	Tonify Qi
	Heat in Zang-Fu	Blood heat	Yin xu	Qi xu

Treatment Principle	
● Acute bleeding: priority is to first stop bleeding & resolve disharmony later ● Chronic bleeding: treat symptom (bleeding) & the underlying condition simultaneously ● Formulas include astringent, hemostatic ingredients as chief, and heat-clearing or qi-tonifying or other ingredients to address associated sx/underlying factors. ● Use stop-bleeding formulas short-term ● For bleeding from the upper jiao: ◇ shi heat: add niu xi, zhi shi to guide blood down; ◇ xu cold in middle jiao: add ban xia, pao jiang to warm & descend Blood [Excess pushes blood up □ guide back to where it's supposed to be] ● For bleeding from the lower jiao: add jing jie, sheng ma, huang qi, ren shen to raise the Yang and tonify Qi [chronic uterine bleeding, hemorrhoids, colitis], tonify Qi so that blood stays in vessels, raise Qi so that it doesn't collapse down	● For bleeding from the upper jiao, avoid ma huang, gui zhi, sheng ma, chai hu [ascending herbs □ disperse] ● For bleeding from the lower jiao, avoid niu xi, zhi shi, da huang, mang xiao [descending herbs, purging] ● **Dang Gui, Chuan Xiong, Dan Shen** are often chosen to arrest bleeding d/t **blood stasis**, to prevent blood stasis from forming as the stop-bleeding ingredients are often astringent & may stagnate Blood flow ● For prolonged bleeding, Dang Gui Bu Xue Tang [Dang Gui (1) & Huang Qi (5)] should be given to tonify qi & blood or added into the basic formula if not already included ●

Clear heat & stop bleeding 清热止血 [Excess causes bleeding]	
● Hot blood – rashes, nosebleeds, vomiting, coughing, or spitting up blood, and blood in the urine or stool; accompanied by sx of heat such as a dry throat, flushed face, red eyes, dry stools, dark & scanty urine; a yellow tongue coating, a rapid pulse.	● Treated with formulas that address the **reckless movement of hot blood**, including stop-bleeding and heat-clearing herbs as well. ● Cool Blood & stop bleeding

Shi Hui San [十灰散] (Ten Partially-Charred Substances Powder) Source: Shi Yao Shen Shu [10 Ashes Powder]

- Actions: cools Blood, stops bleeding.
- Preparation & administration: partially char equal amounts of the herbs, grind into a fine powder, take 9-15g of the powder mixed with Chinese ink that is ground with lotus root juice or turnip juice.
- Also as a decoction
- All ingredients equally important [no chief, etc.]

- **Indications**: **LV & ST fire blazing with Blood heat** that injures Blood vessels causing acute bleeding [coughing, spitting or vomiting of blood]
- T: Red tongue, P: full, rapid & wiry or rapid & slippery
-

Applications
- Fire blazing in Upper & Middle Jiaos leads to blood heat and reckless blood flow causing acute bleeding with sudden onset
- Liver & St fire with blood heat causing acute bleeding
- Uterine bleeding during menopause
- Pulmonary TB, Bronchiectasis, Peptic ulcer
- Hemorrhagic esophagitis/gastritis

Patent
-

Modern Research
-

Case Study
-

Think & Review
-

Rank	Herb	Amount	Properties	Channels	Notes
	Da Ji	9			Cools Blood, stop bleeding, clears toxic heat [Paired with Xiao Ji]
	Xiao Ji	9			Cools Blood, stops bleeding, promotes urination
	He Ye	9			Moves Blood, reduces stasis, stops bleeding
	Ce Bai Ye	9			Cools Blood, stops bleeding
	Bai Mao Gen	9			Cools Blood, stops bleeding, generates fluids
	Qian Cao Gen	9			Cools Blood, reduces stasis, stops bleeding
	Zhi Zi	9			Clears heat from 3 jiaos, stops bleeding
	Da Huang	9			Clear heat, reduce blood stasis
	Mu Dan Pi	9			
	Zong Lu Pi	9			Astringes to stop bleeding

Ke Xue Fang [咳血方] (Coughing Of Blood Formula)

- **Actions**: clears fire, transforms phlegm, preserves Lu, stops coughing & bleeding
- Preparation & administration: grind into powder, form into pills with honey & ginger juice. The pills are dissolved in the mouth & then swallowed, which focuses their effect on the lungs. Also as decoction

- **Indications**: Liver fire invading Lung causing hemoptysis [coughing of thick, blood-streaked sputum which is difficult to expectorate, irritability & easily-provoked anger, bitter taste in the mouth, red cheeks, constipation, hypochondriac pain]
- T: red tongue with yellow coating, P: wiry & rapid pulse.
-
- Emotions too much Wood (LV) insult Metal (LU)

Applications
- Cough & bleeding due to Lr fire invading Lu
- Pulmonary TB, Bronchiectasis

Patent
-

Modern Research
-

Case Study
-

Think & Review
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Qing Dai	6			Cold & salt (Lr) to drain Lr fire and cool Blood, stop bleeding. Clears toxic heat
Deputy	Zhi Zi	9			Cold & bitter (Ht, Lu, Sp, St, Lr, SJ) to drain fire, relieve irritability, cool Blood. Conducts heat downward
Assistant	Gua Lou Ren	9			Clears heat dissolves phlegm, stops coughing
Envoy	Fu Hai Shi	9	salty, cold	LU, KD	[Floating rock] With gua lou ren reduce fire, soften hardness, dissolves phlegm
	He Zi	6	bitter, sour, neutral	LU, LI	Descends Lung qi to transform phlegm, stop coughing Cools heat & restrains Lung qi [Not available anymore, function like marijuana]

Huai Hua San [槐花散] (Sophora Japonica Flower Powder) Source: Pu Ji Ben Shi Fang

- Actions: cools Intestines, stops bleeding, disperses wind, moves qi [Intestinal wind]
- Preparation & administration: grind the herbs into powder, take in 6g doses mixed with thin rice gruel or warm water, preferably on an empty stomach.
- or decoction
- Seattle: Have white, yellow & purple flowers

- **Indications**: Large intestine wind-heat or damp-heat toxin causing rectal bleeding [bright red rectal bleeding, usually before but sometimes after BM; bleeding hemorrhoid (bright red or dark red)
- T: red, P: rapid, wiry or deep pulse
-

Applications
- LI & St wind-heat or damp-heat toxin causing rectal bleeding (intestinal wind 肠风): bright red bleeding precedes BM or in stools; Zang toxin (脏毒): dark purple blood with clots (coagulated blood) – after BM (further up))
- Amebic dysentery
- Ulcerative colitis
- Hemorrhoids/anal fissure

Patent
-

Modern Research
-

Case Study
-

Think & Review
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Huai hua	12	Bitter, cool	LV, LI	[Very special] Clears & transforms LI damp-heat, cools blood to stop bleeding [LI Bleeding from heat or damp heat]
Deputy	Ce bai ye	12			Aids huai hua in cooling blood to stop bleeding
Assistant	Jing jie sui	6			[Jing Jie flower] Disperses wind & enters Blood level to stop bleeding
Envoy	Zhi ke	6			Moves qi & relaxes Intestines

[Xiao Ji Yin Zi [小蓟饮子] (Cephalanoplos Decoction) Ji Sheng Fang

- Actions: cools blood, stops bleeding, promotes urination, treats painful urinary dysfunction
- Preparation & administration: use gan cao shao for zhi gan cao. Coarsely grind the ingredients, take in 12g doses as a

- **Indications**: Heat causing urinary bleeding [painful urinary dysfunction with urinary bleeding, dysuria with frequent, urgent, painful, burning scanty urination; or simple blood in the urine accompanied by thirst, irritability]
- T: red tongue with yellow coating, P: rapid, full, possible wiry pulse
- Bloody urine caused by heat Bloody Lin syndrome

Applications
- Lower jiao shi heat causing Re Lin (热淋) & Xue Lin (血淋)
- Acute UTI, urinary stone, KD stone (Renal calculi)
- Benign prostatic hypertrophy, prostatitis (strong inflammation, causing bleeding)
- Acute glomerulonephritis

Patent
-

Modern Research
-

Case Study
-

Think & Review
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Xiao ji	15			Cools blood to stop bleeding, promotes uri
Deputy	Chao pu huang	9			Aid xiao ji in cooling blood to stop bleeding, reduce blood stasis
	Ou jie	9			
Assistant	Sheng di	30			Cools blood, nourishes yin, stops bleeding
	Hua shi	15			Clears heat, promotes uri, relieves urin pain
	Mu tong	9			Clear Ht, Lu & san jiao heat and descend
	Dan zhu ye	15			
	Zhi zi				
	Dang gui	6			Nourishes & moves Blood, prevents too cold from other ingredients
Envoy	Zhi gan cao	6			harmonizes

Small formula: **Dao Chi San** Sheng Di, Mu Tong, Dan Zhu Ye, Gan cao???

Formulas That Tonify and Stop Bleeding 温补止血	
● Xu where bleeding is the major symptom – Sp Xu or Chong & Ren Xu unable to govern Blood causing chronic pale red bleeding, accompanied with Xu sx accordingly.	●

Huang Tu Tang [黄土汤] (Yellow Earth Decoction) Source: Jin Gui Yao Lue

- **Actions**: warms Yang & strengthens Sp, nourishes Blood & stops bleeding
- Preparation & administration: decoction.
- Zao xin tu is decocted for 30'-40' before adding the other ingredients [Otherwise the dirt is too hard]
- Acute: Treat symptoms first [sometimes treat both branch & root]
- Chronic: Treat root to treat branches (symptoms)
- Balanced relationship: last longer time
- Balanced formula take long time
- Balance is the key/core for TCM Balance every part. Don't go extreme, stay in middle, moderate

- **Indications**: SP Yang xu (failure to govern Blood) with empty cold in Middle Jiao causing chronic bleeding – blood in the stool, vomiting or spitting up blood, nosebleeds, or abnormal uterine bleeding of pale-red blood accompanied by cold extremities, fatigue, sallow complexion; a pale tongue with white coating, a deep, thin, weak pulse.
- SP Qi Xu & SP Yang Xu Causing bleeding

Applications
- Sp Yang Xu/Middle Qi Xu with empty cold causing chronic bleeding
- Sp & K empty cold d/t Sp & K Yang Xu with pale-red and thin bleeding
- Chronic GI bleeding
- Chronic uterine bleeding

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Zao Xin Tu	30			Warms Middle Jiao, harmonizes St, restrains Intestines, stops bleeding
Deputy	Bai Zhu	9			Aid the chief in warming and tonifying Middle Jiao & restoring the governing power to stop bleeding
	Zhi Fu Zi	9			
Assistant	Sheng Di	9			Nourish Yin Blood, stop bleeding [Plant + animal product]
	E Jiao	9			
	Huang Qin	9			With sheng di & e jiao neutralize the warm & dry effects of other ingredients to prevent them from getting extreme
Envoy	Gan Cao	9			Harmonizes formula, boosts Sp & St

Jiao Ai Tang [胶艾汤] (Ass-Hide Gelatin And Mugwort Decoction)

- Actions: nourishes blood, stops bleeding, regulates menstruation, and calms the fetus.
- Preparation & administration: decoction. Dissolve e jiao in warm decoction
- **Si Wu Tang** hiding (deputies): Sheng di instead of shu di

- **Indications**: Chong & Ren cold & Xu causing uterine bleeding [abdominal pain with uterine bleeding/excessive menstruation/ menstruation with constant spotting/ postpartum bleeding/bleeding during pregnancy; the blood is pale and thin without clots, and accompanied by weak and sore LB, a dull complexion] T: pale with thin white coating, P: slow thin frail

Differentiation
- Jiao Ai Tang: Both Qi & Blood Xu
- Bu Zhong Yi Qi Tang: more prolapse (SP QI Sinking) & Qi xu

Applications
- Injury of Chong & Ren causes Blood xu & cold leading to bleeding, abd. pain and restless fetus
- Threatened miscarriage, Habitual miscarriage
- Postpartum persistent uterine bleeding
- Chronic bleeding hemorrhoids
- Bleeding from peptic ulcer
-

Case Study
- A 36 y-o female comes in for the tx of infertility after 3-y marriage without contraceptive measures. Her menses have been irregular (more early than late) & spotty (about 12 days each month) for 3.5 years. The blood appears pale-red & thin without clots, heavy for 1st 5 days. Other sx: no spirit, sallow complexion, fatigue, low voice, light-headed, poor appetite & digestion, loose stools, cold hands & feet, preference for warm temperature. Both estrogen & progesterone are below the normal.
- A pale flabby tongue with white coating
- A deep weak and thin pulse
- Dx:
- Tx:
-

Think & Review
- What cautions apply to formulas that stop bleeding?
- What is the difference between the pathogenesis of bloody stool treated by *huai hua san* & *huang tu tang*?
- How does *jiao ai tang* stop bleeding in terms of **root** & **branches**?
  - Jiao Ai Tang treats root

Rank	Herb	Amount	Properties	Channels	Notes
Chief	E Jiao	9			Nourishes Blood & stops bleeding (Blood + flesh to rebuild damaged Chong Ren)
	Ai Ye	9			Warms Uterus, calms the restless fetus, stops bleeding (warm to make womb cozy) If fetus doesn't feel cozy, it will move out
Deputy	Chuan Xiong	9			Si Wu Tang: Tonify Blood & help Chong Ren heal, invigorate Blood to prevent Blood stasis from forming (provides the resource by nourishing & keeping Blood generation + moving)
	Dang Gui	9			
	Sheng Di	12			
	Bai Shao	12			
A/E	Gan Cao	6			Harmonizes the formula. With bai shao to treat abd.pain. With e jiao to stop bleeding

	Jiao ai tang	Wen jing tang	**Gu chong tang**	Gu jing wan
Co. function	Stop uterine bleeding			
Dif.functions	Nouri bl, calm fetus, regu mens	Warm mens, disp cold+stasis	Toni Sp, stabiliz Chong	Clea h, nourish yin Stabliz mens
Indications	C+R xu w/ cold w/ bl xu	C+R xu & cold w/ stasis	C xu d/t Sp xu	C+R injury d/t Lr fire
Blee. quality	pa+thin, no clot	pa+thin,may clo	Thin+pale	dar-red, may dar clots
Blee. flow	cons spo/hea fl	mil,persi/prolon	Floo/conti trickli	Alt trick/flooding
Other sx	abd.pn,lb we/so	l.abd.col,irr.men	Palpi,sob,weari	Irri,lap,ches hea
Tongue	Pa w/thin wh co	dusky	pale	red
Pulse	Thin,wea,slow	Wea,thin,sl,dee	thin,wea,emp,la	Rapid, wiry

	Huang tu tang	Gui pi tang	Li zhong tang
Co.actions	Tonify Sp, control Blood, treat bleeding from Sp xu		
Dif.actions	Warm Sp yang, tonify Bl, benefit qi	Tonify Sp qi, nourish Ht Bl	Warm Middle, dispel cold, tonify Sp+St
Dif. indication	Bleeding d/t Sp yang xu	Bleeding d/t Sp+ Ht xu	Bleeding d/t Sp+St xu cold
Tr. Pr.	Warm yang, benefit qi,control Bl	Tonify qi + Bl	Warm + tonify
	Huang tu tang	Gui pi tang	Li zhong tang

	Xiao ji yin zi	Huai hua san
Co. indication	Bleeding in lower part of the body	
Dif. indication	Blood in urine, xue Lin 血淋	Intestinal wind 肠风, blood in stool
Dif. action	Promote urination, unblock Lin syndrome	Clear Intestines, disperse wind

	Huang tu tang	**Jiao ai tang**
Co. indication *Co. action*	Bleeding d/t xu cold Warm & tonify Blood	
Dif. indication	Bleeding especially blood in stool d/t Sp Yang xu	Menorrhagia/uterine bleeding/bleeding during pregnancy d/t Chong Ren xu
Dif. action	Warm Yang, tonify Sp	Tonify Bl, regulate menstruation, stabilize fetus

