FAR EAST SUMMIT

CHINESE CLASSICS®

氣地知智

PRODUCT MANUAL

by
Charles Chace & Valerie Hobbs
and Andrew Ellis

MEDICINE IS THE ART OF HUMANITY

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Man follows Earth.

Earth follows Heaven.

Heaven follows the Way.

The Way follows Nature.

~THE OLD MASTERS

智慧结晶

Pearl of Knowledge & Wisdom

天地精華

Essence of Heaven & Earth

The Great Person (Da Ren):
One who corrects both self and others, who is able to restrain people's excesses and encourage their De (integrity), able to solve people's doubts, and develop their wisdom."

~FROM THE LIVE & TEACHINGS OF HUIYIN DAO FA,
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INTRODUCTION

by Charles Chace & Valerie Hobbs

The Chinese Classics formulas have been developed to give the practitioner of Chinese medicine a high quality herbal medicine in a potent form. As liquid herbal extracts and concentrates, these formulas provide your patient with convenient administration which promotes increased patient compliance. The Chinese Classics formulas are based on the most effective classic formulas for common conditions likely to be encountered in clinic, and therefore offer a comprehensive pharmacy for a general Chinese medical practice. In some cases, several different formulas follow the possible progression of disease, such as in respiratory disorders. In others, such as dysmenorrhea, several different formulas encompass the wide combination of different patterns that present with the disorder. This enables the practitioner to respond accurately and effectively. The formulas may also be combined when necessary to enhance or redirect their therapeutic effect. Modification of formulas by the addition of one or two single herbal extracts is also an option and further customizes any formula to address any individual patient's needs.

Certain aspects of the Chinese Classics Product Manual will be immediately apparent. The first of these is the adoption of standard terminology in respect to both technical terminology and pharmaceutical nomenclature. For the Chinese medical terminology we have adopted the terms as they appear in *A Clinical Dictionary of Chinese Medicine*, complied by Nigel Wiseman[1]. We have adopted this terminology because in addition to being the most linguistically accurate, we believe that it is the most easily cross-referenced of the terminologies in use. *[Editor's Note: In addition to Charles Chace and Valerie Hobbs, our other highly-regarded authors who have contributed to this second edition, while also using Nigel Wiseman's terminology, each expresses their understanding of the medicine in their own stylized version of Wiseman's language.]*

The manual is organized in the following manner: The first section contains descriptions of the individual Chinese Classics formulas. Each classic formula is identified with the pinyin name of the formula upon which it was based, followed by its English translation. The descriptions are organized by:

- Source,
- Biomedical Presentation,
- Clinical Presentation (presenting symptoms),
- Tongue and Pulse,
- Traditional Functions,
- Chinese Medical Indications,
- Herbal Ingredients (pharmaceutical, latin binomial, pinyin & english),
- Herbal Formula Analysis,
- Herbal Formula Differentiation, and
- Cautions and Cased patieontraindications.

The biomedical presentations are ordered in the same consecutive order as the *Merck Manual*[2]. This consistent ordering should cut down the amount of time a practitioner may search through a list of varied conditions. If the condition is not found in the broad category in which it appears in the *Merck Manual*, it won't be found in this formula description. The biomedical diseases associated with each formula are only indicated if the patient presents with the pattern appropriate to a given formula. Formulas cannot be prescribed based solely on a hypothetical biomedical indication. A notable exception is any disorder particular to women. Since the treatment of women's disorders comprise a large part of the practice of Chinese medicine, these symptoms are listed together

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at the end of the bio-medical presentation.

The ordering of the clinical presentation has been designed around a typical order of intake. Symptoms involving fever, appearance, level of fatigue, insomnia, and night sweat are found before symptoms that appear under a review of systems. Like the biomedical presentation, any symptoms particular to women's disorders will be found at the end of the listing. Again, this will enable a practitioner to quickly find certain of the applicable symptoms for the pattern addressed by each formula without having to search the entire list. That said, it cannot be emphasized enough that all symptoms that define a pattern must be considered in order to accurately differentiate the formula that is applicable to the individual patient. Those symptoms and disorders in **bold face** font in the biomedical and clinical presentation categories denote conditions that are especially applicable to the formula being discussed.

Each formula description contains a section on herbal formula differentiation. This section compares and contrasts each formula with other formulas in the Chinese Classics line that treat similar conditions, but which are based on different patterns or variables within the same pattern. This process of formula differentiation follows the tradition of Chinese medicine by treating patients according to the presenting pattern rather than presenting disease. This will enable the practitioner to discriminate between the various treatment options to find the formula that addresses the pattern that presents with each individual patient.

The formula descriptions are based on eight principle diagnosis and differentiation. The practitioner is cautioned to be familiar with the basic tenets of the practice of Chinese medicine before using and applying any of the formulas in this manual. At times, certain formulas do not carry a specific caution or contraindication, but it is implied that the formulas must be applied within the framework of the pattern for which they are indicated, and that any formula is contraindicated if the pattern for which it is intended is not the pattern that is presenting.

Following the Chinese Classics formula listings are the Appendices to provide information and support for this product manual.

APPENDIX I features the Chinese Classics Formulas organized into the major patterns of *Traditional Formula Classifications*.

APPENDIX II is a listing of Far East Summit's individual herbal extracts. The Chinese Classics formulas offer a unique opportunity to apply Chinese herbal medicine with accuracy and effectiveness, while enabling each practitioner the ability to easily combine formulas or modify with individual herbs to suit the needs of their patients.

APPENDIX III, *Essays on Chinese Classical Formulas in Traditional and Modern Research:* The great majority of formulas in the Chinese Classics line have been around for a long time, some of them for almost two millennia. They have endured by virtue of both their effectiveness and versatility. While many of these prescriptions were originally crafted to address a very specific symptom, disease, or pattern, their range of application has evolved over the ages, invariably widening to address a broader range of illness. As Chinese medicine spread to other countries, most notably Japan and Korea, these ancient prescriptions (*gu fang*) developed even broader ranges of application. With the advent of the information age, this evolutionary process has taken a quantum leap in China during the latter part of the 20th century. One need only to flip through any Chinese language journal of Chinese medicine to see that these *gu fang* are being pressed into service to treat diseases that did not even exist one hundred years ago. Many journals have a special section typically called "new uses for ancient prescriptions" which contains reports and case histories by senior physicians who have developed innovative applications for ancient

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prescriptions. This information may prove invaluable to us here in the West as we strive to adapt Asian medicine to the needs of our patients and our culture.

In as much as the formulas in the Chinese Classics line represent the most common of these ancient prescriptions in use in Asia today, you as a practitioner have at your fingertips an incredibly versatile resource. We are committed to helping you to fully utilize this resource in the most skillful manner possible. Toward this end, we will be providing you with ongoing updates to this appendix. These updates will be translations of recent research published in Asian medical literature covering a wide range of topics relevant to the practitioner of Chinese medicine in the West.

Our *Essays* series follows the formula descriptions in this manual. Some of the prescriptions discussed, such as Yu Ping Feng San (*Jade Screen Combination*), Ge Geng Tang (*Pueraria Plus Combination*), Huo Xiang Zheng Qi San (*Agastaches Qi Rectifying*) and Xiao Chai Hu Tang (*Minor Bupleurum Combination*) are already in wide use among practitioners here in the West. On the other hand, some of the other new additions to the Chinese Classics line are less familiar to practitioners in the United States and may be under-utilized despite their effectiveness and versatility. *Xue Fu Zhu Yu Tang* (*Expelling Stasis in the Blood Mansion*) is one formula which is often over-looked by Western practitioners, and a few of its potential applications are showcased here. *Xue Fu Zhu Yu Tang* is among the most widely prescribed formulas for virtually all types of blood stasis and it is one of the *hot* formulas being researched in China today. This is due at least in part to the increasing interest in the role of blood stasis in a wide range of complaints. Another facet of exploring new uses for classical prescriptions is that such an inquiry also presents us with new ways of understanding the diseases for which these formulas are being prescribed. For instance, blood stasis is not often considered as a major factor in either frightful sleep or spontaneous perspiration, yet as we will see in the *New Uses* section, the transformation of blood stasis may at times be integral to the successful resolution of both of these conditions.

Because of the misuse of *Ma Huang* (Herba Ephedrae) as a dietary supplement in the West, we as practitioners of Asian medicine are now forbidden to use *Ma Huang* in the United States because of current FDA regulatory restrictions. While we at Far East Summit are opposed to this faulty decision as Asian physicians have used this herb safely for thousands of years, we have chosen to comply by adapting our traditional formulas in which Herba Ephedrae (*ma huang*) had been used. These adapted formulas are: Ding Chuan Tang (*Clear Heat & Transform Phlegm*), Guan Jie (*Joint Care Combination*), Xiao Qing Long Tang (*Minor Blue Dragon*), Qing Bi Tang (*Pueraria Nose-Clearing Combination*) and Ge Gen Tang (*Pueraria Plus Combination*).

Even though Far East Summit has complied with current FDA regulations by discontinuing its use of *Ma Huang* (Herba Ephedrae) in formulas in our Chinese Classics product line, in order to demonstrate this herb historically has been used and is continuing to be prescribed safely in China even today, Appendix III still includes discussions on treatment strategies employing *Ma Huang* (Herba Ephedrae) written by senior physicians practicing in the People's Republic of China.

A number of the essays in Appendix III are reprinted with permission from *Recent Research From China 1991-1994*[3]. This appendix also contains a wealth of research on innovative uses for many other ancient prescriptions from recent Asian medical literature.

APPENDIX IV consists of a *Disease Formulary* that lists the TCM pattern differentiation and the formula or formulas in the Chinese Classics line which address a common condition seen in the practitioner's clinic. Multiple listings appear in

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alphabetical order. We have based the formulary on the categorical breakdown in the modern texts[4] and have adapted them to the Chinese Classics® line. The formulary is for quick reference and is not intended to replace the need for a comprehensive TCM diagnosis.

The formulary is designed to be inclusive rather than exclusive in our formula selection. Our intent is to provide the practitioner a resource to select from the greatest possible range of formulas for a given pattern or variables within the same pattern. To draw a more complete distinction between the formulas, the practitioner may refer to the herbal formula differentiation section at the end of each formula description. In the formulary, formulas cited for a given condition and pattern may be coupled with other formulas or modified with single herbal extracts to produce a perfect fit in accordance with the techniques of Chinese medical prescribing. In a few instances, under the conditions of constipation, dysfunctional uterine bleeding, and menopause, we have suggested combinations. In these cases, one formula treats the presenting symptom as a branch treatment, while the other formula addresses the pattern.

APPENDIX V is a Glossary of Terms drawn from *A Clinical Dictionary of Chinese Medicine*. We are grateful to the author and publisher for making this information available for this manual. We have included only those terms used in the manual with which the practitioner may not be familiar. For a complete listing, we refer you to the original work by Wiseman. For more thorough and complete terminology, refer to Paradigm Publication's *A Practical Dictionary of Chinese Medicine* by Nigel Wiseman and Feng Yi.

APPENDIX VI is a Bibliography of source texts from Chinese and English publications.

APPENDIX VII: Far East Summit has renamed its Chinese Classics formulas using the traditional pinyin followed by an English translation to be in accord with practitioners' education and familiarity. We have included a reference chart to our product name changes in Appendix VII for supporting this transition with our longtime customers.

Taken as a whole, this manual provides you, the practitioner of Chinese medicine, with a comprehensive guide for prescribing the Chinese Classics with precision and versatility.

Footnotes

1 Wiseman, Nigel, *A Clinical Dictionary of Chinese Medicine*. Paradigm Press, Brookline, MA, to be released in 1997.

2 Robert Berkow, Ed., *The Merck Manual*, 16th Ed., Merck Sharp & Dohme Research Laboratories, Rahway, NJ, 1992.

3 Flaws, Bob and Charles Chace, *Recent Research From China 1991-1994*, Blue Poppy Press, Boulder, Colorado, 1994.

4 Fang Yaozhong, et. al., *A Practical Study of Internal Medicine in Chinese Medicine (Shi Yong Zhong Yi Nei Ke Xue)*, Shanghai Science and Technology Press, 1984, and Huang Xinglou, *Experience in Clinical Patterns of Internal Medicine (Nei Ke Lin Zheng Shi Jian)*, Jiangsu Science and Technology Press, 1984.

Biographical Information:

Charles Chace, Dipl. Ac., Dipl. C.H., R.Ac., FNAAOM graduated from the New England School of Acupuncture in 1984. He is the author and translator of a wide variety of books and articles on acupuncture and Chinese medicine including the world's first acupuncture textbook, *Huang-fu Mi's Systematic Classic of Acupuncture and Moxibustation*, and *A Qin Bo-wei Anthology*, a collection of the writings of one of the most influential architects of Chinese medicine in the twentieth century. In addition, Chip has authored numerous articles on a wide variety of Chinese medical topics ranging from the current Chinese medical understanding of asthma to the clinical application of pre-modern theories concerning paranormal phenomena. He practices Chinese medicine in Boulder, Colorado where he specializes in respiratory medicine.

Valerie Hobbs, Dipl. Ac., Dipl. C.H. Valerie Hobbs received a diploma in acupuncture from the Colorado School of Traditional Chinese Medicine in Denver, Colorado in 1995 and was certified in Traditional Chinese Medical Gynecology from Blue Poppy Seminars in 1997. She finished the Master of Science in Acupuncture and Oriental Medicine at Southwest Acupuncture College in 2007. Before studying acupuncture, she was a Registered Midwife and a licensed EMT-Paramedic. She specializes in TCM Gynecology and regularly lectures at conferences for midwives on the subject of TCM and herbology. She also specializes in Sports Acupuncture and was one of two acupuncturists who worked at the Olympic Village in Atlanta in 1996. The former Editor of the Journal of the Acupuncture Association of Colorado, Valerie has served as the association's Vice-President as well as the Vice-President of the Council of Colleges of Acupuncture and Oriental Medicine.

Andrew Ellis L.Ac. first studied Chinese medicine with Dr. James Tin Yau So at the New England School of Acupuncture. He left New England in 1983 to study Chinese language in Taiwan and apprenticed with Chinese herbalist Xu Fu-Su there for several years. Later he studied internal medicine and gynecology at the Xiamen Hospital of Chinese medicine. While there, he also specialized in the study of acupuncture with Dr. Shi Neng-Yun and dermatology with Dr. Zhang Guang-Cai. Andy is the founding owner of Spring Wind Herbs in Berkeley, California and has authored, translated, or co-translated several books on Chinese medicine.

Contributing writer ***William Morris***, ***PhD, DAOM, LAc*** has authored *Mai Dao: Path of the Pulse*, numerous journal papers on the subject and co-authored the PMPH book, *Li Shi-zhen Pulse Studies: An Illustrated Guide*. Classics and family lineages provide the foundation for his 30-year focus on the subject of pulse diagnosis. Morris is also author of *Chinese Medicine and Transformation*, a work on stage development and the use of Chinese medicine for addressing the imprints upon the psyche throughout the various stages of life. Will has designed and taught 2-year herbal programs, authored *A Comparative Materia Medicine* and served as president of AOMA Graduate School of Integrative Medicine.

Editor ***Hank Babcock, L.Ac.*** graduated from Emperor's College of Traditional Oriental Medicine in 1990. He has been a certified and licensed acupuncturist since 1991 and a longtime practitioner of Asian Internal Arts. He was co-founder of Herb King Chinese Herbal Center located in Santa Monica, CA. His vast knowledge of Chinese and Western herbs contributed to the success of McZand Herbal, Inc. where he supervised all manufacturing including responsibilities as Production/Purchasing Manager. Hank co-founded Far East Summit where he is currently Vice-President of Operations and Product Development.

THE PHYSICIAN'S CREED

The physician takes care of people's life.

He is placed at the head of the hundred arts and crafts, sitting equal footing of Premier and Minister.

It is the art of humanity.

One should not look down on the Physician as practice in the Little Tao, only integrated with no false character, tranquil and serene, can a person discuss the subject of medicine.

Those who enter my gate should know that the distress of others is also mine.

No delay should be allowed on a call from a patient.

Do not ask if the patient is noble or poor.

Always keep in heart the saving of life.

The mouth should not cease reciting medical texts; the hands continuously fiddling the hundreds of herbs.

Do not be jealous of the knowledge of others.

Do not comment on the attitude of other physicians.

Do not slander the physician who has cared for the patient previously.

Do not cultivate fame.

Do not be greedy of money.

Do not boast of your knowledge and ability.

Do not flatter the powerful and wealthy person; you would rather have your arm broken than bend your back.

To save a life is your sole aim, idea, purpose and concern.

If the course of disease is baffling without sign of improvement, you must with trembling caution wholeheartedly review your diagnosis and treatment.

If you are visited by monks or daoists who wish to pay you, accept not a cent.

–ZHONG SHAN'S MEDICAL TEACHINGS
March 10, 1933

BWD
●○

BA WEI DI HUANG WAN

(Adapted)

八味地黄丸

"Rehmannia Eight Plus"

Source

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

Biomedical Presentation

Musculoskeletal disorders of the lower body including **low back pain,** weak lower extremities, vulnerability to injuries of the lower extremities. Benign prostatic hypertrophy, **neurasthenia.** Endocrinological disorders: **hypothyroidism, diabetes mellitus** and primary hyperaldosteronism. Chronic urinary tract disorders: interstitial cystitis, **glomerulonephritis,** nephrosclerosis, kidney stones, kidney tuberculosis, pyelitis, albuminurea, edema, cystitis, urinary incontinence and urethritis.

Clinical Presentation

Low back pain, weak lower extremities, cold lower body sensations (palpation by the knees reveals a cold sensation), pale urination, frequent or difficult urination, stagnant fluids and edema of the lower body.

Tongue

Pale, swollen body; thin, white, moist coat with possible bubbles on the surface

Pulse

Deep, faint, weak, faint in the proximal position

Traditional Functions

Warms and nourishes kidney yang, dispels cold, disinhibits urine

Chinese Medical Indications

Kidney yang vacuity

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Cortex Eucommiae Ulmoidis	Eucommia ulmoides	*du zhong*	Eucommia bark
Radix Rehmannia Glutinosae	Rehmannia glutinosae	*shu di huang*	Prepared Rehmannia root
Fructus Corni Officianalis	Corni officianalis	*shan zhu yu*	Cornus fruit
Radix Dioscorea Oppositae	Dioscorea oppositae	*shan yao*	Chinese yam root
Sclerotium Poria Cocos	Poria cocos	*fu ling*	Poria sclerotium fungus
Rhizoma Alismatis Orientalis	Alismatis orientalis	*ze xie*	Alisma rhizome
Cortex Moutan Radicis	Moutan radicis	*mu dan pi*	Moutan root bark
Herba Cistanches	Cistanches diserticolae	*rou cong rong*	Cistanche herb
Cortex Cinnamomi Cassiae	Cinnamomom cassia	*rou gui*	Cinnamon bark
Herba Cynomorii	Cynomorii songarica	*suo yang*	Cynomorium herb
Radix Morindae	Morindae officinalis	*ba ji tian*	Morinda root
Fructus Psoraleae	Psoraleae corylifoliae	*bu gu zhi*	Psoralea fruit
Semen Cuscutae	Cuscutae chinensis	*tu si zi*	Cuscuta seed
Fructus Lycii	Lycii chinensis	*gou qi zi*	Lycium fruit

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Ba Wei Di Huang Wan *(Rehmannia Eight Plus -* adapted*)* has been modified from the classic "Golden Book Tea" formula. Aconite has been replaced with mild and more supplementing yang tonics such as *Rou Cong Rong* (Cistanches herb), *Ba Ji Tian* (Morinda root), *Bu Gu Zhi* (Psoralea fruit) and *Tu Si Zi* (Cuscuta seed). *Shu Di Huang* (prepared Rehmannia root) enriches kidney yin and boosts the essence and marrow. *Shan Zhu Yu* (Cornus fruit) warms and enriches the kidney, it also boosts the liver. *Shan Yao* (Chinese Yam root) enriches the kidneys and supplements the spleen. *Shan Zhu Yu* and *Shan Yao* supplement the liver and spleen, assisting the enrichment of kidney yin.

The root formula contains three yin-supplementing materials in the formula that are complimented with the three draining materials. *Ze Xie* (Alisma rhizome) aids *Shu Di Huang* by downdraining turbidity and draining exuberance of kidney fire. *Mu Dan Pi* (Moutan root bark) aids *Shan Zhu Yu* by draining liver fire. *Fu Ling* (Poria sclerotium fungus) assists *Shan Yao* by percolating spleen dampness. *Ze Xie* and *Fu Ling* are combined to disinhibit water and percolate dampness. *Rou Gui* (Cinnamon bark) is added to supplement and warm yang in the kidneys. **Ba Wei Di Huang Wan** follows the principle of seeking yang from within yin. In addition, this formula avoids the issue of being too greasy by draining at the same time as supplementing.

Suo Yang (Cynomorium herb), *Ba Ji Tian, Bu Gu Zhi* and *Tu Si Zi* all supplement the kidney yang as well as treating impotence and aching in the lumbar region. *Bu Gu Zhi* and *Tu Si Zi* stop diarrhea while *Suo Yang* frees the bowels. The addition of these medicinals regulate functional bowel disorders due to kidney yang vacuity through "opposite forces." *Suo Yang* reinforces yang and moistens the intestines. *Ba Ji Tian* reinforces yang while strengthening the sinews and bones and dispelling wind and damp. *Bu Gu Zhi* invigorates yang, secures essence, reduces urine, warms the spleen and stops urine. *Tu Si Zi* boosts kidney yin, secures essence, reduces urination, brightens the eyes, fortifies the spleen, and stops diarrhea; in addition, it quiets the fetus.

Gou Qi Zi (Lycium fruit) supplements yin, balancing the added yang supplementing agents and furthering the process of engendering yang from within yin. It enriches the kidneys, supplements the liver and brightens the eyes. It also relieves aching in the lumbar region, treats seminal emission, and contributes to the treatment of diabetes.

Herbal Formula Differentiation

You Gui Yin *(Restore the Right)*, **Liu Wei Di Huang Wan** *(Rehmannia Six)*, **Zuo Gui Yin** *(Restore the Left)* and **Er Xian Tang** *(Two Immortals)* all supplement the kidneys. In addition, they are all used for endocrinological disorders when the correct pattern is present.

Ba Wei Di Huang Wan *(Rehmannia Eight Plus -* adapted*)*, **You Gui Yin, Er Xian Tang, Ren Shen Lu Rong Wan** (*Ginseng & Velvet Antler*) and **Huan Shao Dan** (*Rejuvenation Elixir*) all supplement and warm kidney yang. **You Gui Yin** and **Ba Wei Di Huang Wan** both strengthen the sinews and bones. **Er Xian Tang** harmonizes the *chong* and *ren*, supplements the liver and kidneys while warming yang—it is used for menopausal symptoms, especially with hypertension. **You Gui Yin** replenishes essence while warming the kidneys —it is often used for developmental disorders. **Ren Shen Lu Rong Wan** powerfully warms kidney yang, replenishes essence and strengthens the sinews. **Ren Shen Lu Rong Wan** is a more powerful yang supplementing combination largely because of the inclusion of *Bai Ren Shen* (White Chinese Ginseng root), *Lu Rong* (Velvet Antler) and *Dong Chong Xia Cao* (Cordyceps). **Huan Shao Dan** supplements kidney and strengthens yang, boosts spleen qi, harmonizes heart and kidney—quieting the spirit.

Ba Wei Di Huang Wan, You Gui Yin, and **Er Xian Tang** warm the yang; whereas, **Liu Wei Di Huang Wan** and **Zuo Gui Yin** supplement kidney yin. **Zuo Gui Yin** and **You Gui Yin** supplement and replenish essence while benefiting the marrow for "bedroom taxation," premature aging, and developmental disorders (jing vacuity).

In addition, **Ba Wei Di Huang Wan** treats water swelling related to kidney vacuity. **Wu Ling San** (*Poria Five Combination*) also treats water swelling by disinhibiting water and percolating dampness, but does not have the emphasis on kidney yang vacuity that **Ba Wei Di Huang Wan** does. **Zhen Wu Tang** *(True Warrior Combination)* treats fluid accumulation due to kidney yang vacuity but is not for long term use because of the hot herb *Fu Zi* (Prepared Aconite).

Caution and Contraindications

Do not use this formula in cases of yin vacuity with a dry mouth and throat and a red tongue. The exception is cold feet due to yang vacuity. Do not use this formula for patients with diarrhea or chronic gastrointestinal weakness.

BZT
●○

BA ZHEN TANG

八珍汤

"Eight Pearls Combination"

Source

Catalogued Essentials for Correcting the Body (Zheng Ti Lei Yao)

Biomedical Presentation

Anemia, constipation, neurogenic headache, **dysmenorrhea**, **irregular menstruation**, **dysfunctional uterine bleeding**, **threatened miscarriage**, **postpartum weakness**, and scanty lactation.

Clinical Presentation

Pale, lusterless complexion, easily-fatigued extremities, reduced appetite, laconic speech, vertigo, sores that refuse to heal, tinnitus, **dizziness**, palpitations, **shortness of breath**, spermatorrhea, leukorrhea, **amenorrhea**, **dysmenorrhea**, **irregular menstruation**, **continuous spotting**, **threatened miscarriage**, **lochiorrhea**.

Tongue

Pale tongue.

Pulse

Fine, wiry or fine, choppy pulse.

Traditional Functions

Supplements and regulates blood, warms and boosts the qi.

Chinese Medical Indications

Dual vacuity of qi and blood.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Radix Rehmanniae Glutinosae Conquitae	Rehmannia glutinosa	*shu di huang*	Prepared Rehmannia root
Radix Paeoniae Lactiflorae	Paeonia lactiflora	*bai shao*	White Peony root
Rhizoma Atractylodis Macroephalae	Atractylodes macrocephala	*bai zhu*	Atractylodes macrocephala rhizome
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Radix Ligustici Wallichii	Ligusticum wallichii	*chuan xiong*	Ligusticum wallichii rhizome
Radix Codonopsitis Pilosulae	Codonopsis pilosula	*dang shen*	Codonopsis root
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*zhi gan cao*	Honey baked Chinese Licorice root
Radix Panacis Ginseng rubra	Panax Ginseng rubra	*hong ren shen*	Red Chinese Ginseng root

● **5:1 Liquid herbal extract**
○ **8:1 Complete extraction liquid concentrate**

Herbal Formula Analysis on next page

Herbal Formula Analysis

Hong Ren Shen (Red Chinese Ginseng root) and *Dang Shen* (Codonopsis root) greatly supplement the source qi, and fortify the spleen and stomach qi. *Bai Zhu* (Atractylodes macrocephala rhizome) and *Fu Ling* (Poria sclerotium fungus) fortify the spleen and eliminate dampness, thus promoting transportation and transformation. *Zhi Gan Cao* (Honey-baked Licorice root) regulates the center. These medicinals comprise the formula **Si Jun Zi Tang** (*Four Gentlemen Combination*) which has the functions of boosting the qi and fortifying the spleen, the source of postnatal qi and blood.

Dang Gui (Angelica sinensis root) supplements and quickens the blood. *Shu Di Huang* (Prepared Rehmannia root) supplements the blood. *Bai Shao* (White Peony root) nourishes the blood and restrains the yin. *Chuan Xiong* (Ligusticum wallichii rhizome) rectifies the qi of the blood. These medicinals comprise **Si Wu Tang** (*Four Substances Combination*) which supplements and regulates the blood.

The combination of these two formulas greatly supplement dual qi and blood vacuity, especially if the cause is from loss of blood due to serious illness, after childbirth, or from flooding and leaking (continuous uterine bleeding).

Herbal Formula Differentiation

Both **Ba Zhen Tang** *(Eight Pearls Combination)* and **Shi Quan Da Bu Tang** (*Perfect Great Supplementation Combination*) treat dual vacuity of qi and blood. **Shi Quan Da Bu Tang** is intended where there is more severe qi vacuity, and a tendency towards cold, indicating yang vacuity.

Several of the Chinese Classics formulas treat menstrual disorders. Most notable of these are **Xiao Yao San** *(Free Wanderer Combination)*, **Dan Zhi Xiao Yao San** *(Moutan & Gardenia Free Wanderer)*, **Bu Zhong Yi Qi Tang** *(Supplement the Center & Boost Qi Combination)*, **Shi Quan Da Bu Tang** *(Perfect Great Supplementation Combination)*, **Gui Pi Tang** *(Spleen-Returning Combination)* and **Ba Zhen Tang**. In addition to these, **Bu Xue Tiao Jing Tang** *(Supplement Blood & Adjust Menses -* adapted*)*, **Wen Jing Tang (***Flow-Warming (Menses) Combination***)**, **Tao Hong Si Wu Tang** *(Carthamus & Persica with Four Substances)* and **Tong Jing Tang** *(Menses-Freeing Combination)* are specific for dysmenorrhea.

The focus of **Xiao Yao San** and **Dan Zhi Xiao Yao San** are for menstrual disorders due to liver depression and blood vacuity. **Bu Zhong Yi Qi Tang** and **Gui Pi Tang** are for menstrual disorders due to center qi falling or spleen failing to manage blood respectively, characterized by menorrhagia or continuous spotting. **Ba Zhen Tang** and **Shi Quan Da Bu Tang** treat a wider variety of menstrual disorders: amenorrhea, dysmenorrhea, irregular menstruation, or continuous spotting due to dual vacuity of qi and blood. In cases where the menstrual disorder is accompanied by flooding and leaking syndrome, i.e., bleeding that doesn't stop or continuous spotting, due to dual vacuity of qi and blood, either of these formulas may be combined with **Zhi Xue Tang** *(Blood-Staunching Combination)*. Thus, the former treat the root (vacuity), and the latter treats the branch (abnormal bleeding).

Cautions and Contraindications

Do not use without modification in high fever, yin vacuity with exuberant fire, or accumulation and stagnation with qi distention. Discontinue use during external pathogenic invasion.

BZG
●

BA ZHENG TANG

八正汤

"Dianthus Eight Correct Herb Combination"

Source

Precious Mirror of Health (Wei Sheng Bao Jian)

Biomedical Presentation

Glomerulonephritis, acute nephritis, **acute pyelonephritis**, **cystitis**, **acute urinary tract infection**, urethritis, **urinary calculi,** acute gonorrhea.

Clinical Presentation

Dry mouth, dry tongue, **dysuria**, **hematuria**, dark urine, scanty urine, **turbid urine**. In severe cases, there may be **urinary retention** and lower abdominal tension and fullness.

Tongue

Slimy, yellow tongue coating.

Pulse

Rapid and slippery.

Traditional Functions

Clears heat and drains fire, disinhibits water and frees strangury.

Chinese Medical Indications

Damp heat pouring downward.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Talcum	—	*hua shi*	Talc mineral
Herba Dianthi	Dianthus superbus or D. chinensis	*qu mai*	Dianthus herb
Caulis Akebiae Mutong	Akebia trifoliata	*mu tong*	Akebia stem
Herba Polygoni Avicularis	Polygonum aviculare	*bian xu*	Polygonum aviculare root
Medulla Junci Effusi	Juncus effusus var. decipiens	*deng xin cao*	Juncus pith
Fructus Gardeniae Jasminoidis	Gardenia jasminoides	*zhi zi*	Gardenia fruit
Semen Plantaginis	Plantago asiatica or P. depressa	*che qian zi*	Plantago seed
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root
Radix et Rhizoma Rhei	Rheum officinale, R. palmatum or R. tanguticum	*da huang*	Chinese Rhubarb rhizome

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Qu Mai (Dianthus herb), *Hua Shi* (Talc), *Mu Tong* (Akebia stem), *Bian Xu* (Polygonum avicularum herb), and *Che Qian Zi* (Plantago seed) all disinhibit water and open strangury to promote urination. They additionally clear heat and disinhibit dampness. *Deng Xin Cao* (Juncus pith) conducts heat downward. *Zhi Zi* (Gardenia fruit) clears heat and drains damp heat from all three burners. *Da Huang* (Chinese Rhubarb) discharges heat and downbears fire. *Gan Cao* (Chinese Licorice root) harmonizes the other medicinals, stops abdominal pain, and together with *Hua Shi*, alleviates irritability.

Herbal Formula Differentiation

Ba Zheng Tang *(Dianthus Eight Correct Herb Combination)* is indicated for replete damp-heat in the lower burner. Although classic sources include its use for conditions today associated with gonococcal infection, its modern clinical use is for the treatment of acute urinary tract infection characterized by fever, acute abdominal pain, turbid, scanty, dark, burning urination, dry mouth, thirst, and rapid pulse. **Long Dan Xie Gan Tang (***Gentiana Gallbladder-Draining Combination***)** treats damp-heat pouring below but it is due to liver and gallbladder replete heat.

Wu Ling San *(Poria Five Combination)* treats pathogenic accumulations of fluids owing to disruption of the water path. **Wu Ling San** with *Gui Zhi* (Cinnamon twig) frees the water path and stokes the fire below the cauldron (warms kidney yang), aiding in the transformation and flow of fluids in the body. **Ba Zheng Tang** is stronger in clearing heat and draining fire and therefore treating acute urinary tract infection. **Jie Jie Wan (Kai Kit** — *Resolve Swelling Combination* - adapted) is for a specific chronic condition in the lower burner. **Jie Jie Wan** treats vacuity of the spleen and kidney that gives rise to accumulation of damp-heat and stasis of qi and blood in the lower burner.

Zhi Bai Di Huang Wan *(Anem-Phello & Rehmannia)* is indicated for lower burner damp-heat. Unlike **Ba Zheng Tang**, **Zhi Bai Di Huang Wan** is indicated for yin vacuity and yin vacuity fire with lower burner damp-heat characterized by diminished urination, lower back pain, vaginal itching and burning and the yin vacuity fire symptoms of night sweats, malar flush, heat in the soles of the feet and palms of the hand, hot flashes, and dry mouth. The tongue coat for which it is indicated is scant. **Zhi Bai Di Huang Wan** is indicated when there are vacuity signs and symptoms.

Cautions and Contraindications

Long term use can cause light-headedness, palpitations and reduced appetite. It should not be used unmodified for vacuity cold, and only with caution and modification in pregnancy.

BXB ●

BAN XIA BAI ZHU TIAN MA TANG

半夏白术天麻汤

"Pinellia, Atractylodes & Gastrodia Combination"

Source

On the Spleen and Stomach (Pi Wei Lun)

Biomedical Presentation

Tubercular meningitis, **hypertension**, Meniere's disease, **benign positional vertigo**.

Clinical Presentation

Vertigo, **headache**, **dizziness**, chest oppression, copious sputum, nausea, and vomiting.

Tongue

White, slimy tongue coat.

Pulse

Soggy, slippery pulse.

Traditional Functions

Dries dampness and transforms phlegm, calms the liver and extinguishes wind.

Chinese Medical Indications

Wind and phlegm harassing above .

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Rhizoma Atractylodis Macrocephalae	Atractylodis macrocephala	*bai zhu*	Atractylodes macrocephala rhizome
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Rhizoma Pinelliae Ternatae	Pinellia ternata	*ban xia*	Pinellia rhizome
Rhizoma Gastrodiae Elatae	Gastrodia elata	*tian ma*	Gastrodia rhizome
Pericarpium Citri Reticulatae	Citrus reticulata	*chen pi*	Citrus peel
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*sheng jiang*	Fresh Ginger rhizome
Fructus Zizyphi Jujubae	Zizyphus jujuba	*da zao*	Jujube date

Herbal Formula Analysis

Ban Xia (Pinellia rhizome) dries dampness, transforms phlegm, downbears counterflow and checks vomiting. *Tian Ma* (Gastrodia rhizome) transforms phlegm, extinguishes wind and checks vertigo. The combination treats wind-phlegm dizziness, vertigo, and headache. *Bai Zhu* (Atractylodes Macrocephala rhizome) supplements the spleen and dries dampness. The combination of the first three medicinals boosts the qi, dries dampness, transforms phlegm and checks vertigo. *Fu Ling* (Poria sclerotium fungus) supplements the spleen and percolates dampness. *Chen Pi* (Citrus peel) rectifies the qi and transforms phlegm. *Sheng Jiang* (Fresh Ginger rhizome) and *Da Zao* (Jujube date) regulate and harmonize the spleen. *Gan Cao* (Chinese Licorice root) harmonizes the center and regulates the other medicinals.

Herbal Formula Differentiation on next page

Herbal Formula Differentiation

Ban Xia Bai Zhu Tian Ma Tang *(Pinellia, Atractylodes & Gastrodia Combination)* is indicated for vertigo and dizziness due to wind-phlegm. This may clinically present in hypertension. The medicinals transform phlegm and supplement the spleen as the source of phlegm. The symptom pattern for which this formula is indicated is characterized by dizziness and vertigo with gastrointestinal disorders due to overwork or overindulgence. A distinctive symptom of wind-phlegm is vertigo and dizziness with a feeling of heavy headedness and cloudiness. Nausea, chest oppression and copious sputum are prominent symptoms.

Tian Ma Gou Teng Yin *(Gastrodia & Uncaria Combination)*, **Zhi Bai Di Huang Wan** *(Anem-Phello & Rehmannia)*, **Xue Fu Zhu Yu Tang** *(Expelling Stasis in the Blood Mansion)* and **Er Xian Tang** *(Two Immortals Combination)* are also indicated for the treatment of hypertension. The differentiation of the application of these formulas for hypertension is dependent on the basic pattern differentiation. **Tian Ma Gou Teng Yin** treats vertigo, dizziness and hypertension due to ascendant liver yang and ascendant wind due to liver and kidney vacuity with accompanying symptoms of tinnitus, blurred vision and a sensation of heat rising to the head for which **Ban Xia Bai Zhu Tian Ma Tang** is contraindicated. **Xue Fu Zhu Yu Tang** is indicated for blood stasis. Fixed pain, purplish discoloration of the sclera, face or tongue, and depression with a sense of warmth in the chest would be critical to this pattern.

Zhi Bai Di Huang Wan and **Er Xian Tang** are indicated for kidney vacuity patterns. **Zhi Bai Di Huang Wan** is indicated for kidney yin vacuity with vacuity-fire characterized by hot flashes, malar flush, and night sweat. **Er Xian Tang** is indicated for a combination of kidney yin and yang vacuity and vacuity-fire characterized by hot flashes, cold lower extremities, night sweat, and malar flush.

Dizziness may be present in the kidney vacuity patterns as well as the liver and kidney vacuity patterns. The use of **Tian Ma Gou Teng Yin** is for dizziness, vertigo, and ascendent liver yang patterns. For the treatment of dizziness in the presence of malar flush, hot flash or night sweat, **Zhi Bai Di Huang Wan** is indicated. For the treatment of dizziness, malar flush, hot flash, night sweat and cold extremities, **Er Xian Tang** is indicated.

Cautions and Contraindications

Do not use for dizziness and vertigo due to ascendant liver yang or blood vacuity.

BXH
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BAN XIA HOU PO TANG

半夏厚朴汤

"Pinellia & Magnolia Combination"

Source

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

Biomedical Presentation

Esophageal spasms, hysteria, **chronic laryngitis**, and tracheitis.