	Huai hua san	**Shi hui san**
Co. indication	Bleeding d/t Blood heat	
Co. action	Cool Blood & stop bleeding	
Dif. indication	Primarily for hemafecia	Any kind of bleeding
Dif. action	Clear Intestines, disperse wind	Stronger in astringing & stop bleeding

Formulas That Treat Wind治风剂	
● **Wind syndromes** are conditions involving signs & symptoms that present the characteristics of wind – ● 1) wind is a Yang pathogenic factor that tends to disperse, moving upward & outward. It can therefore easily invade Yang, Exterior. ● 2) the nature of wind is to arise quickly, migrate & change rapidly. ● 3) wind tends to make things move. ● 4) wind is the initial exogenous pathogenic factor in causing disorders ●	Treatment Principles & considerations ● **External Wind**: use acrid, dispersing & diaphoretics as chief ingredients to disperse pathogens from Surface ● When treating E-W, do not use sweet nourishing or sedating herbs since they may cause EPI to transfer to the interior ● **Internal Wind**: use nourishing or sedating ingredients as the chief according to specific etiology ● When treating I-W, do not use acrid dispersing herbs since they may cause Lr Yang to rise & impair Yin, Blood & Fluids, thus aggravating symptoms ● When treating I-W, herbs that invigorate & tonify Blood are often added since " to treat Wind, first treat Blood. Once Blood is moving, Wind will stop by itself." ● Because wind invasion is often associated with other pathogens such as heat, damp, cold, or dry, it is important to address these

	External wind	**Internal wind**
Etiology	External wind invasion	Internal Zang-fu dysfunction
Zang-fu	Skin, muscles, meridians, bones, Lu	Lr, K
Symptom	Chills+fever, HA, cough, itchy skin, joint pain & stiffness	Tremors in the hands & feet, vertigo, hemiplegia, convulsions
Tongue	No significant changes	Red or pale
Pulse	Floating	Wiry
Tr.Pr.	Expel wind	Extinguish / pacify wind
Relations	External wind can generate internal wind, internal wind may accompany external wind	

Formulas That Dispel External Wind [疏散外风]	
● Formulas in this section are primarily composed of acrid herbs that produce a dispersing action, they must be used with caution & appropriate modification in cases with injury to the **Fluids or Yin**. ● External Wind invades the body when the normal qi is xu, the interstices & pores are open, or the protective qi is weak. Some of these formulas are used in treating E-W that enters the flesh, meridians, sinews, joints & bones; Others treat disorders in which E-W induces internal movement of wind	●

Xiao Feng San (Eliminate Wind Powder) [消风散 (13 Wei)] Wai Ke Zheng Zong [Very Important Formula Need To Know ALL Ingredients]

- Topical or oral
- Main formula for dermatological issues
- Actions: disperses wind, eliminates damp, clear heat, and cools Blood
- Preparation & administration: decoction. May be taken orally on an empty St, or applied topically while decoction cools down.
- Avoid alcohol, coffee, spicy foods, seafood, & smoking [Avoid Fa Wu]
- Wind cause itchiness, can combine with other pathogens (cold, damp, etc.) Grab the top gangster & everyone else dissipates
- Adjust dosage based on presentation [more wind, damp, heat, etc]
- Treat blood to treat wind (very comprehensive formula, can modify)

- **Indications**: Wind-heat or wind-damp causing skin conditions [red, itchy skin rashes, oozing fluids after rash is broken, purpura (subcutaneous bleeding), eczema, urticaria]
- T: red or normal with yellow or white coating, P: floating, rapid or full

Applications

- Invasion of W-D/W-H contends with preexisting D-H resulting in trapped pathogens between flesh, skin, interstices & pores, & settles in vessels, moving about, presenting as skin sx
- Eczema, Urticaria, Psoriasis, IBS
- Allergic purpura, Diaper rash, Meds-induced rashes

Case Study

- A 26 y-o male comes in for his comes-and-goes flat rashes. The rash started during his travel to Midwest last summer and has been coming 1-2 times almost every week, mostly with heat, cold and damp, or pressure stimulations. The rash started with itchiness and becomes red and larger in various shapes, often expands with scratches; subsides in 2-3 hours with distraction or focus on something else. However, he usually can't help scratching. [Typical urticaria]
- A normal tongue with thin yellow coating; a floating & rapid pulse, pronounced while itching.
- Dx:
- Tx:
-

Think & Review

- What are the cautions & contraindications associated with formulas that treat wind?
- Why are sheng di, dang gui, hei zhi ma included in xiao feng san?
  - Treat blood to treat wind
- Why does xiao feng san incorporate the therapeutic approaches of dispelling wind, expelling damp, clearing heat, nourishing Blood & moistening dry?
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Jing Jie	3			Unblock interstices & pores, disperse E-W, release Exterior
	Fang Feng	3			
	Niu Bang Zi	3			
	Chan Tui	3			
Deputy	Cang Zhu	3			Dries damp Clears damp-heat Drains damp-heat through urine
	Ku Shen	3			
	Mu Tong	1.5			
	Shi Gao	3			Clear heat & drain fire, prevent condition from advancing to a deeper level
	Zhi Mu	3			
Assistant	Sheng Di	3			Cools Blood (treat Blood to treat wind) Nourishes & moves Blood Nourishes Blood & moistens
	Dang Gui	3			
	Hei Zhi Ma	3			
Envoy	Gan Cao	1.5			Clears heat, relieves toxicity, and harmonizes

Modifications			
+ jin yin hua, lian qiao, pu gong ying, ye ju hua	Severe W-H & toxin	+ chi shao, dan pi, zi cao	Severe blood heat toxin
+ si wu tang	With Blood xu	+ di fu zi, che qian zi, zhi zi, yi yi ren	Severe damp-heat
		+ wu shao she, quan xie, jiang can	Severe & persistent itchiness, hard cases

Chuan Xiong Cha Tiao San [川芎茶调散] (Ligusticum Chuan Xiong Powder To Be Taken With Green Tea) Source: Tai Ping Hui Min He Ji Ju Fang	
● **Actions**: disperses wind, alleviates pain ● Preparation & administration: grind herbs into a fine powder, take 6g bid after meals with green tea. Also as a decoction by reducing the dosage proportionately, don't cook for more than 10'. Available in patent form - ***chuan xiong cha tiao wan*** ● Modify to fit particular cases ● Not for headache cause by internal pathogens (LV Yang rising) ● **Indications**: External wind causing HA [HA or migraine in any part of the head accompanied by fever and chills, dizziness, nasal congestion] a ● T: thin white coating, P: floating ● Tai Yin headache: [very vague, whole head, heavy, hazy, misty], feel more heaviness, haziness, misty mind **Damp** Cang Zhu & Bai Zhu ● Cold cause Jue Yin headache ● Migraines, with aura: Jiang Can (sick silkworm), Ju Hua ● Cang Er Zi San: **Cang Er Zi, Xin Yi Hua** (pair), Bai Zhi, Bo He	**Applications** ● HA/migraine d/t **external wind** ● Tension HA, Neuro HA ● HA d/t acute & chronic rhinitis or sinusitis, Facial paralysis ● Pain/discomfort behind/around eyes ● Tremor d/t Parkinson's Dz Patents ● Bi Ming Gan Wan ● Bi Yan Pian/Wan

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Bo He	240			Disperses wind, benefits head (eyes), clears heat
Deputy	Chuan Xiong	120			Moves blood & qi, relieves shaoyang [temporal headache] & jueyin HA Shao yang: add chai hu Jue Yin [vertex]: Add wu zhu yu & Di Long
	Qiang Huo	60			Dispels w-c, relieves taiyang HA Tai Yang: add Gao Ben]
	Bai Zhi	60			Releases exterior, opens nasal passages, relieves yangming [frontal] HA Yang Ming: Add Ge Gen
	Xi Xin	30	Warm, enters deep level		Releases w-c, opens nasal passages, warms interior, relieves shaoyin HA Shao Yin: internal headache, tooth pain Add Dan Shen
Assistant	Fang Feng,	45			Disperse wind from head, release exterior
	Jing Jie	120			Harmonizes other herbs
Envoy	Gan Cao	60			Clears heat-toxin, opens orifices, moderates warm dry effect of other herbs
	Green Tea		cold, bitter		

Shao Yang (Temporal)	Chuan Xiong, Chai Hu		
Jue Yin (Vertex) [Cold cause]	Chuan Xiong, Wu Zhu Yu, Di Long		
Tai Yang (Occipital)	Qiang Huo, Gao Ben		
Yang Ming (Frontal)	Bai Zhi, Ge Gen		
Shao Yin (Internal, tooth pain)	Xi Xin, Dan Shen		
Tai Yin (vague, whole head, heavy, hazy, misty) [Damp cause]	Cang Zhu & Bai Zhu		
Migraines (with aura)	Jiang Can (sick silkworm), Ju Hua		

Xiao Huo Luo Dan [小活络丹] (Minor Invigorate The Collaterals Special Pill) Source: Tai Ping Hui Min He Ji Ju Fang

- Actions: invigorates Blood, unblocks Collaterals, relieves pain, dispels wind & damp, resolves phlegm
- Preparation & administration: grind the ingredients into powder, form into pills with honey. Take twice a day in 3g doses on an empty St with wine or warm water.
- Patent form available (in Canada or Europe, not US)

- **Indications**: Wind-damp-cold obstructing Meridians & Collaterals [severe fixed or migrating pain in the muscles, joints or bones, joint stiffness & muscles numbness that is worse with cold; muscle weakness or spasm]
- T: pale tongue with white moist coating, P: wiry pulse [Bone Bi, very deep]
- Wind-phlegm obstruction with Blood stasis in the Meridians & Collaterals [chronic numbness, stiffness/paralysis or pain in limbs (especially in the lower extremities) due to wind-stroke; hemiplegia, peripheral neuropathy]
- T: dusky tongue with white coating, P: wiry, slippery pulse [wind stroke very strong]
- Xiao: Acute, excess, only Bi
- Da: Bi & wei syndrome, not as risky

Applications

- Pain, numbness, stiffness, spasm, swelling & paralysis d/t obstruction from invasion of wind, cold, damp, and accumulation of phlegm or Blood stasis
- Sequelae of CVA (cardiovascular accident), RA, OA, Peripheral nervous dz
- Acute soft tissue damage (frozen shoulder)
- CHD, Gout, Rheumatic arthritis, Cervical dz, LBP

Case Study

- A 76 y-o male looks for the Tx for his neuropathy secondary to his long-term diabetes. He has been suffering from numbness (occasional tingling) in the finger and toe tips off & on for more than a year, and progressively worse for a few weeks since entering the Seattle's winter weather. Other sx: stiffness at finger joints in the mornings, weakness of hands. He tried some Meds from his GP without effect, but upset his stomach.
- Tongue: dusky with thick white coating [damp phlegm locked inside]
- Pulse: tight [excess]
- Dx: Excess condition
- Tx:
-

Think & Review

-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Zhi Cao Wu	180	Acrid, toxic		Strongly warm Meridians, dispel wind & damp, dredge Meridians & Collaterals to alleviate pain. Cao wu is stronger than chuan wu Both very toxic/poisonous, safe in patent pills because can control dosage Radix aconite
	Zhi Chuan Wu	180	Hot, toxic		
Deputy	Tian Nan Xing	180	warm		Aids chiefs in strongly expels wind & scours out phlegm [Dan Nan Xing prepred with ox bile cold]
Assistant	Mo Yao Ru Xiang	66 66			Move Qi & Blood, aid the chiefs in dredging Meridians & Collaterals
Envoy	Di Long	180			Unblocks Meridians & Collaterals, moves Blood
	Wine				Boosts the Blood-invigorating function of formula & guides the effect into Collaterals (small branches deeper level, blood related, chronic conditions)

Modifications			
+ fang feng, qin jiao, qiang huo, du huo	Severe wind		
+ cang zhu, yi yi ren	Severe damp		
+ du huo ji sheng tang	With Lr & K, qi & blood xu		

Related Formula			
Formula	Ingredients (50味)	Indications	
Da Huo Luo Dan [大活络丹] (Patent Form) (Major Invigorate The Collaterals Special Pill) Source: Shen Ji Zong Lu	Bai hua she, wu shao she, wei ling xian, cao wu, tian ma, quan xie, shou wu, gui ban, ma huang, guan zhong, zhi gan cao, qiang huo, guan gui, huo xiang, wu yao, huang lian, shu di, da huang, mu xiang, chen xiang, xi xin, chi shao, mo yao, ding xiang, ru xiang, jiang can, tian nan xin, qing pi, gu cui bu, bai dou kou, an xi xiang, fu zi, huang qin, fu ling, xiang fu, xuan shen, bai zhu, fang feng, ge gen, hu gu (bobcat bone), dang gui, xue ji, di long, shui niu jiao, she xiang, song zhi, niu huang, bian nao, ren shen, bai mi, gold, old wine	Actions: expels wind, dredges collaterals, alleviates pain, nourishes Blood, tonifies qi. For sequelae & Wei sx due to CVA, nerve dz & traumatic/ sports injury presenting as xu and shi as well	Patent available So many ingredients Neutralize & complement each other Many seniors use this

	Xiao huo luo dan	**Du huo ji sheng tang**
Co. indication	W-d-c obstructing Meridians & Collaterals	
Dif. indication	W-ph & Bl stasis	Lr & K depletion w/Qi+Bl xu
Co. sx	Joint pn & stiffness, numbness, dislike of cold	
Dif. sx	Severe fixed/moving pn anywhere in the body	Aching/dull pn, more in the lower body
Accomp. sx	Purple tongue	Palpitations, sob, LB & knee weakness
Indicated terrain	Pts of a strong constitution present an acute condition	Pts of a weak constitution Present a chronic condition

Formulas That Extinguish Internal Wind 平熄内风	
● Internal movement of Liver wind from Lr & K yin xu or ascendant Lr yang – HA, dizziness, blurred vision, tinnitus; in more severe cases: irritability, vomiting, palpitations with anxiety, & muscle twitches. Further progression may lead to wind-stroke with tremors, muscular tetany, sudden loss of consciousness, facial paralysis, hemiplegia, & aphasia ●	● Internal wind d/t extreme heat – convulsions, opisthotonos, or febrile convulsions in children ● Internal wind generated by Blood xu – dizziness, blurred vision, tinnitus, & numbness in the extremities, & in severe cases loss of consciousness or convulsion

Tian Ma Gou Teng Yin [天麻钩藤饮] (Gastrodia And Uncaria Decoction) Source: Za Bing Zheng Zhi Xin Yi	
● Actions: calms Lr, subdues Yang, extinguish wind, clears heat, invigorates Blood, tonifies Lr & K ● Preparation & administration: decoction. ● Cook shi jue ming first, add gou teng (aromatic) near the end. The source text does not specify dosage. ● Comprehensive: Extinguish wind, nourish yin ● **Indications**: **LV Yang rising with internal wind** [**dizziness**, vertigo, tinnitus, HA, dim or blurred vision, a feeling of heat rushing to the head, tremors, twitching or spasms in the hands & feet, numbness of the extremities, insomnia/dream-disturbed sleep; hypertension, hemiplegia, facial deviation] ● Red tongue with yellow coating, a rapid, wiry pulse ● **Applications** ● Ascendant Lr yang with internal movement of Lr wind & fire ● Major symptom: dizziness ● Hypertension, Transitory ischemic attacks (TIA), HA, Menopausal sx ● Epilepsy with HA, Meniere's dz, neurosis ●	**Case Study** ● A 44 y-o male wants a herbal Tx for his dizziness due to hypertension. He also feels side HA at times with stress. Other sx: insomnia, short temper, mood swings with face flashes/pink eyes and a heat feeling rushing to the head. He was just promoted to a department manager position & has a lot to do and sort out as well. ● A red tongue with a thin yellow coating. You noticed the subtle tremor when he showed the tongue. ● A rapid & slightly tight pulse. ● Dx: ● Tx: ● **Think & Review** ●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Tian Ma	9	Sweet, neutral	LV	Calm Lr, subdue yang, clear heat, extinguish wind Tian Ma: Very starchy, like potato chips, expensive ($100-$200/lb), treat internal wind (sweet □ nourish) Gou Teng: extinguish internal wind, Clear heat from LV & HT, relieve spasms Shi Jue Ming: heavy, subdue yang, anchor
	Gou Teng	12		HT	
	Shi Jue Ming	18	Salty, cold	LV, KD	
Deputy	Zhi Zi	9			Clear heat, drain fire, prevent heat from rising in Lr meridian
Assistant	Huang Qin	9			
Envoy	Yi Mu Cao	9			Invigorates Blood, promotes urination, prevents Bl from rising to the head with ascending Lr yang [Special: Often used postpartum □ Invigorate blood, promote urination, transform damp] Postpartum ladies often have blood stasis, damp accumulation □ help recover from deficiency in lower jiao
	Chuan Niu Xi	12			Conducts Blood downward, nourishes Lr & K
	Du Zhong	9			With chuan niu xi, tonify & nourish Lr & K
	Sang Ji Sheng	9			
	Ye Jiao Teng	9			Calm shen & steady the will
	Fu Shen	9			

Modifications			
+ ling yang jiao, long gu, mu li, ci shi, dai ze shi	Severe cases with numbness & vertigo		
+ long dan cao, xia ku cao, mu dan pi, or long dan xie gan tang	Severe Lr fire with significant HA, flushed face, dry yellow tongue coating		
+ da huang, mang xiao, or dang gui long hui wan	With constipation		
+ nu zhen zi, gou qi zi, bai shao, sheng di, shou wu	Severe Lr & K yin xu		

Related Formula			
Formula	Ingredients	Indication	
Ling Jiao Gou Teng Tang (Antelope Horn & Uncaria Decoction) 铃角钩藤汤	Ling yang jiao, gou teng, sang ye, ju hua, bai shao, sheng di, chuan bei mu, zhu ru, fu shen, gan cao	LV meridian excess heat stirring up internal movement of wind – persistent high fever, irritability, restlessness, dizziness, vertigo, twitching & spasms of extremities, deep-red dry/burnt tongue w/ prickles, wiry & rapid pulse. May present impaired consciousness	Cold ingredients □ Cool blood For situations with **more heat** [high fever, etc.]