Clinical Presentation

Sensation of something caught in the throat (plum-pit qi), chest oppression, possibly coughing and vomiting.

Tongue

Slimy, white tongue coat.

Pulse

Wiry, slow or wiry, slippery pulse.

Traditional Functions

Precipitates qi, downbears counterflow, disperses phlegm.

Chinese Medical Indications

Plum-pit qi.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Rhizoma Pinelliae Ternatae	Pinellia ternata	*ban xia*	Pinellia rhizome
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*sheng jiang*	Fresh Ginger rhizome
Cortex Magnoliae Officinalis	Magnolia officinalis	*hou po*	Magnolia bark
Folium Perillae Frutescentis	Perilla frutescens	*zi su ye*	Perilla leaf

Herbal Formula Analysis

Sheng Jiang (Fresh Ginger) warms the stomach, transforms phlegm and checks vomiting. *Fu Ling* (Poria sclerotium fungus) eliminates dampness and harmonizes the stomach. *Ban Xia* (Pinellia) warms the center, transforms phlegm, dries dampness, scatters nodulation, downbears counterflow qi and checks vomiting. *Hou Po* (Magnolia bark downbears counterflow qi. Warm, acrid *Zi Su Ye* (Perilla leaf) acts as a guide and enters the lung, the organ which governs the downbearing of qi.

Herbal Formula Differentiation

Ban Xia Hou Po Tang *(Pinellia & Magnolia Combination)* is indicated for the treatment of plum-pit qi caused by emotional upset leading to qi depression with counterflow which in turn disrupts the transformation and transportation of fluids and forms phlegm. The phlegm then lodges in the throat.

Cautions and Contraindications

The warm, acrid medicinals in **Ban Xia Hou Po Tang** can injure yin and exacerbate heat. This formula is therefore contraindicated for patients presenting with a flushed face, a bitter taste in the mouth, and a red tongue with scanty coating.

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

智慧结晶

Pearl of Knowledge & Wisdom

Ming Men

The gate of life is the root of one's essential nature (xing) and destiny (ming) in the human form. It is the root of source qi and the seat of water & fire. All generation and transformation of vitality is dependent on the gate of life as it is the mother of the spleen & stomach. Life and death are contained within attention to its operation.

~ Zhu Dan-xi

天地精華

Essence of Heaven & Earth

BXX
●○

BAN XIA XIE XIN TANG

半夏泻心汤

"Pinellia Combination"

Source

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

Biomedical Presentation

This formula treats a large range of disorders that result from binding of heat and cold that obstructs the central burner. The list includes **gastritis, mouth and tongue sores, insomnia,** eczema, vaginal discharge diarrhea, vomiting, intestinal noises and **dizziness.**

Clinical Presentation

This formula treats heat-cold obstruction in the middle burner that results in **painless glomus in the epigastric region, nausea,** retching, borborygmi and **diarrhea.**

Tongue

A thick yellow and greasy tongue coating.

Pulse

Rapid and wiry.

Traditional Functions

Clears heat, leads counterflow-ascent downward, disperses binds, dispels glomus and harmonizes the central burner.

Chinese Medical Indications

Treats heat and cold binding in the central burner and giving rise to symptoms that demonstrate a compromised central burner that fails to raise the clear qi and send the turbid qi downward.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Rhizoma Pinelliae Ternatae	Pinellia ternata	*ban xia*	Pinellia rhizome
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*gan jiang*	Dry Ginger rhizome
Radix Scutellariae	Scutellaria baicalensis	*huang qin*	Scutellaria baikal root
Radix Panacis Ginseng	Panax Ginseng	*bai ren shen*	White Chinese Ginseng root
Honey-baked Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*zhi gan cao*	Honey baked Chinese Licorice root
Fructus Zizyphi Jujubae	Zizyphus jujuba	*hong zao*	Red Jujube date
Rhizoma Coptidis	Coptis chinensis	*huang lian*	Coptis rhizome

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Ban Xia Xie Xin Tang (*Pinellia Combination*) originated in the *Shang Han Lun (Discussion on Cold Damage)* where it was used to treat a *Chai Hu* (Buplerum) wind-cold pattern for which the patient was mistakenly given purgatives. The resultant damage to the central burner gives rise to symptoms of failure of the clear qi to ascend and the turbid qi to descend. Further in the *Jin Gui Yao Lüe (Essentials from the Golden Cabinet*) the formula was assigned to treatment of fluid collection in the epigastric region that results in epigastric fullness and glomus. The combination of excess (fluid collection, wind-cold pathogen working inward) and deficiency (damaged central burner qi) that characterizes these conditions is best treated with a formula that harmonizes and supplements the center while at the same time dispelling the heat-cold bind (glomus and fullness) that is preventing the spleen-stomach from performing its function of sending the clear qi upward and the turbid qi downward. *Ban Xia* (Pinellia rhizome) and *Gan Jiang* (Dried Ginger) are warm and acrid and bitter and drying. They disperse cold, dispel damp and help the spleen to transport. In addition, they relieve vomiting and nausea. *Huang Lian* (Coptis rhizome) and *Huang Qin* (Scutellaria baikal root) are bitter and cold; they bear downward. They drain damp and heat from the central burner and dispel glomus and relieve diarrhea. *Bai Ren Shen* (White Chinese Ginseng root), *Zhi Gan Cao* (honey-baked Licorice) and *Hong Zao* (Jujube date) are sweet and warm; they supplement the center and boost the functions of the spleen and stomach. As a unit **Ban Xia Xie Xin Tang** is ideally suited to treat the obstruction of the central burner by heat-cold bind that gives rise to nausea, vomiting, diarrhea, bloating and glomus. Also, patients with complex heat-cold patterns that present with a thick, greasy, yellow tongue coating can be given this formula for a short period of time to clear the obstruction in the central burner. It is then often easier to determine the patient's underlying disharmony and determine the correct formula to address the primary cause of the patient's disorder.

Herbal Formula Differentiation

Like **Ban Xia Xie Xin Tang**, **Huo Xiang Zheng Qi San** *(Agastaches Qi Rectifying)* and **Kang Ning Wan** *(Curing Combination)* treat stagnation in the central burner that gives rise to nausea, vomiting and diarrhea. The pattern that that the latter two formulas treat, however, is an acute one that is characterized by a wind-cold exterior pattern which exacerbates a central burner already encumbered by damp stagnation.

Ping Wei San *(Stomach Calming Combination)* also treats stagnation in the central burn that results in digestive disorders. In this instance the stagnation is one of damp encumbrance usually from internal damp accumulation related to an intemperate diet or other lifestyle excesses.

Cautions and Contraindications

This formula is acrid, bitter and causes qi to descend. Thus, it is not suitable for long-term use. Further, since it contains several supplementing herbs it is intended for treatment of glomus, diarrhea, nausea etc. when these symptoms are owing to a mixed excess-deficiency pattern. It should not be applied to simple excess patterns.

BHW ●

BAO HE WAN

保和丸

"Citrus & Crataegus Combination"

Source

Essential Teachings of Zhu Dan Xi (Dan Xi Xin Fa)

Biomedical Presentation

Acute gastroenteritis, acute episodes of chronic gastritis, acute pancreatitis and acute cholecystitis.

Clinical Presentation

Glomus, abdominal fullness and distention, foul belching with acid in the mouth, nausea, vomiting or diarrhea.

Tongue

Thick and greasy tongue fur.

Pulse

Slippery.

Traditional Functions

Disperses digesta accumulation and abducts stagnation, harmonizes the stomach and clears heat.

Chinese Medical Indications

Treats digesta accumulation with symptoms such as glomus, pain, fullness or distention in the abdominal or gastric regions.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Fructus Crataegi	Crataegus pinnatifida	*shan zha*	Chinese Hawthorn fruit
Rhizoma Pinelliae Ternatae	Pinellia ternata	*ban xia*	Pinellia rhizome
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Massa Fermintatae	—	*shen qu*	Fermented Leaven
Pericarpium Citri Reticulatae	Citrus reticulata	*chen pi*	Citrus peel
Fructus Forsythiae Suspensae	Forsythia suspensa	*lian qiao*	Forsythia fruit
Semen Raphani	Raphanus sativus	*lai fu zi*	Radish seed

Herbal Formula Analysis

Shan Zha (Chinese Hawthorn fruit) awakens the spleen, frees the stomach and aids digestion. It is especially useful for accumulation owing to excessive intake of greasy foods and meat. *Shen Qu* (Fermented Leaven) warms the stomach, strengthens the spleen and disperses digesta accumulation. *Lai Fu Zi* (Radish seed) disperses the accumulation of phlegm and digesta accumulation owing high grain intake. The pairing of *Ban Xia* (Pinellia rhizome) and *Chen Pi* (Citrus peel) harmonizes the stomach by moving qi in the central burner and it also reduces nausea and vomiting. *Lian Qiao* (Forsythia fruit) disperses accumulation and clears heat owing to the restraint caused by accumulation. *Fu Ling* (Poria sclerotium fungus) supports this formula, fortifying the spleen and eliminating dampness.

Herbal Formula Differentiation on next page

Herbal Formula Differentiation

Bao He Wan (*Citrus & Crataegus Combination*) along with **Huo Xiang Zheng Qi San** *(Agastaches Qi Rectifying)* and **Kang Ning Wan** (*Curing Combination*) treat acute digestive disturbance. In the case of **Huo Xiang Zheng Qi San** the digestive accumulation is the result of an exterior pattern. While **Kang Ning Wan** (*Curing Combination*) can be used for summertime exterior wind-cold attack causing dampness and digestive upset, it is a commonly used patent medicine that regulates the center and resolves food stagnation (digestive accumulation). In the case of **Bao He Wan** the digestive accumulation is the result of internal disharmony, spleen weakness or an intemperate diet.

Cautions and Contraindications

This formula lacks supplementing agents and is dispersing in nature, thus, it is appropriate for acute symptoms and not intended for long-term use.

BYP ●

BI YAN PIAN

鼻炎片

"Nasal Clear Combination"

Source

Modern Patent Formula

Biomedical Presentation

Rhinitis, chronic rhinitis, sinusitis.

Clinical Presentation

Nasal congestion, nasal discharge, loss of sense of smell, **headache.**

Tongue

For acute conditions, unremarkable with perhaps a thin, yellow fur; for chronic conditions, a red tongue with yellow fur.

Pulse

For acute conditions, a floating and rapid or slippery pulse; for chronic conditions, a rapid pulse.

Traditional Functions

Dispels wind, diffuses lung qi, clears heat and resolves toxin.

Chinese Medical Indications

Wind-heat invasion that leads to **nasal congestion, headache** or **nasal discharge**.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Flos Magnoliae Liliflorae	Magnolia liliflora	*xin yi hua*	Magnolia flower
Fructus Xanthii	Xanthium sibiricum	*cang er zi*	Xanthium fruit
Cortex Phellodendron	Phellodendron chinense or P. amurense	*huang bai*	Phellodendron bark
Fructus Forsythiae Suspensae	Forsythia suspensa	*lian qiao*	Forsythia fruit
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root
Radix Angelicae Dahuricae	Angelica dahurica	*bai zhi*	Angelica dahurica root
Radix Platycodi Grandiflori	Platycodon grandiflorum	*jie geng*	Platycodon grandiflorum root
Fructus Schisandrae Chinensis	Schisandra chinensis	*wu wei zi*	Schisandra fruit
Rhizoma Anemarrhenae	Anemarrhena asphodeloides	*zhi mu*	Anemarrhena rhizome
Flos Chrysanthemi Indici	Chrysanthemum indicum	*ye ju hua*	Wild Chrysanthemum flower
Radix Ledebouriellae Sesloides	Ledebouriella seseloides	*fang feng*	Siler root
Herba seu Flos Schizonepetae Tenuifoliae	Schizonepeta tenuifolia	*jing jie*	Schizonepeta herb

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Failure of lung qi to flow smoothly results in nasal disorders. **Bi Yan Pian** *(Nasal Clear Combination)* treats wind-heat that disturbs the smooth flow of lung qi and causes nasal congestion, nasal discharge etc. *Jie Geng* (Platycodon grandiflorum root) diffuses lung qi, *Zhi Mu* (Anemarrhena rhizome) clears lung heat and also protects lung yin from damage by both the heat pathogen and the bitter, acrid and drying herbs in the formula. *Xin Yi Hua* (Magnolia flower) and *Cang Er Zi* (Xanthium fruit) clear the nasal passages. *Huang Bai* (Phellodendron bark), *Lian Qiao* (Forsythia fruit), *Ye Ju Hua* (Wild Chrysanthemum flower) and *Gan Cao* (Chinese Licorice root) together clear wind and heat and resolve toxin. *Wu Wei Zi* (Schisandra fruit) strengthens lung qi and its sour-astringent nature prevents over-dispersion of lung qi by the acrid herbs in the formula. *Fang Feng* (Siler root) and *Jing Jie* (Schizonepeta herb) dispel wind from and resolve the exterior.

Herbal Formula Differentiation

Gan Mao Ling *(Cold Release Combination)* clears heat and opens the portals of the eyes and nose. It, however, is only for acute disorders and concentrates its functions on resolving the exterior and clearing heat. Though it can treat a similar pattern, it is far less targeted for the treatment of rhinitis than **Bi Yan Pian**.

Qing Bi Tang *(Pueraria Nose-Clearing Combination -* adapted*)* is a similar formula but it includes fewer herbs to dispel wind heat and more herbs to transform damp. It is better suited for chronic rhinitis while **Bi Yan Pian**, with a larger battalion of herbs to resolve the exterior, is better suited for the acute situation.

Both **Bi Yan Pian** and **Qing Bi Tang** are specifically for sinus congestion and are appropriate for sinusitis.

Cautions and Contraindications

If used long-term, one must monitor the patient's yin and qi because of the large number of dispersing and drying (acrid and bitter) herbs in this formula.

BXT ●

BU XUE TIAO JING TANG

(Adapted)

补血调经汤

"Supplement Blood & Adjust Menses"

Source

Modern Patent Formula

Biomedical Presentation

Leukorrhea, premenstrual syndrome, amenorrhea, **dysmenorrhea**, **dysfunctional uterine bleeding**, **endometriosis**.

Clinical Presentation

Pale face, **fatigue**, insomnia, headache, leukorrhea, scant or absent menstruation, **irregular menstruation**, **painful menstruation**, **menorrhagia**.

Tongue

Pale, possible slimy coat.

Pulse

Wiry, fine, vacuous.

Traditional Functions

Courses the liver and resolves depression, quickens the blood and transforms stasis, warms the menses and scatters cold, supplements the spleen and kidney, nourishes blood, and checks vaginal discharge.

Chinese Medical Indications

Blood vacuity. Liver depression. Blood stasis.Vacuity cold of penetrating and conception vessels. Spleen vacuity dampness and turbidity pouring downward.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Rhizoma Cyperi Rotundi	Cyperus rotundus	*xiang fu*	Cyperus rhizome
Fructus Rosae Laevigatae	Rosa laevigata	*jin ying zi*	Rose hips
Radix et Caulis Jixueteng	Millettia dielsiana Millettia reticulata	*ji xue teng*	Millettia stem
Radix et Ramus Litseae Cubebae	Litsea cubeba	*dou chi jiang*	Litsea root
Folium Mahoniae	Mahonia bealei	*shi da gong lao*	Mahonia leaf
Ramus Loranthi Seu Visci	Loranthus parasiticus	*sang ji sheng*	Loranthus twig
Herba Leonuri Heterophylli	Leonurus artemisia	*yi mu cao*	Chinese Motherwort herb
Rhizoma Alpiniae Officinari	Alpinia officinarum	*gao liang jiang*	Lesser Galanga rhizome
Radix Fici	Ficus microcarpa	*wu hua guo gen*	Ficus root
Folium Artemisiae Argyi	Artemisia argyi	*ai ye*	Mugwort leaf
Herba Capsellae	Capsella bursapastoris	*ji cai*	Shepherd's Purse herb
Radix Codonopsitis Pilosulae	Codonopsis pilosula	*dang shen*	Codonopsis root
Rhizoma Atractylodis Macrocephalae	Atractylodes macrocephala	*bai zhu*	Atractylodes macrocephala rhizome
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root
Gelatinum Corii Asini	Equus asinus	*e jiao*	Gelatinum Corii Asini
Cortex Cinnamomi Cassiae	Cinnamomum cassia	*rou gui*	Cinnamon bark

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Xiang Fu (Cyperus) rectifies the qi and resolves depression. *Jin Ying Zi* (Rose hips) warms kidneys, supplements vacuity, checks flooding and leaking and checks vaginal discharge. *Ji Xue Teng* (Millettia stem) supplements the blood, frees the menses and quickens the network vessels. *Shi Da Gong Lao* (Mahonia leaf) and *Sang Ji Sheng* (Loranthus twig) supplement the kidneys and nourish blood. *Dou Chi Jiang* (Litsea root), *Gao Liang Jiang* (Lesser Galanga rhizome) and *Rou Gui* (Cinnamon Bark) combine to warm the menses and scatter cold. *Ai Ye* (Mugwort leaf) also warms the menses and scatters cold and additionally stanches bleeding. *Yi Mu Cao* (Chinese Motherwort) regulates the menses, quickens the blood and dispels stasis, and stanches bleeding. *E Jiao* (Donkey hide gelatin) nourishes blood and stanches bleeding. *Ji Cai* (Shepherd's Purse herb) enhances the blood stanching action of the medicinals. *Dang Shen* (Codonopsis), *Bai Zhu* (Atractylodes macrocephala rhizome), and *Gan Cao* (Chinese Licorice root) combine to fortify the spleen to eliminate the source of dampness.

Herbal Formula Differentiation

Bu Xue Tiao Jing Tang *(Supplement Blood & Adjust Menses - adapted)* and **Wen Jing Tang** *(Flow-Warming (Menses) Combination)* warm the channels and menses, dispel cold, nourish the blood and transform stasis. Both formulas are also indicated where the vacuity cold manifests as a tendency for pain to be relieved with pressure and warmth, and where there may be abnormal bleeding. **Bu Xue Tiao Jing Tang** is indicated for dysmenorrhea where the liver depression is more prominent than the blood stasis. Unlike **Wen Jing Tang, Bu Xue Tiao Jing Tang** has the additional function of supplementing the spleen and kidney, nourishing blood, and checking vaginal discharge.

Tao Hong Si Wu Tang *(Carthamus & Persica with Four Substances)*, **Gui Zhi Fu Ling Tang** *(Cinnamon & Poria Combination)* and **Tong Jing Tang** *(Menses-Freeing Combination)* also treat blood stasis dysmenorrhea. The symptoms for which **Tao Hong Si Wu Tang** is indicated are a more replete pattern, i.e., pain that feels worse with pressure, and is generally not improved by warmth. Along with this repletion, there may be some blood vacuity symptoms such as pale, lusterless complexion, dizziness and palpitations. **Gui Zhi Fu Ling Tang** is indicated for blood stasis in the womb characterized by abdominal pain that is worse with pressure and uterine bleeding of purple or dark blood. **Tong Jing Tang** is indicated for menstrual pain due to replete blood stasis and liver depression, qi stagnation with symptoms such as pain that feels worse with pressure, but none of the vacuity symptoms.

Along with **Bu Xue Tiao Jing Tang**, **Wen Jing Tang** and **Zhi Xue Tang** *(Blood-Staunching Combination)* treat menorrhagia. **Zhi Xue Tang** stanches bleeding and is considered as a branch treatment. Thus it can be used in combination with any formula that addresses the root. In both of these cases, the menorrhagia would be due to repletion rather than vacuity. Because **Bu Xue Tiao Jing Tang** and **Wen Jing Tang** are warming, care should be taken in differentiation that the menorrhagia is not due to replete, depressive, or vacuity heat. **Zhi Xue Tang** can be used when heat is present. If stasis is also present as a cause of menorrhagia, but the pattern does not include the vacuity cold for which **Bu Xue Tiao Jing Tang** is indicated, **Tao Hong Si Wu Tang** can be combined with **Zhi Xue Tang**.

In addition to the formulas listed above, **Xiao Yao San** *(Free Wanderer Combination)*, **Dan Zhi Xiao Yao San** *(Moutan & Gardenia Free Wanderer)*, **Dang Gui Shao Yao San** (*Dang Gui & Peony Combination*), **Ba Zhen Tang** *(Eight Pearls Combination)*, and **Shi Quan Da Bu Tang** *(Perfect Great Supplementation Combination)* are all used for menstrual irregularity. None of these formulas, however, treats menstrual irregularity with blood stasis, for which **Bu Xue Tiao Jing Tang** is indicated.

Classically **Bu Xue Tiao Jing Tang** is indicated for the treatment of leukorrhea due to vacuity. This should be seen as a secondary and indirect application of this formula, as the primary focus for **Bu Xue Tiao Jing Tang** is dysmenorrhea. **Yu Dai Wan** (*Lower Burner Discharge Remedy*) is a direct application of a formula intended only for the treatment of leukorrhea due to damp heat.

Cautions and Contraindications

Contraindicated for stasis due to repletion. Contraindicated for abnormal bleeding due to heat.

BZY
●○

BU ZHONG YI QI TANG

补中益气汤

"Supplement the Center and Boost Qi Combination"

Source

On the Spleen and Stomach (Pi Wei Lun)

Biomedical Presentation

Pulmonary tuberculosis, dysentery, persistent malaria, pernicious anemia, leukopenia, hemorrhagic disorders, cerebral arteriosclerosis, chronic bronchitis, chronic nephritis, hernia, prostatitis, **gastroptosis**, peritonitis, chronic hepatitis, **prolapsed rectum**, hypoglycemia, myasthenia gravis, corneal ulcers, impotence, leukorrhea, **prolapsed uterus**, **dysfunctional uterine bleeding**, **habitual miscarriage**, postpartum problems including urinary incontinence, lochioschesis and insufficient lactation.

Clinical Presentation

Debility in the aftermath of a severe illness, ashen white or faded yellow facial color, **intermittent fever**, **bodily fatigue and chilled extremities**, sensitivity of back to cold and wind, spontaneous sweating, thirst with desire for warm drink, vertigo, headache, disinclination to speak, panting on minor movement, **shortness of breath**, **prolapse**, abdominal distension, flatulence, poor digestion, **loose or erratic stools**, incontinence, abnormal vaginal discharge, irregular menstruation and **menorrhagia**.

Tongue

A pale tongue with a fine, white coating, slightly enlarged.

Pulse

A flooding, vacuous or large, vacuous pulse.

Traditional Functions

Supplements the center and boosts the qi, upbears yang, uplifts the fallen.

Chinese Medical Indications

Spleen/stomach qi vacuity. Center qi falling.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Astagalus Membranacei	Astragalus membranaceus	*huang qi*	Astragalus root
Rhizoma Atractylodis Macrocephalae	Atractylodes macrocephala	*bai zhu*	Atractylodes macrocephala rhizome
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Radix Codonopsitis Pilosulae	Codonopsis pilosula	*dang shen*	Codonopsis root
Radix Bupleuri	Bupleurum chinense	*chai hu*	Bupleurum root
Pericarpium Citri Reticulatae	Citrus reticulata	*chen pi*	Citrus peel
Rhizoma Cimicifugae	Cimicifuga foetida	*sheng ma*	Chinese Black Cohosh rhizome
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*zhi gan cao*	Honey baked Chinese Licorice root
Radix Panacis Ginseng rubra	Panax Ginseng rubra	*hong ren shen*	Red Chinese Ginseng root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Huang Qi (Astragalus root) strongly boosts the qi. *Dang Shen* (Codonopsis root), *Hong Ren Shen* (Red Chinese Ginseng root), *Bai Zhu* (Atractylodes macrocephala rhizome), and *Zhi Gan Cao* (Honey-baked Chinese Licorice) supplement the spleen and boosts the qi. Together these herbs supplement the center and boost the qi. *Dang Gui* (Angelica sinensis root) supplements the blood and works with the qi-supplementing herbs by quickening the blood. *Chen Pi* (Citrus peel) rectifies the qi. It assists the digestion of the qi supplementing herbs and its qi rectifying properties contributes to the qi boosting action of this formula. *Sheng Ma* (Chinese Black Cohosh rhizome) and *Chai Hu* (Bupleurum root) upbear and uplift downfallen clear yang.

Herbal Formula Differentiation

Bu Zhong Yi Qi Tang *(Supplement the Center & Boost Qi Combination)*, **Huang Qi Ling Zhi San** *(Astragalus & Ganoderma)*, and **Ren Shen Yang Ying Tang** *(Ginseng Nutritive Combination)* treat debility. **Bu Zhong Yi Qi Tang** is indicated for falling of center qi, characterized by shortness of breath, weight loss, distension in the lower abdomen, organ prolapse or menorrhagia, but not yin vacuity. The debility for which it is indicated may occur in chronic conditions or in the aftermath of a severe illness. **Huang Qi Ling Zhi San** is indicated for a compromised immune system with manifestations of qi and yin vacuity characterized by extreme fatigue, spontaneous and night sweat, emaciation and dryness. **Ren Shen Yang Ying Tang** is indicated for debility due to blood and qi vacuity, particularly heart vacuity characterized by shortness of breath, fatigue, panting, palpitations, and forgetfulness which worsen upon exertion. This is commonly seen in elderly patients or those suffering from enduring consumptive disease.

Gui Pi Tang *(Spleen-Returning Combination)* and **Shi Quan Da Bu Tang** *(Perfect Great Supplementation Combination)* also treat fatigue. **Gui Pi Tang** is indicated for bodily fatigue with insomnia, palpitations, forgetfulness, and a thready, frail pulse due to a dual qi and blood vacuity, and dual spleen and kidney vacuity. Fatique with insomnia and palpitations are critical symptoms for the use of this formula. **Shi Quan Da Bu Tang** is for fatigue and debility where there is qi and blood vacuity with yang vacuity, especially for women's blood loss from menorrhagia or childbirth.

Bu Zhong Yi Qi Tang and **Gui Pi Tang** both treat abnormal uterine bleeding that tends to be pale-colored or watery. The amount of bleeding may vary from scant to profuse, and may occur anytime in the menstrual cycle. It may also occur during pregnancy. In both cases, the bleeding is due to the abnormal function of the spleen. For the former formula, it is the spleen failing to govern upbearing resulting in falling qi. For the latter, it is the failure of the spleen to manage blood. In the case of falling qi, **Bu Zhong Yi Qi Tang** aggressively addresses the underlying pattern by strongly supplementing and upbearing the qi. Accompanying symptoms for this pattern will be primarily qi vacuity symptoms: shortness of breath, weight loss, withdrawal, with a feeling of lower abdominal distention, or actual organ prolapse. **Gui Pi Tang** is indicated for spleen and heart vacuity symptoms, hence palpitations, insomnia and forgetfulness are critical symptoms which indicate its use. Neither formula contains medicinals that will stanch bleeding. For the treatment of excessive menorrhagia, the addition of **Zhi Xue Tang** *(Blood-Staunching Combination)* will provide the hemostatic action while the indicated formula treats the root cause of abnormal bleeding.

Bu Zhong Yi Qi Tang, **Huo Xiang Zheng Qi San** *(Agastches Qi Rectifying)*, **Wu Mei Wan** *(Mume Combination)*, **You Gui Yin** *(Restore the Right Combination)* and **Xiang Sha Liu Jun Zi Tang** *(Six Gentlemen with Saussurea & Cardamom)* can all be used in the treatment of diarrhea. **Huo Xiang Zheng Qi San** is for the treatment of acute diarrhea that accompanies an external pathogen, i.e., stomach flu. **Wu Mei Wan** is for diarrhea with a mixture of hot and cold signs: cold hands and feet, but a stifling, warm chest such as may occur with esytomic candida. **You Gui Yin** is indicated for the treatment of diarrhea due to kidney yang vacuity, characterized by watery stool in the early morning. **Xiang Sha Liu Jun Zi Tang** is indicated for the treatment of diarrhea due to spleen qi vacuity with damp characterized by reduced appetite and bloating. **Bu Zhong Yi Qi Tang** is indicated for diarrhea due to falling center qi characterized by chronic loose stool and the accompanying falling qi symptoms enumerated in the previous differentiations above.

Cautions and Contraindications

Contraindicated for fever due to yin vacuity. Use only for prolapse due to central qi falling. Not recommended for individuals with ascendency of yang.

CHG ●

CHAI HU GUI ZHI TANG

柴胡桂枝汤

"Bupleurum & Cinnamon Combination"

Source

On Cold Damage (Shang Han Lun)

Biomedical Presentation

Lymphadenitis, **common cold with lingering fever after several days**, **influenza**, upper respiratory tract infection, epidemic parotitis, acute rheumatic fever, malaria, acute and chronic bronchitis, tuberculosis, pleuritis, pneumonia, sinusitis, renal colic, gastritis, gastric ulcer, acute and viral hepatitis, cholecystitis, jaundice, torticollis, otitis media, tonsillitis, mastitis, postpartum fever.

Clinical Presentation

Alternating fever and chills, vertigo, **muscle aches**, chest and lateral costal region fullness, crepitus in joints.

Tongue

Thin, white tongue coating.

Pulse

Wiry.

Traditional Functions

Resolves the muscles, resolves the exterior, harmonizes and resolves the *shaoyang*.

Chinese Medical Indications

Shaoyang stage disorders where exterior has not been completely resolved.
Joint pain due to wind.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Bupleuri	Bupleurum chinense	*chai hu*	Bupleurum root
Rhizoma Pinelliae Ternatae	Pinellia ternata	*ban xia*	Pinellia rhizome
Ramulus Cinnamomi	Cinnamomum cassia	*gui zhi*	Cinnamon twig
Radix Paeoniae Lactiflorae	Paeonia lactiflora	*bai shao*	White Peony root
Radix Panacis Ginseng	Panax Ginseng	*bai ren shen*	White Chinese Ginseng root
Fructus Zizyphi Jujubae	Zizphus jujube	*da zao*	Jujube date
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*sheng jiang*	Fresh Ginger rhizome
Radix Scutellariae	Scutellaria baicalensis	*huang qin*	Scutellaria baikal root
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

This formula is a combination of **Xiao Chai Hu Tang** (*Minor Bupleurum Combination*) with the additions of *Gui Zhi* (Cinnamon twig) and *Bai Shao* (White Peony root). **Xiao Chai Hu Tang** clears, upbears, scatters and dispels pathogenic qi, clears *shaoyang* fire, boosts stomach qi, downbears counterflow, engenders fluids and humors, harmonizes the constructive and defensive and supports the right qi to help dispel pathogens. *Gui Zhi* resolves the exterior and the muscles, and scatters cold. *Bai Shao* boosts yin and restrains the constructive. Together, they reinforce the function of **Xiao Chai Hu Tang** to regulate and harmonize the constructive and defensive, and resolve muscle aches.

Herbal Formula Differentiation

Chai Hu Gui Zhi Tang (*Bupleurum & Cinnamon Combination)* and **Ge Geng Tang** (*Pueraria Plus Combination* - adapted*)* both treat external diseases with body aches. **Chai Hu Gui Zhi Tang** is indicated for a lingering pathogen that has penetrated to the *shaoyang* stage as evidenced by the alternating chills and fever. Generalized muscle aches are a prominent symptom. **Ge Geng Tang** is indicated for wind-cold pathogens where a prominent symptom is stiff upper back and neck ache.

Both **Xiao Chai Hu Tang** and **Chai Hu Gui Zhi Tang** both treat lingering common colds with alternating fever and chills. **Xiao Chai Hu Tang** is intended for a patient of average constitution where the external pathogen penetrates deeper to the *shaoyang* and causes some chest and rib oppression, digestive complaints and especially irritability. It is also used for women who catch a cold during menses or after childbirth. At these times, the depletion of qi and blood weaken the right qi, and **Xiao Chai Hu Tang** acts to expel the pathogen and prevent it from penetrating deeper while supporting the right qi. **Chai Hu Gui Zhi Tang** is a variation of **Xiao Chai Hu Tang**. It is intended for use with a more delicate patient with a lingering cold that is penetrating deeper into the *shaoyang*, or whose symptoms involve more muscular aches.

Cautions and Contraindications

This formula is ascending in action, and so it should not be used for patients with repletion above and vacuity below, liver fire, or bleeding gums. Use cautiously in patients with ascendancy of liver yang, hypertension, vomiting of blood due to yin vacuity, headache, or dizziness.

CHJ
●○

CHAI HU JIA LONG GU MU LI TANG

柴胡加龙骨牡蛎汤

"Bupleurum & Dragon Bone Combination"

Source

On Cold Damage (Shang Han Lun)

Biomedical Presentation

Hypertension, first or second degree atrial-ventricular block, gastritis, Meniere's disease, **hyperthyroidism**, epilepsy, postconcussion syndrome, **neurosis**, schizophrenia, **hysteria**, menopausal syndrome.

Clinical Presentation

Sensation of heaviness throughout body, **fullness in chest**, inability to rotate trunk, delirious speech, agitation, **irritability with occasional palpitations**, fright.

Tongue

Red tongue with a possible slimy coating.

Pulse

Replete, rapid and wiry.

Traditional Functions

Resolves *taiyang*, *shaoyang* and *yangming* disorders, and quiets the spirit.

Chinese Medical Indications

External pathogen in *taiyang*. Pathogen lodged in interior. Heat in *yangming*.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Bupleuri	Bupleurum chinense	*chai hu*	Bupleurum root
Rhizoma Pinelliae Ternatae	Pinellia ternata	*ban xia*	Pinellia rhizome
Ramulus Cinnamomi	Cinnamomum cassia	*gui zhi*	Cinnamon twig
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Radix Scutellariae	Scutellaria baicalensis	*huang qin*	Scutellaria baikal root
Radix Codonopsitis Pilosulae	Codonopsis pilosula	*dang shen*	Codonopsis root
Os Draconis	Fossilia Ossis Mastodi	*long gu*	"Dragon" bone
Concha Ostreae	Ostrea gigas, O. rivularis or O. talienwhanensis	*mu li*	Oyster shell
Rhizoma Zingiberis Officinalis recens	Zingiber officinale	*sheng jiang*	Fresh Ginger rhizome
Fructus Zizyphi Jujubae	Zizphus jujube	*da zao*	Jujube date
Radix et Rhizoma Rhei	Rheum officinale, R. palmatum or R. tanguticum	*da huang*	Chinese Rhubarb rhizome

Herbal Formula Analysis on next page

Herbal Formula Analysis

Originally, this formula was used for the sequelae of improper use of draining and precipitating methods when an external pathogen was still present. The symptom picture is one of repletion characterized by heat lodged in the chest, injuring the heart yin and disturbing the spirit. *Gui Zhi* (Cinnamon twig) resolves the exterior, and warms and quickens the yang qi in order to relieve the symptom of heaviness in the body. *Chai Hu* (Bupleurum root) and *Huang Qin* (Scutellaria root) scatter and clear *shaoyang* heat. Da Huang (Chinese Rhubarb rhizome) drains heat, and sweeps away the stomach and intestines. *Long Gu* (Dragon Bone) and *Mu Li* (Oyster shell) are mineral substances that weigh down and quiet the spirit. *Dang Shen* (Codonopsis root) and *Fu Ling* (Poria sclerotium fungus) boost the spleen qi and prevent it from being injured by the precipitating herbs in the formula. The latter herb disinhibits urination. *Ban Xia* (Pinellia rhizome) downbears the qi, and together with *Fu Ling*, disinhibits fluids, and opens the diaphragm. *Sheng Jiang* (Fresh Ginger) and *Da Zao* (Jujube date) harmonize the constructive and defensive.

Herbal Formula Differentiation

The cardinal symptom picture for the use of **Chai Hu Jia Long Gu Mu Li Tang** *(Bupleurum & Dragon Bone)* is the combination of chest fullness, agitation and irritability with occasional palpitations. Critical to the application of this formula is the presence of repletion, characterized by the replete, rapid and wiry as opposed to a fine pulse quality. **Chai Hu Jia Long Gu Mu Li Tang**, **Gu Pi Tang** *(Spleen-Returning Combination)* and **Suan Zao Ren Tang & Gan Mai Da Zao Tang** *(Zizyphus Plus Combination)* can all be used for palpitations. In addition, **Chai Hu Jia Long Gu Mu Li Tang** and **Suan Zao Ren & Gan Mai Da Zao Ren** can be used for irritability and agitation. However, both **Gu Pi Tang** and **Suan Zao Ren & Gan Mai Da Zao Ren** are indicated for vacuity patterns characterized by a fine quality to the pulse along with various other vacuity symptoms. **Gu Pi Tang** is indicated for spleen qi and heart blood vacuity and **Suan Zao Ren & Gan Mai Da Zao Ren** is indicated for liver blood leading to heart yin vacuity with vacuity, not replete, heat. **Chai Hu Jia Long Gu Mu Li Tang** is the only one of these formulas that is indicated for repletion.

Cautions and Contraindications

Contraindicated in the absence of replete heat.

CXL ●

CHUAN XIN LIAN KANG YAN

(Adapted)

穿心莲抗炎

"Isatis Combination"

Source

Modern Patent Formula

Biomedical Presentation

Measles, **upper respiratory infection**, influenza, **epidemic parotitis, strep throat**, bacillary dysentery, tuberculosis, chronic asthma, pneumonia, pulmonary abscess, urinary tract infection, diarrhea, viral hepatitis, toxic furuncles, **acute tonsillitis**, **acute pharyngitis**, and mastitis.

Clinical Presentation

Fever and chills, **severe sore throa**t, difficulty swallowing, panting, yellow sputum, dysuria, explosive diarrhea.

Tongue

Red with yellow coating.

Pulse

Rapid, slippery, possibly floating.

Traditional Functions

Resolves fire toxin and inflammation, cools the blood, soothes the throat.

Chinese Medical Indications

Severe fire toxin rising to the throat.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Herba cum Radice Isatidis seu Baphicacanthi	Isatis tinctoria	*ban lan gen da qing ye*	Isatis root & leaf
Herba Andrographitis Paniculatae	Andrographis paniculata	*chuan xin lian*	Andrographis herb
Herba cum Radice Taraxaci Mongolici	Taraxacum mongolicum	*pu gong ying pu gong gen*	Dandelion leaf & root
Fructus cum Radice Arctii Lappae	Arctium lappa	*niu bang zi niu bang gen*	Burdock seed & root
Herba cum Radice Violae Yedoensitis	Viola yedoensis	*zi hua di ding*	Viola herb
Radix Arnebiae seu Lithospermi	Lithospermum erythrorhizon	*zi cao*	Lithospermum root
Spica Prunellae Vulgaris	Prunella vulgaris	*xia ku cao*	Prunella spike

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Ban Lan Gen (Isatis root) and *Da Qing Ye* (Isatis leaf), *Chuan Xin Lian* (Andrographis herb), *Pu Gong Ying* (Dandelion leaf) and *Pu Gong Gen* (Dandelion root), and *Zi Hua Di Ding* (Viola herb) clear heat, drain fire and resolve toxins. *Niu Bang Zi* (Burdock seed) and *Niu Bang Gen* (Burdock root) clears heat and disinhibits the throat. In this way, it complements the heat-clearing and toxin-resolving functions of the other herbs, and also acts as a guide to the throat. *Zi Cao* (Lithospermum root) clears heat, drains fire and cools the blood. *Xia Ku Cao* (Prunella spike) clears heat and scatters nodulation to reduce swollen glands.

Herbal Formula Differentiation

Huang Lian Jie Du Tang *(Coptis & Scute Toxin-Resolving Combination)*, **Chuan Xin Lian Gang Yan Pian** *(Isatis Combination -* adapted*)*, **Yin Qiao San** *(Lonicera & Forsythia Combination)*, **Gan Mao Ling** *(Cold Release Combination)* and **Zhong Gan Ling** *(Heavy Cold Release Combination)* clear heat and resolve toxins. **Huang Lian Jie Du Tang** is indicated for replete heat and fire toxins and exuberant fire in all three burners. **Yin Qiao San** resolves the exterior and is meant for treatment of the initial stage of warm diseases, i.e., within the first few hours or days of a common cold or mild influenza. Prominent among the indications for **Yin Qiao San** is aversion to wind. **Gan Mao Ling** treats wind-heat, heat toxins, sore throat and heat obstructions of the upper orifices. **Zhong Gan Ling** is for the initial stage of a common cold or influenza with sudden high fever, slight or no chills, headache, and more prominent sore throat than **Yin Qiao San**, but less toxic heat than is indicated for **Chuan Xin Lian Gang Yan Pian**.

While some exterior symptoms may be present, the symptom picture for which **Chuan Xin Lian Gang Yan Pian** is intended is characterized by a heat toxin that has become lodged in the throat. In clinical treatment, a wind-heat condition with sore throat for which **Zhong Gan Ling** is indicated in the initial stages, may be treated with **Chuan Xin Lian Gang Yan Pian** in later stages where the sore throat is more severe.

Cautions and Contraindications

Not for long term use. Use with caution in cases of spleen and stomach vacuity.

DSY
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DAN SHEN YIN

(Adapted)
丹参饮
"Salvia Plus Combination"

Source
Compendium of Songs on Modern Formulas (Shi Fang Ge Kuo)

Biomedical Presentation
Angina pectoris, **chronic gastritis**, **peptic ulcer**, pancreatitis, hepatitis, and cholecystitis.

Clinical Presentation
Palpitations, **stabbing abdominal pain or epigastric pain which radiates upward**, hypochondriac pain, and irritability.

Tongue
Purplish, possibly pale-purple.

Pulse
Deep, choppy.

Traditional Functions
Quickens the blood and transforms stasis, courses the qi, nourishes blood, relieves pain.

Chinese Medical Indications
Qi stagnation and blood stasis in the middle burner.
Blood vacuity.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Salviae Miltiorrhizae	Salvia miltiorrhiza	*dan shen*	Salvia root
Radix Polygoni Multiflori	Polygonum multiflorum	*he shou wu*	Polygonum multiflori root
Fructus Mori Albae	Morus alba	*sang shen*	White Mulberry fruit
Fructus Crataegi	Crataegus pinnatifida	*shan zha*	Chinese Hawthorn berry
Semen Cassiae Torae	Cassia obtusifolia	*jue ming zi*	Cassia seed
Rhizoma Alismatis	Alisma orientale	*ze xie*	Alisma rhizome
Cortex Eucommiae Ulmoidis	Eucommia ulmoides	*du zhong*	Eucommia bark
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Fructus Schisandrae Chinensis	Schisandra chinensis	*wu wei zi*	Schisandra fruit
Radix Rubrus Paeoniae Lactiflorae	Paeonia lactifora	*chi shao*	Red Peony root
Radix Scutellariae Baicalensis	Scutellaria baicalensis	*huang qin*	Scutellaria baikal root
Lignum Santali Albi	Santalum album	*tan xiang*	Sandalwood herb
Fructus Amomi	Amomum villosum	*sha ren*	Cardamom Amomum villosum fruit
Radix Saussureae seu Vladimiriae	Saussurea vladimiria	*mu xiang*	Saussurea root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Dan Shen (Salvia root) nourishes blood, quickens the blood, dispels stasis, and relieves pain. *Tan Xiang* (Sandalwood), *Sha Ren* (Cardamom Amomum villosum fruit) and *Mu Xiang* (Saussurea root) rectify qi. Together these medicinals provide the main action of the formula by quickening blood, transforming stasis and rectifying qi. *He Shou Wu* (Polygonum multiflori root), *Sang Shen* (White Mulberry fruit), *Du Zhong* (Eucommia bark), *Wu Wei Zi* (Schisandra fruit), and *Dang Gui* (Angelica sinensis root) supplement the kidneys and nourish the blood and essence. *Chi Shao* (Red Peony root) and *Huang Qin* (Scutellaria baikal) clear heat, cool the blood, and quicken the blood. *Shan Zha* (Chinese Hawthorn berry) quickens the blood, dispels stasis, and disperses food stagnation. Western research has shown that *Shan Zha* decreases blood pressure, reduces serum cholesterol, and opens the patency of cardiac arteries. *Jue Ming Zi* (Cassia seed) has also been shown through Western research to lower cholesterol, and is included here for this reason. *Ze Xie* (Alisma rhizome) drains dampness, and Western research shows that it also lowers blood pressure.

Herbal Formula Differentiation

Dan Shen Yin *(Salvia Plus Combination -* adapted*)* is indicated for abdominal or epigastric pain due to qi stagnation and blood stasis, characterized by pain, chest or flank distention and irritability. This pain may radiate upwards. There is also some blood vacuity, characterized by palpitations. Clinically, this may occur in individuals with high cholesterol.

Xue Fu Zhu Yu Tang *(Expelling Stasis in the Blood Mansion)* also treats chest and head pain, but in this case, it is pain due to blood stasis alone, without the qi stagnation or blood vacuity for which **Dan Shen Yin** is indicated.

Si Ni San (*Four Counterflow Combination*) also treats middle burner qi stagnation and epigastric pain but is not for blood stagnation for which **Dan Shen Yin** is used.

Gui Pi Tang *(Spleen-Returning Combination)*, **Ren Shen Yang Ying Tang** *(Ginseng Nutritive Combination)* and **Tian Wang Bu Xin Tang** *(Heavenly Emperor Heart Supplementing Elixir)* all treat palpitations from vacuity. None of these three formulas address palpitations with pain due to stasis.

Cautions and Contraindications

Contraindicated in pregnancy or with hemorrhagic disorder.

DZX
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DAN ZHI XIAO YAO SAN

丹栀逍遥散

"Moutan & Gardenia Free Wanderer"

Source

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

Biomedical Presentation

Food allergies, anemia, pleurisy, chronic gastritis, **diarrhea**, peptic ulcer, hepatitis, vaginitis, **dysfunctional uterine bleeding**, **premenstrual syndrome**, **menopausal infertility** and **syndrome**.

Clinical Presentation

Alternating hot and cold, **fatigue**, **reduced appetite**, insomnia, vertigo, dry mouth and throat, **bitter taste**, headache, dizziness, **hypochondriac pain**, abdominal distention, loose stools, **irritability**, restlessness, impotence, **breast distention**, leukorrhea, **irregular menstruation**, and **menorrhagia**.

Tongue

Thin white or yellow coat.

Pulse

Wiry, especially in left bar position; slightly rapid, fine and vacuous.

Traditional Functions

Fortifies the spleen, courses the liver and resolves depression, transforms stasis and moves blood, harmonizes the constructive, supplements the blood, resolves depressive heat.

Chinese Medical Indications

Liver depression.
Spleen vacuity.
Blood vacuity.
Depressive heat.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Bupleuri	Bupleurum chinense	*chai hu*	Bupleurum root
Radix Paeoniae Lactiflorae	Paeonia lactiflora	*bai shao*	White Peony root
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Rhizoma Atractylodis Macrocephalae	Atractylodes macrocephala	*bai zhu*	Atractylodes macrocephala rhizome
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*sheng jiang*	Fresh Ginger rhizome
Cortex Moutan Radicis	Paeonia suffruticosa	*mu dan pi*	Moutan root bark
Fructus Gardeniae Jasminoidis	Gardenia jasminoides	*zhi zi*	Gardenia fruit
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root
Herba Menthae Haplocalycis	Mentha haplocalycis	*bo he*	Chinese Mentha herb

Herbal Formula Analysis on next page

● **5:1 Liquid herbal extract**
○ **8:1 Complete extraction liquid concentrate**

Herbal Formula Analysis

Bupleurum courses the liver and resolves depression. *Dang Gui* (Angelica sinensis root) supplements the blood and quickens the blood. It is important in the treatment of liver depression and blood vacuity. *Bai Shao* (White Peony root) works together with *Dang Gui* to nourish the blood and emolliate the liver. *Fu Ling* (Poria sclerotium fungus) and *Bai Zhu* (Atractylodes macrocephala rhizome) fortify the spleen and remove dampness, thus promoting the transformation and transportation function of the spleen. *Sheng Jiang* (Fresh Ginger rhizome) warms and harmonizes the center and prevents the development of qi counterflow. *Gan Cao* (Chinese Licorice root) boosts the qi and supplements the center. *Bai Shao* combined with *Gan Cao* emolliates the liver and relaxes abdominal spasms. *Bo He* (*Chinese* Mentha herb) enhances the ability of *Chai Hu* (Bupleurum root) to course the liver and resolve depressive heat. The former herbs make up **Xiao Yao San** *(Free Wanderer Combination)*. The addition of *Mu Dan Pi* (Moutan root bark) and *Zhi Zi* (Gardenia fruit) resolve depressive heat and cool the blood.

Herbal Formula Differentiation

Dan Zhi Xiao Yao San *(Moutan & Gardenia Free Wanderer)* is indicated for liver depression due to vacuity of liver blood and depressive heat. Since liver blood vacuity tends to lead to depression, and liver depression tends to form depressive heat, this formula is widely used for women's disorders, often for menstrual irregularity and premenstrual syndromes where heat signs such as irritability, restlessness, a yellow tongue coating, and rapid pulse are characteristic symptoms. If the depressive heat causes abnormal uterine bleeding, **Zhi Xue Tang** *(Blood-Staunching Combination)* may be combined with **Dan Zhi Xiao Yao San** to stop bleeding.

Xiao Yao San, Dan Zhi Xiao Yao San *(Moutan & Gardenia Free Wanderer)*, **Bu Xue Tiao Jing Tang** *(Supplement Blood & Adjust Menses -* adapted*)*, **Shi Quan Da Bu Tang** *(Perfect Great Supplementation Combination)*, **Tao Hong Si Wu Tang** *(Carthamus & Persica with Four Substances)*, **Tong Jing Tang** *(Menses-Freeing Combination)*, **Ba Zhen Tang** *(Eight Pearls Combination) and* **Wen Jing Tang (***Flow-Warming (Menses) Combination***)** all treat irregular menstruation. **Ba Zhen Tang** and **Shi Quan Da Bu Tang** are indicated for menstrual irregularity due to vacuity of qi and blood, with no repletion of blood stasis or liver depression. **Tao Hong Si Wu Tang** is indicated for blood vacuity and blood stasis, but without liver depression. **Tong Jing Tang** is indicated for solely replete conditions of blood stasis and liver depression, qi stagnation, without concurrent vacuity. **Wen Jing Tang** treats blood stasis and blood vacuity, warming the channels and relieving pain. Where abnormal menstrual blood flow presents, **Wen Jing Tang** may be appropriate.

Xiao Yao San, **Dan Zhi Xiao Yao San**, **Dang Gui Shao Yao San** (*Dang Gui & Peony Combination*) and **Bu Xue Tiao Jing Tang** all treat liver blood vacuity and liver depression. In contrast, **Bu Xue Tiao Jing Tang** is indicated for liver depression, blood vacuity, and vacuity cold with blood stasis and abnormal flow of menstrual blood. **Dan Zhi Xiao Yao San** is a variation of **Xiao Yao San**. The former has additional medicinals to treat heat resulting from liver depression. **Xiao Yao San** is indicated for liver depression and liver blood vacuity without heat signs.

Dang Gui Shao Yao San also treats liver-spleen disharmonies with blood stagnation but is particularly for accumulation of water qi dampness. If water swelling is not present, **Xiao Yao San** or **Dan Zhi Xiao Yao San** are more suitable.

Cautions and Contraindications

Use cautiously in patients with yin vacuity and with an ascension of liver yang. **Dan Zhi Xiao Yao San** may cause headaches and nausea in individuals with these conditions.

DGS ●

DANG GUI SHAO YAO SAN

当归芍药散

"Dang Gui & Peony Combination"

Source

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

Biomedical Presentation

This formula can address cramping and abdominal pain as seen in **menstrual pain, gastritis**, and **gastric ulcer** when these fall into the category of what Chinese medicine describes as disharmony between the liver and spleen. In addition, the formula is applied to **blood pressure irregularities during pregnancy,** inflammation of the cervix, vaginal discharge, post-partum abdominal pain and **menopausal symptoms** such as **headache,** insomnia, feelings of insecurity and lack of appetite. Lastly, owing to its emphasis on moving water and moving and nourishing blood it is used in modern times to address disorders such as **ovarian cysts,** water swelling and **dizziness.**

Clinical Presentation

Since this formula treats a situation where spleen vacuity and blood vacuity simultaneously exist, in addition to **abdominal pain and cramping** the patient presents with **pale complexion**, lack of appetite, **inhibited urination,** loose stools, bodily heaviness and cold in the lower abdomen. Water swelling and inhibited urination that result from spleen-vacuity stagnation of blood and fluids are also often a part of the clinical picture.

Tongue

Enlarged, pale and scalloped with a thin, white tongue fur

Pulse

Slow and soggy

Traditional Functions

Nourishes blood, courses the liver, disinhibits damp, fortifies the spleen and quiets the fetus.

Chinese Medical Indications

This formula was designed to treat pregnant women whose spleen has been compromised by the taxing of pregnancy and whose blood has been weakened by the need to share nourishment with the fetus. Blood vacuity leaves the liver with lack of nourishment and the liver then invades the spleen to further impair that organ's functioning leading to a vicious cycle that further weakens the spleen. In later times, the formula has been applied to this same situation regardless of whether or not the patient is pregnant. Note that inhibited urination is an important indication in this pattern as it indicates that the spleen is damaged to the extent that its ability to move fluids is impaired. One way to think of the situation where this formula is appropriate is to understand that it addresses the stagnation of both blood and water that result from the spleen-liver disharmony.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Paeoniae Lactiflorae	Paeonia lactiflora	*bai shao*	White Peony root
Rhizoma Alismatis	Alisma orientale	*ze xie*	Alisma rhizome
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Rhizoma Atractylodis Macrocephalae	Atractylodes macrocephala	*bai zhu*	Atractylodes macrocephala rhizome

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Ingredients continued on next page

Herbal Ingredients (continued)

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Radix Ligustici Wallichi	Ligusticum wallichii	*chuan xiong*	Ligusticum wallichii rhiz

Herbal Formula Analysis

Dang Gui (Angelica sinensis root) nourishes and supplements blood, *Chuan Xiong* (Ligusticum wallichii) moves and nourishes blood, *Fu Ling* (Poria sclerotium fungus) and *Ze Xie* (Alisma rhizome) disinhibit urine and *Bai Zhu* (Atractylodes macrocephala rhizome) supplements the spleen and dries damp. The formula contains a large dose of *Bai Shao* (White Peony root) following the view expressed in the *Shen Nong Ben Cao* that *Shao Yao (Chi Shao/Bai Shao)* "dispels blood bi, relieves pain, disinhibits urine and boosts qi." *Bai Zhu* and *Fu Ling* supplement the spleen, thus, this formula helps the body to properly transform fluids, and along with help from the blood nourishing herbs in the formula, the spleen is then able to supplement the blood. With the central burner qi dynamic no longer encumbered by stagnation the body can move blood and fluids, nourish blood and regain its balance.

Herbal Formula Differentiation

Xiao Yao San *(Free Wanderer Combination)* is similar to **Dang Gui Shao Yao San** *(Dang Gui & Peony Combination)* in that both formulas supplement blood and qi and treat liver-spleen disharmonies that present with abdominal pain, loose stools, pale complexion and lack of appetite. The difference is that **Xiao Yao San** has a stronger ability to course the liver and **Dang Gui Shao Yao San** is more suited to treating liver-spleen disharmonies that give rise to stagnation of blood and water qi. Thus, if urine is not inhibited and water swelling is not present, **Xiao Yao San** is often a better choice. This difference is exemplified by the pulses associated with the two formulas; the pulse in **Xiao Yao San** patterns is wiry and that for **Dang Gui Shao Yao San** patterns is slow and soggy.

Cautions and Contraindications

Though this formula was originally intended for pregnant women, modern practitioners use it cautiously in that circumstance because it contains the blood-moving herb Chuan Xiong.

DCT ●

DING CHUAN TANG

(Adapted)

定喘汤

"Clear Lung Heat & Transform Phlegm"

Source

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

Biomedical Presentation

Bronchial asthma, chronic bronchitis, and bronchiolitis.

Clinical Presentation

Possible simultaneous fever and chills, **panting, and coughing and wheezing with copious, thick yellow sputum.**

Tongue

Slimy, yellow tongue coat.

Pulse

Slippery and rapid pulse.

Traditional Functions

Downbears counterflow and diffuses the lung, calms wheezing, clears heat, transforms phlegm.

Chinese Medical Indications

Panting due to wind-cold externally binding and phlegm-heat internally binding.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Semen Ginkgo Bilobae	Ginkgo biloba	*bai guo*	Ginkgo seed
Rhizoma Pinelliae Ternatae	Pinellia ternata	*ban xia*	Pinellia rhizome
Fructus & Folium Perillae	Perilla frutescens	*su zi & zi su ye*	Perilla seed & leaf
Semen Pruni Armeniacae	Prunus armeniaca	*xing ren*	Armeniaca seed
Bulbus Fritillariae Thunbergii	Fritillaria thunbergii	*zhe bei mu*	Chinese Fritillaria bulb
Cortex Mori Albae Radicis	Morus alba	*sang bai pi*	White Mulberry root bark
Fructificatio Ganodermae Lucidi	Ganoderma lucidum	*ling zhi*	Ganoderma fungus
Gypsum	Calcium sulfate	*shi gao*	Gypsum mineral
Flos Tussilaginis Farfarae	Tussilago farfara	*kuan dong hua*	Coltsfoot flower
Radix Scutellariae	Scutellaria baicalensis	*huang qin*	Scutellaria baikal root
Flos Caryophylli	Eugenia caryophyllata	*ding xiang*	Caryophylli flower
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root

Herbal Formula Analysis on next page

Herbal Formula Analysis

Su Zi & Zi Su Ye (Perilla leaf & seed) resolves the exterior, and mildly diffuse the lungs. *Bai Guo* (Ginkgo seed) transforms phlegm, constrains the lung, calms wheezing, and prevents excessive diffusing of the lung by the exterior releasing herbs. The combination diffuses and constrains to calm wheezing. *Xing Ren* (Armeniaca seed) assists to calm wheezing while diffusing the lung and expels pathogens. *Su Zi* (Perilla seed), *Ban Xia* (Pinellia rhizome), *Zhe Bei Mu* (Fritillaria bulb), and *Kuan Dong Hua* (Coltsfoot flower) downbear lung qi, calm wheezing, and transform phlegm. *Sang Bai Pi* (White Mulberry root bark), *Shi Gao* (Gypsum mineral) and *Huang Qin* (Scutellaria baikal root) down bear lung-fire, calm wheezing and suppress cough. *Ling Zhi* (Ganoderma fungus) suppresses cough and calms wheezing. *Ding Xiang* (Caryophylli flower), with its fragrant essential oil, has been found in modern research to have an antiasthmatic effect and assist in ventilating the lungs. *Gan Cao* (Chinese Licorice root) harmonizes the other medicinals.

Herbal Formula Differentiation

Ding Chuan Tang *(Clear Lung Heat & Transform Phlegm)* is indicated for internal smoldering of phlegm-heat with exterior wind-cold characterized by wheezing and coughing, copious, thick stringy yellow sputum, and possibly simultaneous fever and chills. This may occur in individuals with a constitutional tendency for phlegm who contract wind-cold. The key symptom is wheezing with phlegm.

Other respiratory formulas which are indicated for patterns with some external symptoms include **Huang Lian Shang Qing** *(Coptis to Clear the Upper Body)*, **Xiao Qing Long Tang** *(Minor Blue Dragon Combination* – adapted*)*, **Zhi Sou San** *(Alleviate Cough Combination)*, **Yin Qiao San** *(Lonicera & Forsythia Combination)*, **Gan Mao Ling** *(Cold Release Combination)* and **Zhong Gan Ling** *(Heavy Cold Release Combination)*. **Huang Lian Shang Qing** is indicated for an external wind-cold or wind-heat with lung-fire. In this case, the fire damages lung fluids, and dries phlegm so that there is fever, and cough with scant, yellow phlegm that is difficult to expectorate, rather than thick, stringy sputum and wheezing.

Yin Qiao San, **Gan Mao Ling** and **Zhong Gan Ling** are for the very initial stages of external wind-heat contraction and are not indicated for either wind-cold or phlegm-heat. **Xiao Qing Long Tang** is indicated for an external contraction of wind-cold with an internal congestion of fluids. This is characterized by the presence of prominent chills, and slight or no fever. Rather than thick, stringy yellow sputum and wheezing, this formula treats cough with profuse white, frothy sputum. **Zhi Sou San** also treats a cough that has entered the lungs from wind-cold attack, diffusing the lung qi and transforming phlegm. But unlike **Ding Chuan Tang**, **Zhi Sou San** does not treat internally binding phlegm-heat and respiratory panting so it is not specific to asthma with wheezing.

Er Chen Tang *(Citrus & Pinellia Plus* – adapted*)*, **Qing Qi Hua Tan Wan** *(Pinellia "X" Clear Qi & Transform Phlegm Combination)*, **Qing Fei Tang** *(Lung Clearing Combination)* and **Sha Shen Mai Dong Tang & Bai He Gu Jin Tang** *(Ophiopogon Plus Metal-Securing Combination* – adapted*)* all treat various interior conditions of the lung.

Er Chen Tang is indicated for chest oppression and glomus with easily expectorated, copious white sputum. This is characteristic of damp-phlegm cough. The cough is interiorly generated due to spleen qi vacuity and dampness. **Qing Qi Hua Tan Wan** is indicated for internal clumping of phlegm heat characterized by coughing with moderate amount of difficult to expectorate, stringy yellow phlegm and chest oppression.

Sha Shen Mai Dong Tang & Bai He Gu Jin Tang is indicated for lung yin vacuity characterized by a dry cough accompanied by night sweat, dry mouth, malar flush, and other yin vacuity symptoms.

Qing Fei Tang is indicated for internal heat in the lung that has caused damage of lung fluids characterized by a chronic condition of dry mouth, dry cough, and sore throat.

Cautions and Contraindications

Contraindicated for external wind-cold with an absence of sweating or internal phlegm-heat, and chronic asthma with qi vacuity and frail pulse.

DHL
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DU HUO JI SHENG TANG

独活寄生汤

"Du Huo & Loranthus Combination"

Source

A Thousand Gold Pieces Prescriptions (Qian Jin Yao Fang)

Biomedical Presentation

Sequelae of poliomyelitis, **chronic rheumatoid arthritis**, **osteoarthritis**, **rheumatic sciatica**, **chronic low back pain**, **lumbar strain**, **lumbar intervertebral disc herniation**, and hemiplegia due to stroke.

Clinical Presentation

Aversion to cold and preference for warmth, palpitations, shortness of breath, **fixed pain in the low back and knee accompanied by weakness and stiffness**, and paresthesia or numbness.

Tongue

Pale tongue with a white coating.

Pulse

Fine, weak pulse.

Traditional Functions

Dispels wind dampness, relieves impediment pain, supplements liver and kidneys, supplements the qi and blood.

Chinese Medical Indications

Painful obstruction syndrome. Liver and kidney dual vacuity. Qi and blood insufficiency.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Angelicae Pubescentis	Angelica pubescens	*du huo*	Angelica pubescens root
Ramus Loranthi Seu Visci	Loranthus parasiticus	*sang ji sheng*	Loranthus twig
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Radix Rehmanniae Glutinosae Conquitae	Rehmannia glutinosa	*shu di huang*	Prepared Rehmannia root
Cortex Eucommiae Ulmoidis	Eucommia ulmoides	*du zhong*	Eucommia bark
Radix Gentianae Macrophyllae	Gentiana macrophylla	*qin jiao*	Large-leaf Gentian root
Radix Achyranthis Bidentatae	Achyranthes bidentata	*huai niu xi*	Achyranthes root
Radix Ledebouriellae Divaricatae	Ledebouriella divaricata	*fang feng*	Siler root
Herba cum Radice Asari	Asarum canadense	*xi xin*	Asarum herb
Radix Panacis Ginseng rubra	Panax Ginseng rubra	*hong ren shen*	Red Ginseng root
Cortex Cinnamomi Cassiae	Cinnamomum cassia	*rou gui*	Cinnamon bark
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Radix Paeoniae Lactiflorae	Paeonia lactiflora	*bai shao*	White Peony root
Radix Ligustici Wallichii	Ligusticum wallichii	*chuan xiong*	Ligusticum wallichii rhz.
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Du Huo (Pubescent Angelica root) dispels wind, cold and damp pathogens from the lower burner, sinews and bones. *Qin Jiao* (Large-leaf Gentian root) assists by dispelling wind dampness and relaxing the sinews. *Fang Feng* (Siler root) dispels wind and damp pathogens. *Xi Xin* (Asarum root) scatters wind-cold from the yin channels and sweeps away dampness from the sinews and bones to relieve pain. *Sang Ji Sheng* (Loranthus twig), *Du Zhong* (Eucommia bark), and *Huai Niu Xi* (Achyranthes root) dispel wind dampness while supplementing the liver and kidneys. The combination of *Dang Gui* (Angelica sinensis root), *Chuan Xiong* (Ligusticum wallichii rhizome), *Shu Di Huang* (Prepared Rehmannia root), and *Bai Shao* (White Peony root) nourish the blood while quickening the blood. *Hong Ren Shen* (Red Chinese Ginseng root) and *Fu Ling* (Poria sclerotium fungus) supplement the spleen and boosts the qi. *Rou Gui* (Cinnamon bark) warms and opens the blood vessels and *Gan Cao* (Chinese Licorice root) regulates and harmonizes the other medicinals.

Herbal Formula Differentiation

Du Huo Ji Sheng Tang (*Du Huo & Loranthus Combination)* is indicated for the treatment of back pain due to wind-damp impediment with dual liver and kidney vacuity and qi and blood insufficiency characterized by chronic pain and stiffness of the lower back, preference for warmth and aversion or tendency to cold, and signs of qi and blood insufficiency such as shortness of breath and palpitations. Thus, this formula is indicated for a combination of repletion and vacuity.

There are two other Chinese Classics formulas that treat bi syndrome in addition to **Du Huo Ji Sheng Tang**. **Su Jing Huo Xue Tang** (*Channel Coursing, Blood Quickening Combination*) treats wind-damp bi but does not supplement liver and kidney. Rather, it more strongly quickens the blood and transforms stasis, opening the channels and collaterals in the lower limbs, helping to relieve a replete pattern. **Guan Jie** (*Joint Care Combination* - adapted) also treats bi syndrome but is specific for wind-damp heat bi with redness, swelling and pain in the joints.

Pain in the lower back and knees is a characteristic symptom of kidney vacuity and is mentioned in the patterns treated by **Zhi Bai Di Huang Wan** *(Anem-Phello & Rehmannia)*, **Zuo Gui Yin** *(Restore the Left Combination)*, **You Gui Yin** *(Restore the Right Combination)*, **Shou Wu Zhi** *(Shou Wu Combination)* and **Er Xian Tang** *(Two Immortals Combination)*. The back pain for which these formulas are indicated is due to kidney vacuity, whether kidney yin, kidney yang or dual kidney yin and yang vacuity but do not treat bi syndrome. Unlike the former formulas, the back pain for which **Du Huo Ji Sheng Tang** is indicated also includes stiffness, confirming the presence of a damp pathogen. The stiffness could possibly worsen with damp weather changes, and, indeed, such an etiology would suggest back pain due to pathogens. Likewise, **Su Jing Huo Xue Tang** and **Guan Jie** treat externally caused pathogenic bi syndromes.

Cautions and Contraindications

None noted.

ECT ●

ER CHEN TANG

(Adapted)

二陈汤

"Citrus & Pinellia Plus"

Source

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

Biomedical Presentation

Upper respiratory tract infection, chronic tracheitis, **chronic bronchitis**, **pulmonary emphysema**, chronic gastritis, gastroptosis, peptic ulcer, goiter, neurosis, Meniere's disease, and eclampsia.

Clinical Presentation

Fatigue of body and limbs, vertigo, dizziness, palpitations, **chest and diaphragm oppression and glomus**, **copious white phlegm that is easily expectorated**, nausea, vomiting and leukorrhea.

Tongue

White, moist tongue coat.

Pulse

Slippery.

Traditional Functions

Dries dampness and transforms phlegm, rectifies qi, harmonizes center.

Chinese Medical Indications

Damp-phlegm cough.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Pericarpium Citri Reticulatae	Citrus reticulata	*chen pi*	Citrus peel
Rhizoma Pinelliae Ternatae	Pinellia ternata	*ban xia*	Pinellia rhizome
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Fructus Trichosanthis Kirlowii	Trichosanthes kirlowii	*gua lou*	Trichosanthes fruit
Bulbus Fritillariae	Fritillaria thunbergii	*zhe bei mu*	Chinese Fritillaria bulb
Honey-baked Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*zhi gan cao*	Honey baked Chinese Licorice root
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*sheng jiang*	Fresh Ginger rhizome
Fructus Pruni Wumei	Prunus mume	*wu mei*	Mume fruit

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Acrid, warm and drying *Ban Xia* (Pinellia rhizome) acts to dry dampness and transform phlegm. It also downbears counterflow and harmonizes the stomach to check vomiting. *Chen Pi* (Citrus peel) rectifies the qi and dries dampness. It aids the action of *Ban Xia* in normalizing the qi and transforming phlegm. *Fu Ling* (Poria sclerotium fungus) fortifies the spleen and percolates dampness. *Zhe Bei Mu* (Chinese Fritillaria bulb) transforms phlegm, suppresses cough and opens phlegm qi depression binding, thus relieving chest oppression. Assisting in opening chest oppression is *Gua Lou* (Trichosanthes fruit) which also moistens dryness, rectifies the qi, and washes away phlegm. The moistening properties of these last three herbs assist in balancing the drying properties of the phlegm and damp resolving medicinals. *Sheng Jiang* (Fresh Ginger root) downbears counterflow and transforms rheum. It also mitigates toxic properties of *Ban Xia*. A small amount of *Wu Mei* (Mume fruit) is used to constrain the lung qi. Combined with *Ban Xia*, these two dissipate and constrain at the same time. *Zhi Gan Cao* (Honey-baked Chinese Licorice root) moistens the lung, harmonizes the center and other medicinals.

Herbal Formula Differentiation

Er Chen Tang *(Citrus & Pinellia Plus -* adapted*)* is indicated for chest oppression and glomus with easily expectorated, copious white sputum. This is characteristic of damp-phlegm cough. The cough is interiorly generated due to spleen qi vacuity and dampness.

Zhi Sou San (*Alleviate Cough Combination*) also treats cough with phlegm due to external wind-cold attack but is stronger at diffusing lung qi than **Er Chen Tang**.

Xiao Qing Long Tang *(Minor Blue Dragon Combination -* adapted*)* also treats cough with profuse white sputum, but in this case, the sputum is frothy. The cough is generated by an external invasion of wind-cold with an internal congestion of fluids. This is characterized by the presence of prominent chills, and slight or no fever.

Other respiratory formulas which are indicated for patterns with some external symptoms include **Huang Lian Shang Qing** *(Coptis to Clear the Upper Body)*, **Yin Qiao San** *(Lonicera & Forsythia Combination)* and **Zhong Gan Ling** *(Heavy Cold Release Combination)*. The symptoms for which **Er Chen Tang** is indicated do not involve the exterior.

Er Chen Tang is not intended for use in the treatment of lung-heat, hot phlegm, lung fluid damage by fire characterized by sputum that is yellow, either profuse or sticky, or dry cough with difficult expectoration. Formulas that would address this range of conditions include **Qing Qi Hua Tan Wan** *(Pinellia "X" Clear Qi & Transform Phlegm Combination)*, **Ding Chuan Tang** (*Clear Lung Heat & Transform Phlegm*) and **Qing Fei Tang** *(Lung-Clearing Combination)*. **Er Chen Tang** is also not intended for use in the treatment of lung yin vacuity, characterized by dry cough, night sweat, and dry mouth and throat. **Sha Shen Mai Dong Tang & Bai He Gu Jin Tang** *(Ophiopogon Plus Metal-Securing Combination -* adapted*)* addresses lung vacuity cough.

Cautions and Contraindications

Do not use for lung yin vacuity cough. Do not use with external invasion.

EXT
●○

ER XIAN TANG
二仙汤
"Two Immortals Combination"

Source
Study of Gynecology and Obstetrics (Fu Chan Ke Xue)

Biomedical Presentation
Essential hypertension, urinary tract infection, chronic glomerulonephritis, chronic pyelonephritis, polycystic kidneys, hypofunction of the anterior pituitary, hyperthyroidism, and **menopausal syndrome**.

Clinical Presentation
Hot flashes, **cold lower extremities**, **night sweats**, insomnia, headache, tinnitus, dizziness, **low back and knee soreness and weakness**, **irritability**, **frequent urination**, **nocturia**, decreased libido, impotence and irregular menstruation.

Tongue
Pale tongue with scant coat.

Pulse
Fine, wiry, rapid, and possibly floating pulse.

Traditional Functions
Enriches and supplements the liver and kidneys, warms yang while draining fire, regulates and harmonizes *chong* and *ren*.

Chinese Medical Indications
Liver blood and kidney yin and yang vacuity.
Loss of harmony of the *chong* and *ren*.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Rhizoma Curculiginis Orchoidis	Curculigo orchioides	*xian mao*	Curculigo rhizome
Herba Epimedii	Epimedium grandiflorum	*yin yang huo* (*xian ling pi*)	Epimedium herb
Radix Morindae Officinalis	Morinda officinalis	*ba ji tian*	Morinda root
Cortex Phellodendri	Phellodendron chinense or P. amurense	*huang bai*	Phellodendron bark
Rhizoma Anemarrhenae Asphodeloidis	Anemarrhena asphodeloides	*zhi mu*	Anemarrhena rhizome
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Xian Mao (Cuculigo rhizome), *Xian Ling Pi* (Epimedium herb) and *Bai Ji Tian* (Morinda root) warm and supplement the kidney. *Xian Ling Pi* supplements both kidney yin and yang and harnesses ascendant liver yang. *Huang Bai* (Phellodendron bark) and *Zhi Mu* (Anemarrhena rhizome) nourish kidney yin and drain fire. *Dang Gui* (Angelica sinensis root) moistens, nourishes and quickens the blood and regulates the penetrating conception vessels.

Herbal Formula Differentiation

Zhi Bai Di Huang Wan *(Anem-Phello & Rehmannia)* and **Er Xian Tang** *(Two Immortals Combination)* both treat menopausal syndrome. While **Zhi Bai Di Huang Wan** treats yin vacuity-fire without yang vacuity, **Er Xian Tang** treats dual yin and yang vacuity with vacuity-fire. The latter treats a more complex presentation where amenorrhea, hot flashes, and night sweat appear with the yang vacuity symptoms of fatigue, lassitude, depression, urinary frequency, and a perception of cold with vacuity-fire. The cold may be limited to the lower back or feet only, with heat rising to the upper burner in the form of hot flashes, night sweat, dry mouth and throat or malar flush. **Zhi Bai Di Huang Wan** contains medicinals that clear heat and dampness in the lower burner. For this reason, it is indicated for menopausal syndrome wherever symptoms of urinary difficulty, or low back pain from lower burner dampness occurs.

Tian Ma Gou Teng Yin *(Gastrodia & Uncaria Combination)*, **Zhi Bai Di Huang Wan, Xue Fu Zhu Yu Tang** *(Expelling Stasis in the Blood Mansion)*, **Ban Xia Bai Zhu Tian Ma Tang** *(Pinellia, Atractylodes & Gastrodia Combination)* and **Er Xian Tang** are all indicated for the treatment of hypertension. The differentiation of the application of these formulas for hypertension is dependent on the basic pattern differentiation. **Zhi Bai Di Huang Wan** and **Er Xian Tang** are indicated for kidney vacuity patterns. **Zhi Bai Di Huang Wan** is indicated for kidney yin vacuity with vacuity-fire characterized by hot flashes, malar flush, and night sweats. **Er Xian Tang** is indicated for a combination of kidney yin and yang vacuity and vacuity-fire characterized by hot flashes, cold lower extremities, night sweat, and malar flush.

Dizziness may be present in the kidney vacuity patterns as well as the liver and kidney vacuity patterns. The use of **Tian Ma Gou Teng Yin** is for dizziness, vertigo, and liver yang rising patterns. For the treatment of dizziness in the presence of malar flush, hot flash or night sweat, **Zhi Bai Di Huang Wan** is indicated. For the treatment of dizziness, malar flush, hot flash, night sweat and cold extremities, **Er Xian Tang** is indicated.

Gastrodia & Uncaria Combination is indicated for liver yang rising with liver and kidney vacuity. Dizziness and vertigo would be critical to this pattern. **Ban Xia Bai Zhu Tian Ma Tang** is indicated for wind phelgm characterized by dizziness and vertigo with gastrointestinal complaints. **Xue Fu Zhu Yu Tang** is indicated for blood stasis. Fixed pain, purplish discoloration of the sclera, face or tongue, and depression with a sense of warmth in the chest would be critical to this pattern.

Ren Shen Lu Rong Wan (*Ginseng & Velvet Antler Combination* - adapted) strongly boosts and warms kidney yang but with the herbs *Lu Rong* (Velvet Antler) and *Bai Ren Shen* (White Chinese Ginseng root) is not usually suitable for high blood pressure or menopausal symptoms with heat in the upper body.

Cautions and Contraindications

Use cautiously with yin vacuity and without yang vacuity.

GML ●

GAN MAO LING

感冒灵

"Cold Release Combination"

Source

Modern Patent Formula

Biomedical Presentation

Upper respiratory tract infections, viral or bacterial infections, **sinusitis, mumps,** scrophula, **strep throat, headaches with a cold or influenza.**

Clinical Presentation

Wind heat with slight sore throat, swollen glands, **fever,** sinus discharge influenza, **fever with chills,** headache, sore throat, red eyes stiffness of the upper back and neck, nasal discharge, general aching, and swollen lymph glands. This clinical picture may be classified as *shaoyang* and *yangming* when the etiology is a cold pathogen that is transforming into heat. If the pattern is due to wind heat, this formula may be used for both wei stage and qi stage.