Zhen Gan Xi Feng Tang [镇肝熄风汤] (Sedate The Liver & Extinguish Wind Decoction) Source: Yi Xue Zhong Zhong Can Xi Lu	
● Focus on anchor ● Actions: sedates Lr, extinguishes wind, nourishes yin, anchors yang ● This formula simultaneously treats both the manifestation and the root ● Preparation & administration: decoction ● **Indications**: **LV & K yin xu with LV yang rising and internal movement of LV wind with rebellious qi & blood** – HA, dizziness & vertigo, a distending sensation in the eyes, tinnitus, a sensation of heat in the head, irritability, restlessness, flushed face; or frequent belching, progressive motor dysfunction of the body or development of facial asymmetry, sudden loss of consciousness, mental confusion with moments of lucidity; hypertension, wind-stroke; a red or dusky tongue, a wiry, long & forceful pulse.	**Applications** ● Lr yang rising & internal wind moving due to Lr & K Yin xu ● Hypertension ● CVA ● Vascular HA ● Gynecological disorders **Think & Review** ● What are the chief herbs in tian ma gou teng yin? Why? ● What are the chief ingredients in ling jiao gou teng tang? Why? ● What are the chief herb in zhen gan xi feng tang? Why? ◊ Nourish to bring wind down [Huai niu xi]

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Huai Niu Xi	30			Tonify LV & KD & conduct energy down Conducts Bl circulation downward, separates Bl from the rising yang, nourishes Lr & K
Deputy	Dai Zhe Shi	30			Aid chief in sedating Lr, extinguishing wind, anchoring yang, directing rebellious qi down Heavy (shells & rocks)
Assistant	Long Gu	15			
Envoy	Mu Li	15			
	Gui Ban	15			Nourish yin & fluids to control yang, clear heat
	Xuan Shen	15			
	Tian Dong	15			
	Bai Shao	15			
	Yin Chen Hao	6			Move Lr qi, sedate Lr yang, drain excessive Lr Mai Ya: help SP/ST deal with heavy stuff Harmonizes St, protects St from getting stagnant from shells & rocks
	Chuan Lian Zi	6			
	Mai Ya	6			
	Gan Cao	4.5			With mai ya harmonize Middle

Related Formula			
Formula	**Ingredients**	**Indication**	
Jian ling tang [建瓴汤] (construct roof tiles decoction)	Shan yao, huai niu xi, dai zhe shi, long gu, mu li, sheng di, bai shao, bai zi ren	**Lr Yang rising** – vertigo, tinnitus, a distended sensation in ears, palpitations, forgetfulness, irritability, restlessness, insomnia with dream-disturbed sleep, a wiry, firm & long pulse. This formula is stronger in calming Ht spirit, less powerful in sedating & extinguishing Lr wind.	Bai Zi Ren: connect HT & KD, calm spirit

	Tian ma gou teng yin	**Ban xia bai zhu tian ma tang**
Co. Action	Extinguish Lr wind. For dizziness, HA, vertigo, wiry pulse	
Dif. Action	Clears heat associated with Lr Yang rising	Resolves phlegm associated with Lr wind

	Zhen gan xi feng tang	**Tian ma gou teng yin**
Indication	Lr yang rising with internal wind	
pathogenesis	Lr & K Yin xu causing Lr yang rising	Lr Yang rising causing Lr wind
Co. sx	HA, dizziness, tinnitus, heat sensation in the head	
Dif. sx	Red face, eye distension, irritability	Tremors, spasms or numbness of the limbs
Major function	Nourish Lr & K Yin. Tonify to treat sx	Sedate Lr, extinguish wind. Sedate to treat sx

	Ling jiao gou teng tang	**Zhen gan xi feng tang**	**Tian ma gou teng yin**
Co. Action	Sedate Lr, extinguish internal movement of Lr wind		
Dif. Action	Clears heat, extinguishes wind	Sedates Lr, anchors yang	Weak in sedating Lr & extinguishing wind; moves Bl, clears heat, calms spirit
Dif. Indication	High fever, spasm & convulsion d/t Lr channel heat stirring up wind	dizziness/vertigo,loss of consciousness, hemiplegia d/t yin xu, yang rising, Lr wind, qi & bl disturbance	HA, dizziness/vertigo, insomnia d/t ascendant Lr yang with Lr wind

Xing Su San: Know chief ingredients & indications
All moist: Disseminate & descend LU Qi

Formulas That Treat Dryness治燥剂

- Dryness (zao燥) – one of the 6 excesses, may be external or internal.
- Formulas that treat external dryness include herbs that have a gentle, dispersing action, such as zi su ye, sang ye, xing ren, qian hu.
-
- Formulas that treat internal dryness include herbs that enrich Yin and moisten dryness, such as mai dong, xuan shen, sheng di, shi hu.
- These formulas contain many enriching, cloying substances that can easily obstruct Qi, generate dampness. Use with caution in cases with diarrhea due to Sp xu, or where there is marked Qi stagnation.

Xing Su San [杏苏散] (Apricot Kernel & Perilla Leaf Powder) Source: Wen Bing Tiao Bian

- Actions: gently disperse cool-dryness, disseminates Lu Qi, and transforms congested fluids
- Preparation & administration: grind herbs into powder & take as a draft. Or decoction

- **Indications**: External cool-dryness (凉燥) interfering with the disseminating & descending functions of LU [slight HA, chills without sweating, cough with watery mucus, stuffy nose, dry throat
- T: dry, white coating, P: wiry pulse

Applications

- Cool-dryness in late autumn
- Coughs due to colds contracted during autumn with Fluids injury
- Relatively superficial conditions with cough during any time of the year
- Flu, Chronic bronchitis with exterior sx, Cough from allergy
- Cough due to laryngeal disorders

Patent

-

Modern Research

-

Case Study

-

Think & Review

- Please compare xing su san with shen su yin from Chapter 1 *(ren shen, zi su ye, chen pi, fu ling, jiang ban xia, qian hu, ge gen, gan cao, jie geng, mu xiang, sheng jiang, da zao)* in terms of their ingredients, actions & indications.
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Zi Su Ye	9	Acrid & warm		W/o dry nature, releases exterior, unblocks the congested Lu qi
Deputy	Xing Ren	9	Bitter & warm		W/ moist nature, disseminates Lu qi, transforms phlegm to stop cough
Assistant	Ban Xia	9			Move qi & transform phlegm
Envoy	Fu Ling	9			
	Chen Pi	9			
	Qian Hu	9			Aids Chiefs to release exterior, transform phlegm & conduct qi downward
	Jie Geng	9			Aids xing ren in disseminating Lu qi by forming a vent with upward & downward effects
	Zhi Ke	9			
	Sheng Jiang	6			Disseminate Lu qi & transform phlegm. Regulate Ying & Wei Qi, help spread the Fluids.
	Da Zao	2 PC			
	Gan Cao	3			

Sang Xing Tang [桑杏汤] (Mulberry Leaf & Apricot Kernel Decoction) Source: Wen Bing Tiao Bian

- Actions: clears & disperses warm-dryness.
- Preparation & administration: decoction. The current dosage is increased 2-3 times.

- **Indications**: Warm-dryness (温燥) injuring Lu qi at a relatively superficial level [HA, moderate fever, thirst, dry throat, dry nose, a dry hacking cough or one with scanty, thick, and sticky sputum]
- T: red with a thin dry white coating, P: floating, rapid (especially on the right)

Applications

- Warm-dryness in early autumn
- Dry hacking cough with chest pain & a thin dry white tongue coating & a floating rapid pulse
- Coughing of blood with Lu collaterals injury in respiratory disorders
- Whooping cough, Pharyngitis, Bronchiectasis

Case Study

- A 53 y-o male has been coughing for over 7 months. He caught a flu & had a hacking cough with sticky greenish sputum in Feb. this year. The coughing episodes occurs 3-5 times while he starts talking & sounds from deep in the lungs (he feels chest pain at the end of each episode). Other sx: dry throat & nose, sometimes cough without sputum or hard to expectorate, feverish sensation, especially with coughing. He tried antibiotics for 2 courses with little effects.
- A red tipped tongue with thin yellow coating; a rapid & thin pulse.
- Dx:
- Tx:
-

Think & Review

-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Sang Ye	3			Clears & disperses heat, releases exterior, moistens dryness
	Xing Ren	4.5			Disseminates Lu qi, stops cough, moistens dryness
Deputy	Zhi Zi	3			Drains Lu heat
	Dan Dou Chi	3			Aids sang ye in releasing exterior
	Zhe Bei Mu	3			Clears heat, aids xing ren transform phlegm to stop cough
Assistant	Sha Shen	6			Moistens Lu, generates Fluids, stops cough
	Li Pi	3			Clears heat, moistens dryness, transforms phlegm to stop cough

Qing Zao Jiu Fei Tang [清燥救肺汤] (Eliminate Dryness & Rescue Lungs Decoction) Source: Yi Men Fa Lu)	
● Actions: clears dryness & moistens Lungs ● Preparation & administration: decoction. Sha shen or hai er shen is usually sub for ren shen with 2-3 times dosage	● **Indications**: Warm-dryness attacking Lu & causing Lu qi to rebel, which presents with HA, fever, hacking cough, & wheezing, a dry & parched throat, dry nasal passages, a sensation of fullness in the chest, hypochondriac pain, irritability, thirst; a dry tongue without coating, a deficient large rapid pulse.

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Sang ye	9			
	Shi gao	7.5			
Deputy	Mai dong	4			
Assistant	E jiao	3			
	Hei zhi ma	3			
	Xing ren	2			
	Pi pa ye	3			[Loquat leaves] Bring rebellious LU Qi down & nourish LU Yin (fruit even better)
	Ren shen	2			Tonify Qi
Envoy	Gan cao	3			Tonify Qi

Yang Yin Qing Fei Tang [养阴清肺汤] (nourish Yin & clear Lungs decoction) source: chong lou yu yao	
● Actions: nourishes Yin, clears Lu, & relieves toxicity to soothe throat. ● Preparation & administration: decoction ● **Indications**: White throat (bai hou 白喉) or diphtherial disorder due to constitutional Yin xu & internal clumping of heat with epidemic dryness-toxin invasion – development of a white, curd-like membrane in the throat that is difficult to scrape off, swollen & sore throat, fever, dry nasal passages, parched lips, raspy breathing, resembling wheezing; or coughing; a red dry tongue; thin weak or thin rapid pulse	**Think & Review** ● What is the differences between *qing zao jiu fei tang* & *bu fei e jiao tang* in chapter 7 (e jiao, ma dou ling, xing ren, niu bang zi, geng mi, zhi gan cao) ● What small formulas are included in yang yin qing fei tang? What their actions? ● Heat Toxin: Add Lian Qiao & Huang Qin ● Wind: Add Sang Ye & Jin Yin Hua

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Sheng Di	12			
Deputy	Xuan Shen	9			
	Mai Dong	9			
	Chao Bai Shao	5			
Assistant	Mu Dan Pi	5			
	Chuan Bei Mu	5			
	Bo He	3			
Envoy	Gan Cao	3			

Zeng Ye Cheng Qi Tang
Da Huang [12] [ANE]
Mang Xiao [9]
Xuan Shen
Mai Dong [+fluid]
Sheng Di Huang [+ fluid]

Formulas That Expel Dampness祛湿剂	
● Damp syndromes involve either an invasion of exogenous pathogenic damp or an internal dysfunction of fluids metabolism, i.e. distribution & transformation, arising from impaired **SP (transporting & transforming), LU (dispersing, descending & purifying) or KD (warming & transforming) functions**. ●	● Damp is heavy, turbid & stagnant by nature. It tends to sink & stubbornly linger. Damp is thus classified as a Yin pathogen that tends to obstruct qi function & impair the flow of the body's Yang qi. ● Sp is Zang most affected by damp. ● Tongue coating reflects GI system ● GI Endoscopes indicate amount of inflammation in GI system

Damp location	symptoms	Damp type	symptoms
Skin	Edema, a feeling of heaviness & tightness	**Cold-damp**	Heaviness in the body & head, joint stiffness & pain, edema (especially in the lower part of the body), loose stools
Meridians & collaterals	Joint pain, stiffness or numbness, swollen joints, heaviness of the extremities	**Damp-heat**	Jaundice, painful & burning urination, low-grade fever, thirst with no desire to drink, itchy skin, fetid leucorrhea
Middle Jiao	Abdominal distension, nausea, vomiting, loose stools, poor appetite, sweet or greasy taste in the mouth	**Wind-damp**	Chills & fever, heaviness in the body & head, stiffness & pain in the joints, superficial edema
Lower Jiao	Difficult urination, leucorrhea	**Water-damp**	Pitting edema, difficult urination
		Summer-heat with damp	Fever, sweating, vomiting, fullness in the abdomen & epigastrium, diarrhea, anorexia, feeling of heaviness in the body

Treatment Principles & Considerations	
● Since damp conditions vary widely, treatment should be based on the nature & location of the condition, the particular Zang-fu involved, and whether there are other pathogenic factors complicating the condition. The specific Tx methods are: ● **Damp in Upper Jiao/Exterior**: diaphoretic herbs to release damp from surface ● **Damp in Middle Jiao**: bitter &/or aromatic herbs to resolve damp, awaken SP ● **Damp in Lower Jiao**: herbs to promote urination & drain water-damp	● Damp with cold – herbs to warm Yang, dispel cold & resolve water-damp ● Damp with heat – herbs to clear heat & dry damp ● Water-damp accumulation – harsh herbs to strongly purge water-damp (only in patients with a strong constitution) [ascites], short period of time ● Damp with wind – herbs to dispel wind & expel damp [Bi syndrome] ● Nei Jing: Open Ghost Door & Cleansing Palace

Cautions & contraindications	
● Herbs that expel damp are pungent, warming & drying on the whole. Damp-expelling formulas are consequently contraindicated in medium to severe Yin & Fluids xu, unless modified by adding fluid-generating, dryness-relieving herbs such as hua shi & lu gen ●	● In cases where edema accompanies with chronic dz or pregnancy, tonifying herbs should be added to the formula to support upright qi, e.g. bai zhu, huang qi ● Add qi-regulating herbs to the formula because damp is a heavy, cloying pathogen that can easily generate qi stagnation