This formula is often used to prevent colds and influenzas when an exposure has taken place. It can be useful when **Yin Qiao San** (*Lonicera & Forsythia Combination)* fails to work. It is useful as a preventive agent when traveling on airlines or other places where there may be shared air supplies.

Tongue

Pink to red body, tongue coat is yellow.

Pulse

Rapid, wiry, flooding.

Traditional Functions

Clears heat, dispels toxins, dispels wind, relieves cough, open the portals of the nose, and brightens the eyes.

Chinese Medical Indications

Wind heat, heat toxins, sore throat, heat obstructions of the upper orifices

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Ilicis Pubescentis	Ilex pubescens	*mao dong qing*	Ilex pubescens root
Fructus Evodiae Rutaecarpae	Evodia rutaecarpa	*wu zhu yu*	Evodia fruit
Fructus Vitex	Vitex rotundifolia	*man jing zi*	Vitex fruit
Flos Chrysanthemi Morifolii	Chrysanthemum Morifolium	*ju hua*	Chrysanthemum flower
Flos Lonicera	Lonicera hypoglauca	*jin yin hua*	Lonicera flower
Radix Isatis	Isatis	*ban lan gen*	Isatis root
Herba Mentha	Mentha haplocalyx	*bo he*	Chinese Mentha herb

Herbal Formula Analysis

Jin Yin Hua (Lonicera flower) clears heat, resolves toxins and cools blood heat. *Wu Zhu Yu* (Evodia fruit) courses and scatters wind heat. *Man Jing Zi* (Vitex fruit) dispels wind, resolves phlegm, and regulates qi. *Mao Dong Qing* (Ilex root) dispels heat, quickens blood and eliminates toxins. *Ju Hua* (Chrysanthemum flower) scatters upper burner wind heat and brightens the eyes. *Ban Lan Gen* (Isatis root) clears heat and resolves toxins, cools blood and disinhibits the throat. *Bo He* (Chinese Mentha herb) assists *Ju Hua* by coursing and scattering wind heat, in addition, it clears the head and eyes, and disinhibits the throat.

Herbal Formula Differentiation on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Differentiation

Gan Mao Ling *(Cold Release Combination)*, **Zhong Gan Ling** *(Heavy Cold Release Combination)*, **Huo Xiang Zheng Qi San** *(Agastaches Qi Rectifying)*, **Chai Hu Gui Zhi Tang** *(Bupleurum & Cinnamon)*, **Chai Hu Jia Long Gu Mu Li Tang** *(Bupleurum & Dragon Bone)*, **Xiao Qing Long Tang** *(Minor Blue Dragon Combination* - adapted*)*, **Xiao Chai Hu Tang** *(Minor Bupleurum Combination)*, **Ge Gen Tang** *(Pueraria Plus Combination* - adapted*)*, **Gui Zi Tang** (*Cinnamon Twig Combination*), **Qing Bi Tang** *(Pueraria Nose-Clearing Combination* - adapted*)*, **Bi Yan Pian** *(Nasal Clear Combination)*, **Yin Qiao San** *(Lonicera & Forsythia Combination)* and **Sang Ju Yin** (*Mulberry & Chrysanthemum*) all resolve the exterior to some extent.

Gan Mao Ling, **Zhong Gan Ling, Yin Qiao San** and **Sang Ju Yin** dispel wind and clear heat toxins. **Gan Mao Ling** and **Zhong Gan Ling** are more effective after the first twelve hours. **Gan Mao Ling** brightens the eyes, disinhibits the nasal passages, and stops cough whereas **Zhong Gan Ling** is especially useful for moistening the throat and resolving the muscles. **Yin Qiao San** is especially effective in the initial twelve hours of a strong wind-heat attack while **Sang Ju Yin** diffuses lung qi and relieves dry cough as the initial wind-heat attack begins to penetrate the respiratory system.

Ge Gen Tang treats external wind-cold attack in the *taiyang* stage. It resolves the exterior and muscle layer and engenders fluids. **Gui Zi Tang** treats external wind-cold attack in deficient patients that presents with sweating and possible headache and/or muscle and joint pain by harmonizing the construction (*ying*) and defense (*wei*) aspects.

Huo Xiang Zheng Qi San is for influenza that affects the intestinal tract with wind, cold and damp. It rectifies the qi and harmonizes the center. **Gan Mao Ling** is for influenza that affects the respiratory tract with replete heat symptoms such as fever.

Gan Mao Ling, Xiao Qing Long Tang and **Qing Bi Tang** all treat sinus conditions. However **Xiao Qing Long Tang** is for wind cold that is complicated with dampness accumulating at the interior (tapping over the stomach can elicit audible fluid sounds). **Gan Mao Ling** has mild sinus congestion and presents with swollen lymph nodes and a sore throat. Both **Bi Yan Pian** and **Qing Bi Tang** are specifically for sinus congestion and are appropriate for both acute and chronic sinusitis.

Chai Hu Gui Zhi Tang, Chai Hu Jia Long Gu Mu Li Tang, Xiao Chai Hu Tang, Zhong Gan Ling and **Gan Mao Ling** all treat the *shaoyang*. However:

Xiao Chai Hu Tang is used for *shaoyang* conditions. It is the most commonly prescribed formula and is useful when a cold has been around for a few days. The pulse should be wiry and the infection should be moderate.

Chai Hu Gui Zhi Tang treats a combined *shaoyang taiyang* disorder with wind cold as the etiology. It is often used for headaches and upper musculoskeletal disorders in person of weak constitution. Here the infection is very mild or possibly latent.

Chai Hu Jia Long Gu Mu Li Tang treats a combined *shaoyang* and *yangming* disorder with some constipation. It is typically used for withdrawal from various addictive substances.

Zhong Gan Ling is useful for *shaoyang* and *yangming* stage disorders when there is thirst and dryness with aching neck and shoulders due to the scorched nature of the *yangming* channel pattern. **Zhong Gan Ling** is deeper into the *Yang Ming* stage than **Gan Mao Ling**.

Gan Mao Ling is more useful when the heat affects the eyes and causes swollen glands with more head and sinus involvement. A key feature of *shaoyang* disorders is diminished appetite and nausea with a wiry pulse. In clinical practice, these features show up far more frequently than alternating chills and fever. They are a more reliable indicator of an initial stage of a wind cold or heat attack beginning to penetrate the interior at the *shaoyang* stage or qi stage.

Cautions and Contraindications

This formula contains several cold and cool herbs. Prolonged use can damage the digestive system resulting in stomach upset and loose stool. Do not give this formula to a cold or shivering patient.

GGT
●

GE GEN TANG

(Adapted)
葛根汤
"Pueraria Plus Combination"

Source
On Cold Damage (Shang Han Lun)

Biomedical Presentation
Influenza, **upper respiratory tract infection**, early-stage poliomyelitis, **allergic rhinitis**, urticaria, tendonitis or bursitis of the shoulder, acute cervical myositis, and early-stage encephalitis.

Clinical Presentation
Fever and chills without sweating, and stiff and rigid neck and upper back.

Tongue
Thin, white tongue coat.

Pulse
Floating, tight pulse.

Traditional Functions
Resolve exterior and muscle layer, engenders fluids.

Chinese Medical Indications
External contraction of wind cold in the taiyang stage.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Puerariae Lobatae	Pueraria lobata	*ge gen*	Pueraria root
Fructus Zizyphi Jujubae	Zizyphus jujuba	*da zao*	Jujube date
Ramulus Cinnamomi Cassiae	Cinnamomum cassia	*gui zhi*	Cinnamon twig
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*sheng jiang*	Fresh Ginger rhizome
Folium Perillae Frutescentis	Perilla frutescens	*zi su ye*	Perilla leaf
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root
Rhizoma Curcumae Longae	Curcuma longa	*jiang huang*	Turmeric rhizome
Radix et Rhizoma Notopterygii	Notopterygium incisum	*qiang huo*	Notopterygium rhizome
Herba Seu Flos Schizonepetae Tenuifoliae	Schizonepeta tenuifolia	*jing jie*	Schizonepeta herb
Radix Paeoniae Lactiflorae	Paeonia lactiflora	*bai shao*	White Peony root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Pueraria resolves the exterior, resolves the muscles, and engenders fluid. *Zi Su Ye* (Perilla leaf) and *Jing Jie* (Schizonepeta herb) resolve the exterior, and mildlly effuse sweating. *Gui Zhi* (Cinnamon twig) strengthens the effect of effusing while warming the channels and dispelling cold. *Bai Shao* (White Peony root) disinhibits the muscles and relieves spasm. *Sheng Jiang* (Fresh Ginger) assists *Gui Zhi* in resolving the muscles and warming the stomach. In combination with *Da Zao* (Jujube date), *Sheng Jiang* regulates and harmonizes the constructive and defensive. *Gan Cao* (Chinese Licorice root) boosts qi, harmonizes the center and the other medicinals, and in combination with *Gui Zhi*, it resolves the muscles. *Jiang Huang* (Turmeric) and *Qiang Huo* (Notopterygium rhizome) dispel wind, cold and damp pathogens to relieve pain, especially of the neck, shoulders and upper back.

Herbal Formula Differentiation

Ge Gen Tang *(Pueraria Plus Combination -* adapted*)* is indicated for a wind-cold contraction characterized by fever and chills with a stiff and rigid neck and upper back. **Ge Gen Tang** treats external wind-cold attack in the *taiyang* stage. It resolves the exterior and muscle layer and engenders fluids. **Gui Zi Tang** treats external wind-cold attack in deficient patients that presents with sweating and possible headache and/or muscle and joint pain by harmonizing the construction (*ying*) and defense (*wei*) aspects.

Yin Qiao San *(Lonicera & Forsythia Combination)*, **Gan Mao Ling** *(Cold Release Combination)* and **Zhong Gan Ling** *(Heavy Cold Release Combination)* also treat early stages of external contraction Unlike **Ge Gen Tang**, these three formulas are indicated for wind-heat conditions and are not for exterior wind-cold attacks.

Cautions and Contraindications

Not intended for use in wind/heat conditions.

GUJ ●

GUAN JIE

(Adapted)

关节

"Joint Care Combination"

Source

Modern Patent Formula

Biomedical Presentation

The acute stages of arthritis, rheumatoid arthritis, lumbar pain and sciatic pain

Clinical Presentation

Swollen, hot, and painful joints, low back pain and pain along the path of sciatic nerve

Tongue

Red with a yellow fur

Pulse

Rapid and slippery

Traditional Function

Dispels wind-damp-heat, quickens the blood and transforms stasis, disperses swelling, disinhibits the joints and relieves *bi* pain.

Chinese Medical Indications

Treats wind-damp heat-*bi* patterns manifesting with redness, swelling and pain in the joints, low back pain or sciatic pain.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Cortex Erythrinae	Erythrina variegata	*hai tong pi*	Erythrina bark
Cortex Phellodendron	Phellodendron chinense or P. amurense	*huang bai*	Phellodendron bark
Rhizoma Atractylodis Macrocephalae	Atractylodes macrocephala	*cang zhu*	Atractylodes lancea rhizome
Semen Coicis	Coix lachryma-jobi	*yi yi ren*	Coix seed
Radix Stephaniae Tetrandrae	Stephania tetrandra	*han fang ji*	Stephania tetranda root
Radix Achyranthis Bidentatae	Achyranthes bidentata	*huai niu xi*	Achyranthes root
Radix Gentianae Macrophyllae	Gentiana macrophylla	*qin jiao*	Large-leaf Gentian root
Cortex Cinnamomi Cassiae	Cinnamomum cassia	*rou gui*	Cinnamon bark
Herba Siegesbeckiae	Siegesbeckia orientalis	*xi xian cao*	Siegesbeckia herb
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*gan jiang*	Dry Ginger rhizome

Ingredients continued on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Ingredients (continued)

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Angelicae Pubescentis	Angelica pubescens	*du huo*	Pubescent Angelica root
Radix Ledebouriellae Divaricatae	Ledebouriella divaricata	*fang feng*	Siler root
Radix Ligustici Wallichii	Ligusticum wallichii	*chuan xiong*	Ligusticum wallichii rhiz

Herbal Formula Analysis

This formula uses *Hai Tong Pi* (Erythrina bark), *Han Fang Ji* (Stephania root), *Huai Niu Xi* (Achyranthes root), *Fang Feng* (Siler root) and *Du Huo* (Pubescent Angelica root) to dispel wind and damp from the channels. Since wind-damp *bi* can cause blood stasis and because Chinese medicine believes in treating wind by moving blood, *Chuan Xiong* (Ligusticum wallichii rhizome) is included. *Qin Jiao* (Large-leaf Gentian root) and *Huang Bai* (Phellodendron bark) clear heat and dry damp and *Cang Zhu* (Atractylodes lancea rhizome) and *Yi Yi Ren* (Coix seed) percolate damp and supplement the spleen to help it to properly process damp and preventing damp from becoming a pathogen. *Xi Xian Cao* (Siegesbeckia herb) is included to treat heat-*bi* since it is lauded for this use by such famous practitioners as *Zhu Liang-Chun* and *Jiao Shu-De*. A small amount of *Rou Gui* (Cinnamon bark) is included in this formula to move blood and to disinhibit the joints. This may seem counterintuitive since *Rou Gui* is warm and seemingly inappropriate for hot *bi* patterns, however, it is not uncommon to include a warm and supplementing herb in a cold formula to counter the cold and dispersing nature of this formula as a whole.

Herbal Formula Differentiation

Guan Jie (*Joint Care Combination -* adapted*)* treats wind-damp-heat while **Du Huo Ji Sheng Tang** *(Du Huo & Loranthus Combination)* treats wind-cold-damp *bi* patterns in the context of liver-kidney vacuity and is for a much more chronic condition than **Guan Jie**. **Su Jing Huo Xue Tang** (*Channel Coursing, Blood Quicking Combination*) also treats wind-damp *bi* patterns but is particularly strong at increasing blood circulation, transforming stasis, and opening up the channels and collaterals to relieve pain in the lower body.

Cautions and Contraindications

This joint care formula to relieve *bi* pain is meant to be used only for wind-damp heat-*bi* patterns and not wind-cold damp-*bi*.

Contraindicated during pregnancy.

GPT
●○

GUI PI TANG

归脾汤

"Spleen-Returning Combination"

Source

Good Remedies for Women (Fu Ren Liang Fang)

Biomedical Presentation

Pulmonary tuberculosis, anemia, chronic hemorrhagic disorders, leukemia, supraventricular arrhythmia, rheumatic heart disease, mitral stenosis, mitral valve prolapse, emphysema, gastric ulcer, duodenal ulcer, hyperthyroidism, neurasthenia, **post-concussion syndrome**, myasthenia gravis, **insomnia**, chronic gonorrhea, nocturnal emission, impotence, cervicitis, uterine cancer, **dysfunctional uterine bleeding**, **menorrhagia**.

Clinical Presentation

Faded yellow face color, feverishness, night sweats, diminished appetite, **bodily fatigue**, shortness of breath, **palpitations**, diarrhea, constipation, hemafecia, **poor memory**, **anxiety**, irritability, **insomnia**, **early periods**, **excessive menstruation of pale colored blood**, **menorrhagia**, abnormal vaginal discharge.

Tongue

Pale, enlarged tongue with thin, white coating.

Pulse

Fine and moderate/relaxed, fine and weak, irregular.

Traditional Functions

Boosts the qi and supplements the blood, supplements the spleen, nourishes the heart.

Chinese Medical Indications

Heart and spleen dual vacuity and taxation damage. Qi and blood insufficiency. Spleen failing to manage blood.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Astragali Membranacei	Astragalus membranaceus	*huang qi*	Astragalus root
Radix Panacis Ginseng rubra	Panax Ginseng rubra	*hong ren shen*	Red Ginseng root
Arillus Euphoriae Longanae	Dimocarpus longan	*long yan rou*	Longan fruit
Semen Zizyphi Spinosae	Zizyphus spinosa	*suan zao ren (chao)*	Roasted Zizyphus seed
Sclerotium Poriae.Cocos	Wolfiporia Cocos	*fu ling*	Poria sclerotium fungus
Rhizoma Atractylodis Macrocephalae	Atractylodes macrocephala	*bai zhu*	Atractylodes macrocephala rhizome
Radix Angelicae Sinensis	Angelicae Sinensis	*dang gui*	Angelica sinensis root
Radix Polygalae Tenuifoliae	Polygala tenufolia	*yuan zhi*	Chinese Senega root
Radix Saussureae seu Vladimiriae	Saussurea Vladimiria	*mu xiang*	Saussurea root
Fructus Zizyphi Jujubae	Zizphus jujube	*da zao*	Jujube date
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*sheng jiang*	Fresh Ginger rhizome
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*zhi gan cao*	Honey baked Chinese Licorice root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Hong Ren Shen (Red Chinese Ginseng root), *Huang Qi* (Astragalus root), *Gan Cao* (Chinese Licorice root), *Sheng Jiang* (Fresh Ginger rhizome) and *Da Zao* (Jujube date) all supplement the spleen and boost the qi. *Dang Gui* (Angelica sinsensis root) nourishes the liver and generates heart blood. *Fu Ling* (Poria sclerotium fungus), *Chao Zao Ren* (Zizyphus seed) and *Long Yan Rou* (Longan fruit) nourish the heart and quiet the spirit. *Yuan Zhi* (Chinese Senega root) joins and frees the flow between the heart and kidneys. *Mu Xiang* (Saussurea root) rectifies the qi and boosts the spleen, to prevent the cloying properties of qi-boosting and blood-supplementing medicinals from stagnating the qi.

Herbal Formula Differentiation

Gui Pi Tang (*Spleen-Returning Combination*) **Ren Shen Yang Ying Tang** *(Ginseng Nutritive)* and **Tian Wang Bu Xin Tang** *(Heavenly Emperor Heart Supplementing Elixir)* are all used to treat insomnia, palpitations and forgetfulness. **Gui Pi Tang** *(Spleen-Returning Combination)* is indicated for insomnia, palpitations and forgetfulness with a dual qi and blood vacuity with bodily fatigue, reduced appetite, a pale tongue, and a thready, frail pulse. **Ren Shen Yang Ying Tang** is indicated for palpitations due to blood and qi vacuity characterized by shortness of breath, extreme fatigue, panting, palpitations, and forgetfulness which worsen upon exertion. **Tian Wang Bu Xin Tang** is indicated for a heart and kidney yin vacuity with restlessness and a red tongue with little coat and rapid, thready pulse. Palpitations from replete blood stasis are treated by **Xue Fu Zhu Yu Tang** *(Expelling Stasis in the Blood Mansion)*. Palpitations due to blood stasis with qi stagnation and blood vacuity are treated by **Dan Shen Yin** *(Salvia Plus Combination -* adapted*)*. Palpitations due to blood stasis with qi stagnation and blood vacuity are treated by **Dan Shen Yin**. **Chai Hu Jia Long Gu Mu Li Tang** (*Bupleurum & Dragon Bone*) is indicated for chest fullness, agitation and irritablity with occasional palpitations due to a pathogen lodged in the interior. The latter three formulas are not indicated for the vacuity symptom of insomnia.

Huang Qi Ling Zhi San *(Astragalus & Ganoderma)*, **Bu Zhong Yi Qi Tang** *(Supplement the Center & Boost Qi Combination)*, **Gui Pi Tang** and **Ren Shen Yang Ying Tang** treat debility and fatigue. **Huang Qi Ling Zhi San** is indicated for a compromised immune system with manifestations of qi and yin vacuity. In this case the fatigue is extreme, rather than limited to bodily fatigue. **Bu Zhong Yi Qi Tang** is for debility in the aftermath of illness, or fatigue due to falling central qi. The primary symptoms for this formula will present as qi vacuity: shortness of breath, weight loss, or withdrawal with possible distention in the lower abdomen, or actual organ prolapse. **Shi Quan Da Bu Tang** *(Perfect Great Supplementation Combination)* is for fatigue and debility where there is qi and blood vacuity with yang vacuity, especially for women's blood loss from menorrhagia or childbirth. **Gui Pi Tang** is indicated for bodily fatigue with insomnia, palpitations, forgetfulness, and a thready, frail pulse due to a dual qi and blood vacuity, and spleen and heart vacuity. Fatigue with insomnia and palpitations are critical symptoms for the use of this formula. **Ren Shen Yang Ying Tang** is indicated for debility due to blood and qi vacuity, particularly heart vacuity characterized by shortness of breath, fatigue, panting, palpitations, and forgetfulness which worsen upon exertion. This is commonly seen in elderly patients or those suffering from enduring consumptive disease.

Bu Zhong Yi Qi Tang and **Gui Pi Tang** both treat abnormal uterine bleeding that tends to be pale-colored or watery. The amount of bleeding may vary from scant to profuse, and may occur any time in the menstrual cycle. It may also occur during pregnancy. In both cases, the bleeding is due to the abnormal function of the spleen. For the former formula, it is the spleen failing to govern upbearing, resulting in falling qi. For the latter, it is the failure of the spleen to manage blood. In the case of falling qi, **Bu Zhong Yi Qi Tang** aggressively addresses the underlying pattern by strongly supplementing and upbearing the qi. Accompanying symptoms for this pattern will be as stated above: shortness of breath, weight loss, or withdrawal with a feeling of lower abdominal distention, or actual organ prolapse.

Gui Pi Tang is indicated for spleen and heart vacuity symptoms, hence the reason that palpitations, insomnia and forgetfulness are critical symptoms which indicate its use. Neither formula contains medicinals that will stop bleeding.

For the treatment of excessive menorrhagia, the addition of **Zhi Xue Tang** *(Blood-Staunching Combination)* will provide the hemostatic action while the indicated formula treats the root cause of abnormal bleeding.

Cautions and Contraindications

None noted.

GZF ●

GUI ZHI FU LING TANG

桂枝茯苓丸

"Cinnamon & Poria Combination"

Source

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

Biomedical Presentationn

Primary dysmenorrhea, endometriosis, uterine fibroids, cervical erosion, ovarian cysts, chronic salpingitis, chronic pelvic inflammatory disease, **threatened miscarriage**, **postpartum pain and lochioschesis**.

Clinical Presentation

Immobile abdominal mass with pain upon pressure, **amenorrhea with abdominal distention and pain**, **dysmenorrhea**, **mild and persistent uterine bleeding of purple or dark blood during pregnancy accompanied by abdominal pain upon pressure**, and **retention of lochia**.

Tongue

Purplish spots on center.

Pulse

Choppy.

Traditional Functions

Warms and transforms blood stasis.

Chinese Medical Indications

Blood stasis in the womb.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Ramulus Cinnamomi Cassiae	Cinnamomum cassia	*gui zhi*	Cinnamon twig
Cortex Moutan Radicis	Paeonia suffruticosa	*mu dan pi*	Moutan root bark
Semen Pruni Persicae	Prunus persica	*tao ren*	Persica seed
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Radix Rubrus Paeoniae Lactiflorae	Paeonia lactiflora	*chi shao*	Red Peony root

Herbal Formula Analysis

Gui Zhi (Cinnamon twig) scatters cold, warms the channels and quickens the blood. *Fu Ling* (Poria sclerotium fungus) disinhibits urination, supplements the spleen and quiets the spirit. It helps to quiet the fetus, and helps address phlegm-dampness or edema that may accompany the blood stasis. *Chi Shao* (Red Peony root), *Tao Ren* (Persica seed), and *Mu Dan Pi* (Moutan root bark) cool the blood, quicken the blood and transform stasis.

Herbal Formula Differentiation on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Differentiation

Gui Zhi Fu Ling Tang *(Cinnamon & Poria Combination)* is indicated for replete blood stasis in the womb manifesting as restless fetus disorder characterized by abdominal pain that gets worse with pressure, and mild, purple or dark uterine bleeding. While most substances that break blood stasis are contraindicated during pregnancy, **Gui Zhi Fu Ling Tang** contains herbs that mildly quicken the blood and transform stasis. Because of this mild action, this formula is also suited for postpartum retention of lochia.

Xue Fu Zhu Yu Tang *(Expelling Stasis in the Blood Mansion)*, **Bu Xue Tiao Jing Tang** *(Supplement Blood & Adjust Menses -* adapted*)*, **Wen Jing Tang (***Flow-Warming (Menses) Combination***), Tao Hong Si Wu Tang** *(Carthamus & Persica with Four Substances)*, and **Tong Jing Tang** *(Menses-Freeing Combination)* also treat blood stasis. **Xue Fu Zhu Yu Tang** is indicated for blood stasis of the chest and head. **Bu Xue Tiao Jing Tang** and **Wen Jing Tang** are indicated for blood stasis with blood vacuity and vacuity cold, and where appropriate, abnormal uterine bleeding. Both **Bu Xue Tiao Jing Tang** and **Wen Jing Tang** warm the channels and relieve pain and are appropriate where pain is relieved with pressure and warmth. However **Bu Xue Tiao Jing Tang** is indicated for dysmenorrhea where the liver depression is more prominent than the blood stasis.

Tong Jing Tang is indicated for menstrual pain or accumulations due to replete blood stasis and liver depression, qi stagnation with symptoms such as pain that feels worse with pressure, but none of the vacuity symptoms. For cases of abnormal bleeding, **Zhi Xue Tang** *(Blood-Staunching Combination)* can be used in combination with the formula that addresses the root pattern. **Bu Xue Tiao Jing Tang**, **Wen Jing Tang, Tao Hong Si Wu Tang**, and **Tong Jing Tang** contain herbs that are stronger-acting than **Gui Zhi Fu Ling Tang**, and are not indicated for use during pregnancy.

Cautions and Contraindications

Use with extreme caution during pregnancy or postpartum, and only with confirmed cases of blood stasis.

GZT ●

GUI ZHI TANG

桂枝汤

"Cinnamon Twig Combination"

Source

On Cold Damage (Shang Han Lun)

Biomedical Presentation

Initial stage wind-cold (cold and flu) with **sweating** and headache, **spontaneous sweating**, joint and muscle pain, seminal emissions and **post-partum abdominal pain**. This formula also can address heart palpitations, **wind-cold skin rashes**, **vacuity colds** and repeated colds.

Clinical Presentation

Treats weak patients with wind-cold patterns with symptoms such as **sweating**, fever, headache and **aversion to cold**. This formula is also used to treat skin disorders such as hives when repeated wind-cold symptoms accompany the dermatologic symptoms. In patients with non-exterior patterns, the formula serves as a supplementing formula to harmonize qi and blood, warm and free the yang and address internal disorders such as palpitations, spontaneous sweating, seminal emissions and muscle and joint pain.

Tongue

A thin, white tongue fur that carries moisture.

Pulse

Floating and moderate or weak

Traditional Functions

Dispels cold, effuses the exterior and harmonizes the construction and defense aspects.

Chinese Medical Indications

Treats initial stage wind-cold patterns that present with sweating, aversion to cold and headache along with the tongue and pulse mentioned above.

Cold or wind-cold patterns in deficient patients that present as seminal emissions, post-partum abdominal pain, muscle and joint pain (*bi*) or spontaneous sweating.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Ramulus Cinnamomi Cassiae	Cinnamomum cassia	*gui zhi*	Cinnamon twig
Radix Paeoniae Lactiflorae	Paeonia lactiflora	*bai shao*	White Peony root
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*sheng jiang*	Fresh Ginger rhizome
Fructus Zizyphi Jujubae	Zizyphus jujuba	*da zao*	Jujube date
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*zhi gan cao*	Honey baked Chinese Licorice root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Gui Zhi (Cinnamon twig) is acrid and warm and *Zhi Gan Cao* (Honey-baked Chinese Licorice root) is sweet and warm; together they boost yang and warm the channels. This directly targets the disease mechanism of wind-cold disorders invading the exterior. *Bai Shao* (White Peony root) is sour and cold and when coupled with sweet and warm *Gan Cao* this sour-sweet coupling boosts blood and enriches yin and thus targets the disease mechanism of blood vacuity disorders. Sweet and warm *Zhi Gan Cao* combined with sweet and balanced *Da Zao* (Jujube date) strengthens the formula's ability to boost qi and nourish blood. This augments the formula's capability to supplement qi and blood and thus directly targets the disease mechanism of yang vacuity damage. Lastly, the coupling of acrid, warm and yang-freeing *Gui Zhi* and acrid, warm and dispersing *Sheng Jiang* (Fresh Ginger rhizome) helps the formula to dispel the pathogen and disperse cold; a correct treatment of the disease mechanism associated with wind-cold invasion of the exterior. In tandem, these herbs disperse the wind-cold pathogen, boost the correct, warm and free the yang and nourish and boost blood.

Herbal Formula Differentiation

Both **Gui Zhi Tang** *(Cinnamon Twig Combination) and* **Ge Gen Tang** (*Pueraria Plus Combination*) treat initial stage wind-cold disorders. **Gui Zhi Tang** treats wind-cold disorders in deficient patients by harmonizing the construction (*ying*) and defense (*wei*) aspects. **Ge Gen Tang** resolves exterior wind-cold attack in the muscle layer characterized by fever and chills with stiffness in the neck and upper back. **Gan Mao Ling** *(Cold Release Combination)* and **Yin Qiao San** *(Lonicera & Forsythia Combination)* treat wind-heat disorders. **Sang Ju Yin** *(Mulberry & Chrysanthemum)* treats acute external patterns of dryness-induced cough.

Cautions and Contraindications

This formula should not be prescribed to those with internal heat signs or in excessively hot weather. Signs of internal heat include a rapid pulse, high fever, thirst and a severely sore throat.

HSD
●○

HUAN SHAO DAN

还少丹

"Rejuvenation Elixir"

Source

Master Hong's Experiential Formulas (Hong Shi Ji Yan Fang)

Biomedical Presentation

Lack of sex drive, weakness or pain in the low back or legs, impotence, premature ejaculation, seminal emissions, chronic fatigue, **premature aging** and **frequent urination.**

Clinical Presentation

Symptoms associated with premature aging such as **diminished hearing** and sight, low libido and fatigue are associated with the pattern this formula addresses. Also, it treats low back pain and weakness, fevers and night sweats, lack of appetite, weight loss, frequent urination and swollen gums.

Tongue

A pale or slightly purple tongue body.

Pulse

Moderate or slow and deep and weak.

Traditional Functions

Supplements the kidney, boosts spleen qi, strengthens yang, enriches yin, nourishes blood, harmonizes the heart and kidney and quiets the spirit.

Chinese Medical Indications

Dual vacuity of spleen and kidney qi that is characterized by timid weakness, abstraction, confusion and clouding of the essence-spirit, seminal loss, lack of appetite with impaired sense of taste, diminished hearing and sight, lack of sex drive, impotence and low back weakness and pain.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Herba Cistanches	Cistanches diserticolae	*rou cong rong*	Cistanche herb
Radix Morindae Officinalis	Morinda officinalis	*ba ji tian*	Morinda root
Fructus Broussonetiae	Broussonetia papyrifera	*chu shi zi*	Broussonetia fruit
Cortex Eucommiae Ulmoidis	Eucommia ulmoides	*du zhong*	Eucommia bark
Radix Achyranthis Bidentatae	Achyranthes bidentata	*huai niu xi*	Achyranthes root
Radix Rehmannia Glutinosae Conquitae	Rehmannia glutinosa	*shu di huang*	Prepared Rehmannia root
Fructus Lycii	Lycium barbarum	*gou qi zi*	Lycium fruit
Fructus Schisandrae Chinensis	Schisandra chinensis	*wu wei zi*	Schisandra fruit
Fructus Corni Officinalis	Cornus officinalis	*shan zhu yu*	Cornus fruit
Fructus Foeniculi vulgaris	Foeniculum vulgars	*xiao hui xiang*	Fennel seed

Ingredients continued on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Ingredients (continued)

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Dioscoreae Oppositae	Dioscorea opposita	*shan yao*	Chinese Yam root
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Radix Polygalae Tenuifoliae	Polygala tenuifolia	*yuan zhi*	Chinese Senega root
Rhizoma Acori Gramini	Acorus calamus	*shi chang pu*	Acorus rhizome
Fructus Zizyphi Jujubae	Zizyphus jujuba	*da zao*	Jujube date

Herbal Formula Analysis

Ba Ji Tian (Morinda root), *Rou Cong Rong* (Cistanche herb), *Du Zhong* (Eucommia bark), *Huai Niu Xi* (Achyranthes root) and *Chu Shi Zi* (Broussonetia fruit) supplement the kidneys, assist yang and strengthen the sinews and bones. In order to supplement the yang one must salvage yin from within yang; thus this formula employs *Shu Di Huang* (Prepared Rehmannia root) and *Shan Yao* (Chinese Yam root) to enrich yin and boost the kidneys. The formula also includes *Fu Ling* (Poria sclerotium fungus), *Da Zao* (Jujube date) and *Xiao Hui Xiang* (Fennel seed) with the goal of warming the stomach and fortifying the spleen to supplement both earlier-heaven and latter-heaven qi. *Yuan Zhi* (Chinese Senega root), *Wu Wei Zi* (Schisandra root) and *Shi Chang Pu* (Acorus rhizome) serve to connect the heart and kidney, quiet the spirit and settle the will. *Shan Zhu Yu* (Cornus fruit) secures the kidney and astringes essence. In total, yin and yang are supplemented, the heart is nourished, the spirit is quieted and the spleen and stomach are fortified. This formula supplements without being cloying and if taken over time it will extend life, thus **Huan Shao Dan** is called *"Rejuvenation Elixir."*

Herbal Formula Differentiation

Many formulas, including **Ba Wei Di Huang Wan** *(Rehmannia Eight Plus -* adapted*)*, **Du Huo Ji Sheng Tang** *(Du Huo & Loranthus Combination)* and **Ren Shen Lu Rong Wan** *(Ginseng & Velvet Antler Combination -* adapted*)*, supplement the kidney. Of these **Ba Wei Di Huang Wan** is closest to **Huan Shao Dan** *(Rejuvenation Elixir)* in function but it is more aimed directly at the kidney and pays little attention to the spleen. Further, it does not as directly address spirit-essence disorders such as abstraction and confusion.

Both **Huan Shao Dan** and **Du Huo Ji Sheng Wan** treat low back pain and weakness but **Du Huo Ji Sheng Tang** does so by not only supplementing the liver and kidney but also by dispelling wind-damp. **Huan Shao Dan** addresses these types of conditions that are purely a consequence of vacuity.

Ren Shen Lu Rong Wan supplements qi and yang and is best for conditions of pure kidney yang vacuity. If taken for an extended period and not combined with other herbs it will upset the body's yin-yang equilibrium. **Huan Shao Dan** is a more balanced formula and is appropriate for long-term use.

Cautions and Contraindications

Not to be taken by children or breast-feeding mothers. Not appropriate for those with heat conditions.

HLJ ●

HUANG LIAN JIE DU TANG

黄连解毒汤

"Copis & Scute Toxin-Resolving Combination"

Source

Medical Formulas Gathered and Explained (Yi Fang Ji Jie)

Biomedical Presentation

Cellulitis, septicemia, acute enteritis, **dysentery**, **urticaria**, pneumonia, acute urinary tract infection, acute hepatitis, pelvic inflammatory disease, **erysipelas**, **carbuncles**, **furuncles**, **boils**, ulcers, and acute conjunctivitis.

Clinical Presentation

Vigorous fever, dry mouth and throat, **delirious speech**, **carbuncles**, **deep-rooted boils**, epistaxis, hemoptysis, and jaundice.

Tongue

Red with yellow coat.

Pulse

Rapid and forceful.

Traditional Functions

Drains fire and resolves toxin, clears heat and transforms dampness.

Chinese Medical Indications

Replete heat and fire toxins.
Exuberant heat in the three burners.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Scutellariae	Scutellaria baicalensis	*huang qin*	Scutellaria baikal root
Fructus Gardeniae Jasminoidis	Gardenia jasminoides	*zhi zi*	Gardenia fruit
Cortex Phellodendron	Phellodendron chinense or P. amurense	*huang bai*	Phellodendron bark
Rhizoma Coptidis	Coptis chinensis	*huang lian*	Coptis rhizome

Herbal Formula Analysis

Huang Lian (Coptis rhizome) drains heart-fire and fire from the middle burner. *Huang Qin* (Scutellaria baikal root) clears lung-heat and drains upper burner fire. *Huang Bai* (Phellodendron bark) drains fire from the lower burner and *Zhi Zi* (Gardenia fruit) drains fire from all three burners, leads heat downward and cools the blood.

Herbal Formula Differentiation on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Differentiation

Huang Lian Jie Du Tang *(Coptis & Scute Toxin-Resolving Combination)* is indicated for replete heat and fire toxins characterized by fever, irritability, delirious speech, toxic skin eruptions, and possibly bleeding from the nose and stomach. **Chuan Xin Lian Kang Yan** *(Isatis Combination -* adapted*)* also treats fire toxins, but in contrast to **Huang Lian Jie Du Tang**, **Chuan Xin Lian Kang Yan** treats fire toxin lodged in the throat.

Yin Qiao San *(Lonicera & Forsythia Combination)*, **Gan Mao Ling** *(Cold Release Combination)* and **Zhong Gan Ling** *(Heavy Cold Release Combination)* resolve toxins, but are indicated for heat and toxins as a sequelae of an exterior wind-heat invasion rather than exuberant fire.

Cautions and Contraindications

Do not use in patients with bodily vacuity or vacuity of the spleen and stomach. Do not administer for long periods of time. Do not use for heat in the constructive or blood levels, as it can easily injure the yin.

HLS ●

HUANG LIAN SHANG QING

黄连清上丸

"Coptis to Clear the Upper Body"

Source

National Collection of Chinese Patent Medicines (Quan Guo Zhong Yao Cheng Yao Chu Fang)

Biomedical Presentation

Common cold, **influenza,** parotitis, **acute bronchitis**, **early stage pneumonia**, **pulmonary abscess**, otitis media, and tonsillitis.

Clinical Presentation

Fever, slight chills, headache, ear or mouth ulcers, swollen gums, **sore throat**, conjunctivitis, **cough with little or no sputum**, and **constipation.**

Tongue

Red with a yellow coat.

Pulse

Replete, rapid, possibly floating.

Traditional Functions

Resolves wind-heat, clears fire, suppresses cough.

Chinese Medical Indications

Exterior wind-heat. Heat scorching the lung.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix et Rhizoma Rhei	Rheum officinale, R.palmatum or R. tanguticum	*da huang*	Chinese Rhubarb rhizome
Fructus Viticis	Vitex rotundifolia	*man jing zi*	Vitex fruit
Rhizoma Coptidis	Coptis chinensis	*huang lian*	Coptis rhizome
Flos Chrysanthemi Indici	Chrysanthemum indicum	*ye ju hua*	Wild Chrysanthemum flower
Radix Angelicae Dahuricae	Angelica dahurica	*bai zhi*	Angelica dahurica root
Radix Platycodi Grandiflori	Platycodon Grandiflorum	*jie geng*	Platycodon grandiflorum root
Fructus Gardeniae Jasminoidis	Gardenia jasminoides	*zhi zi*	Gardenia fruit
Fructus Forsythiae Suspensae	Forsythia suspensa	*lian qiao*	Forsythia fruit
Radix Scutellariae	Scutellaria baicalensis	*huang qin*	Scutellaria baikal root
Radix Ledebouriellae Divaricatae	Ledebouriella divaricata	*fang feng*	Siler root
Herba Menthae Haplocalcis	Mentha haplocalycis	*bo he*	Chinese Mentha herb
Gypsum	Calcium sulfate	*shi gao*	Gypsum mineral
Radix Ligustici Wallichii	Ligusticum wallichii	*chuan xiong*	Ligusticum wallichii rhiz.
Radix Glycyrrhizae Uralensis	Glycyrrhizae uralensis	*gan cao*	Chinese Licorice root
Flos Inulae	Inula britannica	*xuan fu hua*	Inula flower

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Da Huang (Chinese Rhubarb root) drains fire, resolves toxins and precipitates accumulations to treat constipation due to replete heat in the stomach and large intestine. *Huang Lian* (Coptis rhizome), *Huang Qin* (Scutellaria baikal root), *Shi Gao* (Gypsum), *Zhi Zi* (Gardenia fruit) and *Lian Qiao* (Forsythia fruit) clear fire, especially in the upper and middle burner. *Ye Ju Hua* (Wild Chrysanthemum flower) drains fire and resolves toxins and treats sore throat. *Man Jing Zi* (Vitex fruit) and *Bo He* (Chinese Mentha herb) herb resolve wind-heat to treat fever and chills. *Bai Zhi* (Angelica dahurica root), *Fang Feng* (Siler root) and *Chuan Xiong* (Ligusticum rhizome) dispel wind and resolve the exterior for the treatment of headache due to external wind. *Jie Geng* (Platycodon grandiflorum root) and *Xuan Fu Hua* (Inula flower) combine to diffuse the lung, transform phlegm, calm panting, and suppress cough due to wind-heat blocking the lungs. *Gan Cao* (Chinese Licorice root) clears heat, resolves toxins, moistens the lung, soothes the throat and suppresses cough.

Herbal Formula Differentiation

Huang Lian Shang Qing *(Coptis to Clear the Upper Body)* is indicated for an external wind-cold or wind-heat with lung-fire. In this case, the fire damages lung fluids, and dries phlegm so that there is fever and cough with scant, yellow phlegm that is difficult to expectorate. The treatment principle embodied by this formula is to resolve the still present exterior symptoms while purging and clearing the deeper fire symptoms in order to prevent further damage to lung fluids by fire.

Other respiratory formulas which are indicated for patterns with some external symptoms include **Ding Chuan Tang** *(Clear Lung Heat & Transform Phlegm)*, **Xiao Qing Long Tang** *(Minor Blue Dragon Combination -* adapted*)*, **Yin Qiao San** *(Lonicera & Forsythia Combination)*, **Gan Mao Ling** *(Cold Rlease Combination)*, **Zhong Gan Ling** *(Heavy Cold Release Combination) and* **Sang Ju Yin** *(Mulberry & Chrysanthemum)*. **Ding Chuan Tang** is indicated for an exterior wind-cold and interior phlegm-heat characterized by coughing and wheezing with thick, stringy yellow mucous and not the scant yellow phlegm difficult to expectorate for which **Huang Lian Shang Qing** is indicated. **Yin Qiao San, Gan Mao Ling** and **Zhong Gan Ling** are for the very initial stages of external wind-heat contraction, and are not indicated for lung-fire. **Sang Ju Yin** treats external wind-heat contraction with dry cough. **Xiao Qing Long Tang** is indicated for an external contraction of wind-cold with an internal congestion of fluids. This is characterized by the presence of prominent chills, and slight or no fever. This formula treats cough with profuse white, frothy sputum.

Unlike **Huang Lian Shang Qing** which is indicated for the lingering presence of an external pathogen, **Er Chen Tang** *(Citrus & Pinellia Plus -* adapted*)*, **Qing Qi Hua Tan Wan** *(Pinellia "X" Clear Qi & Transform Phlegm Combination)*, **Qing Fei Tang** *(Lung-Clearing Combination)*, and **Sha Shen Mai Dong Tang & Bai He Gu Jin Tang** *(Ophiopogon Plus Metal-Securing Combination -* adapted*)* all treat various interior conditions of the lung.

Er Chen Tang is indicated for chest oppression and glomus with easily expectorated, copious white sputum. This is characteristic of damp-phlegm cough. The cough is interiorly generated due to spleen qi vacuity and dampness.

Unlike **Huang Lian Shang Qing** which is indicated for some lingering external pathogen and lung-fire, **Qing Qi Hua Tan Wan** is indicated for internal clumping of phlegm-heat characterized by coughing with moderate amount of yellow phlegm which is difficult to expectorate, and chest oppression.

Sha Shen Mai Dong Tang & Bai He Gu Jin Tang is indicated for lung vacuity characterized by a dry cough accompanied by night sweats, dry mouth, malar flush, and other yin vacuity symptoms.

Qing Fei Tang is indicated for internal heat in the lung that has caused damage of lung fluids characterized by a chronic condition of dry mouth, dry cough, and sore throat. This formula could follow **Huang Lian Shang Qing** once the external pathogen is resolved.

Cautions and Contraindications

Use for short time only. Contraindicated for use with loose stools or diarrhea.

HLW
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HUANG LIAN WEN DAN TANG

黄连温胆汤

"Coptis Warm Gallbladder Combination"

Source

Warp and Woof of Warm-Heat Diseases (Wen Re Jing Wei)

Biomedical Presentation

Chronic bronchitis, **chronic gastritis**, **peptic ulcer**, **chronic hepatitis**, neurosis, early stages of schizophrenia, Meniere's disease, **morning sickness**, **eclampsia**.

Clinical Presentation

Insomnia, vertigo, **bitter taste**, slight thirst, **indeterminate gnawing hunger**, dizziness, palpitations, chest oppression and glomus, **nausea**, **vomiting**, anxiety, **restlessness**, **irritability**, seizures accompanied by copious sputum.

Tongue

Red with a slimy yellow tongue coating.

Pulse

Slippery or wiry.

Traditional Functions

Rectifies the qi, transforms phlegm, clears the gallbladder, harmonizes the stomach.

Chinese Medical Indications

Disharmony between the gallbladder and stomach with phlegm-heat.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Pericarpium Citri Reticulatae	Citrus reticulata	*chen pi*	Citrus peel
Fructus Immaturus Citri Aurantii	Citrus aurantium	*zhi shi*	Immature Bitter Orange fruit
Caulis Bambusae In Taeniis	Bambusa breviflora	*zhu ru*	Bamboo shavings
Rhizoma Pinelliae Ternatae	Pinellia ternata	*ban xia*	Pinellia rhizome
Rhizoma Coptidis	Coptis chinensis	*huang lian*	Coptis rhizome
Fructus Zizyphi Jujubae	Zizyphus jujuba	*da zao*	Jujube date
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*sheng jiang*	Fresh Ginger rhizome
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Zhu Ru (Bamboo shavings) clear heat and transform phlegm in the gallbladder and stomach. It also downbears counterflow, which is the main focus of this formula. *Zhi Shi* (Immature Bitter Orange fruit) assists to downbear counterflow, and together with *Chen Pi* (Citrus peel), downbears qi, opens glomus and disperses phlegm. Thus the treatment of phlegm is accomplished by the rectification of qi. *Fu Ling* (Poria sclerotium fungus) fortifies the spleen and percolates dampness. *Ban Xia* (Pinellia rhizome) dries dampness and transforms phlegm. *Da Zao* (Jujube date), *Sheng Jiang* (Fresh Ginger root) and *Gan Cao* (Chinese Licorice root) boost the qi and fortify the spleen. Together, these herbs comprise *Wen Dan Tang (*Warm the Gallbladder Decoction). *Huang Lian* (Coptis rhizome) is added to *Wen Dan Tang* to drain fire, clear heat and eliminate vexation exemplified by the bitter taste, restlessness, and irritability.

Herbal Formula Differentiation

Both **Huang Lian Wen Dang Tang** *(Coptis Warm Gallbladder Combination* and **Kang Ning Wan** *(Curing Combination)* treat gastrointestinal pain, distention, nausea and vomiting. **Kang Ning Wan** is intended for conditions with mild exterior symptoms with indigestion, nausea, poor appetite, and abdominal bloating as predominant symptoms. **Huang Lian Wen Dang Tang** treats gastric disorders that are caused by a gallbladder and stomach disharmony with marked symptoms of phlegm-heat such as irritability, gnawing hunger, and bitter taste.

Cautions and Contraindications

Contraindications for use in yin vacuity patterns.

HQL
●○

HUANG QI LING ZHI SAN

黄芪灵芝散

"Astragalus & Ganoderma Combination"

Source

Modern Patent Formula

Biomedical Presentation

AIDS, chronic fatigue syndrome, leukemia, leukopenia, chronic bronchitis, and neurasthenia.

Clinical Presentation

Emaciation, tidal fever, fatigue, lassitude, loss of appetite, **spontaneous and night sweat, dry mouth**, thirst, dry skin, headache, **shortness of breath**, nasal congestion, dry cough or cough with sticky phlegm, nausea, diarrhea, numbness, tingling and/or pain in the limbs, irritability, anxiety, depression, shen disturbance, testicular pain, impotence, sexual obsessiveness.

Tongue

Red, often with a midline fissure, redder tips and sides with scant or peeled coating.

Pulse

Usually deep, vacuous or fine. If superficial, it is easily collapsed.

Traditional Functions

Boosts and supplements qi, strengthens right qi, enriches yin, nourishes blood, engenders fluids, fortifies spleen, warms and supplements kidneys, checks sweating, allays thirst and suppresses cough.

Chinese Medical Indications

Dual kidney yin and yang vacuity with vacuity-fire.

Lung dual qi and yin vacuity.

Blood and qi vacuity.

Wei qi vacuity, insufficient right qi.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Astragalus Membranacei	Astragalus membranaceus	*huang qi*	Astragalus root
Fructificatio Ganodermae Lucidi	Ganoderma lucidum	*ling zhi*	Ganoderma fungus
Tuber Ophiopogonis Japonici	Ophiopogon japonicus	*mai men dong*	Ophiopogon root
Fructus Schisandrae Chinensis	Schisandra chinensis	*wu wei zi*	Schisandra fruit
Fructus Ligustri Lucidi	Ligustrum lucidum	*nu zhen zi*	Ligustrum fruit
Radix Eleutherococci Senticosi	Eleutherococcus senticosus	*ci wu jia pi*	Eleuthero root bark
Rhizoma Atractylodis Macrocephalae	Atractylodes macrocephala	*bai zhu*	Atractylodes macrocephala rhizome
Herba Dendrobii	Dendrobium nobile	*shi hu*	Dendrobium herb
Fructus Lycii	Lycium barbarum	*gou qi zi*	Lycium fruit

Ingredients continued on next page

● **5:1 Liquid herbal extract**
○ **8:1 Complete extraction liquid concentrate**

Herbal Ingredients (continued)

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Polygoni multiflorum	Polygonum multiflori	*he shou wu*	Polygonum multiflori root
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Radix Codonopsitis Pilosulae	Codonopsis pilosula	*dang shen*	Codonopsis root
Radix Panacis Ginseng	Panax Ginseng	*bai ren shen*	White Chinese Ginseng root
Cortex Eucommiae Ulmoidis	Eucommia ulmoides	*du zhong*	Eucommia bark
Pericarpium Citri Reticulatae	Citrus reticulata	*chen pi*	Citrus peel
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root

Herbal Formula Analysis

Huang Qi (Astragalus root) boosts the qi and upbears yang, secures the exterior and checks sweating. Sweet, neutral *Ling Zhi* (Ganoderma fungus) strongly supplements qi to treat vacuity taxation, qi panting, insomnia, poor digestion, and cough. Western research has shown that *Ling Zhi* is useful in increasing white blood cell count, and in the treatment of leukemia. *Ci Wu Jia Pi* (Eleuthero root bark) boosts the qi specifically with respect to the immune system. *Bai Ren Shen* (White Chinese Ginseng root) strengthens right qi, supplements original (yuan) qi, engenders fluids and checks sweating. *Bai Zhu* (Atractylodes macrocephala rhizome), *Dang Shen* (Codonopsis root), and *Gan Cao* (Chinese Licorice root) assist these medicinals in supplementing and fortifying the lung, spleen, and kidney. *Mai Men Dong* (Ophiopogon root) enriches yin and moistens the lung. *Nu Zhen Zi* (Ligustrum fruit) enriches yin and supplements the liver and kidney. *Du Zhong* (Eucommia bark) warms and supplements the kidney. *Chen Pi* (Citrus peel) fortifies the spleen and rectifies qi. *Gou Qi Zi* (Lycium fruit), *He Shou Wu* (Polygonum multiflori root), and *Dang Gui* (Angelica sinensis root) nourish blood. *Shi Hu* (Dendrobium herb) nourishes stomach yin, clears heat, engenders fluids, and allays thirst. *Wu Wei Zi* (Schisandra fruit) engenders fluids and allays thirst as well as suppresses cough and checks sweating and diarrhea. Together, the herbs act to strongly supplement and boost qi, strengthen right qi, nourish yin, engender fluids, and check sweating and diarrhea, and suppress cough.

Herbal Formula Differentiation

Huang Qi Ling Zhi San *(Astragalus & Ganoderma)* is indicated for a compromised immune system with manifestations of qi and yin vacuity characterized by extreme fatigue, spontaneous and night sweat, emaciation and dryness. **Bu Zhong Yi Qi Tang** (*Supplement the Center & Boost Qi Combination*) and **Ren Shen Yang Ying Tang** *(Ginseng Nutritive Combination)* also treat debility. **Bu Zhong Yi Qi Tang** is indicated for falling of center qi, and does not treat the yin vacuity and dryness for which **Huang Qi Ling Zhi San** is indicated. **Ren Shen Yang Ying Tang** is indicated for qi and blood vacuity, particularly of the heart, and does not strongly address yin vacuity, falling qi or impaired immunity. Both **Huang Qi Ling Zhi San** and **Shen Mai San** (*Pulse-Engendering Combination*) boost the qi and enrich yin. and can be used for rehabilitation from illness. **Shen Mai San** boosts the qi of the heart for cardiovascular health. **Huang Qi Ling Zhi San** strengthens the righteous qi and supplements kidney yin and yang.

Cautions and Contraindications

Contraindicated with high fever or presence of external pathogen. *Ling Zhi* (Ganoderma fungus) is antagonized by *Yin Chen Hao* (Artemisia capillaris herb).

HXZ ●

HUO XIANG ZHENG QI SAN

藿香正气汤

"Agastaches Qi Rectifying"

Source

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

Biomedical Presentation

Influenza, **intestinal flu**, nonspecific acute colitis, **acute gastroenteritis**.

Clinical Presentation

Fever and chills, **loss of taste**, headache, fullness and oppression in chest, **epigastric pain**, **abdominal pain**, borborygmus, **nausea and vomiting**, **diarrhea**.

Tongue

White, slimy tongue coating.

Pulse

Moderate, soggy.

Traditional Functions

Resolves the exterior, eliminates dampness, rectifies qi.

Chinese Medical Indications

Wind-cold with internal damage due to damp stagnation. The exterior symptoms are mild, and the stagnation more severe.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Herba Agastaches seu Pogostemi	Agastache rugosa	*huo xiang*	Agastache herb
Cortex Magnoliae Officinalis	Magnolia officinalis	*hou po*	Magnolia bark
Folium Perillae Frutescentis	Perilla frutescens	*zi su ye*	Perilla leaf
Rhizoma Pinelliae Ternatae	Pinellia ternata	*ban xia*	Pinellia rhizome
Pericarpium Arecae Officinalis	Areca catechu	*da fu pi*	Areca husk
Rhizoma Atractylodis Macrocephalae	Atractylodes macrocephala	*bai zhu*	Atractylodes macrocephala rhizome
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Radix Platycodi Grandiflori	Platycodon grandiflorum	*jie geng*	Platycodon grandiflorum root
Pericarpium Citri Reticulatae	Citrus reticulata	*chen pi*	Citrus peel
Radix Angelicae Dahuricae	Angelica dahurica	*bai zhi*	Angelica dahurica root
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root
Fructus Zizyphi Jujubae	Zizyphus jujuba	*da zao*	Jujube date
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*sheng jiang*	Fresh Ginger rhizome

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Huo Xiang (Agastache herb) resolves wind-cold, eliminates dampness, revives the spleen, and stops vomiting. *Hou Po* (Magnolia bark) precipitates qi and promotes the transformation of fluids to expand the chest and resolve distention. *Chen Pi* (Citrus peel) rectifies the qi, eliminates dampness, and harmonizes the center. *Zi Su Ye* (Perilla leaf) harmonizes the center. *Bai Zhi* (Angelica dahurica root) root relieves pain, especially headache. Together *Zi Su Ye* and *Bai Zhi* resolve wind-cold. *Ban Xia* (Pinellia rhizome) harmonizes the stomach and checks vomiting. *Da Fu Pi* (Areca husk) precipitates qi and promotes the transformation of fluids in the lower burner to resolve distention. *Bai Zhu* (Atractylodes macrocephala rhizome) and *Fu Ling* (Poria sclerotium fungus) combine to boost the spleen and eliminate dampness. *Jie Geng* (Platycodon grandiflorum root) diffuses the lung and ascends clear yang. *Zi Su Ye*, *Bai Zhi* and *Jie Geng* have an ascending action. This is balanced by the action of *Fu Ling*, *Ban Xia*, and *Da Fu Pi* which cause the turbid counterflow qi to descend. *Gan Cao* (Chinese Licorice root), *Sheng Jiang* (Fresh Ginger rhizome) and *Da Zao* (Jujube date) boost stomach qi, engender fluids and humors, harmonize the constructive and defensive, and support the right qi to help dispel pathogens.

Herbal Formula Differentiation

Both **Huo Xiang Zhen Qi San** *(Agastaches Qi Rectifying)* and **Kang Ning Wan** *(Curing Combination)* treat gastric disorders due to summertime wind-cold and damp. Both treat some exterior symptoms such as slight chills and fever. Both treat abdominal distension, nausea and vomiting. **Kang Ning Wan** may treat conditions where exterior symptoms exist, but its focus is more on abdominal distension, and lack of appetite due to food stagnation, particularly in cases of stomach upset due to overeating, traveling, and motion sickness.

The use of **Huo Xiang Zhen Qi San** is for exterior conditions where the damp is more predominant, specifically for stomach flu with diarrhea. It may also be used for common colds that occur in summer where humidity exacerbates damp symptoms.

Ping Wei San *(Stomach Calming Combination)* treats acute damp stagnation affecting the central burner with symptoms such as nausea, vomiting and diarrhea but only has a very weak ability to deal with a pathogen on the exterior.

Bu Zhong Yi Qi Tang *(Supplement the Center & Boost Qi Combination)*, **Xiang Sha Liu Jun Zi Tang** *(Six Gentlemen with Saussurea & Cardamom)*, and **Wu Mei Wan** *(Mume Combination)* all treat diarrhea. In contrast with **Huo Xiang Zhen Qi San**, **Bu Zhong Yi Qi Tang** treats diarrhea due to debility and downward falling of qi. **Xiang Sha Liu Jun Zi Tang** treats a combination of stomach and spleen vacuity with dampness. Neither are appropriate for use in the presence of exterior symptoms. **Wu Mei Wan** treats prolonged diarrhea with a mixture of hot and cold symptoms: cold hands and feet, warmth in the chest, and intermittent abdominal pain. Whenever diarrhea occurs with exterior symptoms, such as influenza, **Huo Xiang Zhen Qi San** is indicated.

Yin Qiao San *(Lonicera & Forsythia Combination)*, **Gan Mao Ling** *(Cold Release Combination)*, **Zhong Gan Ling** *(Heavy Cold Release Combination)*, **Gui Zhi Tang** *(Cinnamon Twig Combination)*, **Ge Gen Tang** (*Pueraria Plus Combination* - adapted) and **Huo Xiang Zhen Qi San** are all used for common cold and influenza. However only **Huo Xiang Zhen Qi San** is used for mild cold-flu with interior dampness. **Huo Xiang Zhen Qi San** is applicable to influenza with damp, and can be used for common cold in summer where damp symptoms may be more prominent.

Cautions and Contradications

This formula contains warm and drying medicinals. Use with caution in cases of wind-heat or fire due to vacuity.

JJW
●

JIE JIE WAN (KAI KIT)

(Adapted)

解结丸

"Resolve Swelling Combination"

Source

Modern Patent Formula

Biomedical Presentation

This formula treats urinary dysfunction in the form of frequent urination, dribbling urine, incomplete urination and painful urination. These can be related to prostatitis, enlarged prostate or urinary tract disorders.

Clinical Presentation

Frequent urination, dribbling urine, incomplete urination and painful or turbid urination as seen in patients who present with pale complexion, fatigue, low back pain and other signs of vacuity of the spleen and kidney.

Tongue

Pale and scalloped with a white or slightly yellow tongue fur.

Pulse

Varied, may be slow and deep or slippery and slightly rapid.

Traditional Functions

Supplements the spleen and kidney, drains damp, disinhibits urine, outthrusts pus, disperses accumulation and moves blood and qi.

Chinese Medical Indications

Treats vacuity of the spleen and kidney that gives rise to accumulation of damp heat and stasis of qi and blood in the lower burner.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Astagalus Membranacei	Astragalus membranaceus	*huang qi*	Astragalus root
Radix Linderae	Lindero aggregata	*wu yao*	Lindera root
Herba patriniae cum radice	Patrinia villosa	*bai jiang cao*	Patrinia herb
Radix Achyranthis Bidentatae	Achyranthes bidentata	*huai niu xi*	Achyranthes root
Semen Cuscutae Chinensis	Cuscuta chinensis	*tu su zi*	Cuscuta seed
Semen Vaccariae	Vaccaria segetalis	*wang bu liu xing*	Vaccaria seed
Rhizoma Alimatis Orientalis	Alisma orientale	*ze xie*	Alisma rhizome
Semen Plantaginis	Plantago ovata	*che qian zi*	Plantago seed
Radix Rehmanniae Glutinosae	Rehmannia glutinosa	*sheng di huang*	Raw Rehmannia root
Rhizoma Curcumae Zedoariae	Curcuma zedoaria	*e zhu*	Zedoaria rhizome

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

This formula works in several ways to clear damp-heat accumulation from the lower burner. First, it uses *Huang Qi* (Astragalus root) to supplement the spleen to in-turn transform dampness. Second, it supplements the kidney with *Huai Niu Xi* (Achyranthes root) and *Tu Si Zi* (Cuscuta seed) thus enhancing the kidney's function of disinhibiting water. Further, the formula contains *Che Qian Zi* (Plantago seed), *Ze Xie* (Alisma rhizome) and *Wu Yao* (Lindera root) to disinhibit urine and help the body to clear damp-heat accumulation. *Bai Jiang Cao* (Patrinia herb) clears heat, outthrusts pus disperses accumulation while *E Zhu* (Zedoaria rhizome) and *Wang Bu Liu Xing* (Vaccaria seed) break blood stasis, thus dispersing the accumulation of blood, qi and damp accumulated in the lower burner. Lastly, *Sheng Di Huang* (Raw Rehmannia root) prevents the other herbs in this formula from damaging the body's yin qi.

Herbal Formula Differentiation

Like **Jie Jie Wan (Kai Kit** — *Resolve Swelling Combination -* adapted), **Zhi Bai Di Huang Wan** *(Anem-Phello & Rehmannia)* supplements the kidney and treats the lower burner, but it is aimed at yin vacuity disorders and has much less ability to clear damp-heat accumulation or to supplement the spleen.

Ba Zheng Tang *(Dianthus Eight Correct Herb)* treats damp-heat in the lower burner, but contains no supplementing herbs. Thus, it is appropriate for acute disorders while **Jie Jie Wan** supplements the spleen and kidney and focuses on chronic damp-heat accumulation with stasis of qi and blood.

Wu Ling San *(Poria Five Combination)* drains damp from the lower burner, but lacks the supplementing prowess of **Jie Jie Wan**. Instead it concentrates on invigorating yang qi and freeing the water path to promote urination.

Cautions and Contraindications

Not for use in pregnant women or persons taking blood thinning medications.

JGU
●○

JIN GU DIE SHANG WAN

筋骨跌伤丸

"Sinew & Bone Trauma Combination"

Source

Modern Patent Formula

Biomedical Presentation

Traumatic injury due to falls, fractures, contusions, strains, lacerations, or burns.

Clinical Presentation

Bruising, swelling, and pain accompanying traumatic injury, broken bones, torn sinews, bleeding due to lacerations.

Traditional Functions

Quickens the blood and transforms stasis, stanches bleeding, disperses swellings, and relieves pain.

Chinese Medical Indications

Blood stasis, qi stagnation, bleeding and pain due to traumatic injury.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Notoginseng	Panax notoginseng	*san qi*	Pseudoginseng root
Sanguis Draconis	Daemonorops draco	*xue jie*	"Dragon Blood" resin
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Flos Carthami Tinctorii	Carthamus tinctorius	*hong hua*	Carthamus flower
Myrrha	Commiphora myrrha	*mo yao*	Myrrh resin
Gummi Olibanum	Boswellia carterii	*ru xiang*	Olibanum resin
Radix Dipsaci Asperi	Dipsacus asper	*xu duan*	Dipsacus root
Rhizoma Drynariae	Drynaria fortunei	*gu sui bu*	Drynaria root
Cortex Albizziae Julibrissin	Albizzia julibrissen	*he huan pi*	Albizzia bark
Tuber Curcumae	Curcuma aromatica	*yu jin*	Curcuma root
Radix Angelicae Dahuricae	Angelica dahurica	*bai zhi*	Angelica dahurica root
Fructus Amomi	Amomum villosum	*sha ren*	Cardamom amomum villosum fruit

Herbal Formula Analysis

San Qi (Pseudoginseng) stanches bleeding, dissipates stasis, disperses swelling and relieves pain. It is assisted by *Xue Jie* (Sanguis Draconis resin), *Dang Gui* (Angelica Sinensis root), *Ru Xiang* (Olibanum resin), *Mo Yao* (Myrrh resin), *Hong Hua* (Carthamus flower), *Yu Jin* (Curcuma aromatica root), *He Huan Pi* (Albizzia bark), *Bai Zhi* (Angelica dahurica root), and *Sha Ren* (Cardamom Amomum villosum fruit). *Xu Duan* (Dipsacus root) and *Gu Sui Bu* (Drynaria root) join sinews and bones.

Herbal Formula Differentiation

Jin Gu Die Shang Wan *(Sinew & Bone Trauma Combination)* is indicated for blood stasis and qi stagnation due to traumatic injury.

Cautions and Contraindications

Contraindicated during pregnancy.

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

智慧結晶

Pearl of Knowledge & Wisdom

So long as the qi and blood enjoy harmonious flow,
none of the hundreds of diseases can arise.
Once they are depressed and suppressed,
various diseases are produced.

~Zhu Dan-xi

天地精華

Essence of Heaven & Earth

KNW ●

KANG NING WAN

康宁丸

"Curing Combination"

Source

Modern Patent Formula

Biomedical Presentation

Gastroenteritis, and **motion sickness**.

Clinical Presentation

Low-grade fever, slight chills, **headache**, **poor appetite**, sudden and violent cramping, regurgitation, gastric hyperacidity, **nausea**, **vomiting**, **abdominal bloating with pain**, constipation or diarrhea.

Tongue

Slippery.

Pulse

Thick, slimy tongue coat.

Traditional Functions

Dispels summertime wind-cold, eliminates dampness, regulates the center, and resolves food stagnation.

Chinese Medical Indications

Summertime wind-cold and damp.

Food stagnation.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Semen Coicis Lachryma-jobi	Coix lachryma jobi	*yi yi ren*	Coix seed
Cortex Magnoliae Officinalis	Magnolia officinalis	*hou po*	Magnolia bark
Rhizoma Atractylodis Macrocephalae	Atractylodes macrocephala	*bai zhu*	Atractylodes macrocephala rhizome
Herba Agastaches seu Pogostemi	Agastache rugosa	*huo xiang*	Agastache herb
Radix Puerariae	Pueraria lobata	*ge gen*	Pueraria root
Radix Angelicae Dahuricae	Angelica dahurica	*bai zhi*	Angelica dahurica root
Radix Saussureae seu Vladimiriae	Saussurea vladimiria	*mu xiang*	Saussurea root
Radix Trichosanthis Kirilowii	Trichosanthes kirilowii	*tian hua fen*	Trichosanthes root
Fructus Oryzae Sativae Germinantus	Orzya sativa	*gu ya*	Oryza sprout
Massa Fermintatae	—	*shen qu*	Fermented Leaven
Rhizoma Gastrodiae Elatae	Gastrodia elata	*tian ma*	Gastrodia rhizome
Flos Chrysanthemi Morifolii	Chrysanthemum morifolium	*ju hua*	Chrysanthemum flower
Pericarpium Citri Reticulatae	Citrus reticulata	*chen pi*	Citrus peel
Herba Menthae Haplocalycis	Mentha haplocalyx	bo he	Chinese Mentha herb

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Tian Ma (Gastrodia rhizome) and *Bai Zhi* (Angelica dahurica root) dispel wind to relieve headache. *Ju Hua* (Chrysanthemum flower), *Bo He* (Mentha herb), *Ge Gen* (Pueraria root), and *Tian Hua Fen* (Trichosanthis root) resolve wind-heat and resolve the muscles to relieve body aches. *Bai Zhu* (Atractylodes macrocephala rhizome), *Yi Yi Ren* (Coix seed), and *Fu Ling* (Poria sclerotium fungus) fortify the spleen and eliminate dampness. *Mu Xiang* (Saussurea root), *Hou Po* (Magnolia bark), *Chen Pi* (Citrus peel), and *Huo Xiang* (Agastache herb) move middle burner qi, regulate the center, check vomiting relieve pain, and eliminate dampness. *Shen Qu* (Fermented Leaven) and *Gu Ya* (Oryza sprout) fortify the spleen, stimulate the appetite, improve digestion, and resolve food stagnation.

Herbal Formula Differentiation

Both **Huo Xiang Zheng Qi San** *(Agastaches Qi Rectifying)* and **Kang Ning Wan** *(Curing Combination)* treat gastric disorders due to summertime wind-cold and damp. Both treat some exterior symptoms such as slight chills and fever. Both treat abdominal distension, nausea and vomiting. The use of **Huo Xiang Zheng Qi San** is for exterior conditions where the damp is more predominant, specifically for stomach flu with diarrhea. **Kang Ning Wan** is indicated for conditions where exterior symptoms exist, but its focus is more on abdominal distension, and lack of appetite due to food stagnation.

The three formulas **Huang Lian Wen Dang Tang** *(Coptis Warm Gallbladder Combination)*, **Bao He Wan** *(Citrus & Crataegus Combination)* and **Kang Ning Wan** treat gastrointestinal pain, distention, nausea and vomiting. **Huang Lian Wen Dang Tang** treats conditions that are caused by a gallbladder and stomach disharmony with marked symptoms of phlegm-heat such as irritability, gnawing hunger, and bitter taste. **Bao He Wan** *(Citrus & Crataegus Combination)* is used to treat the digestive accumulation which is the result of internal disharmony, spleen weakness or an intemperate diet. **Kang Ning Wan** is intended for conditions with mild exterior symptoms with indigestion, nausea, poor appetite, and abdominal bloating as predominant symptoms.

Kang Ning Wan is particularly useful in cases of stomach upset due to overindulgence in food or drink, traveling, and motion sickness. As a remedy for travel or motion sickness, **Kang Ning Wan** is taken 30 minutes to one hour before traveling.

Cautions and Contraindications

None noted.

LDN ●

LI DAN PIAN

利胆方

"Gallbladder-Disinhibiting Combination"

Source

Modern Patent Medicine

Biomedical Presentation

This formula is applied to **acute inflammation of the gallbladder or bile duct.** If gallbladder stones are suspected the formula is usually combined with herbs to dissolve stones. Further, since often this pattern presents with stomach upset (wood invading earth) it can be **easily misdiagnosed as acute gastritis.**

Clinical Presentation

The patient presents with **pain in the right costal region** (spontaneous or upon palpation), **bitter taste,** constipation, **scant dark urine,** vomiting, **stomach pain, lack of appetite** and headache.

Tongue

Red with yellow fur.

Pulse

Rapid and slippery.

Traditional Functions

Clears damp heat, courses the liver, rectifies central burner qi and relieves pain.

Chinese Medical Indications

This formula treats liver-gallbladder damp heat obstruction in the right lateral costal region. Attendent symptoms may include bitter taste, irritability, flank pain and belching.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Herba Lysimachiae	Lysimachia christinae	*jin qian cao*	Lysimachia herb
Radix Scutellariae Baicalensis	Scutellaria baicalensis	*huang qin*	Scutellaria baikal root
Radix Saussureae seu Vladimiriae	Saussurea vladimiria	*mu xiang*	Saussurea root
Herba Artemisiae	Artemisia capillaris	*yin chen hao*	Artemisia capillaris herb
Radix Bupleuri	Bupleurum chinense	*chai hu*	Bupleurum root
Isatidis seu Baphicacanthi	Isatis tinctoria	*da qing ye*	Isatis leaf
Flos Lonicera Japonicae	Lonicera japonica	*jin yin hua*	Lonicera flower
Fructus Immaturus Citri Seu Ponciri	Citrus aurantium	*zhi shi*	Immature Bitter Orange fruit
Tuber Curcumae	Curcuma aromatica	*yu jin*	Curcuma aromatica root
Cortex Magnoliae Officinalis	Magnolia officinalis	*hou po*	Magnolia bark
Pericarpium Arecae Officinalis	Areca catechu	*da fu pi*	Areca husk
Radix et Rhizoma Rhei	Rheum officinale, R. palmatum, or R. tanguticum	*da huang*	Chinese Rhubarb rhizome

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

This formula primarily aims to clear heat and disinhibit damp while secondarily coursing the liver-gallbladder and rectifying central-burner qi. *Jin Qian Cao* (Lysimachia herb), *Huang Qin* (Scutellaria root), *Jin Yin Hua* (Lonicera flower), *Da Qing Ye* (Isatis leaf), *Yin Chen Hao* (Artemisia capillaris herb) and *Da Huang* (Chinese Rhubarb rhizome) clear heat and disinhibit damp. *Da Huang* discharges damp-heat through the stool and *Jing Qian Cao* leads damp and heat out through the urine. *Zhi Shi* (Immature Bitter Orange fruit), *Hou Po* (Magnolia bark), *Mu Xiang* (Saussurea root) and *Da Fu Pi* (Areca husk) rectify qi in the chest and abdomen and *Chai Hu* (Bupleurum root) and *Yu Jin* (Curcuma aromatica root) course the liver and relieve pain.

Herbal Formula Differentiation

While other formulas such as **Xiao Chai Hu Tang** (*Minor Bupleurum Combination*) course the *shaoyang* and clear heat and damp, **Li Dan Pian** (*Gallbladder-Disinhibiting Combination*) is specifically targeted at inflammation (damp-heat) in the liver-gallbladder as it presents in gallbladder disorders such as cholecystitis or bile duct inflammation. **Long Dan Xie Gan Tang** *(Gentiana Gallbladder-Draining Combination)* treats liver and gallbladder replete heat with liver yang rising or liver fire. **Long Dan Xie Gan Tang** also treats liver-gallbladder damp-heat where the damp-heat is pouring downward with possible acute burning, painful yellow vaginal discharge or sores such as might occur with herpes genitalia.

Cautions and Contraindications

Use cautiously in pregnant women.

LZW
●○

LI ZHONG WAN

理中丸

"Center-Rectifying Combination"

Source

On Cold Damage (Shang Han Lun)

Biomedical Presentation

Gastroenteritis, peptic ulcers, **irritable bowel syndrome, chronic dysentery, ulcerative colitis** and other digestive tract ailments characterized by, **pain,** distention, **diarrhea,** and lack of appetite.

Clinical Presentation

The symptom picture includes **nausea,** vomiting, **abdominal pain,** fullness in the abdomen with lack of desire to eat, **duck-stool diarrhea**. Less commonly this formula is applied to chest pain (thoracic *bi* patterns) and to bleeding disorders characterized by cold.

This formula treats vacuity-cold in the central burner. The patient presents with aversion to cold and symptoms are typically reduced with application of warmth and worsened by cold (ingestion of raw or cold foods).

Tongue

Pale with a white fur.

Pulse

Slow and tight or fine and deep.

Traditional Functions

Warms the center, dispels cold, supplements qi and fortifies the spleen.

Chinese Medical Indications

Because yang-vacuity cold leaves the spleen unable to transform and transport, the clear fails to ascend and the turbid fails to descend. This disharmony results in nausea, vomiting, diarrhea, belching, lack of appetite and pain and/or fullness in the abdomen. These symptoms are often accompanied by fatigue, a pale complexion and clouded thinking.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Panacis Ginseng	Panax Ginseng	*bai ren shen*	White Chinese Ginseng root
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*gan jiang*	Dry Ginger rhizome
Rhizoma Atractylodis Macrocephalae	Atractylodes macrocephala	*bai zhu*	Atractylodes macrocephala rhizome
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*zhi gan cao*	Honey baked Chinese Licorice root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

To address vacuity-cold in the central burner this formula relies on *Gan Jiang* (Dry Ginger rhizome) to dispel cold and warm yang. That herb is assisted by Bai *Ren Shen* (White Chinese Ginseng Root) which supplements the center and supplements qi. Bai *Ren Shen* combined with *Bai Zhu* (Atractylodes macrocephala rhizome) can attend to damp that accumulates in the central burner owing to disruption of the spleen's function of transforming damp and transforming and transporting food matter. *Zhi Gan Cao* (Honey-baked Chinese Licorice root) reinforces the other herbs' ability to warm and supplement the center and it also harmonizes the various flavors of this formula.

Herbal Formula Differentiation

Xiao Jian Zhong Tang (*Minor Center-Constructing Combination*) and **Li Zhong Wan** (*Center-Rectifying Combination*) both supplement the center and dispel cold. **Li Zhong Wan** is applied to more serious and entrenched cases as it ability to warm the center, disperse cold and supplement the center is considerably stronger. If a central-burner vacuity-cold pattern is complicated by invasion of liver qi then **Xiao Jian Zhong Tang** is a better choice as it contains *Bai Shao* which can soothe the liver.

Ping Wei San (*Stomach Calming Combination*) also fortifies the spleen but is specific for dampness in the middle burner and transforms the accumulation.

Cautions and Contraindications

This formula generally treats internal disorders and is not appropriate for use during the course of an external contraction. This is especially true if the external disorder is one with fever, since the herbs in this formula are decidedly warm.