Transform damp & harmonize stomach 燥湿和胃	
● When damp lingers in the interior, stagnation & turbidity ensue. Damp turbidity severely interferes with the transporting function of Sp, producing Sp & epigastric & abdominal sx, which require the use of aromatic herbs that cut through the turbidity and revive Sp as well as regulate Middle Jiao.	●

Ping Wei San [平胃散] (Calm The Stomach Powder) Source: Tai Ping Hui Min He Ji Ju Fang	
● Action: resolves damp, strengthens Sp, activates & regulates qi, harmonizes St ● Preparation & administration: grind herbs into powder, add sheng jiang & da zao, take as a draft in 6-9 doses on an empty St. Also as decoction with dosage in parentheses ● **Indications**: **Damp-cold stagnating in SP & ST [Middle jiao Aromatic transform, dry, vent damp]** distention & fullness in the epigastrium & abdomen, loss of taste & appetite, a heavy sensation in the limbs, loose stool or diarrhea, easy-fatigued, increased desire to sleep, nausea & vomiting, belching, acid regurgitation ● T: swollen tongue with a thick, white & greasy coating ● P: slow or slippery pulse. **Applications** ● Middle Jiao damp(-cold) stagnation with a thick white greasy tongue coating ● Peptic ulcers ● Chronic gastritis/enteritis ● Infantile indigestion ● Anorexia with bad breath ● Excessive sleep ● Chronic pancreatitis ● GI reactions to chemotherapy	**Patent** ● **Modern Research** ● **Case Study** ● **Think & Review** ●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	**Cang zhu**	2500 (15)	All aromatic	SP, ST	Acrid, bitter & warm to dispel damp & strengthen the transporting function of Sp
Deputy	Hou po	1560 (9)		SP, ST, LU, LI	Bitter, acrid & warm to dispel damp & disperses fullness
Assistant	Chen pi	1560 (9)		SP, LU	Acrid, bitter & warm to regulate qi, transform damp; With hou po to revive Sp & improve appetite
Envoy	Zhi gan cao	900 (4)			Tonifies Sp, harmonizes the formula
	Sheng jiang, da zao				Regulate & harmonize Sp & St to help restore their functions

Modifications			
+ huang qin, Huang lian	Yellow thick tongue coating, bitter taste in mouth, dry throat, no thirst	+ zhi ke, lai fu zi, bing lang	Food stagnation with focal fullness & constipation
+ gan jiang, rou gui	With severe cold damp, heat preference, dislike of cold	+ ban xia	Nausea, vomiting
		+ huo xiang, su ye, bai zhi	With exterior condition, fever & chills

Related Formula			
Formulas	Ingredients	Indication	
Chai ping tang 柴平汤	Chai hu, huang qin, ren shen, ban xia, gan cao, cang zhu, hou po, chen pi, sheng jiang, da zao	Shi nue (湿疟) – body ache, heavy feeling in extremities, significant chills, slight fever, soggy pulse	Chai hu, huang qin = Xiao Chai Hu Tang + Ping Wei San
Bu huan jin zheng qi san 不换金正气散	Hou po, huo xiang, gan cao, ban xia, cang zhu, chen pi, sheng jiang, da zao	Externally-contracted sudden turmoil (霍乱) disorder with fever, chills, vomiting, diarrhea, abdominal distension & fullness	Very Precious

	Ping wei san	**Li zhong wan**
Pathogenesis	Dysfunction of transformation & transportation in Middle Jiao	
Indications	Damp stagnation in Middle Jiao [Aromatic treat damp]	Middle Jiao xu with cold
Co. sx	Poor appetite, abdominal distension, indigestion, nausea, vomiting, loose stool	
Dif. sx	Heaviness of limbs; flabby tongue w/ thick greasy co, soggy/slippery pulse	Abd. Pain better w/ warmth & pressure; pale wet tongue w/ thin white co, deep weak slow pulse

Huo Xiang Zheng Qi San [藿香正气散 (11 Wei)] (Agastache Powder To Rectify Qi) Source: Tai Ping Hui Min He Ji Ju Fang

- Actions: releases exterior, transform damp, regulates qi, harmonizes Middle Jiao
- Preparation & administration: grind herbs into powder, take in 3-6g doses as a draft with 3-6g of sheng jiang & one piece of da zao. Also as decoction with the dosage specified in parentheses
- Small formulas: Ping Wei San (almost)

- **Indications**: **Middle jiao damp stagnation with external wind-cold** [Exterior (wind cold damp)/interior (middle jiao damp stagnation)] chills & fever, HA, nausea & vomiting, a sensation of fullness & stifling oppression in the chest and epigastrium, abdominal distension & pain, appetite loss, taste loss, borborygmus, diarrhea; a slightly pale tongue with white greasy coating; a soggy, slippery or floating, tight pulse.
- Good for Seattle winter time

Applications

- **Externally-contracted wind-cold with concurrent internal damp stagnation**
- Vomiting above w/ diarrhea below and chills & fever, white tongue coating [damp cold]
- Summer wind-cold
- Stomach flu
- Acute gastroenteritis
- Chronic hepatitis B
- Morning sickness

Small formulas

- Open all 3 jiaos □ cause big vent: chen pi, da fu pi, and jie geng
- Damp: Zi su ye, Bai zhi, bai zhu

Patent

-

Modern Research

-

Case Study

- A 32 y-o female complains of heavy & sore joints & heavy head. Other sx: aversion to cold, nausea, no appetite, epigastric fullness & abdominal bloating, loose stools (already 3 times today). She tells us she went to her son's school to do volunteer job and noticed a few kids sneezing and sniffling in the classroom.
- A swollen tongue with thick white coating
- A slightly soggy & floating pulse
- Dx:
- Tx:

Think & Review

- Please compare *huo xiang zheng qi san* with *xiang ru san* (in chapter 1:xiang ru, bai bian dou, hou po) in terms of their similarities and differences.
  - All aromatic □ summer
  - Get rid of wind cold, wind damp
- Please compare *huo xiang zheng qi san* with *ping wei san.*
  - Both 1st degree formulas
  -
- Please compare *huo xiang zheng qi san* with
- *jing fang bai du san* (in chapter 1: jing jie, fang feng, qiang huo, qiang hu, chai hu, zhi ke, fu ling, jie geng, chuan xiong, gan cao).
  - Wind cold & toxins, without damp accumulation in middle jiao
  - Wintertime, catch cold, no damp, no ST symptoms
  - Toxic symptoms

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Huo Xiang	90 (12)	acrid, Slt warm	SP, ST, LU	Releases exterior, transforms turbid damp, revives Sp, stops vomiting
Deputy	Hou Po	60 (9)			Aid Chief in treating Middle
	Chen Pi	60 (9)			
	Zi Su Ye	30 (6)			Aid Chief in treating wind-cold, HA
	Bai Zhi	30 (6)			
Assistant	Ban Xia	60 (9)			Dries damp, conducts rebellious qi down, harmonizes St, stops vomiting
	Da Fu Pi	30 (9)	acrid, Slt warm	SP, ST, LI, SI	Moves qi downward
	Bai Zhu	60 (12)			Strengthen Sp, transport damp
	Fu Ling	30 (9)			
	Jie Geng	60 (9)			Disseminates Lu qi, with chen pi, da fu pi form a vent
Envoy	Zhi Gan Cao	75 (3)			Harmonizes formula
	Sheng Jiang, Da Zao				Regulate Sp & St

Modifications			
More su ye	Severe wind-cold		
- Gan cao, da zao + ji nei jin, shen qu	Food stagnation		
+ cang zhu	Severe damp		
+ ze xie, mu tong	Scanty urination		

Formulas That Clear Damp-heat清热祛湿	
● Damp-heat sx develop from invasion of external damp-heat, or from damp which transforms into heat in the interior. When damp combines with heat, it is just like that oil mixed with dough, which makes it hard to separate & treat. ◇ Yin pathogen (treat damp with warm things □ make heat worse) & Yang pathogen (treat heat with cool things □ make damp worse) □ hard to treat	● Main manifestation: a **yellow greasy tongue coating**, a slippery (and /or rapid) pulse, a heavy sensation, fever that worsens in the afternoon ◇ Heavy smokers, drinkers, drug users, junk food junkies ◇ Hard to get rid of, Like oil mixed into dough ◇ Hepatitis patients

Yin Chen Hao Tang [茵陈蒿汤] (Artemisia Yinchenhao Decoction) Source: Shang Han Lun	
● Yang jaundice, acute hepatitis, acute GB infections ● **Indications**: **Damp-heat or yang-type (阳黄) jaundice** –(severe yang type) [jaundice of the whole body with a fresh yellow hue (resembles a fresh tangerine), some abdominal fullness & distension, thirst (with the ability to take only sips), dark scanty & difficult urination; sweating from the head only; a yellow greasy tongue coating, a slippery, rapid or deep, full pulse. ● Allergic jaundice ● Clear damp & dump it ● Well designed **Applications** ● Lr & GB damp-heat causing jaundice, especially those types in which heat is the predominant factor ● Acute hepatitis, Chronic cholecystitis, Liver cirrhosis ● Typhoid fever, New-born-baby jaundice ● Viral infectins, very stubborn bacterial infections	**Case Study** ● A noisy 1 week new-born baby appears fresh bright yellow jaundice (on the sclera & skin). Other sx: constipation, yellow urine, slightly feverish, irritability. ● Red lips & tongue ● Dark-red index finger veins extend from the Wind to Qi region ● Dx: yang type jaundice () ● Tx: yinchenhao tang (1/5-1/6 in dosage) + che qian cao, bai mao gen, fu ling. Cured in 4 days ● Can also use normal dose & let mom drink □ milk **Think & Review** ●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Yin Chen Hao	30	bitter, Slt cold	SP/ST, LV/GB	Clears heat, leaches out damp, reduces jaundice. The rather large dosage of this herb increases its efficacy. [Cousin of moxa]
Deputy	Zhi Zi	15	bitter, cold	HT, LV, LU, ST, SJ	Clears heat from 3 Jiaos, more specifically drains damp-heat through the urine
Assistant	Da Huang	9			Purges heat through the bowels, moves Blood to help Lr for its sooner recovery. These 3 herbs act synergistically to drain damp-heat & encourage the fading of jaundice

formulas	Ingredients	Indications	
Yin Chen Si Ni Tang茵陈四逆汤	Yin chen hao, pao jiang, fu zi, gan cao	Yin-type 阴黄 or damp-cold jaundice with K yang xu	Warm KD & SP yang □ restores functions □ transform damp (mild yin type)
Zhi Zi Bai Pi Tang 栀子柏皮汤	Zhi zi Huang bai Zhi gan cao	Fever & jaundice as sequela of cold-induced disorder in cases heat > damp	Milder □ treats mild yang type jaundice
Yin Chen Zhu Fu Tang茵陈术附汤	Yin chen hao, bai zhu, gan jiang, fu zi, rou gui, zhi gan cao	Yin-type 阴黄 jaundice with more Sp yang xu (some K yang xu as well)	Severe yin type □ stronger than Yin Chen Si Ni Tang [Si Ni Tang: Gan jiang, raw fu zi, etc □ rescue yang] Cooked fu zi: transform damp & drive it away

San Ren Tang [三仁汤] (Three-Nut Decoction) Source: Wen Bing Tiao Bian

- Actions: disseminates Qi, facilitates Qi mechanisms, & clears damp-heat
- Preparation & administration: decoction, with the dosage of the ingredients reduced by one-half to two-thirds

- **Indications**: Early-stage damp warm-febrile disease or summer heat warm-febrile disease in which damp predominates & the pathogens are lodged in the Qi level (湿温初起及暑温夹湿, 邪在气分) HA, chills, afternoon fever, a heavy sensation in the body, generalized pain, pale-yellow complexion, a stifling sensation in the chest, loss of appetite, an absence of thirst
- White tongue coating, a wiry thin & soggy pulse.

- Good example to show us how to treat damp heat
  - Upper jiao: evaporate, diaphoretic
  - Middle Jiao: transform aromatically
  - Lower Jiao: drain damp
- Damp heat all over, all 3 jiao, Speed up or reset system

Applications

- Damp warm-febrile disease in the early stage
- Damp-heat condition in which damp > heat
- Morning sickness, Fever of unknown origin
- Biliary ascariasis 胆道蛔虫, Diarrhea in summer, Pyelonephritis

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Xing ren	15			Facilitates Lu qi flow. Unblocks Lu qi in Upper
	Bai dou kou	6			Transform turbid damp & revive Sp. Transform & dry damp in Middle
	Yi yi ren	18			
Deputy	Ban xia	9			
	Hou po	6			Treats epigastric & abdominal distension due to damp/phlegm
Assistant	Hua shi	18			Resolve damp by promoting urination, clear heat. Drain damp heat in Lower
	Tong cao	6			
	Dan zhu ye	6			

Ba Zheng San [八正散] (Eight-Herb Powder For Rectification) Source: Tai Ping Hui Min He Ji Ju Fang

- **Actions**: clears heat, quells fire, drains damp, promotes urination, unblocks painful urinary dysfunction (lin)
- Preparation & administration: grind equal amounts of the ingredients into powder, take as a draft in 9g doses with deng xin cao. Or as decoction

- **Indications**: Hot or bloody painful urinary dysfunction [Bloody Lin] due to damp-heat in Lower Jiao (湿热下注) frequent, urgent, painful, burning dark urination, distension & fullness in Lower abdomen, thirst, dry mouth; or scanty and turbid urine, dribbling or difficult urination, or urinary retention; a
- T: red tongue with yellow greasy coating, P: slippery, rapid pulse.

Applications

- Lower jiao damp-heat with acute heat Lin
- Heart meridian heat, Acute UTI, Glomerulonephritis
- Cystitis, Urethritis, Prostatitis, Stomatitis, Urinary Calculi
- **Acute Excess**

Case Study

- A 24 y-o female has suffered from urgent, painful & frequent urinations since yesterday. She also feels a distending pain in the lower abdomen that she describes as a fire ball blocked in the lower tummy, and a burning sensation while urinating. Other sx: thirst with preference to drink cold water, feels feverish & tired. She just made a new boyfriend last week and started an intimate relationship a couple of days ago.
- A red tongue with yellow coating; a rapid & forceful pulse.