LWD
●○

LIU WEI DI HUANG WAN

六味地黄丸

"Rehmannia Six Combination"

Source

Craft of Medical Treatment for Childhood Diseases (Xiao Er Yao Zheng Zhi Jue)

Biomedical Presentation

Genitourinary disorders, prostate disorders, weakness and aching in the lower back and knees, hearing loss, tinnitis, urinary tract infections, diabetes, hypertension, perimenopausal syndrome, dysfunctional uterine bleeding, glaucoma, chronic hepatitis and delayed development.

Clinical Presentation

The patient for whom this formula is suited should display symptoms of yin vacuity including thirst, dryness, dizziness and symptoms that worsen in the nighttime such as night sweating.

Tongue

Red with a scant fur

Pulse

Fine and rapid

Traditional Functions

Enriches Yin of the liver and kidneys, nourishes blood, boosts qi and secures essence.

Chinese Medical Indications

This formula addresses kidney and liver yin vacuity patterns that present with dizziness, blurred vision, hearing loss, tinnitis, night sweats or pain and weakness in the lower back or knees. Other yin-vacuity signs such as steaming-bone tidal fevers, dry mouth, thirst or heat in the palms and soles may also be indications of the appropriateness of this formula.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Rehmannia Glutinosae Conquitae	Rehmannia glutinosa	*shu di huang*	Prepared Rehmannia root
Fructus Corni Officinalis	Cornus officinalis	*shan zhu yu*	Cornus fruit
Radix Dioscoreae Oppositae	Dioscorea opposita	*shan yao*	Chinese Yam root
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Rhizoma Alimatis Orientalis	Alisma orientale	*ze xie*	Alisma rhizome
Cortex Moutan Radicis	Paeonia suffruticosa	*mu dan pi*	Moutan root bark

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Liu Wei Di Huang Wan (*Rehmannia Six*) is a balanced formula that aims to treat yin vacuity patterns that are rooted in kidney vacuity. Since Chinese medicine posits that the yin aspect is immature in young children it is not surprising that this formula comes from a book on treatment of childhood disorders. *Shu Di Huang* (Prepared Rehmannia root) supplements kidney yin, *Shan Zhu Yu* (Cornus fruit) and *Shan Yao* (Chinese Yam root) assist *Shu Di Huang* by astringing yin and essence. In addition, *Shan Yao* supplements the spleen and secures essence. *Ze Xie* (Alisma rhizome) drains vacuity heat through promoting urination and also helps to rid the body of turbidity that may result from the cloying nature of *Shu Di Huang*. *Mu Dan Pi* (Moutan root bark) by moving blood, offsets this cloying nature in the blood and in addition its cold nature offsets heat that builds in the body owing to stagnation and yin vacuity. *Fu Ling* (Poria sclerotium fungus) helps *Shan Yao* to supplement the spleen and also percolates damp to reduce encumbrance of the spleen.

Herbal Formula Differentiation

Liu Wei Di Huang Wan (*Rehmannia Six Combination*) was formulated by removing *Gui Zhi* and *Fu Zi* from **Jin Gui Shen Qi Wan** (from which *Rehmannia Eight Plus* evolved). Those formulas supplement both the yin and yang aspects of the kidney. Like **Liu Wei Di Huang Wan**, **Qi Ju Di Huang Wan** (*Lycium & Rehmannia Combination*) enriches yin of the liver and kidney but also clears liver heat and brightens the eyes. **Qi Ju Di Huang Wan** is used for eye disorders with kidney and/or liver yin vacuity. **Zhi Bai Di Huang Wan** (*Anem-Phello & Rehmannia*) treats similar conditions to those that **Liu Wei Di Huang Wan** addresses but the former pays more attention to branch heat symptoms while the latter more directly treats the root. Like **Liu Wei Di Huang Wan**, **Du Huo Ji Sheng Tang** (*Du Huo & Loranthus Combination*) treats low back pain. The pattern that **Du Huo Ji Sheng Tang** treats, however, is one in which damp is prominent in patients with kidney vacuity whereas, **Liu Wei Di Huang Wan** addresses only kidney vacuity and not damp. Like **Liu Wei Di Huang Wan**, **Zuo Gui Yin** (*Restore the Left Combination*) enriches yin of the kidneys, supplements essence and benefits marrow but **Zuo Gui Yin** is singularly focused on replenishing the kidney yin and essence and doesn't offer the balance that **Liu Wei Di Huang Wan** does of protecting the spleen and clearing and draining herbs.

Cautions and Contraindications

The cloying nature of the *Shu Di Huang* in this formula suggests that it not be given to those with weak spleen qi.

LDX
●○

LONG DAN XIE GAN TANG

龙胆泻肝汤

"Gentiana Gallbladder-Draining Combination"

Source

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

Biomedical Presentation

Herpes zoster, **herpes simplex**, pyelonephritis, **cystitis**, urethritis, orchitis, epididymitis, gallstones, hyperthyroidism, migraine, otitis media, corneal ulcers, acute glaucoma, retinitis, **pelvic inflammatory disease**.

Clinical Presentation

Red eyes, **bitter taste**, headache, loss of hearing, swelling of the ears, lateral costal pain, **dysuria, turbid urine**, impotence, **genital swelling**, **genital itching**, genital sweating, **abnormal vaginal discharge**.

Tongue

Red tongue with yellow coating.

Pulse

Rapid and forceful.

Traditional Functions

Drains liver and gallbladder replete heat, clears lower burner damp heat.

Chinese Medical Indications

Liver and gallbladder replete heat harassing above.
Damp-heat pouring below.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Scutellariae Baicalensis	Scutellaria baicalensis	huang qin	Scutellaria baikal root
Radix Rehmanniae Glutinosae	Rehmannia glutinosa	*sheng di huang*	Raw Rehmannia root
Radix Gentiana Scabrae	Gentiana scabra	*long dan cao*	Gentiana scabra root
Radix Angelicae Sinensis	Angelica sinensis	*dang gui wei*	Angelica sinensis tails
Radix Bupleuri	Bupleurum chinense	*chai hu*	Bupleurum root
Semen Plantaginis	Plantago ovata	*che qian zi*	Plantago seed
Rhizoma Alismatis	Alisma orientale	*ze xie*	Alisma rhizome
Fructus Gardeniae Jasminoidis	Gardenia jasminoides	*zhi zi*	Gardenia fruit
Caulis Akebiae Mutong	Akebia trifoliata	*mu tong*	Akebia stem
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

The very bitter and cold *Long Dan Cao* (Gentian root) drains fire and eliminates damp. It drains replete liver and gallbladder fire from the upper (body). In addition, it precipitates and clears damp heat from the lower (body). *Huang Qin* (Scutellaria root) and *Zhi Zi* (Gardenia fruit) drain fire. *Ze Xie* (Alisma rhizome), *Mu Tong* (Akebia stem), and *Che Qian Zi* (Plantago seed) clear heat and disinhibit dampness. They function to eliminate damp heat via the urine. *Sheng Di Huang* (Raw Rehmannia) and *Dang Gui Wei* (Angelica sinensis root/tails) enrich yin and nourish the blood. Heat within the liver channel can easily damage yin and blood, and liver stores blood, so these last two medicinals work to minimize damage to essential yin and blood. This formula is traditionally described as providing supplementation within drainage and enrichment within disinhibition. *Gan Cao* (Chinese Licorice root) harmonizes and regulates the medicinals.

Herbal Formula Differentiation

Long Dan Xie Gan Tang (*Gentiana Gallbladder-Draining Combination***)** treats replete liver and gallbladder damp-heat characterized by acute burning, painful yellow vaginal discharge or sores such as might occur with herpes genitalia. **Zhi Bai Di Huang Wan (***Anem-Phello & Rehmannia***)**, **Ba Zheng Tang** *(Dianthus Eight Correct Herb Combination)*, **Wu Mei Wan (***Mume Combination***)** and **Yu Dai Wan** *(Lower Burner Discharge Remedy)* are also used for damp-heat in the lower burner. Like **Long Dan Xie Gan Tang**, **Ba Zheng Tang** is indicated for replete damp-heat. However, **Ba Zheng Tang** is most often used for an acute urinary infection characterized by fever, acute abdominal pain, turbid, scanty, dark, burning urination, dry mouth, thirst, and rapid pulse. **Li Dan Pian** (*Gallbladder-Disinhibiting Combination*) also treats liver-gallbladder damp-heat but is specifically targeted at inflammation (damp-heat) as it presents in gallbladder disorders such as cholecystitis or bile duct inflammation.

In contrast, **Zhi Bai Di Huang Wan** and **Yu Dai Wan** are indicated for lower burner symptoms with vacuity. These conditions tend to be more chronic. **Zhi Bai Di Huang Wan** is indicated for yin vacuity and yin vacuity-fire with lower burner damp-heat characterized by diminished urination, lower back pain, vaginal itching and burning and yin vacuity-fire symptoms such as night sweat, tidal fever, dry mouth, dry throat, sore throat, and heat in the palms, soles of the feet and chest. The tongue coat for which it is indicated is scant, as is the amount of vaginal discharge. **Yu Dai Wan** treats insecurity of the *ren* and *chong* vessels. It clears and transforms damp-heat and relieves vaginal discharge while nourishing blood and harmonizing construction. **Wu Mei Wan** is indicated for a complex of hot and cold symptoms characterized by abdominal pain, prolonged diarrhea, abnormal vaginal discharge, cold hands and feet and a warm stifling sensation in the chest. In the modern clinic, this condition may be indicated for the biomedical presentation of Candida which often presents with mixed cold and heat symptoms.

Cautions and Contraindications

Do not use in cases of spleen vacuity or damage to fluids. Do not use for prolonged periods of time or in large doses.

MZR ●

MA ZI REN WAN

麻子仁方

"Apricot & Rhubarb Combination"

Source

Shang Han Lun – (On Cold Damage)

Biomedical Presentation

This formula treats **constipation** accompanied by frequent urination, **post-operative or post-illness constipation.**

Clinical Presentation

Difficult, **dry, hard stools** and **thirst.**

Tongue

Red with a dry, yellow fur.

Pulse

Rapid.

Traditional Functions

Moistens the intestines, drains heat, moves qi and frees the stool.

Chinese Medical Indications

Treats constipation owing to spleen-restriction (*Pi Yue*)

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Fructus Cannabaceae Indicae	Cannabaca indica	*huo ma ren*	Hemp fruit seed
Radix et Rhizoma Rhei	Rheum officinale, R. palmatum, or R. tanguticum	*da huang*	Chinese Rhubarb rhizome
Semen Armeniacae	Prunus armeniaca	*xing ren*	Armeniaca seed
Radix Paeoniae Lactiflorae	Paeonia lactiflora	*bai shao*	White Peony root
Fructus Immaturus Citri Seu Ponciri	Citrus aurantium	*zhi shi*	Immature Bitter Orange fruit
Cortex Magnoliae Officinalis	Magnolia officinalis	*hou po*	Magnolia bark

Herbal Formula Analysis

This formula treats spleen restriction brought on by heat and or dryness. This pattern is characterized by dry hard stool with the mechanism being failure of the spleen to properly send fluids throughout the body. Thus, with the intestines scant of fluids, the stools become hard and dry. Treatment is directed at moistening the intestines with *Huo Ma Ren* (Hemp fruit seed) and *Xing Ren* (Armeniaca seed) and clearing heat and purging the intestines with *Da Huang* (Chinese Rhubarb rhizome) which is assisted in this task by *Huo Ma Ren* and the qi-rectifying herbs *Zhi Shi* (Immature Bitter Orange fuit) and *Hou Po* (Magnolia bark). The formula also contains *Bai Shao* (White Peony root) which according to the *Shen Nong Ben Cao* is bitter and thus downbearing in nature.

Herbal Formula Differentiation on next page

Herbal Formula Differentiation

Da Huang, Zhi Shi and *Hou Po* are commonly used in traditional formulas such as *Da Chen Qi Tang and Xiao Cheng Qi Tang* to move the stool. These three herbs are part of **Ma Zi Ren Wan** (*Apricot & Rhubarb Combination*) which frees the stool by draining heat and moving the qi to treat constipation. **Ma Zi Ren Wan** moistens the intenstines with the addition of *Hou Ma Ren* and *Xing Ren*.

Currently **Ma Zi Ren Wan** is the only formula for constipation patterns in the Chinese Classics line.

Cautions and Contraindications

This formula, unless combined with supplementing herbs or formula, is for short-term use only.

PWS ●

PING WEI SAN

平胃散

"Stomach Calming Combination"

Source

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

Biomedical Presentation

Where damp stagnation is the underlying cause, this formula can be applied to disorders such as **chronic gastritis,** peptic ulcer, **chronic colitis, irritable bowel syndrome,** intestinal obstruction, **diarrhea,** infectious hepatitis, amenorrhea, PMS, inflammation of the cervix and **weeping eczema.**

Clinical Presentation

This formula addresses damp stagnation in the central burner. This pattern is characterized by **abdominal distention, lack of appetite,** dulled taste sense, nausea, vomiting, **belching,** acid regurgitation, **heaviness of the limbs,** fatigue with a desire to sleep, **loose stool**s and clouded thinking.

Tongue

Pale with a thick, white, greasy fur

Pulse

Moderate, slippery

Traditional Functions

Fortifies the spleen, regulates stomach qi, harmonizes the middle burner, disinhibits damp and transforms accumulation.

Chinese Medical Indications

The patient for whom this formula is suited is one who is overwhelmed by damp. The key symptoms of this pattern are distention and fullness in the epigastrium and abdomen, and a thick, white, and greasy tongue fur. Since the formula does not substantially supplement, but instead centers its efforts on ridding the central burner of damp, it must be combined with center-supplementing formulas like **Si Jun Zi Tang** (*Four Gentlemen*) to treat situations where there is substantial spleen-stomach vacuity as well as damp encumbrance. Thus, when used alone, this formula is primarily for acute patterns where pathogenic damp has not yet damaged the spleen-stomach. So, while **Ping Wei San** addresses situations where there are digestive issues, they are not chronic and the patient does not portray the pale complexion, weak pulse or chronic nature seen in severe central-burner vacuity.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Rhizoma Atractylodis	Atractylodes lancea	*cang zhu*	Atractylodes lancea rhizome
Cortex Magnoliae Officinalis	Magnolia officinalis	*hou po*	Magnolia bark
Pericarpium Citri Reticulatae	Citrus reticulata	*chen pi*	Citrus peel
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*sheng jiang*	Fresh Ginger rhizome
Fructus Zizyphi Jujubae	Zizphus jujube	*da zao*	Jujube date

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Ping Wei San (*Stomach Calming Combination*) uses a large dose of *Cang Zhu* (Atractylodes lancea rhizome) to dispel damp and to help the spleen to transport and transform digesta. *Hou Po* (Magnolia bark) rectifies qi in the central burner. When qi moves, stagnation is dissipated. By combining damp-dispelling *Cang Zhu* with qi-moving *Hou Po*, the formula strongly clears damp from the central burner. *Hou Po* is an ideal herb for this purpose because it also dries damp and reduces distention. *Chen Pi* (Citrus peel) reinforces *Hou Po* in its function of rectifying central-burner qi and it also directs qi downward to reduce counterflow qi that results from damp stagnation's deleterious impact on the spleen's ability to send the pure upward and the turbid downward. *Sheng Jiang* (Fresh Ginger root) disperses stagnation and aids the stomach in its efforts to move qi downward. *Da Zao* (Jujube date) and *Gan Cao* (Chinese Licorice root) supplement the center and harmonize the formula.

Herbal Formula Differentiation

Like **Ping Wei San, Kang Ning Wan** (*Curing Combination)* and **Huo Xiang Zheng Qi Tang** (*Agastaches Qi Rectifying)* also treat acute damp stagnation affecting the central burner with symptoms such as nausea, vomiting and diarrhea. Both **Kang Ning Wan** and **Huo Xiang Zheng Qi Tang** are specifically designed for treatment of an externally contracted pathogen and thus have a strong ability to resolve the exterior. **Ping Wei San** aims at dispelling damp stagnation in the central burner and has only a very weak ability to deal with a pathogen on the exterior.

Cautions and Contraindications

This formula is warm and drying. It must be used with caution in patients who exhibit signs of yin-blood vacuity. Because the herbs in this formula have a decidedly downward movement, this formula is contraindicated for pregnant women unless it is prescribed by a professional health care practitioner.

QJD
●○

QI JU DI HUANG WAN

杞菊地黄丸

"Lycium & Rehmannia Combination"

Source

Precious Mirror for Advancement of Medicine (Yi Ji Bao Jian)

Biomedical Presentation

Treats disturbances of the eyes such as blurry vision, dry eyes and wind-induced lacrimation.

Clinical Presentation

Dry eyes, blurred vision, excessive tearing.

Tongue

Tender and red with scant fur.

Pulse

Fine and rapid.

Traditional Functions

Enriches yin, supplements the kidneys and liver, clears liver heat and brightens the eyes.

Chinese Medical Indications

This formula addresses kidney and liver yin vacuity that gives rise to eye disorders. Symptoms of this pattern are general ones such as thirst, dry mouth, heat in the palms and soles, tidal fevers, steaming bones and night sweats and eye-specific ones such as blurred vision and dry eyes.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Rehmannia Glutinosae Conquitae	Rehmannia glutinosa	*shu di huang*	Prepared Rehmannia root
Fructus Corni Officinalis	Cornus officinalis	*shan zhu yu*	Cornus fruit
Radix Dioscoreae Oppositae	Dioscorea opposita	*shan yao*	Chinese Yam root
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Rhizoma Alimatis Orientalis	Alisma orientale	*ze xie*	Alisma rhizome
Cortex Moutan Radicis	Paeonia suffruticosa	*mu dan pi*	Moutan root bark
Fructus Lycii	Lycium barbarum	*gou qi zi*	Lycium fruit
Flos Chrysanthemi Morifolii	Chrysanthemum morifolium	*ju hua*	Chrysanthemum flower

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

This formula is based on kidney-yin nourishing **Liu Wei Di Huang Wan** *(Rehmannia Six Combination)*, to which it adds *Gou Qi Zi* (Lycium fruit) and *Ju Hua* (Chrysanthemum flower). *Gou Qi Zi* (Lycium fruit) boosts essence, nourishes blood, supplements the liver and brightens the eyes. The sweet and cool *Ju Hua* adds the ability to clear liver heat and brighten the eyes. Thus, the formula can supplement kidney yin to address patterns of water not nourishing wood which gives rise to liver yin and blood not nourishing the eyes. Further, yin vacuity can engender wind leaving the eyes vulnerable to wind-lacrimation (tearing upon exposure to wind). By nourishing yin and blood, supplementing the kidney (water) and clearing and nourishing the liver (wood) this formula addresses both the root and branch of kidney-yin-vacuity eye disorders.

Herbal Formula Differentiation

Sang Ju Yin *(Mulberry & Chrysanthemum)* can address dry eyes owing to environmental dryness (as often occurs in the fall) but does not address any root vacuities. **Zuo Gui Yin** (*Restore the Left*) can enrich kidney yin and nourish blood perhaps more strongly than **Qi Ju Di Huang Wan** (*Lycium & Rehmannia Combination*) but lacks any herb like *Ju Hua* to clear heat and brighten the eyes. Also, **Zuo Gui Yin** takes a less well-rounded approach to nourishing kidney yin than **Qi Ju Di Huang Wan** so does not percolate damp and move and cool blood like **Qi Ju Di Huang Wan** does. **Zuo Gui Yin** is more suitable for kidney yin vacuity that leans toward essence depletion with signs such as seminal emissions, pain and weakness in the lower back and legs, dizziness, tinnitus, and night sweats.

Cautions and Contraindications

Not suitable for acute eye disorders where a prominent kidney yin-vacuity pattern does on exist.

QBT ●

QING BI TANG

(Adapted)

清鼻汤 (清鼻湯)

"Pueraria Nose-Clearing Combination"

Source

Modern Patent Formula

Biomedical Presentation

Acute rhinitis, allergic rhinitis, chronic rhinitis, and **sinusitis**.

Clinical Presentation

Chills, poor appetite, **frontal headache**, **nasal obstruction**, and **copious, purulent, foul-smelling nasal discharge**.

Tongue

Normal or yellow tongue coating.

Pulse

Floating, rapid.

Traditional Functions

Dispels wind, eliminates dampness, clears heat, opens the portals of the nose.

Chinese Medical Indications

Profuse nasal discharge due to wind-cold transforming to heat and attacking the head.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Puerariae Lobatae	Pueraria lobata	*ge gen*	Pueraria root
Flos Magnoliae Liliflorae	Magnolia liliflora	*xin yi hua*	Magnolia flower
Semen Coicis Lachryma-jobi	Coix lachryma-jobi	*yi yi ren*	Coix seed
Radix Platycodi Grandiflori	Platycodon grandiflorum	*jie geng*	Platycodon grandiflorum root
Radix Paeoniae Lactiflorae	Paeonia lactiflora	*bai shao*	White Peony root
Radix Angelicae Dahuricae	Angelica dahurica	*bai zhi*	Angelica dahurica root
Ramulus Cinnamomi	Cinnamomum cassia	*gui zhi*	Cinnamon twig
Gypsum	Calcium sulfate	*shi gao*	Gypsum mineral
Fructus Zizyphi Jujubae	Ziziphus jujuba	*da zao*	Jujube date
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*sheng jiang*	Fresh Ginger rhizome
Radix et Rhizoma Rhei	Rheum officinale, R. palmatum, or R. tanguticum	*da huang*	Chinese Rhubarb rhizome
Rhizoma Ligustici Wallichi	Ligusticum wallichii	*chuan xiong*	Ligusticum wallichii rhizome
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Ge Gen (Pueraria root) clears heat and engenders fluids to treat headache and dry nose due to wind-cold transforming to heat. *Xin Yi Hua* (Magnolia flower) and *Bai Zhi* (Angelica dahurica) resolves wind-cold, open the portals of the nose, and eliminate dampness. These medicinals are assisted in the eliminating dampness by *Yi Yi Ren* (Coix seed). Cinnamon twig resolves the exterior, and dispels wind-cold. *Shi Gao* (Gypsum) and *Da Huang* (Chinese Rhubarb) clear and purge heat and drain fire. *Jie Geng* (Platycodon grandiflorum root) diffuses the lung and transforms phlegm. *Chuan Xiong* (Ligusticum rhizome) dispels wind and relieves pain to treat headache due to wind-cold. *Bai Shao* (White Peony root) prevents the dry, acrid medicinals from injuring qi and fluids by nourishing the blood and nutritive qi. *Da Zao* (Jujube date), *Sheng Jiang* (Fresh Ginger rhizome), and *Gan Cao* (Chinese Licorice root) harmonize the constructive and defensive, and support the right qi to help dispel pathogens.

Herbal Formula Differentiation

Qing Bi Tang (*Pueraria Nose-Clearing Combination -* adapted**)** is indicated for the treatment of sinusitis due to wind-cold, or sinusitis where wind-cold has transformed to wind-heat characterized by copious purulent nasal discharge, nasal obstruction and frontal headache. Clinically, chronic cases may be combined with liver depression. In this case, **Qing Bi Tang** may be used in combination with **Xiao Chai Hu Tang (***Minor Bupleurum Combination***)**.

Bi Yan Pian *(Nasal Clear Combination)* also treats sinusitis but it is due to wind-heat invasion. **Bi Yan Pian** dispels wind, diffuses lung qi, clears heat and resolves toxin.

Ge Gen Tang (*Pueraria Plus Combination***)** also treats wind-cold, but in this case, it is directed for wind-cold with prominent aches in the neck and upper back. **Qing Bi Tang** is indicated for wind-cold nasal obstruction.

Gan Mao Ling *(Cold Release Combination)* and **Zhong Gan Ling** *(Heavy Cold Release Combination)* can also be used for sinus conditions but are primarily used for strong cold-flu attack that has begun to move into the interior.

Cautions and Contraindications

Not intended for use in cases of spleen/stomach vacuity with loose stool. Use cautiously long term.

QFT
●○

QING FEI TANG
清肺汤

"Lung-Clearing Combination"

Source
Return to Spring from the Myriad Diseases (Wan Bing Hui Chun)

Biomedical Presentation
Pertussis, **bronchitis**, bronchiectasis, **pneumonia**, pulmonary abscess, and **tonsillitis**.

Clinical Presentation
Fever, **dry and sore throat**, **hoarseness**, **persistent cough with thick yellow sputum**.

Tongue
Red, with dry yellow coat.

Pulse
Rapid.

Traditional Functions
Clears heat, transforms phlegm, suppresses cough, and moistens the lung.

Chinese Medical Indications
Internal heat scorching the lung.
Fluid dryness.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Tuber Ophiopogonis Japonici	Ophiopogon japonicus	*mai men dong*	Ophiopogon root
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Fructus Zizyphi Jujubae	Ziziphus jujuba	*da zao*	Jujube date
Radix Platycodi grandiflori	Platycodon grandiflorum	*jie geng*	Platycodon grandiflorum root
Bulbus Fritillariae Thunbergii	Fritillaria thunbergii	*zhe bei mu*	Chinese Fritillaria bulb
Radix Scutellariae	Scutellaria baicalensis	*huang qin*	Scutellaria baikal root
Semen Pruni Armeniacae	Prunus armeniaca	*xing ren*	Armeniaca seed
Caulis Bambusae In Taeniis	Bambusa breviflora	*zhu ru*	Bamboo shavings
Fructus Gardeniae Jasminoidis	Gardenia jasminoides	*zhi zi*	Gardenia fruit
Pericarpium Citri Reticulatae	Citrus reticulata	*chen pi*	Citrus peel
Cortex Mori Albae Radicis	Morus alba	*sang bai pi*	White Mulberry root bark
Tuber Asparagi Cochinchinensis	Asparagus cochinchinensis	*tian men dong*	Chinese Asparagus root
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root
Fructus Schisandrae Chinensis	Schisanda chinensis	*wu wei zi*	Schisandra fruit
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*sheng jiang*	Fresh Ginger rhizome

Herbal Formula Analysis on next page

Herbal Formula Analysis
● **5:1 Liquid herbal extract**
○ **8:1 Complete extraction liquid concentrate**

Mai Men Dong (Ophiopogon root), *Tian Men Dong* (Asparagus root), *Xing Ren* (Armeniaca seed), and *Zhe Bei Mu* (Fritillaria bulb) moisten the lung, nourish yin, transform phlegm, and suppress cough. These medicinals are assisted in these functions by *Wu Wei Zi* (Schisandra fruit), *Jie Geng* (Platycodon) and *Sang Bai Pi* (White Mulberry root bark). *Huang Qin* (Scutellaria root), *Zhu Ru* (Bamboo shavings), and *Zhi Zi* (Gardenia fruit) clear heat from the upper burner. *Dang Gui* (Angelica sinensis root) and *Gan Cao* (Chinese Licorice root) downbear counterflow lung qi, soothe the throat, moisten the lung and suppress cough. *Fu Ling* (Poria sclerotium fungus), *Chen Pi* (Citrus peel), *Da Zao* (Jujube date), and *Sheng Jiang* (Fresh Ginger rhizome) engender fluids, eliminate dampness, rectify and harmonize the center.

Herbal Formula Differentiation

Qing Fei Tang *(Lung-Clearing Combination)* is indicated for lung-heat damaging lung fluids characterized by dry cough, dry mouth, sore throat, thick yellow sputum, and perhaps fever. **Sha Shen Mai Dong Tang & Bai He Gu Jin Tang** *(Ophiopogon Plus Metal-Securing Combination -* adapted*)* is also indicated for fluid dryness, but unlike **Qing Fei Tang**, it treats lung yin vacuity characterized by dry cough, possibly with blood-streaked sputum, night sweat, dry mouth, hot palms and soles, and thirst. **Sha Shen Mai Dong Tang & Bai He Gu Jin Tang** does not clear internal heat as does **Qing Fei Tang**. The use of **Sha Shen Mai Dong Tang & Bai He Gu Jin Tang** would follow the condition for which **Qing Fei Tang** is indicated if left untreated or unresolved.

Other respiratory formulas that clear lung heat are **Huang Lian Shang Qing** *(Coptis to Clear the Upper Body)* and **Qing Qi Hua Tan Wan** *(Pinellia "X" Clear Qi & Transform Phlegm Combination)*. Unlike **Huang Lian Shang Qing** which is indicated for some lingering external pathogen and internal lung-fire characterized by fever and chills, **Qing Fei Tang** is not indicated for an external pathogen. It may be seen as the formula that would follow the presentation for **Huang Lian Shang Qing** if the condition is left untreated or is unresolved. **Qing Qi Hua Tan Wan** is indicated for internal clumping of phlegm heat characterized by coughing with moderate amount of difficulty to expectorate, stringy yellow phlegm and chest oppression, but again, not for fluid dryness.

Other respiratory formulas which are indicated for patterns with some external symptoms include **Ding Chuan Tang** *(Clear Lung Heat & Transform Phlegm)*, **Xiao Qing Long Tang** *(Minor Blue Dragon Combination -* adapted*)*, **Yin Qiao San** *(Lonicera & Forsythia Combination)* **Gan Mao Ling** *(Cold Release Combination)* and **Zhong Gan Ling** *(Heavy Cold Release Combination)*. Each of these formulas addresses some exterior conditions such as chills and fever. **Qing Fei Tang** is not intended to treat an external pathogen.

Cautions and Contraindications

Contraindicated for exterior conditions. Use cautiously in cases of spleen vacuity with loose stools.

QQH ●

QING QI HUA TAN WAN

清气化痰丸

"Pinellia 'X' Clear Qi & Transform Phlegm Combination"

Source

Medical Remedies Researched (Yi Fang Kao)

Biomedical Presentation

Chronic tracheitis, **acute and chronic bronchitis**, bronchiectasis, **pneumonia**, **chronic rhinitis**, and **nasosinusitis**.

Clinical Presentation

Chest and diaphragm fullness, **coughing thick yellow sputum that is difficult to expectorate,** and nausea.

Tongue

Red tongue with a slimy, yellow coat.

Pulse

Slippery and rapid pulse.

Traditional Functions

Clears heat and transforms phlegm, rectifies qi, suppresses coughing.

Chinese Medical Indications

Phlegm-heat internally binding.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Rhizoma Pinelliae Ternatae	Pinellia ternata	*ban xia*	Pinellia rhizome
Pulvis Arisaemae cum Felle Bovis	Arisaema japonicum	*dan nan xing*	Prepared Arisaema rhizome
Pericarpium Citri Reticulatae	Citrus reticulata	*chen pi*	Citrus peel
Semen Pruni Armeniacae	Prunus armeniaca	*xing ren*	Armeniaca seed
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Semen Trichosanthis	Trichosanthes kirlowii	*gua lou ren*	Trichosanthes seed
Radix Scutellariae	Scutellaria baicalensis	*huang qin*	Scutellaria baikal root
Fructus Immaturus Citri Seu Ponciri	Citrus aurantium	*zhi shi*	Immature Bitter Orange fruit

Herbal Formula Analysis

Dan Nan Xing (Prepared Arisaema) clears heat and transforms phlegm to treat replete heat and replete fire obstruction and blockage. *Huang Qin* (Scutellaria root) and *Gua Lou Ren* (Trichosanthes seed) downbear lung-fire and transform hot phlegm. *Ban Xia* (Pinellia rhizome) dries dampness and transforms phlegm. To treat phlegm by rectifying qi, *Chen Pi* (Citrus peel) and *Zhi Shi* (Immature Bitter Orange fruit) are included to downbear qi and open glomus, disperse phlegm and scatter nodulation. *Fu Ling* (Poria sclerotium fungus) supplements the spleen and percolates dampness. *Xing Ren* (Armeniaca seed) diffuses and disinhibits the lung qi.

Herbal Formula Differentiation on next page

Herbal Formula Differentiation

Qing Qi Hua Tan Wan (*Pinellia "X" Clear Qi & Transform Phlegm Combination***)** is indicated for internal clumping of phlegm-heat characterized by coughing with difficult to expectorate, stringy yellow phlegm and chest oppression and glomus. This may manifest as a sequelae of a damp-phlegm cough where the phlegm is congealing and transforming to heat, or it can manifest subsequent to an external pathogenic invasion that has transformed to heat and damaged the lung's ability for dispersion of fluids, creating phlegm. At the stage for which **Qing Qi Hua Tan Wan** is indicated, there is no longer an external pathogen present.

Huang Lian Shang Qing *(Coptis to Clear the Upper Body)*, **Ding Chuan Tang** *(Clear Lung Heat & Transform Phlegm)*, **Xiao Qing Long Tang** *(Minor Blue Dragon Combination -* adapted*)*, **Yin Qiao San** *(Lonicera & Forsythia Combination)* and **Zhong Gan Ling** *(Heavy Cold Release Combination)* are all indicated for respiratory conditions where an external pathogen is still present.

Qing Qi Hua Tan Wan, Er Chen Tang *(Citrus & Pinellia Plus -* adapted*)*, **Zhi Sou San** (*Alleviate Cough Combination*) **Qing Fei Tang** *(Lung-Clearing Combination)* and **Sha Shen Mai Dong Tang & Bai He Gu Jin Tang** *(Ophiopogon Plus Metal-Securing Combination -* adapted*)* all treat various interior conditions of the lung.

Er Chen Tang is indicated for chest oppression and glomus with easily expectorated, copious white sputum. This is characteristic of damp-phlegm cough. The cough is interiorly generated due to spleen qi vacuity and dampness. **Zhi Sou San** strongly diffuses the lung qi while treating damp phlegm cough before it transforms into heat. **Qing Fei Tang** is indicated for internal heat in the lung that has caused damage of lung fluids characterized by a chronic condition of dry mouth, dry cough, and sore throat. In other words, some lung yin vacuity is present. **Sha Shen Mai Dong Tang & Bai He Gu Jin Tang** is indicated for more severe lung yin vacuity characterized by a dry cough accompanied by night sweat, dry mouth, malar flush, and other yin vacuity symptoms.

Cautions and Contraindications

Not for use with an external pathogen or with lung yin vacuity.

QSJ ●

QING SHANG JUAN TONG TANG

清上蠲痛汤

"Clear the Upper & Relieve Pain"

Source

Achieving Longevity by Guarding the Source (Shou Shi Bao Yuan)

Biomedical Presentation

Headache (including sinus headaches, whole-head headaches and migraine headaches), **trigeminal neuralgia,** high blood pressure.

Clinical Presentation

This formula treats **wind-cold headaches.** These are characterized by aversion to wind and cold, pain that is **worse with exposure to cold or wind** and **intense pain**. Some modern practitioners use this formula to address headaches associated with high blood pressure when these fit the pattern of invasion of wind-cold-damp.

Note that some modern texts interpret this formula as one that treats wind-heat headache patterns. The formula's inclusion of a large number of warm and drying herbs, they propose, is offset by the its use of *Huang Qin* (Scutellaria baikal root), *Ju Hua* (Chrysanthemum flower) and *Man Jing Zi* (Vitex fruit), all of which are cold or cool. Thus, one can consider this formula for wind-heat patterns as well as long as the patient does not exhibit signs of yin or fluid vacuity. It may be advisable to combine this formula with **Yin Qiao San** *(Lonicera & Forsythia Combination)* if acute wind-heat is indeed the pattern involved. The source text does not shed light on this issue as it simply states that the formula, "treats all penetrating pain, there is no need to ask if the pain is on the left or the right [side of the head], or both, or if it is acute or chronic. The formula is effective for them all."

Tongue

Pale-purple with a white fur.

Pulse

Acute patterns - floating and tense; Chronic patterns – slow, deep and tense.

Traditional Functions

Course wind, disperse cold, clear heat and relieve pain.

Chinese Medical Indications

This formula treats wind-cold invasion attacking the head and eyes and resulting in pain.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Scutellariae Baicalensis	Scutellaria baicalensis	*huang qin*	Scutellaria baikal root
Radix Ledebouriellae Divaricatae	Ledebouriella divaricata	*fang feng*	Siler root
Tuber Ophiopogonis Japonici	Ophiopogon japonicus	*mai men dong*	Ophiopogon root
Radix Angelicae Pubescentis	Angelica pubescens	*du huo*	Angelica pubescens root
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Radix Ligustici Wallichi	Ligusticum wallichii	*chuan xiong*	Ligusticum wallichii rhiz

Ingredients continued on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Ingredients (continued)

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Rhizoma et Radix Notopterygii	Notopterygium incisum	*qiang huo*	Notopterygium rhizome
Rhizoma Atractylodis Macrocephalae	Atractylodes macrocephala	*bai zhu*	Atractylodes macrocephala rhizome
Flos Chrysanthemi Morifolii	Chrysanthemum Morifolium	*ju hua*	Chrysanthemum flower
Fructus Vitex	Vitex rotundifolia	*man jing zi*	Vitex fruit
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*sheng jiang*	Fresh Ginger rhizome
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root
Herba cum Radice Asari	Asarum canadense	*xi xin*	Asarum herb

Herbal Formula Analysis

This formula addresses wind-cold pathogens which give rise to headache. *Chuan Xiong* (Ligusticum wallichii rhizome) moves the qi aspect of the blood and dispels wind from the blood aspect. It moves upward to the head and eyes and is an essential herb for treatment of wind-cold headaches. Coupled with the acrid, warm herbs *Qiang Huo* (Notopterygium rhizome), *Du Huo* (Pubescent Anbgelica root), *Fang Feng* (Siler root) and *Xi Xin* (Asarum herb), the combination has a strong ability to disperse cold, dispel wind and relieve pain. *Bai Zhu* (Atyractylodes macrocephala rhizome) is acrid and warm; it supplements the spleen and transforms damp. In this formula it helps the body to dispel cold, prevents fluid accumulation related to cold disorders and protects central burner qi from damage by the cold pathogen and the acrid herbs in the formula. *Ju Hua* (Chrysanthemum flower) and *Man Jing Zi* (Vitex fruit) are acrid and cool and hone to the head and eyes. These two herbs combined with *Huang Qin* (Scutellaria root) serve to counter the heat (inflammation) that occurs as a result of the stagnation incurred though the wind-cold invasion. *Mai Men Dong* (Ophiopogon root) clears heat and nourishes yin. This herb's inclusion along with *Dang Gui* (Angelica sinensis root) helps to prevent damage to yin and blood from the secondary heat of this pattern and from the warm and drying herbs in this formula. Lastly, *Gan Cao* (Chinese Licorice root) clears heat and harmonizes the formula.

Herbal Formula Differentiation

Qing Bi Tang (*Pueraria Nose-Clearing Combination* - adapted)**, Bi Yan Pian** (*Nasal Clear Combination*) and **Qing Shang Juan Tong Tang** (*Clear the Upper & Relieve Pain*) all treat external pathogens that attack the upper body and give rise to symptoms in the head, nose and eyes. **Qing Bi Tang** is best for acute wind-heat patterns that give rise to nasal symptoms, **Bi Yan Pian**, being a modification of **Ge Gen Tang** (*Pueraria Combination*) is suited for wind-cold patterns that give rise nasal congestion and also present with aversion to cold and stiff neck and nape. Of the three, **Qing Shang Juan Tong Tang**, as the name implies, is most specific for pain in the head as in headaches, sinus pain or facial pain owing to wind-cold (or wind-heat).

Cautions and Contraindications

This formula is contraindicated in patients with vacuity of yin, blood or qi. Special attention should be paid to make sure the patient's pattern is not one of ascendant liver yang for which this formula is also contraindicated.

RSL
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REN SHEN LU RONG WAN

(Adapted)
人參鹿茸丸

"Ginseng & Velvet Antler Combination"

Source: Modern Patent Formula

Biomedical Presentation

Chronic fatigue, **impotence,** premature ejaculation, **diminished memory,** palpitations, **pain or weakness in the knees and low back**

Clinical Presentation

Deficiency of yang, blood and essence that gives rise to **fatigue, pale complexion, sexual dysfunction or low libido, clouded thinking,** poor appetite, **pain and weakness in the lower back and knees and hearing loss.**

Tongue

Pale and scalloped with a thin white fur

Pulse

A slow and thin pulse that lacks strength

Traditional Functions

Supplements the qi of the spleen, kidney and heart, boosts and warms kidney yang, nourishes jing and blood and strengthens the sinews.

Chinese Medical Indications

Treats kidney, spleen and heart vacuity patterns especially when they give rise to injured jing and blood with symptoms such as low back pain and weakness, poor memory, palpitations, fatigue, and diminished libido.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Panacis Ginseng	Panax Ginseng	*bai ren shen*	White Chinese Ginseng root
Cornu Cervi Parvum	Cervus nippon	*lu rong*	Velvet Antler tips
Radix Astragali Membranacei	Astragalus membranaceus	*huang qi*	Astragalus root
Fructus Lycii	Lycium barbarum	*gou qi zi*	Lycium fruit
Cordyceps Sinensis	Cordyceps sinensis	*dong chong xia cao*	Cultured Cordyceps fruiting body & mycelium
Fructus Foeniculi vulgaris	Foeniculum vulgars	*xiao hui xiang*	Fennel seed
Radix Rehmanniae Glutinosae	Rehmannia glutinosa	*sheng di huang*	Raw Rehmannia root
Radix Achyranthis Bidentatae	Achyranthes bidentata	*huai niu xi*	Achyranthes root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

This formula uses *Bai Ren Shen* (White Chinese Ginseng root) and *Lu Rong* (Velvet Antler tips) to supplement yang. With *Huang Qi* (Astragalus root) and *Dong Chong Xia Cao* (Cultured Cordyceps fruiting body & mycelium), these herbs supplement spleen and kidney qi and yang. *Huai Niu Xi* (Achyranthes root) supplements the kidney and liver and strengthens the lower back and knees. *Gou Qi Zi* (Lycium fruit) and *Sheng Di Huang* (Raw Rehmannia root) work with *Huang Qi* and *Hong Shen* to supplement blood and essence and *Xiao Hui Xiang* (Fennel seed) warms the center and assists the herb formula in stabilizing the root.

Herbal Formula Differentiation

Both **Ren Shen Lu Rong Wan** (*Ginseng & Velvet Antler Combination -* adapted) and **Huan Shao Dan** (*Rejuvenation Elixir*) supplement kidney yang and essence. **Ren Shen Lu Rong Wan** is a more powerful yang supplementing combination largely because of the inclusion of *Bai Ren Shen* and *Lu Rong* and *Dong Chong Xia Cao*, whereas **Huan Shao Dan** is a more balanced approach. **Huan Shao Dan** supplements the kidney and boosts the spleen qi, harmonizing the heart and kidney, quieting the spirit.

Ba Wei Di Huang Wan (*Rehmannia Eight Plus -* adapted), **You Gui Yin** (*Restore the Right*) and **Er Xian Tang** (*Two Immortals Combination*) are three other formulas in the Chinese Classic line which supplement yang. **Ba Wei Di Huang Wan** (*Rehmannia Eight Plus -* adapted) supplements kidney yang and disinhibits water dampness. **You Gui Yin** (*Restore the Right*) supplements kidney yang, blood and essence, but unlike **Ba Wei Di Huang Wan**, has no draining herbs. **You Gui Yin** is often used for developmental disorders. **Er Xian Tang** harmonizes the *chong* and the *ren*, supplements the liver and kidneys while warming yang and draining fire and is particularly used for menopausal symptoms, especially with hypertension.

Cautions and Contraindications

This formula should be used cautiously in people with high blood pressure and those who manifest heat symptoms especially if the heat symptoms are in the upper body. As a supplementing formula, **Ren Shen Lu Rong Wan** should be discontinued during the course of an externally contracted cold or flu.

RSY
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REN SHEN YANG YING TANG

人参养荣汤

"Ginseng Nutritive Combination"

Source

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

Biomedical Presentation

Anemia, hypothyroidism, non-healing boils or skin ulcers, supraventricular arrhythmias, rheumatic heart disease, coronary artery disease, post-bypass debility.

Clinical Presentation

General debility, **pallor**, **reduced appetite**, **weight loss**, **fatigue**, dry mouth and throat, **shortness of breath**, **dyspnea**, **chest oppression**, **palpitations**, **forgetfulness**, sores that are slow to heal, and dry skin. **Symptoms may worsen with exertion.**

Tongue

Pale tongue with white coat.

Pulse

Fine and weak or vacuous.

Traditional Functions

Boosts qi, nourishes blood, nourishes heart, quiets the spirit.

Chinese Medical Indications

Heart qi and yang vacuity, blood vacuity.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Astragali Membranacei	Astragalus membranaceus	*huang qi*	Astragalus root
Radix Panacis Ginseng rubra	Panax Ginseng rubra	*hong ren shen*	Red Ginseng root
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Radix Rehmanniae Glutinosae Conquitae	Rehmannia glutinosa	*shu di huang*	Prepared Rehmannia root
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Rhizoma Atractylodis Macrocephalae	Atractylodes macrocephala	*bai zhu*	Atractylodes Macrocephala rhizome
Radix Paeonia Lactiflorae	Paeonia lactiflora	*bai shao*	White Peony root
Pericarpium Citri Reticulatae	Citrus reticulata	*chen pi*	Citrus peel
Radix Polygalae Tenuifoliae	Polygala tenuifolia	*yuan zhi*	Chinese Senega root
Fructus Schisandrae Chinensis	Schisandra chinensis	*wu wei zi*	Schisandra fruit
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*sheng jiang*	Fresh Ginger rhizome
Fructus Zizyphi Jujubae	Zizphus jujube	*da zao*	Jujube date
Radix Glycyrrhizae Uralensis	Glycyrrhizae uralensis	*zhi gan cao*	Honey baked Chinese Licorice root
Cortex Cinnamomi Cassiae	Cinnamomum cassia	*rou gui*	Cinnamon bark

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Dang Gui (Angelica sinensis root) supplements and quickens the blood. *Shu Di Huang* (Prepared Rehmannia root) supplements the blood. *Bai Shao* (White Peony root) nourishes the blood and restrains the yin. *Bai Zhu* (Atractylodes Macrocephala rhizome) and *Fu Ling* (Poria sclerotium fungus) supplement the spleen and eliminate dampness, thus promoting transportation and transformation. *Huang Qi* (Astragalus root) boosts the qi, and *Hong Ren Shen* (Red Chinese Ginseng root) supplements the source qi. Together these two herbs combine to fortify the heart and the spleen. *Yuan Zhi* (Chinese Senega root) quiets the spirit and sharpens the wits. Schisandra supplements the qi, secures the essence and engenders fluids and humors. *Chen Pi* (Citrus peel) and *Zhi Gan Cao* (honey-baked Chinese Licorice root) regulate the center. *Da Zao* (Jujube date) fortifies qi and engenders fluids. *Sheng Jiang* (Fresh Ginger rhizome) and *Rou Gui* (Cinnamon bark) warm the center, return yang and free the vessels.

Herbal Formula Differentiation

Ren Shen Yang Ying Tang *(Ginseng Nutritive Combination)* is indicated for debility due to blood and qi vacuity, particularly heart vacuity characterized by shortness of breath, fatigue, panting, palpitations, and forgetfulness which worsen upon exertion. This is commonly seen in elderly patients or those suffering from enduring consumptive disease.

Huang Qi Ling Zhi San *(Astragalus & Ganoderma)*, **Bu Zhong Yi Qi Tang** *(Supplement the Center & Boost Qi Combination)* and **Sheng Mai San** (*Pulse-Engendering Combination*) also treat debility. **Huang Qi Ling Zhi San** is indicated for a compromised immune system with manifestations of qi and yin vacuity characterized by extreme fatigue, spontaneous and night sweat, emaciation and dryness. **Bu Zhong Yi Qi Tang** is for debility in the aftermath of illness or fatigue due to falling central qi. The primary symptoms for this formula will present as qi vacuity and falling qi: shortness of breath, weight loss, or withdrawal with perhaps distention in the lower abdomen, or actual organ prolapse. **Sheng Mai San** treats qi and yin vacuity, strengthens the heart qi and also can be used in recovery from illness. **Ren Shen Yang Ying Tang** is indicated for qi and blood vacuity, particularly of the heart, and does not strongly address yin vacuity, falling qi or impaired immunity.

Gui Pi Tang (*Spleen-Returning Combination*) also treats dual qi and blood vacuity, and spleen and heart vacuity. The vacuity for which **Gui Pi Tang** is indicated is characterized by fatigue and insomnia with palpitations and forgetfulness rather than debility.

Xue Fu Zhu Yu Tang *(Expelling Stasis in the Blood Mansion)*, **Chai Hu Jia Long Gu Mu Li Tang** *(Bupleurum & Dragon Bone)*, **Gui Pi Tang**, **Ren Shen Yang Ying Tang**, **Tian Wang Bu Xin Tang** *(Heavenly Emperor Heart Supplementing Elixir)*, and **Dan Shen Yin** *(Salvia Plus)* are all indicated for palpitations. **Xue Fu Zhu Yu Tang** treats chest and head pain, but in this case, it is pain due to blood stasis alone. **Dan Shen Yin** is indicated for palpitations and pain due to blood vacuity and blood stasis and qi stagnation. Clinically, this may occur in individuals with high cholesterol. **Chai Hu Jia Long Gu Mu Li Tang** is indicated for occasional palpitationswith chest fullness, agitation, and irritability due to a pathogen lodged in the interior.

Gui Pi Tang, **Ren Shen Yang Ying Tang** and **Tian Wang Bu Xin Tang** all treat palpitations from vacuity. None of these formulas address palpitations with pain due to stasis. **Gui Pi Tang** and **Ren Shen Yang Ying Tang** treat palpitations due to the pattern differentiation described above. **Tian Wang Bu Xin Tang** treats palpitations and heart and kidney yin vacuity with restlessness, anxiety, night sweat and a red tongue with little coat and rapid, thready pulse.

Cautions and Contraindications

None noted.

SJY
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SANG JU YIN

桑菊饮

"Mulberry & Chrysanthemum"

Source

Systemized Identification of Warm Diseases (Wen Bing Tiao Bian)

Biomedical Presentation

Cough, sore throat, fever and thirst

Clinical Presentation

This formula treats the acute onset of cough, fever, sore throat and thirst as seen in common cold or flu.

Tongue

Thin white tongue fur with possible red tongue tip.

Pulse

Floating and sometimes rapid.

Traditional Functions

Courses wind, clears heat, diffuses lung qi and relieves dry cough.

Chinese Medical Indications

Treats acute wind-heat patterns that give rise to cough and/or sore throat. Thirst and fever are common co-symptoms as are a slight aversion to wind and headache. The pattern presents with little or no sweating.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Folium Mori Albae	Morus alba	*sang ye*	White Mulberry leaf
Flos Chrysanthemi Morifolii	Chrysanthemum Morifolium	*ju hua*	Chrysanthemum flower
Semen Armeniacae	Prunus armeniaca	*xing ren*	Armeniaca seed
Fructus Forsythiae Suspensae	Forsythia suspensa	*lian qiao*	Forsythia fruit
Radix Platycodi Grandiflori	Platycodon grandiflorum	*jie geng*	Platycodon grandiflorum root
Rhizoma Phragmitis Communis	Phragmites communis	*lu gen*	Phragmites rhizome
Herba Menthae Haplocalycis	Mentha haplocalycis	*bo he*	Chinese Mentha herb
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

This formula treats acute wind-heat patterns where the smooth flow of lung qi is disrupted (the well-known warm-disease author and practitioner, *Ye Tian Shi*, famously said that warm pathogens ascend to invade the lungs). Thus, the formula aims to course and disperse wind-heat, diffuse lung qi and relieve cough. *Sang Ye* (White Mulberry leaf) clears heat from the connecting vessels of the lung and *Ju Hua* (Chrysanthemum flower) courses and disperses wind-heat from the upper body. These are the sovereign herbs in the formula. They are assisted by *Jie Geng* (Platycodon grandiflorum root) which diffuses lung qi and *Xing Ren* (Armeniaca seed) which bears lung qi downward. *Xing Ren* (Armeniaca seed) has the added benefit of moistening the lung to help prevent damage to lung yin from the heat pathogen. *Bo He* (Chinese Mentha herb) is acrid and cool; it soothes the throat and resolves the exterior. *Lian Qiao* (Forsythia fruit) clears heat and resolves toxin. These herbs support the sovereign herbs and thus serve as ministers. *Lu Gen* (Phragmites rhizome) clears heat and engenders fluids thus preventing damage to lung fluids, relieving thirst and serving as the assistant herb. *Gan Cao* (Chinese Licorice root) clears heat, harmonizes the formula and functions as the formula's guiding herb.

Herbal Formula Differentiation

Sang Ju Yin *(Mulberry & Chrysanthemum Combination)*, **Gan Mao Ling** *(Cold Release Combination)*, **Zhong Gan Ling** *(Heavy Cold Release Combination)* and **Yin Qiao San** (*Lonicera & Forsythia Combination*) dispel wind and clear heat toxins. **Gan Mao Ling** and **Zhong Gan Ling** are more effective after the first twelve hours. **Gan Mao Ling** brightens the eyes, disinhibits the nasal passages, and stops cough whereas **Zhong Gan Ling** is especially useful for moistening the throat and resolving the muscles. **Yin Qiao San** is especially effective in the initial twelve hours of a strong wind-heat attack while **Sang Ju Yin** diffuses lung qi and relieves dry cough as the initial wind-heat attack begins to penetrate the respiratory system.

Cautions and Contraindications

Not suitable for wind-cold patterns.

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SHA SHEN MAI DONG TANG & BAI HE GU JIN TANG

(Adapted)

沙参麦门冬汤, 百合固精汤

"Ophiopogon Plus Metal-Securing Combination"

Source

1. *Systematized Identification of Warm Diseases (Wen Bing Tiao Bian)* 2. *Medical Formulas*

Biomedical Presentation

Chronic pharyngitis, pertussis, **pulmonary tuberculosis**, cor pulmonale, **chronic bronchitis**, **bronchiectasis**, pneumonia, silicosis, spontaneous pneumothorax, laryngitis, vocal cord polyps, and laryngeal carcinoma.

Clinical Presentation

Hot palms and soles, fatigue, **night sweats**, **dry and sore throat**, **thirst** and **hacking cough with scanty**, **possible blood-streaked sputum**.

Tongue

Red with scant coating.

Pulse

Rapid and fine.

Traditional Functions

Nourishes yin and moistens the lungs, transforms phlegm and suppresses cough.

Chinese Medical Indications

Lung and kidney yin vacuity.
Fluid dryness.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Bulbus Lilii	Lilium brownii	*bai he*	Lily bulb
Semen Armeniacae	Prunus armeniaca	*xing ren*	Armeniaca seed
Tuber Ophiopogonis Japonici	Ophiopogon japonicus	*mai men dong*	Ophiopogon root
Radix Glehniae Littoralis	Glehnia littoralis	*bei sha shen*	Glehnia root
Radix Codonopsitis Pilosulae	Codonopsis pilosula	*dang shen*	Codonopsis root
Tuber Asparagi Cochinchinensis	Asparagus cochinchinensis	*tian men dong*	Chinese Asparagus root
Herba Dendrobii	Dendrobium nobile	*shi hu*	Dendrobium herb
Radix Trichosanthis Kirilowii	Trichosanthes kirilowii	*tian hua fen*	Trichosanthes root
Radix Platycodi grandiflori	Platycodon grandiflorum	*jie geng*	Platycodon grandiflorum root

Ingredients continued on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Ingredients (continued)

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Folium Mori Albae	Morus alba	*sang ye*	White Mulberry leaf
Cortex Mori Albae Radicis	Morus alba	*sang bai pi*	White Mulberry root bark
Pumice	—	*fu hai shi*	Pumice
Rhizoma Pinellia Ternatae	Pinellia ternata	*ban xia*	Pinellia rhizome
Fructus Zizyphi	Ziziphus jujuba	*da zao*	Jujube date
Radix Glycyrrhizae Uralensis	Glycyrrhizae uralensis	*gan cao*	Chinese Licorice root
Rhizoma Polygonati Odorati	Polygonatum odoratum	*yu zhu*	Polygonatum odoratum rhizome

Herbal Formula Analysis

Bai He (Lily bulb), *Mai Men Dong* (Ophiopogon root), and *Xing Ren* (Armeniaca seed) moisten the lungs, nourish yin, transform phlegm and suppress cough, the guiding principles of the formula. This action is assisted by *Tian Men Dong* (Chinese Asparagus root), *Tian Hua Fen* (Trichosanthis root), *Jie Geng* (Platycodon grandiflorum root), and *Sang Ye & Sang Bai Pi* (White Mulberry leaf and root). *Bei Sha Shen* (Glehnia root) and *Yu Zhu* (Polygonatum odoratum rhizome) engender fluids, allay thirst, and enrich yin. Salty and cold *Fu Hai Shi* (Pumice) clears the lung, transforms phlegm, and treats hemoptysis due to fire damaging the network vessels of the lung. *Ban Xia* (Pinellia rhizome) transforms bound fluids and humors. The acrid, drying properties of *Ban Xia* are well balanced by the moistening, yin enriching medicinals. *Dang Shen* (Codonopsis), *Da Zao* (Jujube date) and *Gan Cao* (Chinese Licorice root) supplement the qi and engender fluids.

Herbal Formula Differentiation

Sha Shen Mai Dong Tang & Bai He Gu Jin Tang (*Ophiopogon Plus Metal-Securing Combination* - adapted) is indicated for lung yin vacuity and fluid dryness characterized by dry cough, possibly with blood-streaked sputum, night sweat, dry mouth, hot palms and soles, and thirst.

Qing Fei Tang (*Lung-Clearing Combination***)** is indicated for lung-heat damaging lung fluids characterized by dry cough, dry mouth, sore throat, thick yellow sputum, and perhaps fever. The yin vacuity symptoms such as night sweat and hot palms and soles for which **Sha Shen Mai Dong Tang & Bai He Gu Jin Tang** is indicated are not present. The use of **Sha Shen Mai Dong Tang & Bai He Gu Jin Tang** would follow the condition for which **Qing Fei Tang** is indicated if left untreated or unresolved.

Other respiratory formulas that treat exterior conditions or lung-heat are contraindicated for the internal yin vacuity and fluid dryness for which **Sha Shen Mai Dong Tang & Bai He Gu Jin Tang** is intended.

Huang Qi Ling Zhi San (*Astragalus & Ganoderma***)** and **Sheng Mai San** (*Pulse-Engendering Combination*) also treat lung yin vacuity. Unlike **Sha Shen Mai Dong Tang & Bai He Gu Jin Tang**, **Huang Qi Ling Zhi San** is indicated for immune compromise and qi vacuity rather than lung yin vacuity with fluid dryness. **Sheng Mai San** addresses dual vacuity of qi and yin and can be used for shortness of breath and chronic cough but does not treat or resolve phlegm.

Cautions and Contraindications

Contraindicated for exterior conditions. Use cautiously in cases of spleen vacuity with loose stools.

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SHEN LING BAI ZHU SAN

参苓白术散

"Ginseng & Atractylodes Combination"

Source

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

Biomedical Presentation

Chronic gastritis and enteritis, gastrointestinal side effects of chemotherapy and radiation therapy, irritable bowel syndrome, chronic hepatitis, chronic bronchitis, chronic nephritis, various forms of anemia, diabetes and malabsorption syndromes

Clinical Presentation

The patient for whom this formula is appropriate presents with signs of **central burner vacuity and damp encumbrance.** This leads to disruption of the transforming and transporting function of the spleen and gives rise to symptoms that mostly lie in the digestive system, but can extend to include fluid metabolism disorders (water swelling) and disorders related to lung vacuity (chronic cough).

Tongue

Pale with a white fur.

Pulse

Fine and vacuous or moderate.

Traditional Functions

Boosts qi, fortifies the spleen, percolates damp and arrests diarrhea.

Chinese Medical Indications

This formula treats spleen-vacuity digestive disorders such as chronic diarrhea, loose stools and lack of appetite and water path disorders such as water swelling and water accumulation (as in the lung) and lung vacuity disorders such as chronic cough. It is also a good constitutional formula for patients who present with spleen vacuity and damp accumulation.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Semen Coicis	Coix lachryma-jobi	*yi yi ren*	Coix seed
Semen Dolichoris Lablab	Dolichos lablab L.	*bai bian dou*	Dolichos seed
Semen Nelumbinis Nuciferae	Nelumbo nucifera	*lian zi rou*	Lotus seed
Radix Dioscoreae Oppositae	Dioscorea opposita	*shan yao*	Chinese Yam root
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Radix Panacis Ginseng	Panax Ginseng	*bai ren shen*	White Chinese Ginseng root
Rhizoma Atractylodis Macrocephalae	Atractylodes macrocephala	*bai zhu*	Atractylodes macrocephala rhizome

Ingredients continued on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Ingredients (continued)

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Platycodi Grandiflori	Platycodon grandiflorum	*jie geng*	Platycodon grandiflorum root
Fructus Amomi	Amomum villosum	*sha ren*	Cardamom Amomum villosum fruit
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*zhi gan cao*	Honey baked Chinese Licorice root

Herbal Formula Analysis

The heart of this formula is **Si Jun Zi Tang** (*Four Gentlemen Combination*). In that formula *Bai Ren Shen* (White Chinese Ginseng root) and *Zhi Gan Cao* (Honey-baked Chinese Licorice root) supplement and warm the central burner and *Bai Zhu* and *Fu Ling* help the spleen to transform and percolate damp. **Shen Ling Bai Zhu San** (*Ginseng & Atractylodes Combination*) includes *Shan Yao* (Chinese Yam root) to complement the spleen-supplementing herbs of the formula and *Yi Yi Ren* (Coix seed) works with *Fu Ling* (Poria Sclerotium fungus) to percolate damp and supplement the spleen. *Bai Bian Dou* (Dolichos seed) and *Lian Zi Rou* (Lotus seed) strengthen the spleen and relieve diarrhea and *Sha Ren* (Cardamon Amomum Villosum fruit) rectifies central burner qi and transforms damp. *Jie Geng* (Platycodon grandiflorum root) diffuses lung qi which helps to clear the water path through the lung's function of downbearing and depurating. Thus, in combination with the percolating herbs in the formula, *Jie Geng* helps the lung in its role of leading damp downward and out of the body and in the process helps to unencumber the spleen. Further, *Jie Geng*, through its function of diffusing lung qi, enables the formula to address spleen-vacuity damp that gives rise to chronic cough.

Herbal Formula Differentiation

Both **Shen Ling Bai Zhu San** and **Si Jun Zi Tang** treat spleen vacuity digestive disorders. **Si Jun Zi Tang**, however, has less ability to transform damp and thus is better suited when the main disharmony is spleen yang qi vacuity with and where damp encumbrance is secondary. **Shen Ling Bai Zhu San** treats a condition where both spleen vacuity and damp encumbrance are equally present.

Ping Wei San (*Stomach Calming Combination*) also treats a similar situation but in that case the spleen vacuity is secondary and the damp encumbrance and stagnation of central burner qi is primary.

Cautions and Contraindications

Not appropriate for most heat conditions or those who suffer from yin vacuity.

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SHENG MAI SAN

生脉散

"Pulse-Engendering Combination"

Source

On Clarifying Confusion about Internal and External Damage (Nei Wai Shang Bian Huo Lun)

Biomedical Presentation

Fatigue, shortness of breath, chronic cough that produces scant or no phlegm, low blood pressure, **spontaneous sweating, heart disease.** This formula is also often applied to **post-illness or post-operative patients** who present with signs of yin and qi vacuity.

Clinical Presentation

This formula addresses **dual vacuity of qi and yin.** The patient typically will present with signs of weakness as in a **weak voice, fatigue**, etc.. They may also present with profuse **sweating** with dry mouth as in post-illness depletion of yin and qi. Chronic coughing owing to lung qi and yin damage is a third possible presentation. Lastly, the formula is often used to address vacuity heart disease patterns that present with physical weakness, shortness of breath and sweating.

Tongue

A thin tongue fur with scan fluid.

Pulse

Fine and vacuous.

Traditional Functions

Boosts qi, enriches yin, engenders fluids and the pulse, constrains the lung, and checks sweating.

Chinese Medical Indications

Treats yin-qi vacuity patterns that affect the upper burner. Classically, this formula was used to treat summerheat disorders that left the qi and yin depleted (thirst, dry mouth, shortness of breath). Nowadays, the formula is typically applied to chronic cough owing to qi and yin vacuity with symptoms such as cough with absence of phlegm or scant phlegm, spontaneous sweating and a dry throat and mouth. Or, it is used to treat heart-qi weakness owing to yin-qi vacuity that presents with cold in the four limbs, low blood pressure, shortness of breath and bodily fatigue.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Panacis Ginseng	Panax Ginseng	*bai ren shen*	White Chinese Ginseng root
Tuber Ophiopogonis Japonici	Ophiopogon japonicus	*mai men dong*	Ophiopogon root
Fructus Schisandrae Chinensis	Schisandra chinensis	*wu wei zi*	Schisandra fruit

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Bai Ren Shen (White Chinese Ginseng root) is sweet and balanced and can supplement the lung, boost qi, and engender fluids. *Mai Men Dong* (Ophiopogon root) is sweet and cool; it nourishes yin, engenders fluids and clears vacuity-heat vexation. *Wu Wei Zi* (Schisandra fruit) is sour and astringent; it constrains the lung to prevent depletion of qi through coughing, decreases sweating and engenders fluids. As a group the three herbs supplement, clear and astringe to relieve sweating by securing the exterior, boost qi, nourish yin, engender fluids and alleviate thirst.

Herbal Formula Differentiation

Huang Qi Ling Zhi San (*Astragalus & Ganoderma*) also supplements qi and yin, engenders fluids and can be used to treat post-illness or post-operative weakness. **Sheng Mai San** (*Pulse-Engendering Combination*) is more pointed in its function of treating yin and qi depletion and does not substantially nourish blood or warm and supplement the kidneys in the way that **Huang Qi Ling Zhi San**. Thus, for patients where deeper and more widespread vacuities exist **Huang Qi Ling Zhi San** is better suited but if dual vacuity of yin and qi is primary **Sheng Mai San** will be more effective.

Cautions and Contraindications

This formula is astringent and thus is contraindicated in the presence of an exterior pathogen.

SQD
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SHI QUAN DA BU TANG

十全大补汤

"Perfect Great Supplementation Combination"

Source

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

Biomedical Presentation

Anemia, constipation, neurogenic headache, dysmenorrhea, **dysfunctional uterine bleeding**, **threatened miscarriage**, **postpartum weakness**, and scanty lactation.

Clinical Presentation

Pale, **lusterless complexion**, **tendency toward cold**, easily-fatigued extremities, reduced appetite, laconic speech, vertigo, sores that refuse to heal, tinnitus, **dizziness**, palpitations, **shortness of breath**, spermatorrhea, leukorrhea, **absent or scant menstruation**, painful menstruation, **irregular menstruation**, **continuous spotting**, **lochiorrhea**.

Tongue

Pale tongue.

Pulse

Fine, wiry and fine, or choppy pulse.

Traditional Functions

Supplements and regulates blood, warms and boosts the qi.

Chinese Medical Indications

Dual qi and blood vacuity.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Astragali Membranacei	Astragalus membranaceus	*huang qi*	Astragalus root
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Radix Rehmanniae Glutinosae Conquitae	Rehmannia glutinosa	*shu di huang*	Prepared Rehmannia root
Radix Paeoniae Lactiflorae	Paeonia lactiflora	*bai shao*	White Peony root
Rhizoma Atractylodis Macroephalae	Atractylodes macrocephala	*bai zhu*	Atractylodes macrocephala rhizome
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Cortex Cinnamomi Cassiae	Cinnamomum cassia	*rou gui*	Cinnamon bark
Radix Ligustici Wallichii	Ligusticum wallichii	*chuan xiong*	Ligusticum wallichii rhiz.
Radix Codonopsitis Pilosulae	Codonopsis pilosula	*dang shen*	Codonopsis root
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*zhi gan cao*	Honey baked Chinese Licorice root
Radix Panacis Ginseng rubra	Panax Ginseng rubra	*hong ren shen*	Red Ginseng root

Herbal Formula Analysis

Hong Ren Shen (Red Chinese Ginseng root) and *Dang Shen* (Codonopsis root) supplement the source qi and fortify the spleen and stomach qi. *Bai Zhu* (Atractylodes macrocephala rhizome) and *Fu Ling* (Poria Sclerotium fungus) supplement the spleen and eliminate dampness, thus promoting transportation and transformation. *Zhi Gan Cao*

Herbal Formula Analysis continued on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

(Honey-baked Chinese Licorice root) regulates the center. These medicinals comprise the formula **Si Jun Zi Tang** (*Four Gentlemen*) which has the functions of boosting the qi and supplementing the spleen, the source of postnatal qi and blood. *Dang Gui* (Angelica sinensis root) supplements and quickens the blood. *Shu Di Huang* (Prepared Rehmannia root) *Bai Shao* (White Peony root) nourishes the blood and yin. *Chuan Xiong* (Ligusticum rhizome) rectifies the qi of the blood. These medicinals comprise **Si Wu Tang** (*Four Substances Combination)* which supplements and regulates the blood. The addition of *Huang Qi* (Astragalus root) and *Rou Gui* (Cinnamon bark) warms yang and boosts the qi. The combination greatly supplements dual qi and blood vacuity, especially if the cause is from loss of blood due to serious illness, after childbirth, or from flooding and leaking (continuous uterine bleeding).

Herbal Formula Differentiation

Shi Quan Da Bu Tang *(Perfect Great Supplementation Combination)* is for dual qi and blood vacuity characterized by pallor, fatigue, shortness of breath, and dizziness with yang vacuity characterized by a tendency to be cold. This is often seen clinically after a loss of blood from a serious illness, trauma, or childbirth. **Ba Zhen Tang** (*Eight Pearls Combination*), which also treats dual qi and blood vacuity, is for less severe conditions, without the yang vacuity (cold) symptoms. Unlike the former two formulas which treat dual qi and blood vacuity, **Shou Wu Zhi** (*Shou Wu Combination*) is indicated for blood vacuity and kidney vacuity due to debility, sexual excess, after childbirth or illness, characterized by pallor, dizziness and weak or sore low back and knees.

Huang Qi Ling Zhi San (*Astragalus & Ganoderma*), **Sheng Mai San** (*Pulse-Engendering Combination*), **Bu Zhong Yi Qi Tang** (*Supplement the Center & Boost Qi Combination*), **Gui Pi Tang** (*Spleen-Returning Combination*) and **Ren Shen Yang Ying Tang** (*Ginseng Nutritive*) also treat debility and fatigue. **Huang Qi Ling Zhi San** is indicated for a compromised immune system with manifestations of qi and yin vacuity. In this case the fatigue is extreme, rather than limited to bodily fatigue. **Sheng Mai San** treats yin-qi vacuity patterns that effect the upper burner, treating heart-qi weakness or chronic cough with absence of phlegm. **Bu Zhong Yi Qi Tang** is for debility in the aftermath of illness, or fatigue due to falling of central qi. The primary symptoms for this formula will present as qi vacuity: shortness of breath, weight loss, or withdrawal with perhaps distention in the lower abdomen, or actual organ prolapse. **Gui Pi Tang** is indicated for bodily fatigue with insomnia, palpitations, forgetfulness, and a thready, frail pulse due to a dual qi and blood vacuity, and spleen and heart vacuity. Fatigue with insomnia and palpitations are critical symptoms for the use of this formula. **Ren Shen Yang Ying Tang** is indicated for debility due to blood and qi vacuity, particularly heart vacuity characterized by shortness of breath, fatigue, panting, palpitations, and forgetfulness which worsen upon exertion. This is commonly seen in the elderly, or those suffering from chronic consumptive disorders.

Several of the Chinese Classics formulas treat menstrual disorders. Most notable of these are **Xiao Yao San** (*Free Wanderer Combination*)**, Dan Zhi Xiao Yao San** (*Moutan & Gardenia Free Wanderer*)**, Bu Zhong Yi Qi Tang, Shi Quan Da Bu Tang**, **Gui Pi Tang** and **Ba Zhen Tang**. In addition to these, **Bu Xue Tiao Jing Tang** (*Supplement Blood and Adjust Menses* - adapted), **Wen Jing Tang (***Flow-Warming (Menses) Combination***), Tao Hong Si Wu Tang** (*Carthamus & Persica with Four Substances*), and **Tong Jing Tang** (*Menses-Freeing Combination*) are specific for dysmenorrhea. The focus of **Xiao Yao San** and **Dan Zhi Xiao Yao San** are for menstrual disorders due to liver depression and blood vacuity.

Bu Zhong Yi Qi Tang and **Gui Pi Tang** both treat abnormal uterine bleeding that tends to be pale-colored or watery. The amount of bleeding may vary from scant to profuse, and may occur any time in the menstrual cycle. It may also occur during pregnancy. In both cases, the bleeding is due to abnormal function of the spleen. For the former formula, it is the spleen failing to govern upbearing resulting in falling qi. For the latter, it is the failure of the spleen to manage blood. Differentiation for these two formulas is noted above.

Ba Zhen Tang and **Shi Quan Da Bu Tang** treat a wider variety of menstrual disorders: amenorrhea, dysmenorrhea, irregular menstruation, or continuous spotting due to dual vacuity of qi and blood.

In cases where the menstrual disorder is accompanied by flooding and leaking syndrome, i.e., bleeding that doesn't stop or continuous spotting due to dual vacuity of qi and blood, any of these formulas may be combined with **Zhi Xue Tang** *(Blood-Staunching Combination)*. Thus, the former treat the root (vacuity), and the latter treats the branch (abnormal bleeding).

Cautions and Contraindications

Do not use without modification in high fever, yin vacuity with exuberant fire, or accumulation and stagnation with qi distention.

SWU
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SHOU WU ZHI

首乌汁

"Shou Wu Combination"

Source: Modern Patent Formula

Biomedical Presentation

Anemia, constipation, neurogenic headache, **postpartum weakness**, and scanty lactation.

Clinical Presentation

Pale, lusterless complexion, **tendency toward cold**, vertigo, **dizziness**, weak and sore low back and knees, absent or scant menstruation, irregular menstruation, menopausal syndrome.

Tongue

Pale tongue.

Pulse

Fine, vacuous.

Traditional Functions

Warms and nourishes blood, supplements kidney.

Chinese Medical Indications

Blood vacuity.
Kidney vacuity.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Polygoni Multiflori	Polygonum multiflorum	*he shou wu*	Polygonum multiflori root
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Rhizoma Polygonati	Polygonatum sibiricum	*huang jing*	Polygonatum sibiricum rhizome
Radix Rehmanniae Glutinosae Conquitae	Rehmannia glutinosa	*shu di huang*	Prepared Rehmannia root
Rhizoma Ligustici Wallichii	Ligusticum wallichii	*chuan xiong*	Ligusticum wallichii rhizome
Radix Angelicae Dahuricae	Angelica dahurica	*bai zhi*	Angelica dahurica root
Fructus Amomi	Amomum villosum	*sha ren*	Cardamom Amomum villosum fruit
Flos Caryophylli	Eugenia caryophyllata	*ding xiang*	Clove bud
Pericarpium Citri Reticulatae	Citrus reticulata	*chen pi*	Citrus peel

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

He Shou Wu (Polygonum multiflori root) nourishes blood and essence and supplements the liver and kidneys. *Dang Gui* (Angelica sinensis root), *Huang Jing* (Polygonatum rhizome), and *Shu Di Huang* (prepared Rehmannia root) fulfill the essence, nourish the kidneys, and nourish blood. Along with *Dang Gui*, *Chuan Xiong* (Ligusticum wallichii rhizome) moves and quickens the blood. *Bai Zhi* (Angelica dahurica root) is combined with *Chuan Xiong* to treat headache. *Sha Ren* (Cardamon Amomum fruit) and *Ding Xiang* (Clove bud) warm the middle and dispel cold. *Chen Pi* (Citrus peel) rectifies the qi and balances the cloying properties of the other medicinals.

Herbal Formula Differentiation

Shou Wu Zhi *(Shou Wu Combination)* is indicated for blood vacuity and kidney vacuity due to debility, sexual excess, for use after childbirth or illness, and is characterized by symptoms of pallor, dizziness and weak or sore low back and knees. **Si Wu Tang** *(Four Substances Combination)* also supplements the blood but in addition invigorates the blood. It has use in regulating the menses.

Both **Shou Wu Zhi** and **Ba Zhen Tang** *(Eight Pearls Combination)* are indicated for blood vacuity. **Shou Wu Zhi** is indicated for kidney vacuity along with the blood vacuity, **Ba Zhen Tang** is for qi vacuity along with blood vacuity.

Shi Quan Da Bu Tang (*Perfect Great Supplementation Combination*) is indicated for qi and mild yang vacuity along with blood vacuity characterized by shortness of breath, poor appetite, laconic speech and dysfunctional uterine bleeding due to vacuity.

Cautions and Contraindications

Suitable for long term use. Use cautiously in presence of external pathogen or heat.

SJZ

SI JUN ZI TANG

四君子汤

"Four Gentlemen Combination"

Source

Imperial Grace Formulary of the Tai Ping Era (He Ji Ju Fang).

Biomedical Presentation

Neurasthenia, chronic gastrritis, duodenal ulcer, **peptic ulcer,** irritable bowel syndrome, gastroptosis, diabetes mellitus, **uterine fibroids, anemia,** vomiting, and **diarrhea.**

Clinical Presentation

Pale complexion, weak limbs, low energy, weak and low voice, poor appetite, and loose stool.

Tongue

Pale with a thin white coating.

Pulse

Weak.

Traditional Functions

Fortifies the spleen and boosts the qi, supplements the middle burner.