Think & Review

- Why does *ba zheng san* (which treats Lin sx) contain **da huang**, even though there is no constipation present?
  - Drain the heat down & dump heat through stool & urination [2 exits better than one],
  - Da Huang: Conducts heat down & moves blood (Purging & moving). Blood beyond meridians & vessels □ blood stasis forms. Bleeding & blood stasis go together. Treat possible blood stasis. [2 reasons use da huang]
- What are the differences between *ba zheng san* and *dao chi san*, even though these 2 formulas all can be used to treat Lin sx?
- Please compare ***ba zheng san* [damp heat blazing] with *xiao ji yin zi*** [damp heat with bleeding] (xiao ji, sheng di, hua shi, mu tong, dan zhu ye, dang gui, zhi zi, chao pu huang, ou jie, zhi gan cao) since these both formulas treat painful urinary dysfunction

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Mu tong	9	bitter, cold	HT, SI, UB	Clears heat, promotes urination & draining damp
Deputy	Hua shi	9			Clear damp-heat by promoting urination. Aid Chief in unblocking painful urinary dysfunction
	Che qian zi	9			
	Qu mai	9			
	Bian xu	9			
Assistant	Zhi zi	9			Drains heat from 3 jiaos through urine
	Zhi da huang	9			Drains heat through stool
	Deng xin cao	9	Sweet, slightly cold, bland	HT, SI, LU	[rush stem pith □ ancient wick] Very light, cook not long, Guides heat down Guide effect of whole formula into urethra & dump damp heat away from there
Envoy	Gan cao (shao)	9			Harmonizes formula, relieves abdominal pain

	Ba zheng san	**Dao chi san [Designed for Kids □ Milder]**
Co. indication	Hot painful urinary dysfunction	
Dif. Focuses	Lower jiao sx – Urinary retention with lower abdominal distension and pain	Upper jiao sx – Irritability, mouth sores
Actions	Strongly unblocks Lin w/o nourishing Yin	Weaker effect on Lin, but nourishes Yin

	Ba zheng san	**Long dan xie gan tang**
Co. indication	Acute Lin sx due to damp-heat in the Lower JIao	
Dif. indication	Lin sx due to damp-heat in UB	Lin sx due to damp-heat in Lr & GB meridians
Actions	Promotes urination & clears damp-heat	Clears damp-heat from Lr & GB
	Focus on lower jiao damp heat, urinary difficulty	Wider indications, many symptoms

		LV: Emotions, digestion, blood, STD

Er Miao San [二妙散] (Two-Marvel Powder) Source: Dan Xi Xin Fa	
● **Actions**: clears heat, dries dampness ● Preparation & administration: fry equal amounts of both herbs, grind into powder, take 3-6g twice a day with ginger juice. Or as decoction ● Both treat damp heat very balanced ● **Indications**: Damp-heat lodged in Lower Jiao – scanty, yellow urine, or a thick yellow & foul-smelling vaginal discharge; a yellow greasy tongue coating ● Damp-heat in the sinews & bones of Lower Jiao – red, hot, swollen & painful feet/knees, especially in LB or extremities, sinews or bones, or sores on lower extremities due to dampness; or interfere with nourishment of tissues, resulting in weakness/atrophy ● **Applications** ● Atrophy disorders due to damp-heat (+ wu jia pi, xi xian cao) ● UTI, Vaginitis/cervicitis, Hepatitis, Gouty arthritis ● Beriberi (+ yi yi ren, bing lang), RA	**Patent** ● **Modern Research** ● **Case Study** ● **Think & Review** ●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Huang Bai	15			Bitter & cold to treat damp-heat in Lower Jiao
Deputy	Cang Zhu	15			Bitter & warm to dry and disperse dampness These two herbs form an elegant & powerful formula for drying & clearing damp-heat lodged in Lower Jiao

Related Formula			
New formulas	**Based on er miao san**	Indications	
San miao wan三妙丸	+ chuan niu xi	Damp-heat in Lower jiao: numbness or burning pain or weakness in feet	
Si miao wan 四妙丸	+ chuan niu xi, yi yi ren	Damp-heat in Lower jiao: atrophy, severe numbness & weakness in lower limbs with painful & swollen feet	Stronger to treat damp, more comprehensive
Jia wei er miao wan 加味二妙丸	+ chuan niu xi, yi yi ren, dang gui wei (small roots of dang gui), han fang ji, bei xie, zhi gui ban	damp-heat in Lower jiao with yin damage: heaviness & discomfort in limbs with atrophy & weakness, edema, numbness.	Strongest

Formulas That Warm & Transform Water Damp温化水湿	
● Formulas in this section for water or damp caused by cold or Yang xu – edema, urinary difficulty/Lin, lower abdominal numbness; or tan yin; or Bi syndrome. ● Formulas often include fu zi, gui zhi, fu ling, bai zhu…	●

Zhen Wu Tang [真武汤] (True Warrior Decoction) Source: Shang Han Lun

- Actions: warms Yang, promotes urination.
- Preparation & administration: decoction
-
- KD Yang Xu: Cold water upward invading heart □ ht doesn't work well

- **Indications**: KD & SP Yang xu causing water accumulation [difficult urination, aching & heaviness in the extremities, generalized edema, dislike of cold, abdominal pain, watery diarrhea, absence of thirst, palpitations, dizziness, head heaviness] (Urinary difficulty, lower jiao edema)
- T: pale, flabby tongue with moist white coating
- P: deep, thin, weak pulse.
- Overuse of diaphoretics in Taiyang syndromes [fever, abnormal sweating, dizziness, palpitations in the epigastrium, trembling, shivering, unsteady appearance] [Too much sweating □ yin damage □ damages yang □ trembling, twitching (clear yang can't reach top □ severe symptoms)]
- T: pale tongue with moist white coating
- P: thin deep forceless pulse
  - ◊

Applications

- Yang xu with urinary difficulty, edema & heavy sensation in the body & limbs, deep pulse, white tongue coating
- Edema from congestive heart failure, Chronic nephritis
- Intestinal TB caused diarrhea, Hypothyroidism, Meniere's disease
- Uremia, RA, Urinary retention from enlarged prostate, IBS, Restless leg

Patent

-

Modern Research

-

Case Study

- A 74 y-o male presents with coughing with white copious mucus, sob, palpitations, stifling sensation in the chest, reduced appetite, lassitude, edema in lower limbs, cold extremities, scanty urination. His wife tells us that he is unable to lie flat at sleep. MD's diagnosis: heart failure from pulmonary heart disease.
- A dusky tongue with white moist coating; a deep rapid & thin pulse
- Dx:
- Tx:
-

Think & Review

- Please compare *zhen wu tang* with *fu zi tang* in terms of their ingredients, actions, indications.
- *Si ni tang* also use fu zi & ginger as *zhen wu tang*, what is difference of this combination between these 2 formulas?
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	**Fu Zi**	9			Very acrid very hot to warm K yang, restore collapsed yang
Deputy	Bai Zhu	6			Tonifies Sp, dries damp With fu ling, sheng jiang to boost Earth to control water Bai Zhu & Fu Zi combo: tonify SP yang by tonifying KD yang (below waist edema) **5E: Bai Zhu □ strengthen SP (earth) to control water (like dam)** [NCCAOM}
	Fu Ling	9			Helps bai zhu tonify Sp, drains damp
Assistant	Sheng Jiang	9			Warms Middle jiao, dispels cold & water
	Bai Shao	9			[very special] Relieves abdominal pain, prevents dry hot herbs from injuring yin Sour: Nourish & stabilize yin □ Soften spasmatic muscles & tendons Coldness in lower jiao □ cold pain □ bai shao deal with that

Modifications			
+ gan jiang, xi xin, wu wei zi	Wheezing or coughing with copious watery sputum	+ wu zhu yu, ban xia	With vomiting
- Bai shao + gan jiang, yi zhi ren	Severe diarrhea	+ ren shen	With palpitations

Related Formula			
Formula	Ingredients	Indication	
Fu zi tang (shang han lun) 附子汤	Fu zi 15, bai zhu 12, **ren shen 6**, fu ling 9, bai shao 9	Yang xu with internal damp-cold stagnation: Aching bones & joints, cold limbs, aversion to cold, white moist tongue coating, deep faint weak or choppy slow pulse	Classic formula Ren Shen: stronger function to treat yang deficiency (tonifies Qi & yang) Coldness deep in bones, like ice Ren Shen: tonify yin, yang, Qi, blood

	Zhen wu tang	**Si ni tang**
Co. herbs	Aconite, ginger	
Dif. aconite	Zhi fu zi Warms meridians, expels damp	Sheng fu zi Warms meridian, dispels cold
Dif. ginger	Sheng jiang Warms to remove damp	Gan jiang Warms to dispel cold
Indications	Water accu d/t K & Sp yang xu	K yang xu with cold & K yang collapse
Therapeutic emphasis	Expels damp	Warms the interior

Formulas That Promote Urination & leach out dampness利水渗湿	
● Dampness clogs the water pathways – edema, urinary obstruction癃闭, painful urinary dysfunction (Lin sx淋证), diarrhea ● Treated by promoting urination since urination is an effective method for leaching out dampness, usually by fu ling, ze xie, zhu ling, hua shi	● 5 formulas treat jaundice

Wu Ling San [五苓散] (Five-Ingredient Powder With Poria) Source: Shang Han Lun	
● Actions: promotes urination, drains dampness, strengthens Sp, warms Yang, promotes Qi-hua气化. ● Preparation & administration: as a powder in 3-6g doses 1-3 times a day. As decoction taken warm ● Many pairs to restore Qi Hua function (urinary function) ● Treat external conditions that cause urinary difficulty ● ● **Indications**: ● 1. Lower Jiao cold-water accumulation (with possible external wind-cold) – difficult urination, HA, fever, irritability, **thirst with vomiting immediately after drinking water**; a thick/greasy white tongue coating, a floating rapid pulse ◇ thirst is fake symptom, actually have internal water accumulation ◇ UTI or nephritis caused by URI, transmitted by blood [Observed thousands of years ago] ● 2. Sp qi xu causing water-damp accumulation – general edema with a general feeling of heaviness, diarrhea, difficult urination, vomiting; a thick white or greasy white tongue coating, a slippery pulse ● 3. Tan-yin syndrome – throbbing or pulsing just below the umbilicus, vomiting of frothy saliva, dizziness, SOB, coughing, possible expectoration of copious white sputum; a thick white or thick greasy white tongue coating, a slippery pulse ◇ too much phlegm & mucus blocked in middle jiao □ dizziness, SOB **Applications** ● Taiyang water buildup (xu shui 蓄水) ● Sp xu with damp & water accumulation ● Retention of congested fluids in Lower Jiao (tan yin 痰饮) ● Small intestine fails in its task of separating the clear from turbid ● Damp Bi, Accumulation of fluids invades Lu causing coughing & wheezing ● Meniere's disease, Chronic renal failure, Congestive heart failure ● Pleural effusion, Ascites from liver cirrhosis, Chronic hepatitis ● Postpartum/post-genitourinary surgery urine retention	**Case Study** ● A 49 y-o fluffy female looks for Tx for her vertigo along with tinnitus, decreased hearing, nausea & vomiting. Other sx: a heavy sensation on the head & extremities, scanty urine. The GP's impression for her was Meniere's disease. ● A flabby tongue with thick white coating, a slippery & forceful pulse. ● Dx: ● Tx: ● **Think & Review** ● What is the function of gui zhi in wu ling san? ● Tao He Cheng Qi Tang: Treat blood buildup ◇

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Ze xie	15	sweet, bland, cold	KD, UB	Sweet, bland & cold to leach out damp, clear heat & promote urination by entering UB directly
Deputy	Fu ling	9	sweet, bland, neutral	SP, HT, LU, UB	Leaches out damp by promoting urination & strengthening Sp (with bai zhu) & assisting Yang
Assistant	Zhu ling	9	sweet, bland, neutral	KD, UB	With fu ling, eliminates damp, promotes urination, drains heat from UB Often used pair for water retention in middle & lower jiao
Envoy	Bai zhu	9			Resolves damp by strengthening Sp with aiding in its transformation & transportation [5E: Strengthen earth to control water)
	Gui zhi	6	acrid, sweet, warm	LU, HT, UB	Releases EPI, warms Mingmen fire to aid UB in transforming & discharging urine, raises Sp qi to transform damp (with fu ling)

New formulas	Based on wu ling san	Indications	
Si ling san 四苓散	- Gui zhi	Internal Sp injury by food with damp – loose stools & urinary difficulty	
Yin chen wu ling san 茵陈五苓散	+ yin chen hao	Jaundice from damp-heat (damp>heat) with urinary difficulty, a slt. pale skin tone	
Wei ling tang 胃苓汤	+ *ping wei san*	Sp injury by cold/raw food between summer & fall – epigastric distension & pain, diarrhea, urinary difficulty	

	Blood accumulation	**Water accumulation**
Meridian pathology	Taiyang (UB) blood accumulation	Taiyang (UB) water accumulation
Pathogenesis	Shi heat in UB Bl level causes UB Bl stasis	Shi heat in UB qi level causes UB dysfunction
Syndrome	Accumulation of heat & Bl	Accumulation of heat & water
Chief symptoms	Abdominal pain, normal urination	Edema, difficult urination
Indicated formula	Tao he cheng qi tang	Wu ling san

Zhu Ling Tang [猪苓汤] (Polyporus Decoction) Source: Shang Han Lun

- Actions: promotes urination, clears heat, & nourishes Yin
- Preparation & administration: prepare the 1st 4 items as a decoction, dissolve ½ of e jiao into the strained liquid, take twice a day.
-

- **Indications**: Lower Jiao water & heat clumping with Yin injury – urinary difficulty accompanied by fever & thirst with a desire for water, irritability, insomnia, possible diarrhea, nausea or cough, bloody painful urination with abdominal fullness and pain; a red tongue with dry yellow coating, a thin rapid pulse.
- Water & Heat messed up together

Applications

- Urinary difficulty from water-heat clumping in Lower Jiao
- Hot or bloody painful Lin sx with lower abdominal fullness & pain
- Infantile diarrhea from damp-heat injury to Yin level with reduced urination, dry skin, sunken eyes, fever which worsens at night, dark-red, dry tongue
  - Young kids: yin fluids easily damaged because they don't have much reserve if urination is significantly reduced could have KD/renal damage need to immediately protect yin
- Chronic nephritis
- Infantile nephritis
- Diabetic nephritis
- Ascites from liver cirrhosis
- Acute cystitis
- Urinary retention from enlarged prostate
- Postpartum urinary retention
- Hemorrhagic shock
- hydronephrosis

Patent

-

Modern Research

-

Case Study

- A 7 y-o boy has been suffering from chronic persisting glomerulonephritis since age 3. UA shows protein & RBC. Sx: sallow face, poor appetite, diarrhea, reduced urination, fatigue, apathy, feels sleepy during daytime. His physical development is below the average.
- A dusky tongue with thin yellow coating
- A slightly rapid & thready pulse
- Dx:
- Tx:
-

Think & Review

-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Zhu ling	9			Promotes urination, drains damp Pair: Zhu Ling & Fu Ling
Deputy	Fu ling	9			Promotes urination, benefits Sp, harmonizes St
Assistant	Ze xie	9			Aids Chiefs in promoting urination to drain damp. Unblocks deep parts of the water pathways that involve K [Specialty]
Envoy	Hua shi	9			Clears heat, promotes urination, relieves Lin, dissolves the water-heat clumping
	E jiao	9			Nourishes Yin, moistens dry w/o causing retention of water-heat, stops bleeding
					Special pair [Hua Shi & E Jiao]: When they get tother: nourish yin, clear heat to promote urination & protect yin & same time urinate & get rid of damp heat without hurting good yin fluids

Modifications			
+ zhi zi, che qian zi	Hot Lin		
+ bai mao gen, da ji, xiao ji	Bloody Lin		
+ sha shen, tian hua fen	Severe thirst from Yin xu		

	Ba zheng san	**Zhu ling tang**	
Co. indications	Lin due to damp-heat in Lower jiao		
Dif. Indications	Acute heat Lin	Chronic (heat) Lin with yin & Fluids xu	

	Zhu ling tang	Wu ling san
Co. ingredients	Fu ling, zhu ling, ze xie	
dif. ingredients	**E jiao, hua shi**	**Gui zhi, bai zhu**
Co. actions	Promote urination, drain damp	
Dif. actions	Nourishes Yin & Fluids, clears heat, stops bleeding	Warms Yang, promotes transforming function of UB qi
indications	Water & **heat** clumping in Lower jiao w/ injury to Yin	Water-**damp** accumulation in Lower jiao w/ possible w-c
Co. sx	Difficult urination, fever, thirst, possible diarrhea or irritability	
Dif. sx	Thirst with desire for water, insomnia	Vomiting immediately after drinking water
Tongue	red	pale
Pulse	Thin, rapid	Floating, rapid
Pathogenesis	Pathogenic factor enters yangming or shaoyin meridian & changes into **heat** that injures yin, water-heat clump in Lower jiao [Clumping: Little nut, hard to get rid of break clump]	External w-c transfers from taiyang meridian to taiyang organ, which causes cold & **water** to accumulate in Lower jiao

Wu Pi San [五皮散] (Five-Peel Powder) Source: Zhong Zang Jin

- **Actions**: resolves dampness, reduces edema, regulates qi, & strengthens Sp.
- Preparation & administration: grind equal amounts of the herbs into coarse powder, take 6-9g as a draft. Or decoction

- **Indications**: Skin edema (pi shui 皮水) – generalized edema with a sensation of heaviness, distension, and fullness in the epigastrium & abdomen, labored & heavy breathing, urinary difficulty; [SP Xu causes damp accumulation damp goes out & shows on skin]
- a pale flabby/scalloped tongue (toothmarks) with white greasy coating, a deep, moderate, slippery pulse.
- Use 5 skins to treat skin edema Not very strong

Applications
- Superficial edema from Sp xu causing damp accumulation
- Edema during pregnancy or menstruation
- Edema from glomerulonephritis
- Primary edema
- Ascites from liver cirrhosis
- Exudative pleurisy due to TB

Case Study
- A 46 y-o female wants to get an herbal formula for her edema during menstruation. Each period she begins feeling tight and hard to move the finger joints, usually 2-3 pounds weight gain. Other sx: tiredness, epigastric distension, reduced urination, reduced appetite.
- A pale flabby tongue with thick white coating
- A deep soft pulse
- Dx:
- Tx:
-

Think & Review
- Sheng Jiang: if you want warm properties, don't use skin

Rank	Herb	Amount	Properties	Channels	Notes
No ranks Round table ☺	Sang bai pi	9			[Mulberry bark] Moves Lu qi, promotes urination, drains water-damp
	Sheng jiang pi	9	Slightly Cool		Moves Lu qi, drains superficial edema
	Fu ling pi	9			Strengthens Sp, promotes urination, drains water-damp [Sometimes skin very ugly]
	Chen pi	9			[Tangerine skin, just red part, stronger] Regulates qi, harmonizes Middle jiao
	Da fu pi	9			Eliminates qi stagnation, harmonizes Middle jiao

Modifications			
+ bai zhu, huang qi, dang shen	Severe Sp xu		
+ wu ling san	Severe dampness		
+ xie bai san	With Lu heat		
+ yi mu cao	Edema during pregnancy		
+ lai fu zi, hou po	Severe abdominal distension		

Related Formula			
New formulas	**Ingredients**	**Indications**	
Wu pi yin 五皮饮	Wu jia pi, di gu pi, sheng jiang pi, fu ling pi, da fu pi	Skin edema – with more focus on Lower jiao, & nourish kidney yin as well	
Qi pi yin [7 skins drink] 七皮饮	Fu ling pi, sheng jiang pi, da fu pi, chen pi, qing pi, di gu pi, gan cao pi	Skin edema – with more emphasis on abdominal distension & fullness	Some ingredients hard to get

	Wu ling san	Zhu ling tang	Wu pi san
Key Formulas to treat damp			
Indication	Water accumu. in L-J	Water & heat clumping in L-J	Water-damp accu In superficies
Co. action	Promotes urination to drain water-damp		
Dif. action	Warm Yang, promote UB qi hua	Nourish Yin, clear heat	Regulate qi
pathogenesis	Dysfunction of UB qi hua, causing water accu in L-J	Water-heat accu in L-J causing Yin xu	Sp qi xu causing Pi Shui
Zang-fu	Sp, K, UB	St, K, UB	Sp, Lu

Formulas That Dispel Wind-Damp祛风胜湿	
● External invasion of wind-damp – pain, sometimes numbness (Bi) ● Treated with formulas that include herbs warm to disperse wind-cold (qiang huo, du huo, fang feng, qin jiao); and herbs invigorate Blood (dang gui, chuan xiong) because "to treat wind, first treat Blood; when Blood moves, wind will be extinguished"	●

Fang ji huang qi tang [防己黄芪汤] (stephania & astraglus decoction) source: jin gui yao lue	
● Actions: dispels external wind-damp, augments qi, strengthens Sp, reduces edema ● Preparation & administration: grind 1st 4 herbs into powder, take in 1.5g doses as a draft with remaining herbs. Or as decoction ● 3 pairs: ◇ Huang Qi & Fang Ji ◇ Bai Zhu & Zhi gan cao ◇ Sheng Jiang & Da Zao ● **Indications**: Wind-damp or wind edema (feng shui) – sweating, dislike of wind, a heavy sensation in the body, superficial edema, urinary difficulty; a pale tongue with white coating, a floating weak or soggy thin pulse. ● Feng shui & pi shui are similar (damp accumulation on skin) ◇ Pi Shui: SP xu cause water in skin ◇ Feng Shui: exterior wind damp condition **Applications** ● Sp & protective qi xu causing wind edema or wind-damp ● Damp Bi with a heavy sensation accompanied by numbness ● Edema in women with weak constitution ● Acute invasion of wind-damp without edema ● Rheumatic arthritis ● Acute glomerulonephritis ● Edema from heart disorders ●	**Patent** ● **Modern Research** ● **Case Study** ● **Think & Review** ●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Huang qi	15			Stabilizes & strengthens protective qi, promotes urination, reduces swelling
	Fang ji [Han]	12			With huang qi, expels wind-damp, promotes urination, relieves pain Contains aristolchic acid Safe when used in small doses for limited time Often used for patients with Bi syndrome 2 kinds: Han Fang Ji promote urination, treat edema Guang/Mu: Mostly focused on Bi syndrome
Deputy	Bai zhu	9			Stengthens Sp, drains damp, promotes urination
Assistant	Zhi gan cao	6			Tonifies Middle to generate qi
	Sheng jiang, da zao	4 PC 1 PC			Regulate & harmonize Ying & Wei to aid in stabilizing Exterior & Boosting qi and blood

	Fang ji huang qi tang	Wu pi san	
Co. indication	Superficial edema		
Dif. indication	Protective qi & Sp xu causing wind-damp Bi or wind edema (feng shui 风水)	Sp xu with water-damp accumulation causing superficies edema (pi shui 皮水)	
manifestations	Sweating, dislike of wind, body heaviness, floating pulse	Generalized edema, epigastric & abdominal fullness or distension, difficult urination, deep pulse	

Qiang Huo Sheng Shi Tang [羌活胜湿汤] (Notopterygium Decoction To Overcome Dampness) Source: Nei Wai Shang Bian Huo Lun

- Actions: expels wind-damp from Exterior to relieve pain.
- Preparation & administration: grind the herbs into a coarse powder, take as a draft, preferably before meals. This should promote mild sweating. Or as decoction

- **Indications**: Wind-damp obstructing Meridian & muscle levels causing pain, acute Bi – neck & shoulder pain with limited range of motion, HA, a generalized sensation of heaviness, generalized pain, difficulty in rotating or bending the trunk, possible chills & fever without sweating; a thin white coating, a floating tight pulse.
- Upper body, excess, acute

Applications
- Wind-damp in exterior/superficial and muscle levels with pain & HA
- Mild exterior sx with relatively severe generalized pain & heaviness *(this formula is stronger than jiu wei qiang huo tang (1st chapter) in treating systemic wind-damp, focusing less on releasing Exterior)*
- URI with pain, Rheumatic fever, Neck pain

Patent
-

Modern Research
-

Case Study
-

Think & Review
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Qiang huo	6			Expel systemic wind-damp
	Du huo	6			
Deputy	Gao ben	4			Tai Yang Meridian & HA, Expels wind, dispels damp, relieves pain, HA
	Fang feng	4			Expels wind-damp, relieves pain
Assistant	Chuan xiong	4			Relieves heaviness & pain, treats HA, moves qi & Blood
	Man jing zi	2			Dispels wind-damp, relieves HA (Lr, St, UB) – Mostly LV Headache
Envoy	Zhi gan cao	4			Harmonizes the formula

Du Huo Ji Sheng Tang [独活寄生汤 (15 Wei)] (Angelica Pubescens & Sangjisheng Decoction) Source: Qian Jin Yao Fang

- Actions: expels wind-damp-cold, relieves pain, tonifies KD, LV, Qi & Blood.
- Preparation & administration: decoction. Sang ji sheng could be up 15-30g. Xu duan is often sub for sang ji shen. Dang shen sub for ren shen with twice its dosage.
- Available in prepared form as the same name.
- Si Wu Tang (sheng instead of shu di huang)
- Si Jun Zi Tang (almost)
- Ba zhen Tang (almost)

- **Indications**: Bi with LV & KD xu [heavy & painful sensations at fixed locations in the LB & lower extremities accompanied by weakness & stiffness, an aversion to cold & attraction to warmth, palpitations, SOB] May also be paresthesias (weird/abnormal/unusual sensations) or numbness.
- T: pale tongue with a white coating
- P: thin weak slow pulse.
- Long time chronic Bi syndrome arthritis many years, deformed joints, simultaneous Qi & Blood xu, chronic deficiency & excess mixed together
- Age 40: Yang Qi has declined to half House doesn't have heating system
  - Protect yang, don't waste yin last longer
  - Age slowly, don't get sick until old, die quickly
- Strengthen KD Yang Qi to stabilize lower jiao
- Lower body, deficiency, chronic

Applications

- W-c-d Bi syndromes with Lr & K depletion and Qi & Blood xu
- Lower-body Bi with Lr & K xu
- Chronic Bi with bones & sinews involved
- Atrophy disorder with wasting of lower extremities
- OA, RA, Postpartum Bi, Chronic LBP, leg pain, shoulder pain
- Sciatica, Sequelae of stroke, polio…, Herniated disc
- MS, Ankylosing spondylitis (强直性脊柱炎)
- Impotence, Post-bone-surgery condition

Patent

- Available!
- Du Huo Ji Sheng Wan

Modern Research

-

Case Study

- A 68 y-o male has been suffering from LBP with limited range of motion off & on for 16 years, progressively worse for about 2 years. Other sx: the pain refers down to right leg sometimes, numbness & cold sensation at lower limbs. X-ray shows that bulging discs between L4 & L5, L5 & S1. He tells us he strained his LB a few times during last 20 years, and each time acupuncture helped in relieving the pain.
- A pale dusky tongue with white greasy coating, a deep slow pulse, weak at Chi sections.
- Dx:
- Tx:

Think & Review

- Please summarize the symptoms that indicate the use of *du huo ji sheng tang*.
- Please make comparison of *qiang huo sheng shi tang* & *du huo ji sheng tang* with focusing on upper or lower part of body, acute or chronic type.
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Du Huo	9			Dispels w-c-d, relieves pain
Deputy	Xi Xin	6			Dispels w-c, eliminates damp, relieves pain
	Fang Feng	6			Dispels w-d, relieves pain
	Qin Jiao	6			Dispels w-d, soothes tendons, relieves pain
Assistant	Sang Ji Sheng	6			Dispels w-d, tonifies Lr & K,strengthens bones & tendons
	Du Zhong	6			Tonify Lr & K, strengthen bones & tendons
	Niu Xi	6			
	Rou Gui	6			Warms Interior, dispels cold, removes obstructions in blood vessels & Meridians Guiding: guide into KD
	Dang Gui	6			Nourish & invigorate Blood
	Chuan Xiong	6			
	Sheng Di	6			
	Bai Shao	6			
	Ren Shen	6			Strengthen Sp, tonify qi
	Fu Ling	6			
Envoy	Zhi Gan Cao	6			

Modifications			
+ fu zi, gan jiang, chuan wu	Severe pain form cold		
+ yi yi ren, fang ji, cang zhu, zhu ling, ze xie	Lower limbs puffiness from damp		
+ san qi, bai hua she, quan xie, tao ren, hong hua	Severe pain from stagnation/stasis		
- Sheng di, ba shao, ren shen	Without significant xu		
+ gou ji, tu si zi, chuan duan	Breaking pain in LB		

Related Formula			
San bi tang 三痹汤	- Sang ji sheng + huang qi, xu duan, sheng jiang	Similar to du huo ji sheng tang with more focus on qi xu predominant cases presenting spasms & limited motions of extremities. Du huo ji sheng tang more focuses on Blood xu predominant cases presenting Bi sx in LB & lower extremities	

Formulas That Treat Phlegm祛痰剂	
● Phlegm is both the result of pathological processes and a cause of further pathology. ● Phlegm is a yin evil of a cloying nature that interferes with the proper flow of qi and may affect all parts of the body. Its manifestations are diverse and include coughing & wheezing, nausea, dizziness or vertigo, nodules or lumps, and seizures. ●	● Phlegm can be classified into – substantial & formless ● Substantial phlegm: visible, palpable & audible; and can be further divided into mucus (yin饮-thin & clear) and phlegm (tan痰-thick & turbid). ● Formless phlegm: seen through symptoms only, also treated by eliminating phlegm ●
Etiology & pathogenesis	●
● Exogenous: pathogenic factors invading Lu, improper diet weakening Sp ● Endogenous: emotional disharmony, K qi xu, san jiao dysfunction ● Lu: dysfunction of dispersing & descending functions. When Fluids are not distributed properly, phlegm may form. Lu stores phlegm ●	● Sp: dysfunction of transformation & transportation functions. Water circulation is impeded, causing damp to accumulate and form phlegm. Sp is the source of phlegm ● K: dysfunction of dominating water metabolism. Damp & water accumulate to form phlegm. **KD is the root of phlegm**. SP Yang is supported by KD Yang ● SJ: dysfunction of the metabolism of water between SJ, resulting in water accumulation in one jiao & a subsequent development of phlegm, which can obstruct the water pathways ●
● Treatment Principles	●
● Herbs that resolve phlegm as Chief herbs ● Add herbs that tonify & regulate Zangfu to treat the source/root of phlegm. Phlegm is the branch or symptom, not the root of the condition. To treat the root, treat the Zangfu ● Add herbs that activate & descend Qi. When qi circulates, phlegm will resolve ●	●

	Damp (shi)	Water (shui)	Mucus (yin)	Phlegm (tan)
Location	Lower body	superficial	Locally internal	anywhere
Natures	Yin, often accomp by another evil	Both yin & yang evil	Yin, caused by cold, leading to fluids accu	Yang, caused by heat consuming fluids
quality	Vapor	Thin	Slightly thick	Thick
Interrelationship	Under certain conditions, these pathogens can transform into one another			

Location	**Symptoms**
Lung	Cough with profuse sputum & dyspnea
Ht	Palpitations, chest oppression, mental confusion, depression, coma, manic psychosis
St	Epigastric fullness, vomiting, nausea
Meridians	Numbness or stiffness of the limbs, hemiplegia
Skin/muscles	Subcutaneous nodules, suppurative tissue inflammation, lymph node enlargement, cervical lymph node TB
Head	Dizziness, vertigo, blurred vision, loss of consciousness
Throat	Plumpit syndrome
Intestines	borborygmus

Damp-phlegm	Profuse thin white sputum, easy to expectorate, worse at night & in late summer, often seen in overweight patients	Sp qi xu leads to accumulation of damp, which transforms into phlegm
Cold- phlegm	Thin white or thin clear sputum, easy to expectorate, worse at night & in winter, often seen in elderly patients	Sp or K yang xu causes dysfunction of water metabolism
Hot-phlegm	Thick yellow sputum, difficult to expectorate	Intense fire scorches Fluids & transforms into phlegm
Dry-phlegm	Viscous white sputum, possibly blood-streaked, very difficult to expectorate, worse in autumn, most seen in older patients or in yin xu conditions	Lu dryness or Lu & K yin xu with empty heat, which consumes Fluids & produces phlegm
External wind-phlegm	Copious, foamy white sputum, easy to expectorate, cough, chills, fever	External wind invades Lu which disrupts Fluids distribution and produces phlegm
Internal wind-phlegm	Copious, foamy white sputum, dizziness, vertigo	Sp xu causes phlegm that accumulates with the stirring of Lr wind

Formulas That Dry Damp & Expel Phlegm燥湿化痰	
● Formulas in this section are used in treating disorders of damp-phlegm. Often include herbs such as ban xia, tian nan xing & chen pi ● Drying dampness serves to strengthen the transportive function of Sp, which in turn will reduce phlegm	●

Er Chen Tang [二陈汤] (Two-Cured Decoction) Source: Tai Ping Hui Min He Ji Ju Fang

- Actions: dries damp, transforms phlegm, regulates qi, harmonizes Middle.
- Preparation & administration: coarsely grind herbs, take 12g as a draft with 7 pieces of sheng jiang & 1 piece of wu mei. Now sub chen pi for ju hong, decoct with sheng jiang.
-
- Old chen pi is better

- **Indications**: **Damp-phlegm from SP failing to properly transport Fluids** [epigastric/chest fullness & distension, nausea, vomiting, coughing with copious, white sputum that is easily expectorated, palpitations, dizziness]
- T: Flabby, tooth-marked tongue with white greasy thick coating,
- P: slippery

Applications
- Basic phlegm-treating formula
- Chronic/infantile gastritis
- URI
- Meniere's disease
- Acid reflux
- Chronic bronchitis/asthma
- hyperlipemia

Case Study
- A pale-look 5 y-o boy presents with recurrent tummy ache along with vomiting (sometimes with mucus, sometimes with indigested food), poor appetite, loose stools, weight loss.
- A pale-red tongue with moist thick white coating, more in the middle part. He is not willing to get his pulses checked.
- Dx:
- Tx:
-

Think & Review
- Why are qi-regulating herbs often added to formulas that resolve phlegm?
  - Phlegm slows down Qi flow □ causes Qi stagnation □ add Qi regulating herbs to make phlegm go away sooner
-
- So far, in how many formulas can you find out the image of *er chen tang*?
  - 4 formulas based on Er chen Tang
  - +1: Huo Xiang Zheng Qi San
- What is the pathogenesis of *er chen tang* syndrome?

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Ban Xia	15			Warm & acrid to dry damp, expel phlegm, conduct rebellious St qi downward
Deputy	Chen Pi (Ju Hong)	15			Fragrant to revive Sp & facilitate Middle qi flow Now Chen Pi, used to be Ju Hong
Assistant	Fu Ling	9			Leaches out damp, strengthens Sp, resolves palpitations & dizziness caused by upward-rising phlegm
Envoy	Zhi Gan Cao	4.5			Tonifies Sp, harmonizes the formula
	(Sheng Jiang)				Reinforce ban xia's action in controlling nausea, kills ban xia's toxicity, disperses damp

Modifications			
+ tian na xing, zhu li	Wind-phlegm		
+ huang qin, dan nan xing	Hot-phlegm		
+ gan jiang, xi xin	Cold-phlegm		
+ lai fu zi, shen qu	Food-phlegm		
+ zhi shi, hou po	Qi-phlegm		
+ bai jie zi	Phlegm in muscles/below skin		

Related Formula			
New formula	Based on er chen tang	Indications	
Dao Tan Tang 导痰汤	+ tian nan xing, zhi shi, sheng jiang	Severe phlegm disorders – Lr wind-phlegm, tan jue, phlegm blocked in chest & diaphragm	
Di Tan Tang 涤痰汤	+ dan nan xing, zhi shi, ren shen, shi chang pu, zhu ru	Stroke with phlegm misting shen, unable to speak	
Jia Wei Er Chen Tang加味二陈汤	+ huang qin, huang lian, bo he	Phlegm-fire – incessant, cicada-like tinnitus/ hearing loss, head heaviness, chest fullness	
Jin Shui Liu Jun Jian 金水六君煎	+ dang gui, sheng di	Lu & K yin xu with rising phlegm. Chronic bronchitis in the elderly	

Formulas That Clear Heat & Transform Phlegm清热化痰	
● Heat-phlegm – a condition which usually arises when vigorous fire scorches Fluids & transforms them into phlegm. Manifestations include: coughing of thick, yellow, viscous sputum that is difficult to expectorate, a red & flushed face, a red tongue with yellow coating, and a rapid pulse ● Treated with formulas that clear heat & transform phlegm, which include gua lou, dan nan xing, huang qin…	●

Wen Dan Tang [温胆汤] (Warm The Gallbladder Decoction) Source: Yi Zong Jin Jian

- Actions: clears heat from GB, harmonizes ST, regulates Qi, transforms phlegm.
- Preparation & administration: add sheng jiang 5 pieces, make as a decoction
- Er Chen Tang + Zhu Ru & Zhi Shi

- **Indications**: GB & ST disharmony with heat-phlegm [nausea, vomiting, acid regurgitation, palpitations, anxiety, **indeterminate gnawing hunger**, insomnia, dizziness, or seizures accompanied by copious sputum, focal distension of the chest, a bitter taste in the mouth, slight thirst]
- T: red tongue with greasy yellow coating,
- P: slippery rapid or wiry
- GB 2nd biggest meridian after UB. In 3 jiao, involved in many organs
- GB is Judge. If judge has trouble, can't make decisions □ decision-making problems [
- **Indeterminate gnawing hunger**: You hungry or not? I don't know, just feel discomfort in middle jiao [GB doesn't work □ can't make decisions] (**special**)

Applications

- Disharmony between **GB & ST** with heat-phlegm internal disturbance with **timidity & hyper-sensitivitiy, irritability & gnawing, insomnia or dream-disturbed sleep**, nausea & vomiting, or seizures (with copious sputum)
  - Insomnia: timid, easily frightened, especially when home alone
  - GB cause
- Damp-phlegm with a tendency/initial sx of heat-transforming presenting with a slightly yellow or white greasy thick tongue coating, a wiry slightly rapid or slippery slightly rapid pulse
- Wind damp phlegm locked in middle jiao
- Aftermath of serious illness with irritability, insomnia, depression, loss of appetite.
- Meniere's disease, Gastritis due to bile reflux, Chronic hepatitis
- Chronic gastritis, Anxiety/panic attack, Seizures/epilepsy,
- Mei he qi (plum pit Qi), Early stages of schizophrenia

Case Study

- A slightly-fluffy 34 y-o female comes in with complaint of restlessness & irritability, perturbation & intenseness. Other sx: chest & epigastric fullness and distension, nausea with a feeling of vomiting, palpitations, insomnia, anxiety.
- A slightly flabby tongue with [white sticky coating □ GB sign]
  - Thick white □ heat
  - Powdery white □ even more heat
- A slightly rapid & slippery pulse
- Dx:
- Tx:

Think & Review

- Insomnia Differentiation
  - Gui Pi Tang: HT Blood xu & SP Qi xu
  - Tian Wang Bu Xin Dan: HT Xu & KD yin xu
- Why are zhu ru & zhi shi included in *wen dan tang (phlegm heat caused by disharmony)?*
  -
- Please compare *wen dan tang* with *zhu ye shi gao tang?*

- Chronic inflammation causes GB problems □ walls thinner, stones, parasites, high cholesterol, high calcium
- Huang Lian is next herb star, price getting higher & higher

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Zhu Ru	6	Sweet, cold	LU, ST, GB	Clears heat & resolves phlegm [at same time] in GB and St, reverses rebellious qi flow to address nausea & vomiting, relieves restlessness
Deputy	Zhi Shi	6			Assists Chief in reversing rebellious qi flow, relieves focal distension, resolves phlegm, breaks up accumulation
Assistant	Ban Xia	6			Er Chen Tang: Dries damp, transforms phlegm, regulates qi, and harmonizes St
	Chen Pi (Ju Hong)	9			
	Fu Ling	5			
Envoy	Gan Cao	3			

Modifications			
- Ban xia + mai dong, tian hua fen	With dry mouth & tongue		
+ dan nan xing, gou teng, quan xie	Tinnitus, hearing loss, seizures		
+ suan zao ren, mai dong	Severe insomnia from xu		

Related Formula			
New formula	Based on wen dan tang	Indication	
Huang lian wen dan tang 黄连温胆汤	+ huang lian	Severe heat-phlegm – more restlessness & irritability, more intensely bitter taste in the mouth	

Qing Qi Hua Tan Wan [清气化痰丸] (Clear The Qi & Transform Phlegm Pill) Source: Yi Fang Kao

- Actions: clears heat, transforms phlegm, directs rebellious qi downward, and stops coughing.
- Preparation & administration: grind the herbs into powder, form into pills with sheng jiang juice, take 6-9g twice a day. Or as decoction with a proportionate reduction in dosage. Or patent form (often used in this format)
- 3 Toxic ingredients to treat this very strong phlegm

- **Indications**: Heat-phlegm accumulation in Lu causing cough – coughing of yellow, viscous sputum that is difficult to expectorate, focal distension, a feeling of fullness in the chest & diaphragm, nausea, wheezing, or difficult breathing; a red tongue with greasy yellow coating, a rapid slippery pulse.
- Flu that has gotten into Yang Ming & Qi stage take as pill

Applications
- Cough from heat-phlegm presenting with sticky yellow sputum, yellow coating, & rapid pulse
- Acute/chronic bronchitis, Pneumonia, Pulmonary heart disease,
- Vocal cord polyp
- Hypertension
- Alcoholism
- Nicotine addiction

Patent
-

Modern Research
-

Case Study
-

Think & Review
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Dan nan xing	45	Toxic		Strongly clears and breaks fire-phlegm, opens chest, stops coughing
Deputy	Gua lou ren	30			Clears heat, resolves phlegm, opens chest [Lubricating move down to LI]
Assistant	Huang qin	30			Clears Lu heat, dries damp. With gua lou ren drains Lu fire
Envoy	Zhi shi	30			Moves qi, dissipates fire-phlegm clumps, dispels focal distension
	Xing ren	30	Toxic		Facilitates Lu qi flow, stops coughing (treats rebellious LU Qi)
	Er chen tang - gan cao				Transforms phlegm, regulates qi, harmonizes Middle
	● Ban Xia	45	Toxic		
	● Chen Pi	30			
	● Fu Ling	30			

Xiao Xian Xiong Tang [小陷胸汤] (Minor Sinking Into The Chest Decoction) Source: Shang Han Lun

- **Da Xian Xiong Tang (Major Sinking Into The Chest Decoction)**
- Actions: clears heat, transforms phlegm, expands the chest, & dissipates clumps.
- Preparation & administration: decoct gua lou for 20'-30' before adding the other herbs. Or decoct together

- **Indications**: Clumping in the chest (xiao jie xiong小结胸) – a feeling of stuffiness & distension in the chest and epigastrium that is painful with pressure, coughing with expectoration of viscous yellow sputum; a yellow greasy tongue coating, a rapid slippery or floating slippery pulse.

Applications
- Xiao jie xiong (heat-phlegm clumping in the chest & epigastrium)
- Improper purging of Taiyang sx [Caused by Treating Tai Yang with Cheng Qi tang] causing the sinking of pathogenic heat into chest & epigastrium where mixes with phlegm and forms clumps
- Tender & focal distension of the chest and epigastrium, constipation, & a yellow greasy tongue coating
- Pleurisy, Cholecystitis
- Esophagitis from acid reflux, Acute erosive or chronic gastritis
- Angina pectoris
- Intercostal neuralgia
- Morning sickness
- Inflammation in lungs

Patent
-

Modern Research
-

Case Study
-

Think & Review
- Please compare *xiao xian xiong tang* with *da xian xiong tang* (for da jie xiong).
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Gua lou				Clears heat, dissipates clumps, dispels phlegm, expands the chest Can use Gua Lou Pi (chest), Ren (LI), whole thing for all symptoms
Deputy	Huang lian				Clears heat, dries damp
Assistant	Jiang ban xia				Directs rebellious downward, transforms phlegm, eliminates focal distension, dissipates clumps, harmonizes St

Formulas That Moisten Dryness & Transform Phlegm润燥化痰	
● Dry-phlegm: viscous, sticky sputum that is difficult to expectorate, & often a raspy voice, dry throat… ● Treated with herbs that moisten Lu & transform phlegm (bei mu [LU, HT, bitter], gua lou) ●	●

Bei Mu Gua Lou San [贝母瓜蒌散] (Fritillaria & Trichosanthes Fruit Powder) Source: Yi Xue Xin Wu	
● **Actions**: moistens Lu, clears heat, regulates qi, & transforms phlegm ● Preparation & administration: decoction ● **Indications**: LU dry-phlegm causing cough [dry cough/cough with deep-seated, viscous, difficult to expectorate sputum, wheezing, dry & sore throat] ● T: red/dry with little coating ● P: thin rapid/slippery thin pulse ● **Applications** ● Cough from dry-phlegm or sticky viscous deep-seated sputum ● Pulmonary TB, Pneumonia, Pleurisy from TB ● Good for elderly patients	**Think & Review** ● When treating dry-phlegm in Lu, treatment aims to moisten without adding to the phlegm and eliminating phlegm without damaging Yin. How is this achieved? ◇ Bei Mu + Tian Hua Fen ● And what is the best formula? ●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Chuan Bei Mu	5	Bitter, sweet	**LU**, HT	Times 2-3 to get normal dose. Gentle (unlike Ban Xia, Dan Nan Xing) □ gradually soften, yin preserving □ eliminate phlegm without damaging the yin fluids Moistens Lu, clears heat, transforms phlegm, stops coughing
Deputy	Gua Lou	3			Clears heat, moistens dry, regulates qi, expels phlegm
Assistant	Tian Hua Fen	2.5			[Gua Lou Root] Clears heat, generates fluids, transforms phlegm
	Fu Ling	2.5			Strengthens Sp to help transport fluids to Lu
	Ju Hong	2.5			Regulates qi, vents phlegm
	Jie Geng	2.5			Encourages Lu qi flow, treats throat problems [Guide function into Lung] Add Gan Cao □ better for throat symptoms

Modifications			
+ qian hu, niu bang zi	Itchy & scratchy throat		
- Ju hong + sha shen, mai dong, xian he cao	Raspy voice, coughing with streaked-sputum		
+ sheng di, xuan shen, mai dong, lu gen	Severe heat with Dry & sore throat		
+ xing ren	Wheezing & coughing		

Related Formula			
Er mu san 二母散	Bei mu, Zhi mu	Cough with copious yellow thick sputum; or cough d/t dryness & heat in Lu	Usually add into bigger formulas to nourish yin

Formulas That Warm and Transform Cold-Phlegm温化寒痰

- Cold-phlegm/congested Fluids – caused by Sp yang xu leading to internal cold & a reduction in fluids metabolism that results in Fluids stagnation, which presents with coughing of clear thin white sputum, a sensation of cold in the body, a white moist tongue coating.
  - Cold constitutition & phlegm Cold phlegm
  - More susceptible to cancers
    - Sputum with blood or change color check for lung cancer
    - Rectal bleeding check for GI cancers
    - Vaginal discharge check for gynecological cancers
- Treated with formulas that warm & transform phlegm, often include such herbs as gan jiang, xi xin, ban xia, bai zhu, bai jie zi…
- Neurological disorder causing constipation extra meridians
  - Chronic problems Extra meridians involved
- Chong, Ren, Dai, Du 3 times/week
- Extra, abnormal water phlegm [original material for phlegm]
- Difficult, chronic cases often phlegm

- Age 40: Lost half yang Qi start puffing up, gain weight

Ling Gan Wu Wei Jiang Xin Tang [苓甘五味姜辛汤] (Poria, Licorice, Schisandra, Ginger, & Asarum Decoction) Source: Jin Gui Yao Lue

- Actions: warms Lu, transforms phlegm-damp, & relieves cough
- Preparation & administration: decoction

- **Indications**: Congested fluids in the chest with Lu cold-phlegm – coughing with profuse sputum that is **thin, watery, and white** [not colorful] accompanied by a feeling of discomfort in the chest and diaphragm, wheezing, difficult breathing, profuse salivation with inclination to spit; a
- T: pale/flabby tongue moist white coating, P: slow slippery or deep wiry pulse
- SP Yang Xu
- Phlegm: Produced in middle jiao, stored in lung
- Get rid of resource of phlegm SP & LU
- More Lung symptoms

Applications

- Cold congested Fluids from yang xu & ascendant yin
- Congested Fluids due to cold
- Asthma, Chronic obstructive pulmonary disease

Think & Review

- Please compare *ling gan wu wei jiang xin tang* with *xiao qing long tang.*
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Gan jiang	9	Very warm		Warms Lu, dispels cold, dries damp, resolves phlegm Focsed on middle jiao (Sheng Jiang: Middle Jiao & Lung) If middle is warm, everything else good connect top & bottom
Deputy	Fu ling	12			Strengthens Sp, leaches out damp
Assistant	Xi xin	9	Very warm		Warms & disperses cold-phlegm, Disperse phlegm from LU Gan Jiang + Xi Xin = very warm [1+1 > 2]
Envoy	Wu wei zi	6	Astringent, sour, cold		Restrains Lu qi leakage, prevents other herbs' dispersing & depletion side effects 5 flavor, but major flavor is sour
	Gan cao	9			Harmonizes formula, tonifies Sp

Ling Gui Zhu Gan Tang [苓桂术甘汤] (Poria, Cinnamon Twig, Atractylodis Macrocephalae, & Licorice Decoction) Source: Shang Han Lun

- Actions: warms & transforms cold-phlegm, strengthens Sp.
- Preparation & administration: decoction
  - Make tea, fine powder, draft

- **Indications**: Lu phlegm-damp/congested Fluids (tan yin痰饮) syndrome – fullness of the chest & hypochondria, coughing up clear & watery sputum, SOB, dizziness or vertigo, palpitations; a pale flabby tongue with white moist or greasy coating, a slippery and wiry or soggy pulse.
- Phlegm produced but hasn't moved yet (still in manufacturing center)
- Mostly focused on middle jiao (not LU) to restore SP/ST function
- Good for people with phlegm constitution [Drink every day stop production Change phlegm constitution] taste not bad

Applications

- Congested Fluids in the epigastrium from Sp yang xu, Chronic gastritis
- Chronic bronchitis/asthma, Emphysema [mild cases]
- Pulmonary heart failure, Edema during menstruation, Bi sx

Think & Review

- The combination **[fu ling, gui zhi**] included in both can you tell the difference between these two formulas?
  - *ling gui zhu gan tang (focus on middle jiao* &
  - *wu ling san: ze xie (chief drain damp down & promote urination), zhu ling, bai zhu, fu ling, gui zhi),*
- Grab chief difference is clear

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Fu ling	12			Strengthens Sp, leaches out damp. Paired with gui zhi, they're very effective for promoting urination Fu Ling + Gui Zhi: get rid of phlegm through lower jiao (descend & urinate)
Deputy	Gui zhi	9			Warms & resolves cold-phlegm, moves yang qi
Assistant	Bai zhu	6			Tonifies Sp, dries damp
Envoy	Zhi gan cao	6			Tonifies Middle

San Zi Yang Qin Tang (Three-Seed Decoction To Nourish One's Parents) Source: Han Shi Yi Tong

- Actions: warms & transforms cold-phlegm, directs qi downward, relaxes the diaphragm, reduces food stagnation.
- Preparation & administration: crush the seeds & place in a cheesecloth bag. Decoct with sheng jiang in winter, take with honey for constipated patients.
  - Powder & put in tea bag
  - Honey & ginger warm up, protect SP/ST
  - Honey: lubricate GI

- **Indications**: Lu cold-phlegm with food stagnation – coughing & wheezing, copious sputum, focal distension & heaviness in the chest & epigastrium, loss of appetite, indigestion; a white greasy tongue coating, a slippery pulse.
- Old age (90s) Digestion slow down
- Phlegm in lung (coughing)
- Phlegm in middle jiao
- All the seeds good for constipation

Applications

- Lu cold-phlegm with food stagnation
- Lu cold-phlegm accumulation with middle jiao qi stagnation (+ dang shen, bai zhu)
- Chronic bronchitis/bronchial asthma
- Mei he qi (plum pit Qi), Emphysema, Spasms of the diaphragm

Case Study

- A bundled-up 69 y-o male suffers from coughing & wheezing with huge amount of white foamy watery mucus accompanied by SOB & a stifling sensation in the chest & diaphragm. Other sx: a cold feeling in the abdomen, loose stools with indigested food chunks. His MD diagnosed him as chronic bronchitis 12 years ago, as emphysema 3 years ago, as duodenal ulcer 24 years ago.
- A pale flabby tongue with moist white slippery coating; a tight full pulse.
- Dx:
- Tx:
-

Think & Review

- all can be used for phlegm accumulation from Middle jiao xu, can you tell the differences among these 3 formulas?
- ***San zi yang qin tang: no tonify function, just treat symptoms lubricate & conduct down***
- ***er chen tang: + ren shen & bai zhu, slight tonify middle jiao function, dry damp & stop production of phlegm***
- ***liu jun zi tang***: tonify SP
-
-

Rank	Herb	Amount	Properties	Channels	Notes
None	Bai jie zi		Acrid, warm	LU	[mustard seed] Warms & transforms cold-phlegm, moves Lu qi LU stagnant phlegm
	Zi su zi		Acrid, warm	LU	Warms & transforms cold-phlegm, descends Lu qi Focus on descending, for cold phlegm causing coughing
	Lai fu zi		Acrid, sweet, neutral	LU, SP, ST	[Turnip seeds] Reduces food stagnation, descends qi, warms & transforms cold-phlegm, very good for bloating, conduct Qi down from middle to lower, may cause gas because bloating is moving down & out

Formulas That Transform Phlegm & Extinguish Wind治风化痰	
● Wind-phlegm – ● 1) external wind-phlegm: aversion to wind & fever, coughing with copious sputum; ● 2) internal wind-phlegm: (phlegm follows Lr wind upward & disturbs the head & sensory orifices) dizziness, vertigo, headache, or in more severe cases, seizures, loss of consciousness… ◊ harder to treat ● Treated with formulas that disperse wind & transform phlegm (for external w-ph), that extinguish wind & transform phlegm (for internal w-ph). ●	●

Zhi Sou San [止嗽散] (Stop Coughing Powder) Source: Yi Xue Xin Wu	
● Actions: stops coughing (from exterior condition), transforms phlegm, releases Exterior, disseminates LU qi. ● Preparation & administration: grind the herbs into powder, take 6-9g after meals. Also as a decoction with a proportionate reduction in dosage. ● **Indications**: External wind-phlegm causing cough [Coughing with sputum, itchy sore throat, possible slight chills & fever, aversion to wind] ● T: thin white tongue coating, P: floating pulse. ● Springtime, fall more allergies, no rain more allergies ● Treats symptoms coughing (including residual cough) **Applications** ● Cough due to Exterior conditions ● Lingering cough starting with EPI ● Intractable cough with Exterior condition ● URI with cough ● Whooping cough ● Cough in children/seniors ●	**Case Study** ● A 38 y-o male comes in with chronic cough secondary to a cold 14 weeks ago. His cough often starts with exposure to wind or itchy throat and occurs 5-7 times per day. By the end of each episode he usually coughs of slightly thick yellow sputum. He has been treated by xiao qing long tang then sang ju yin at the beginning of his cold. He smoked for over 20 years and just quit 5 weeks ago. ● A normal tongue with thin white coating; a slightly floating pulse ● Dx: ● Tx: ● **Think & Review** ● Please compare ***zhi sou san*** with ***sang ju yin***. ●

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Zi Wan, Bai Bu, Bai Qian	1 kg			Disseminate Lu qi, stop coughing
Deputy	Jie Geng	1 kg			Releases external wind + Gan Cao: good for itchy, scratchy throat
	Chen Pi	500 g	Acrid, warm	SP/ST	Opens & disseminates Lu qi, transforms phlegm, relieves sore throat Phlegm deep rooted in middle jiao
Assistant	Jing Jie	1 kg			Moves qi, resolves phlegm Main herb to treat allergies
Envoy	Gan Cao	375 g			Harmonizes the formula; relieves sore throat with jie geng, jing jie

Modifications			
+ zi su ye, sheng jiang, fang feng	Wind-cold predominance		
+ jin yin hua, lian qiao, lu gen	Wind-heat predominance		
+ sang ye, xing ren, sha shen, mai dong	Wind-dry predominance		
+ huo xiang, xiang ru, yi yi ren	Summer wind-damp		
+ er chen tang	With Sp xu		

Ban Xia Bai Zhu Tian Ma Tang [半夏白术天麻汤] (Pinellia, Atractylodis Macrocephalae & Gastrodia Decoction) Source: Yi Xue Xin Wu

- Actions: strengthens SP, dries damp, transforms phlegm, extinguishes LV wind.
- Preparation & administration: decoct with sheng jiang 1 slice & da zao 2 pieces.
- Includes Er Chen Tang

- **Indications**: Internal wind-phlegm causing headache & dizziness [dizziness or vertigo, HA, nausea, vomiting, copious expectoration of sputum, fullness & distension in the chest & epigastrium; hypertension, eye or mouth deviation]
- T: flabby (scalloped) tongue white greasy;
- P: wiry/slippery pulse.

Applications
- Wind-phlegm up-disturbance
- Meniere's disease, Hypertension
- Epilepsy, Bell's palsy, Chalasia of cardia 贲门弛缓

Case Study
- A 7 y-o boy has been suffering from seizures since he was scared by his brother. During the seizures he clenches his teeth with eyes staring upward, muscle twitching in the hands & foamy mucus drooping. He often comes back feeling headachy and heaviness.
- A normal tongue with white moist slimy coating. He refuses to be checked at his pulses.
- Dx:
- Tx:

Think & Review
- Have you found a formula hidden in ***ban xia bai zhu tian ma tang***? If yes. What is it? Er Chen Tang (add Tian Ma & Bai Zhu) 9 formulas with Er Chen Tang
- Please make comparison of ***er chen tang, wen dan tang*** & ***ban xia bai zhu tian ma tang.***
- Describe the different functions of ban xia in the following formulas:
- **ban xia xie xin tang: Focal distention under heart in upper epigastric area ban xia for regulate & dispersing (acrid) Qi Ban Xia & Gan Jiang**
  - **Heat/cold clumping**
  - **Review 3 Xie Xin Tangs**
- **ban xia hou po tang: Plum pit Qi due to LV Qi stagnation with Qi & phlegm clumping together in throat Descend Qi**
  - **Resolve phlegm & reduce accumulation**
  - **Regulate & descend Qi Descend phlegm & Qi**
- **ban xia bai zhu tian ma tang: Treat internal wind blowing phlegm to cause headaches, dizziness, vertigo**
  - Dries damp, transforms phlegm, relieves nausea & vomiting
  - **w/ Tian Ma: calm LV wind**

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Ban Xia				Dries damp, transforms phlegm, relieves nausea & vomiting
	Tian Ma				Transforms phlegm, extinguishes wind, relieves HA & dizziness/vertigo Treat internal wind [Substitute: Gou Teng]
Deputy	Bai Zhu,				Strengthen Sp, dry damp, transform phlegm
Assistant	Fu Ling				
	Ju Hong (Chen Pi)				Moves qi, transforms phlegm
Envoy	Gan Cao				Tonifies Middle, harmonizes the formula
	Sheng Jiag, Da Zao				Harmonize St & Sp

Modifications			
+ ze xie, gui zhi	Severe damp-phlegm		
+ gou teng, dai zhe, shi	Lr yang rising		
+ jiang can, dan nan xing	Severe dizziness/vertigo		

Formulas That Reduce Food Stagnation 消食剂	
● Food stagnation – accumulation & stagnation of food in the Middle Jiao: epigastric & abdominal focal distension and fullness, an aversion to food, rotten-smelling belching, nausea/vomiting, abdominal pain, & sometimes diarrhea with undigested food. Or acute disorders that result from gross overeating. ● Treated with formulas that include digestive herbs (shan zha, shen qu, mai ya…) and qi-movers (chen pi, lai fu zi, zhi shi, hou po…), or Sp tonics (bai zhu, dang shen, gan cao…) in conditions of Sp xu ●	●

Bao He Wan [保和丸] (Preserve Harmony Pill) Source: Dan Xi Xin Fa	
● Actions: reduces food stagnation & harmonizes ST ● Preparation & administration: grind them into powder, form into pills with water, take 6-9g bid with water or a decoction made from mai ya. Also decoction with proportionate reduction of dosage. ● Er Chen Tang image (almost □ missing gan cao) ● **Indications**: Food stagnation [focal distension & fullness in the chest and epigastrium, abdominal distension (bloating) with occasional pain better with BM, rotten-smelling belching, acid regurgitation, nausea/vomiting, aversion to food, diarrhea with undigested food, or constipation] ● T: thick whitish-yellow or sticky yellow coating; ● P: slippery pulse. ● Bring for thanksgiving, treat excess eating too much food **Applications** ● Food stagnation ● Overeating with damp and qi stagnation ● Childhood nutritional impairment ● Chronic atrophic gastritis ● Pancreatitis ● Chronic cholecystitis ● Low gastric juice	**Patent** ● Yes **Modern Research** ● **Case Study** ● A 48 y-o male comes in complaining with an epigastric fullness & distension, worse one hour after eating, accompanied with abdominal bloating and dull pain at times. Other sx: poor appetite, poor digestion, loose stools. He was diagnosed as chronic atrophic gastritis 5 months ago. ● A slightly yellow, thick & sticky tongue coating; a full pulse with a little slippery at right Guan section. ● Dx: ● Tx: ● **Think & Review** ●

Rank	Herb	Amount	Properties	Channels	Notes	
Chief	Shan Zha	180	sour, sweet, Slt warm	SP, ST, LV	[hawthorne berry] Reduces food (esp.meat & fat) stagnation, improve digestion	
Deputy	Shen Qu	60			(alcohol & fermented foods)	Aid Chief in reducing food stagnation & improving digestion; regulate qi
	Lai Fu Zi	30			(starch)	
	Mai Ya				(starch)	
Assistant	Chen Pi	30			Moves qi, dries damp, stops nausea/vomiting	
	Ban Xia, Fu Ling	90 90			Transform damp-phlegm, stop nause/vomiting	
	Lian Qiao	30	bitter, Slt cold	LU, HT, GB	Clears heat from stagnation, reduces clumping [detox]	

Modifications			
+ zhi shi, hou po	Severe bloating & stuffiness		
+ huang qin, huang lian	With heat		
+ bai zhu	With Sp xu		
+ bing lang, da huang, zhi shi	Severe cases		

Related Formula			
Da shan zha wan 大山楂丸	Sheng shan zha, shen qu, mai ya, honey	Poor digestion from Sp xu	Shan Zha candy: sweet & sour to help digestion

Jian Pi Wan [健脾丸(13 Wei)] (Strengthen The Spleen Pill) Source: Zheng Zhi Zhen Sheng

- Based on Si Jun Zi Tang treat deficiency
- Actions: strengthens Sp, improves digestion, reduces food stagnation, & stops diarrhea.
- Preparation & administration: grind the herbs into powder, form into pills with water. Take 6-9g twice a day with warm water. 2-3 times the dosage of dang shen usually sub for ren shen. Also as a decoction with a proportionate reduction in dosage.
-

- **Indications**: Food stagnation with Middle Jiao xu – reduced appetite, indigestion, abdominal distension (bloating) with a feeling of fullness or stuffiness of epigastrium /abdomen, loose stools with undigested food or watery diarrhea; a flabby/scalloped tongue with sticky or greasy slightly yellow coating, a weak/xu or full pulse.
- Children with weak digestion, too many antibiotics
- After chemotherapy
- People on too many medications

Applications
- Food stagnation with Sp & St xu
- Poor digestion & poor absorption
- Chronic gastritis
- Chronic peptic ulcer
- IBS
- Ulcerative colitis
-

Patent
-

Modern Research
-

Case Study
-

Think & Review
- What are the parent formulas from which ***jian pi wan*** is built, what is the parent formula from which ***bao he wan*** is built, and how does this reflect the actions of each formula?
- Why lian qiao (that clears heat & fire toxin) is included in ***bao he wan***?
-

Rank	Herb	Amount	Properties	Channels	Notes
Chief	Si jun zi tang				Strengthens Sp, improves digestion, dries damp
	Ren Shen Fu Ling Bai Zhu Zhi Gan Cao				
Deputy	Shan yao				Tonifies Sp & St with a slight binding action
Assistant	Rou dou kou				Warms Middle, binds up Intestines
Envoy	Shan zha, chao shen qu, chao mai ya				Reduce food stagnation
	Mu xiang, chen pi, sha ren				Regulate qi, harmonize St
	Jiu chao huang lian				Clears heat, dries damp Huang Lian: anti-inflammatory
	Gan cao				Harmonizes the formula

Modifications			
+ ban xia, ding xiang	With nausea & vomiting		
+ gan jiang	Severe abdominal pain from xu cold		
+ yi yi ren	Loose stools, reduced urination		