Chinese Medical Indications

Qi vacuity.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Panacis Ginseng	Panax Ginseng	*bai ren shen*	White Chinese Ginseng root
Rhizoma Atractylodes Macrocephala	Atractylodes macrocephala	*bai zhu*	Atractylodes macrocephala rhizome
Sclerotium Poria Cocos	Poria cocos	*fu ling*	Poria sclerotium fungus
Radix Glycyrrhizae Uralensis	Glycyrrhizae uralensis	*zhi gan cao*	Honey baked Chinese Licorice root

Herbal Formula Analysis

Bai Ren Shen (White Chinese Ginseng root) greatly supplements the original (*yuan*) qi and boosts the intelligence. It also fortifies the spleen and nourishes the stomach. *Bai Zhu* (Atractylodes macrocephala rhizome) fortifies the spleen and dries dampness in the middle burner. Poria percolates damp from both middle and lower burners while gently fortifying the spleen. *Fu Ling* (Poria sclerotium fungus) and *Bai Zhu* mutually enhance each other's ability to fortify the spleen and eliminate dampness thereby enhancing transportation and transformation. *Zhi Gan Cao* (Honey-baked Licorice root) rectifies the center and harmonizes the other medicinals.

Herbal Formula Differentiation on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Differentiation

Si Jun Zi Tang *(Four Gentlemen Combination)*, **Bu Zhong Yi Qi Tang** *(Supplement the Center & Boost Qi Combination)*, **Ba Zhen Tang** *(Eight Pearls Combination)*, **Shi Quan Da Bu Tang** (*Perfect Great Supplementation Combination)*, **Gui Pi Tang** *(Spleen-Returning Combination)* and **Ren Shen Yang Ying Tang** *(Ginseng Nutritive Combination)* all boost qi. **Ba Zhen Tang** boosts the qi and also nourishes the blood. **Shi Quan Da Bu Tang** and **Gui Pi Tang** also nourish and supplement blood, however, **Shi Quan Da Bu Tang** mildly supplements yang while **Gui Pi Tang** nourishes heart blood. **Ren Shen Yang Ying Tang** boosts the qi and nourishes the blood while quietening the spirit. **Si Jun Zi Tang** and **Bu Zhong Yi Qi Tang** both boost qi, **Bu Zhong Yi Qi Tang** upbears qi and is indicated in postfebrile fatigue conditions.

Caution and Contraindications

Caution: prolonged use may cause dry mouth, vexatious thirst, agitation, easy anger and constipation.

Contraindicated for both replete and vacuity heat patterns, qi distension, and fluid insufficiency.

Contraindicated in constipation, bloating, thirst, and irritability.

SNS ●

SI NI SAN

四逆散

"Four Counterflow Combination"

Source

On Cold Damage (Shang Han Lun)

Biomedical Presentation

This formula can treat a wide range of consequences of binding depression of liver qi including central burner disorders such as **cholecystitis,** cholelithiasis, **gastritis,** peptic ulcers, **allergic colitis,** adhesive intestinal obstruction, **intercostal neuralgia, hepatitis,** pancreatitis, and **trigeminal neuralgia**; and lower burner disorders such as urinary tract stones, **dysmenorrhea, impotence,** enuresis, blocked fallopian tubes, or encapsulated periappendical abscesses. In addition, the formula may be appropriate for other outcomes of binding depression of liver qi such as **allergic rhinitis,** epidemic hemorrhagic fever, coronary artery disease, **premenstrual and perimenopausal syndrome,** epilepsy, **neurogenic headaches,** or **acute mastitis.**

Clinical Presentation

The patient for whom this formula is appropriate shows signs of **binding depression of liver qi** such as **flank pain, digestive upset, anger, frustration and a wiry pulse.** Note that this formula primarily addresses the branch and treatment usually involves shifting to a more nourishing formula after the relief from primary symptoms has been achieved.

Tongue

Varied

Pulse

Wiry

Traditional Functions

Expels pathogens, resolves depression, courses the liver and rectifies the spleen.

Chinese Medical Indications

While this formula is mentioned in the source text for treating a pathogen that is depressed in the *shaoyin*, it has come to be used to treat binding depression of liver qi that presents with warmth in the abdomen and cold in the limbs owing to lack of flow of qi to the extremities. By extension it has been used to treat a large variety of patterns of binding depression of liver qi characterized by flank pain (including a number of liver and gallbladder disorders), a wiry pulse and digestive upset (wood invading earth) expressed as diarrhea, abdominal pain and gastric pain. Since the liver channel traverses the reproductive organs, the formula can also be used to treat painful menstruation and other disorders associated with those organs.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Bupleuri	Bupleurum chinense	*chai hu*	Bupleurum root
Fructus Immaturus Citri Seu Ponciri	Citrus aurantium	*zhi shi*	Immature Bitter Orange fruit
Radix Paeoniae Lactiflorae	Paeonia lactiflora	*bai shao*	White Peony root
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

The main goal of this formula is to course liver qi, resolve depression and disperse heat accumulation in the central burner. Acrid and cool *Chai Hu* (Bupleurum root) is the perfect herb to lead the way. It courses liver qi, and disperses central burner qi by aiding the clear yang to ascend and the turbid yin to descend. In this latter function it is aided by *Zhi Shi* (Immature Bitter Orange root) which rectifies central burner qi and disperses accumulation. *Bai Shao* (White Peony root) soothes the liver and preserves yin. It also works with *Gan Cao* (Chinese Licorice root) to relieve spasms and pain. *Gan Cao* warms and strengthens the spleen and stomach and helps them to resist invasion by liver-wood.

Herbal Formula Differentiation

Xiao Yao San (*Free Wanderer Combination*) also treats binding depression of liver qi. It, however, takes an approach that nourishes blood and supplements the spleen. It therefore is better suited for a larger number of patients because often spleen and blood vacuity accompany liver qi depression. In general, for acute cases where the spleen qi and liver blood is not depleted **Si Ni San** (*Four Counterflow Combination*) is best and for more chronic cases **Xiao Yao San** is most appropriate.

Su Gan Wan *(Liver-Soothing Combination)* treats binding depression of liver qi that gives rise to pain, stagnation and distention in the digestive tract. It contains some of the herbs of **Si Ni San** (*Chai Hu* and *Bai Shao*) but adds several herbs to rectify central burner qi.

Cautions and Contraindications

This formula is acrid and dispersing and thus inappropriate for qi constraint in patients with yin deficiency. Due to its drying and dispersing nature the formula is not appropriate for long-term use without modification

SWT
●○

SI WU TANG

四物汤

"Four Substances Combination"

Source

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

Biomedical Presentation

Primary **dysmenorrhea**, irregular menstruation, **anemia,** threatened miscarriage, post-parum weakness, insufficient lactation, **urticaria,** and neurogenic headache.

Clinical Presentation

Fatigue, dizziness, blurred vision, tinnitus, palpitations, pale lips and nails, irregular menstrual cycles, scanty menstruation, clots in the menstruate, amenorrhea, **dysmenorrhea, PMS,** painful abdominal masses, threatened miscarriage.

Tongue

pale

Pulse

Thin, frail, or rough

Traditional Functions

Supplements and invigorates blood, regulates the menses.

Chinese Medical Indications

Blood vacuity and blood stasis

When the liver qi stagnates and the liver blood is deficient, patients may lose their amiable nature and exhibit irritability, quick temper, insomnia, or dream disturbed sleep. These circumstances are considered "hardness of the liver."

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Angelica Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Radix Rehmannia Glutinosa	Rehmannia glutinosa	*shu di huang*	Prepared Rehmannia root
Radix Peonia Lactiflora	Peonia alba	*bai shao*	White Peony root
Radix Ligusticum Wallichi	Ligusticum wallichi	*chuan xiong*	Ligusticum wallichii rhizome

Herbal Formula Analysis

Dang Gui (Angelica sinensis root) supplements and quickens blood, moistens the intestines, and stops pain. *Bai Shao* (White peony root) engenders blood and yin, softens the liver, and clears vacuity heat from the blood. *Bai Shao* is cool and moderates the blood quickening nature of *Dang Gui* and *Chuan Xiong* (Ligusticum wallichii rhizome). *Bai Shao* and *Dang Gui* are used together in this formula to mutually harmonize the blood, *Dang Gui* is yang and improves liver function while *Bai Shao* is yin and nourishes the substantial portion of the blood. *Shu Di Huang* (Prepared Rehmannia root) nourishes blood, enriches yin, supplements yin and boosts the marrow.

Herbal Formula Differentiation on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Differentiation

Si Wu Tang *(Four Substances Combination)* and **Shou Wu Zhi** *(Shou Wu Combination)* are indicated for blood vacuity. **Shou Wu Zhi** is indicated for kidney yin vacuity along with blood vacuity. While **Si Wu Tang** nourishes the blood, the following formulas also nourish the blood as well as supplement the qi: **Ba Zhen Tang** *(Eight Pearls Combination)*, **Shi Quan Da Bu Tang** *(Perfect Great Supplementation Combination)*, **Gui Pi Tang** *(Spleen-Returning Combination)*, and **Ren Shen Tang Ying Tang** *(Ginseng Nutritive)*. Both **Ba Zhen Tang** and **Shi Quan Da Bu Tang** supplement the qi and the blood but **Shi Quan Da Bu Tang**, with the addition of the herbs *Rou Gui* (Cinnamon bark) & *Huang Qi* (Astragalus root), also mildly supplement yang. **Gui Pi Tang** and **Ren Shen Yang Ying Tang** boost the qi and supplement the blood, nourish the heart, and quiet the spirit.

Caution and Contraindications

Use with caution for patients with poor appetite, indigestion, or loose stool due to spleen qi vacuity. **Si Wu Tang** is contraindicated for acute blood loss. Not for use during pregnancy.

SHN ●

SU GAN WAN

舒肝丸

"Liver-Soothing Combination"

Source: Modern Patent Formula

Biomedical Presentation

Chronic hepatitis, chronic cholecystitis, **gastritis**, intercostal neuralgia, costal pain due to trauma, and pancreatitis.

Clinical Presentation

Poor digestion, fullness in stomach after eating, nausea, **burping**, **flatulence**, **hypochondriac pain**, intercostal pain, flank pain, and irritability.

Tongue

Thin white or slimy coat.

Pulse

Wiry.

Traditional Functions

Moves qi and resolves depression.

Chinese Medical Indications

Qi depression with chest and diaphragm glomus and oppression.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Rhizoma Cyperi Rotundi	Cyperus rotundus	*xiang fu*	Cyperus rhizome
Radix Peoniae Lactiflorae	Peonia lactiflora	*bai shao*	White Peony root
Pericarpium Citri Reticulatae	Citrus reticulata	*chen pi*	Citrus peel
Pericarpium Citri Reticulatae Viride	Citrus reticulata	*qing pi*	Green Citrus peel
Rhizoma Corydalis Yanhusuo	Corydalis yanhusuo	*yan hu suo*	Corydalis rhizome
Radix Bupleuri	Bupleurum chinense	*chai hu*	Bupleurum root
Fructus Citri seu Ponciri	Citrus aurantium	*zhi ke*	Mature Bitter Orange fruit
Fructus Amomi	Amomum villosum	*sha ren*	Cardamom Amomum villosum fruit
Cortex Moutan Radicis	Paeonia suffruticosa	*mu dan pi*	Moutan root bark
Flos Inulae	Inula britannica	*xuan fu hua*	Inula flower
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root
Tuber Curcumae	Curcuma aromatica	*yu jin*	Curcuma aromatica root
Fructus Amomi Tsao-ko	Amomum cardamomum	*bai dou kou*	White Cardamom fruit
Lignum Aquilariae Agallochae	Aquilara agallocha	*chen xiang*	Aquilaria wood
Lignum Santali Albi	Santalum album	*tan xiang*	Sandalwood herb
Cortex Magnoliae Officinalis	Magnolia officinalis	*hou po*	Magnolia bark
Radix Aucklandiae Lappae	Aucklandia lappa	*mu xiang*	Saussurea root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Xiang Fu (Cyperus rhizome), *Chen Pi* (Citrus peel), *Qing Pi* (Green Citrus peel), *Chai Hu* (Bupleurum root), *Zhi Ke* (Mature Bitter Orange) and *Hou Po* (Magnolia bark) resolve qi stagnation, disperse distention, resolve depression, and disperse food stagnation. *Bai Shao* (White Peony root) soothes and nourishes the liver. *Xuan Fu Hua* (Inula flower) treats chest and lateral costal oppression and fullness. *Yan Hu Suo* (Corydalis rhizome) and *Mu Dan Pi* (Moutan root bark) move blood, dispel stasis and relieve pain. *Mu Xiang* (Saussurea root), *Bai Dou Kou* (White Cardamom fruit) and *Sha Ren* (Cardamom Amomum fruit) rectify the qi and arouse the spleen. *Chen Xiang* (Aquilaria) and *Tan Xiang* (Sandalwood) resolve qi stagnation and relieve pain.

Herbal Formula Differentiation

Su Gan Wan (*Liver-Soothing Combination*) is indicated for qi depression with chest and diaphragm glomus and oppression characterized by pain in the hypochondrium, ribs, or flanks, poor digestion and flatulence. The etiology usually includes irregular dietary habits and emotional upset, especially anger. **Su Gan Wan** is a modern patent formula that builds on the *Shang Han Lun* formula **Si Ni San** (*Four Counterflow Combination*). Both formulas treat binding depression of liver qi but **Su Gan Wan** contains additional herbs to rectify central burner qi. While **Xiao Yao San** (*Free Wanderer Combination*) courses the liver and resolves depression, it is distinguished from **Su Gan Wan** by its focus on harmonizing the liver and spleen and nourishing the blood. **Su Gan Wan** and **Si Ni San** are differentiated from **Xiao Yao San** in their focus on rectifying central burner qi—they do not supplement the spleen or nourish the blood. Both **Su Gan Wan** and **Si Ni San** are best used in acute cases of central burner qi stasis with pain where spleen qi and liver blood is not depleted. **Xiao Yao San** is more appropriate in chronic cases of liver spleen qi disharmonies.

Other digestive formulas include **Huo Xiang Zheng Qi San** (*Agastaches Qi Rectifying*), **Kang Ning Wan** (*Curing Combination*) and **Xiang Sha Liu Jun Zi Tang** (*Six Gentlemen with Saussurea & Cardamom Combination*). **Huo Xiang Zheng Qi San** and **Kang Ning Wan** are indicated for some degree of external symptoms characterized by chills, and headache and dampness characterized by gastrointestinal upset and diarrhea. **Xiang Sha Liu Jun Zi Tang** is indicated for spleen and stomach vacuity with dampness characterized by poor digestion with loose stool. **Su Gan Wan** is contraindicated for exterior conditions and for vacuity. Its application is based on qi depression characterized by gastrointestinal upset with flatulence as a key symptom.

Cautions and Contraindications

Contraindicated for stagnation due to vacuity. Not for use during pregnancy.

SJH
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SU JING HUO XUE TANG

疏经活血汤

"Channel Coursing, Blood Quickening Combination"

Source

Return to Spring from the Myriad Diseases (Wan Bing Hui Chun).

Biomedical Presentation

Rheumatoid arthritis, gout, bursitis.

Clinical Presentation

Muscle aches, **joint pain**, radiating pain in the leg, numbness of lower extremities, **pain in trunk or lower extremities**.

Tongue

White, possibly with a slimy tongue coat.

Pulse

Slippery, possibly choppy pulse.

Traditional Functions

Quickens the blood and transforms stasis, dispels wind dampness, relieves pain.

Chinese Medical Indications

Wind-damp impediment.
Blood stasis.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Rubrus Paeoniae	Paeonia lactiflora	*chi shao*	Red Peony root
Radix Rehmanniae Glutinosae Conquitae	Rehmannia glutinosa	*shu di huang*	Prepared Rehmannia root
Semen Persicae	Prunus persica	*tao ren*	Persica seed
Radix Angelicae Sinensi	Angelica sinensis	*dang gui*	Angelica sinensis root
Radix Ligustici Wallichii	Ligusticum wallichii	*chuan xiong*	Ligusticum wallichii rhiz
Rhizoma Atractylodis	Atractylodes lancea	*cang zhu*	Atractylodes lancea rhizome
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Rhizoma et Radix Notopterygii	Notopterygium incisum	*qiang huo*	Notopterygium rhizome
Pericarpium Citri Reticulatae	Citrus reticulata	*chen pi*	Citrus peel
Radix Clematidis	Clematis chinensis	*wei ling xian*	Chinese Clematis root
Radix Stephaniae Tetrandrae	Stephania tetrandra	*han fang ji*	Stephania tetranda root
Radix Ledebouriellae Sesloides	Ledebouriella seseloides	*fang feng*	Siler root

Ingredients continued on next page

Herbal Ingredients (continued)

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Gentianae Macrophyllae	Gentiana macrophylla	*qin jiao*	Large-leaf Gentian root
Radix Achyranthis Bidentatae	Achyranthes bidentata	*huai niu xi*	Achyranthes root
Radix Angelicae Dahuricae	Angelica dahurica	*bai zhi*	Angelica dahurica root
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*sheng jiang*	Fresh Ginger rhizome
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root

Herbal Formula Analysis

Dang Gui (Angelica sinensis root), *Chi Shao* (Red Peony root), *Chuan Xiong* (Ligusticum wallichii rhizome), and *Shu Di Huang* (Prepared Rehmannia root) is a variation of **Si Wu Tang** (*Four-Substances Combination*) that quickens the blood and transforms stasis. The quickening action is assisted by *Tao Ren* (Persica seed). *Fu Ling* (Poria Sclerotium fungus), *Cang Zhu* (Atractylodes lancea rhizome), *Chen Pi* (Citrus peel), *Sheng Jiang* (Fresh Ginger rhizome), *Qiang Huo* (Notopterygium rhizome), *Fang Feng* (Siler root), *Bai Zhi* (Angelica dahurica root), *Wei Ling Xian* (Chinese Clematis root), *Han Fang Ji* (Stephania root), and *Qin Jiao* (Large-leaf Gentian root) dispel wind-damp impediment, especially below the waist. *Huai Niu Xi* (Achyranthes root) guides the formula to the lower extremities and quickens the blood. *Gan Cao* (Chinese Licorice root) guides the formula to the twelve channels to assist *Wei Ling Xian* (Chinese Clematis root) in the opening of the channels and collaterals.

Herbal Formula Differentiation

Su Jing Huo Xue Tang *(Channel Coursing, Blood Quickening Combination)*, **Du Huo Ji Sheng Tang** *(Du Huo & Loranthus Combination)*, and **Guan Jie** *(Joint Care Combination)* all treat joint pain *bi* syndrome. **Su Jing Huo Xue Tang** is indicated for pain in the muscles, joints and nerves, especially below the waist. This formula treats wind-damp replete patterns.

Du Huo Ji Sheng Tang treats wind-cold damp *bi* syndrome. This formula supplements the liver and kidney for treatment of low back and knee pain.

Guan Jie dispels wind-damp heat and quickens the blood, disperses swelling, disinhibits the joints to relieve *bi* pain.

Cautions and Contraindications

Contraindicated in cases of yin vacuity or during pregnancy.

SZR ●

SUAN ZAO REN TANG & GAN MAI DA ZAO TANG

酸枣仁汤, 甘麦大枣汤

"Zizyphus Plus Combination"

Source

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

Biomedical Presentation

Neurasthenia, fever of unknown origin, enuresis, **infant colic**, **nightmares**, **insomnia**, **hysteria**, neurosis, schizophrenia, premenstrual syndrome, and **menopausal syndrome**.

Clinical Presentation

Insomnia, **vertigo**, night sweat, **nightmares**, **dry throat**, **dry mouth**, **dizziness**, palpitations, **frequent yawning or deep sighing**, poor memory, **irratibility**, disorientation, melancholy, crying spells, and **crying and irritability in infants**.

Tongue

Red tongue with dry coat.

Pulse

Rapid, fine pulse.

Traditional Functions

Nourishes blood, quiets spirit, clears heat, eliminates vexation, nourishes the heart.

Chinese Medical Indications

Vacuity heat vexation, liver blood vacuity, restless viscera disorder.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Semen Zizyphi Spinosae	Zizyphus spinosa	*suan zao ren (chao)*	Roasted Zizyphus Jujube seed
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Rhizoma Ligustici Wallichii	Ligusticum wallichii	*chuan xiong*	Ligusticum wallichii rhizome
Rhizoma Anemarrhenae	Anemarrhena asphodeloides	*zhi mu*	Anemarrhena rhizome
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root
Semen Tritici Aestivi Levis	Triticum aestivum	*fu xiao mai*	Tritici levis seed
Fructus Zizyphi Jujubae	Zizyphus jujuba	*da zao*	Jujube date

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

When the liver blood (wood or mother) is vacuous, there is not enough blood to nourish the heart (fire or child). In addition, emotional upset injures the heart qi and depresses the liver. This often occurs after substantial blood loss, and further injures the qi and blood. The manifestation addressed by this formula is largely emotional due to injury of the substantial aspect of the liver and the heart (yin) leading to a displacement in the spirit. *Suan Zao Ren (chao)* (Roasted Zizyphus seed) nourishes liver blood to quiet the heart. *Chuan Xiong* (Ligusticum rhizome) regulates and nourishes liver blood. Poria supplements the spleen, quiets the heart and the spirit. The liver blood (yin) vacuity is accompanied by vacuity heat, which flares upward into the chest and vexes the heart. Anemarrhea nourishes yin and clears internal flaring of fire. *Gan Cao* (Chinese Licorice root) clears heat, harmonizes the middle burner and the other medicinals. *Fu Xiao Mai* (Triticus seed) boosts the heart qi, nourishes the heart blood, clears the heart of vexation, and checks sweating. *Da Zao* (Jujube date) boosts the qi and engenders fluids to combat the dryness of yin vacuity.

Herbal Formula Differentiation

Suan Zao Ren Tang & Gan Mai Da Zao Tang (*Zizyphus Plus Combination*) is a combination of two classic formulas, *Suan Zao Ren Tang* (Zizyphus Decoction) and *Gan Mai Da Zao Yang* (Licorice, Wheat & Jujube Decoction). Both **Suan Zao Ren Tang/Gan Mai Da Zao Tang** and **Tian Wang Bu Xin Tang** *(Heavenly Emperor Heart Supplementing Elixir)* treat insomnia and irritability. The focus of **Suan Zao Ren Tang & Gan Mai Da Zao Tang** (*Zizyphus Plus Combination*) is on treating insomnia and irritability due to the failure of liver blood to nourish the heart. This insomnia is characterized by a patient who is able to lie down, but experiences insomnia while the mind remains clear. Since liver blood is a yin substance, there may be yin vacuity signs, such as night sweat, but the liver blood vacuity symptoms of dizziness and vertigo, as well as emotional upset are more prominent.

Tian Wang Bu Xin Tang is for insomnia due to vacuity of heart and kidney. This is characterized by a patient who is able to lie down, but experiences insomnia with very restless sleep including the restless movement of limbs, and an inability to think or concentrate for even short periods of time.

Gui Pi Tang *(Spleen-Returning Combination)* also treats insomnia due to spleen and heart vacuity and might include symptoms of forgetfulness or worry and anxiety.

Cautions and Contraindications

None noted.

THS
●○

TAO HONG SI WU TANG

桃红四物汤

"Carthamus & Persica with Four Substances"

Source

The Golden Mirror of Medicine (Yi Zong Jin Jian)

Biomedical Presentation

Amenorrhea, dysmenorrhea, dysfunctional uterine bleeding, endometriosis, uterine fibroids, postpartum pain, and **lochioschesis.**

Clinical Presentation

Sporadic fever and chills, pale, lusterless complexion, generalized muscle tension, dizziness, palpitations, **periumbilical and lower abdominal pain, abdominal mass with recurrent pain, scant or absent menstruation, painful menstruation, irregular menstruation, menorrhagia, lochiorrhea.**

Tongue

Pale, with or without purplish spots or purplish center.

Pulse

Fine and wiry or fine and choppy.

Traditional Functions

Quickens the blood and transforms stasis, nourishes the blood.

Chinese Medical Indications

Blood stasis.
Blood vacuity.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Flos Carthami Tinctorii	Carthamus tinctorius	*hong hua*	Carthamus flower
Semen Pruni Persicae	Prunus persica	*tao ren*	Persica seed
Radix Rehmanniae Glutinosae Conquitae	Rehmannia glutinosa	*shu di huang*	Prepared Rehmannia root
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Rhizoma Ligustici Wallichii	Ligusticum wallichii	*chuan xiong*	Ligusticum wallichii rhiz
Radix Paeoniae Lactiflorae	Paeonia lactiflora	*bai shao*	White Peony root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Overall **Tao Hong Si Wu Tang** *(Carthamus & Persica with Four Substances)* quickens the blood, transforms stasis, and nourishes the blood. It is baserd on **Si Wu Tang** (*Four Substances Combination*) which supplements and regulates the blood. **Si Wu Tang** is comprised of *Dang Gui* (Angelica sinensis root) which supplements and quickens the blood, *Shu Di Huang* (Prepared Rehmannia root) which nourishes the blood and *Bai Shao* (White Peony root) nourishes the blood and yin. *Chuan Xiong* (Ligustrum wallichii rhizome) rectifies the qi of the blood. **Tao Hong Si Wu Tang** contains two additional herbs: *Hong Hua* (Carthamus flower) which scatters blood and relieves pain and *Tao Ren* (Persica seed) for quickening the blood and transforming stasis, as well as freeing menstruation.

Herbal Formula Differentiation

Tao Hong Si Wu Tang *(Carthamus & Persica with Four Substances)* is indicated for blood vacuity with blood stasis. This is characterized by fixed abdominal pain that is worse with pressure, abdominal masses and an underlying blood vacuity, with symptoms such as pale, lusterless complexion, dizziness and palpitations. It is often used for the treatment of early periods with dysmenorrhea. The dysmenorrhea for which this formula is indicated is not relieved by pressure or warmth.

Xue Fu Zhu Yu Tang *(Expelling Stasis in the Blood Mansion)*, **Dan Shen Yin** (*Salvia Plus Combination*), **Bu Xue Tiao Jing Tang** *(Supplement Blood & Adjust Menses -* adapted*)*, **Wen Jing Tang (***Flow-Warming (Menses) Combination***), Gui Zhi Fu Ling Tang** *(Cinnamon & Poria Combination)* and **Tong Jing Tang** (*Menses-Freeing Combination*) also treat blood stasis. Both **Xue Fu Zhu Yu Tang** and **Dan Shen Yin** treat blood stasis of the chest and epigastric pain. **Bu Xue Tiao Jing Tang** and **Wen Jing Tang** are indicated for blood stasis with blood vacuity and vacuity cold, and when appropriate, abnormal uterine bleeding. Both **Bu Xue Tiao Jing Tang** and **Wen Jing Tang** warm the channels and relieve pain and are appropriate where pain is relieved with pressure and warmth. However **Bu Xue Tiao Jing Tang** is indicated for dysmenorrhea where the liver depression is more prominent than the blood stasis. **Gui Zhi Fu Ling Tang** is indicated for blood stasis in the womb. The medicinals in this formula are more gently acting than those in **Tao Hong Si Wu Tang**, and are indicated when more gentle action is needed in quickening the blood, such as in pregnancy or postpartum. **Tong Jing Tang** is indicated for menstrual pain or accumulations due to replete blood stasis and liver depression, qi stagnation with symptoms such as pain that feels worse with pressure, but none of the vacuity symptoms. For cases of abnormal bleeding, **Zhi Xue Tang** *(Blood-Staunching Combination)* can be used in combination with the formula that addresses the root pattern.

Along with the above formulas, **Xiao Yao San** *(Free Wanderer Combination)*, **Dan Zhi Xiao Yao San** *(Moutan & Gardenia Free Wanderer)*, **Dang Gui Shao Yao San** *(Dang Gui & Peony Combination)*, **Ba Zhen Tang** *(Eight Pearls Combination)*, and **Shi Quan Da Bu Tang** *(Perfect Great Supplementation Combination)* treat irregular menstruation. **Ba Zhen Tang** and **Shi Quan Da Bu Tang** are indicated for menstrual irregularity due to vacuity of qi and blood, with no repletion of blood stasis or liver depression.

Xiao Yao San and **Dan Zhi Xiao Yao San** treat liver blood vacuity and liver depression, but do not include medicinals to quicken the blood and transform stasis. As such, they are used for irregular menstruation where pain is distending and not fixed or severe. **Dan Zhi Xiao Yao San** is a variation of **Xiao Yao San**. The former has additional medicinals to treat heat resulting from liver depression. **Xiao Yao San** is indicated for liver blood vacuity and liver depression without heat signs. **Dang Gui Shao Yao San** is more suited to treating liver-spleen disharmonies that give rise to stagnation of blood and water qi.

Cautions and Contraindications

Contraindicated for use in pregnancy. Do not use unmodified in cases of spleen yang vacuity with loose stools.

TMG
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TIAN MA GOU TENG YIN

天麻钩藤饮

"Gastrodia & Uncaria Combination"

Source

New Significance of Patterns and Treatment in Miscellaneous Disorders (Za Bing Zheng Zhi Xin Yi)

Biomedical Presentation

Essential hypertension, **renal hypertension**, aphasia, apraxia, **migraine**, epilepsy, cerebrovascular disease, transitory ischemic attacks, hypertensive encephalopathy, trigeminal neuralgia, neurosis, pre-eclampsia and eclampsia.

Clinical Presentation

Deviation of mouth, deviation of eyes, **dizziness**, **vertigo**, **headache**, **insomnia**, **tinnitus**, **blurred vision**, hemiplegia, paralysis, convulsions.

Tongue

Quivering, red tongue.

Pulse

Rapid and wiry.

Traditional Functions

Calms the liver and extinguishes wind, clears heat, quickens the blood, supplements and boosts the liver and kidneys.

Chinese Medical Indications

Ascendant liver yang.
Liver wind harassing above.
Liver and kidney vacuity.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Ramulus Uncariae Cum Uncis	Uncaria sinensis	*gou teng*	Uncaria twig
Rhizoma Gastrodiae Elatae	Gastrodia elata	*tian ma*	Gastrodia rhizome
Ramulus Loranthi Seu Visci	Loranthus parasiticus	*sang ji sheng*	Loranthus twig
Cortex Eucommiae Ulmoidis	Eucommia ulmoides	*du zhong*	Eucommia bark
Radix Cyathulae	Cyathula officinalis	*chuan niu xi*	Cyathula root
Radix Scutellariae Baicalensis	Scutellaria baicalensis	*huang qin*	Scutellaria baikal root
Herba Leonuri Heterophylli	Leonurus heterophyllus	*yi mu cao*	Chinese Motherwort herb
Caulis Polygoni Multiflori	Polygonum multiflorum	*ye jiao teng*	Polygonum multiflori vine
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Concha Haliotidis	Haliotis diverscolor	*shi jue ming*	Haliotis shell
Fructus Gardeniae Jasminoidis	Gardenia jasminoides	*zhi zi*	Gardenia fruit

Herbal Formula Analysis on next page

Herbal Formula Analysis

Tian Ma (Gastrodia rhizome), *Gou Teng* (Uncaria twig), and *Shi Jue Ming* (Haliotis shell) calm the liver and extinguish wind. *Huang Qin* (Scutellaria baikal root) and *Zhi Zi* (Gardenia fruit) clear heat and drain fire, thus assisting in preventing the liver channel heat from ascending. *Du Zhong* (Eucommia bark) and *Sang Ji Sheng* (Loranthus twig) supplement and boost the liver and kidneys. *Chuan Niu Xi* (Cyathula root) conducts the blood downward. *Yi Mu Cao* (Chinese Motherwort herb) quickens the blood. *Ye Jiao Teng* (Polygonum multiflori vine) and *Fu Ling* (Poria sclerotium fungus) quiet the spirit.

Herbal Formula Differentiation

Both **Tian Ma Gou Teng Yin** *(Gastrodia & Uncaria Combination)* and **Xue Fu Zhu Yu Tang** *(Expelling Stasis in the Blood Mansion)* are indicated for the treatment of headache and migraines. **Tian Ma Gou Teng Yin** is indicated for an ascension of liver yang rising in the head due to an underlying liver and kidney vacuity characterized by headache with dizziness, vertigo, or blurred or disturbed vision. Women who suffer from migraines at the onset of the menses often present with this pattern. **Xue Fu Zhu Yu Tang** is indicated for repletion blood stasis pattern.

Tian Ma Gou Teng Yin, **Zhi Bai Di Huang Wan** *(Anem-Phello & Rehmannia)*, **Xue Fu Zhu Yu Tang**, **Ban Xia Bai Zhu Tian Ma Tang** *(Pinellia, Atractylodes & Gastrodia Combination)* and **Er Xian Tang** *(Two Immortals Combination)* are all indicated for the treatment of hypertension. The differentiation of the application of these formulas for hypertension is dependent on the basic pattern differentiation. **Tian Ma Gou Teng Yin** is indicated for an ascension of liver yang with liver and kidney vacuity. Dizziness and vertigo would be critical to this pattern. **Ban Xia Bai Zhu Tian Ma Tang** is indicated for wind-phelgm characterized by dizziness and vertigo with gastrointestinal complaints. **Xue Fu Zhu Yu Tang** is indicated for blood stasis. Fixed pain, purplish discoloration of the sclera, face or tongue, and depression with a sense of warmth in the chest would be critical to this pattern.

Zhi Bai Di Huang Wan and **Er Xian Tang** are indicated for kidney vacuity patterns. **Zhi Bai Di Huang Wan** is indicated for kidney yin vacuity with vacuity-fire characterized by hot flashes, malar flush, and night sweat. **Er Xian Tang** is indicated for a combination of kidney yin and yang vacuity and vacuity-fire characterized by hot flashes, cold lower extremities, night sweat, and malar flush.

Dizziness may be present in the kidney vacuity patterns as well as the liver and kidney vacuity patterns. **Tian Ma Gou Teng Yin** is indicated for dizziness, vertigo, and liver yang rising patterns. **Zhi Bai Di Huang Wan** is indicated for the treatment of dizziness in the presence of malar flush, hot flash or night sweat. **Er Xian Tang** is indicated for the treatment of dizziness, malar flush, hot flash, night sweat and cold extremities.

Cautions and Contraindications

None noted.

TWB
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TIAN WANG BU XIN TANG

天王补心丹

"Heavenly Emperor Heart Supplementing Elixir"

Source

Effective Formulas from Generations of Physicians (Shi Yi De Xiao Fang)

Biomedical Presentation

Chronic urticaria, heart disease, neurasthenia, **insomnia**, apthous ulcers, and **menopausal syndrome**.

Clinical Presentation

Low grade fever, **insomnia with restless sleep**, **night sweat**, fatigue, sores on mouth or tongue, **palpitations**, dry stools, **anxiety**, irritability, **forgetfulness**, **inability to think or concentrate**, and nocturnal emissions.

Tongue

Red tongue with little coat.

Pulse

Fine, rapid pulse.

Traditional Functions

Supplements the yin, nourishes the blood, supplements the heart, quiets the spirit.

Chinese Medical Indications

Yin vacuity of heart and kidneys.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Rehmanniae Glutinosae	Rehmannia glutinosa	*sheng di huang*	Raw Rehmannia root
Radix Scrophulariae Ningpoensis	Scrophularia ningpeonsis	*xuan shen*	Scrophularia root
Fructus Schisandrae Chinensis	Schisandra chinensis	*wu wei zi*	Schisandra fruit
Tuber Asparagi Cochinchinensis	Asparagus cochinchinensis	*tian men dong*	Chinese Asparagus root
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Tuber Ophiopogonis Japonici	Ophiopogon japonicus	*mai men dong*	Ophiopogon root
Semen Zizyphi Spinosae	Zizyphus spinosa	*suan zao ren (chao)*	Roasted Zizyphus seed
Semen Biotae Orientalis	Biota orientalis	*bai zi ren*	Biota seed
Radix Polygalae Tenuifoliae	Polygala tenuifolia	*yuan zhi*	Chinese Senega root
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Radix Salviae Miltiorrhizae	Salvia miltiorrhiza	*dan shen*	Salvia root
Radix Panacis Ginseng rubra	Panax Ginseng rubra	*hong ren shen*	Red Ginseng root
Radix Platycodi Grandiflori	Platycodon grandiflorum	*jie geng*	Platycodon grandiflorum root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Sheng Di Huang (Raw Rehmannia root) supplements the yin, nourishes the blood and clears heat. It enriches the kidney yin to treat vacuity-fire flaming upwards. *Dan Shen* (Salvia root) and *Dang Gui* (Angelica sinensis root) supplement and quicken the blood to nourish the heart without causing stasis. *Bai Zi Ren* (Biota seed), *Suan Zao Ren (Chao)* (Roasted Zizyphus seed) and *Yuan Zhi* (Chinese Senega root) quiet the spirit. *Hong Ren Shen* (Red Chinese Ginseng root) and *Fu Ling* (Poria sclerotium fungus) boost the qi. *Tian Men Dong* (Asparagus root), *Mai Men Dong* (Ophiopogon root) and *Xuan Shen* (Scrophularia root) enrich the yin and clear vacuity fire. *Wu Wei Zi* (Schisandra fruit) secures essence. *Jie Geng* (Platycodon grandiflorum root) guides the actions of the other medicinals to the upper burner.

Herbal Formula Differentiation

Tian Wang Bu Xin Tang (*Heavenly Emperor Heart-Supplementation Elixir*) and **Gui Pi Tang** (*Spleen-Returning Combination*) are both used to treat insomnia, palpitations and forgetfulness. **Tian Wang Bu Xin Tang** is indicated for a heart and kidney yin vacuity with restlessness, anxiety, night sweat and a red tongue with little coat and rapid, thready pulse.

Gui Pi Tang is indicated for insomnia, palpitations and forgetfulness with a dual qi and blood vacuity and spleen and heart vacuity with a reduced appetite, a pale tongue, and a thready, frail pulse. Palpitations with debility due to vacuity of qi and blood are treated by **Ren Shen Yang Ying Tang** *(Ginseng Nutritive Combination)*. These latter two formulas do not treat the yin vacuity for which **Tian Wang Bu Xin Tang** is indicated. Palpitations from replete blood stasis are treated by **Xue Fu Zhu Yu Tang** *(Expelling Stasis in the Blood Mansion)*. Palpitations due to blood stasis with qi stagnation and blood vacuity are treated by **Dan Shen Yin** *(Salvia Plus Combination* - adapted*)*. **Chai Hu Jia Long Gu Mu Li Tang** *(Bupleurum & Dragon Bone)* is indicated for chest fullness, agitation and irritablity with occasional palpitations due to a pathogen lodged in the interior. The latter three formulas are not indicated for the vacuity symptom of insomnia.

Both **Tian Wang Bu Xin Tang** and **Suan Zao Ren Tang & Gan Mai Da Zao Tang** *(Zizyphus Plus Combination)* treat insomnia and irritability. **Tian Wang Bu Xin Tang** is for insomnia due to yin vacuity of the heart and kidney. The kidney (water) controls the heart (fire). In kidney yin vacuity, the yin vacuity fire flames upwards and vexes the heart spirit. This is characterized by a patient who is able to lie down, but experiences insomnia with very restless sleep including the restless movement of limbs, and an inability to think or concentrate for even short periods of time.

The focus of **Suan Zao Ren Tang & Gan Mai Da Zao Tang** is on treating insomnia and irritability due to the failure of liver blood to nourish the heart. This insomnia is characterized by a patient who is able to lie down, but experiences insomnia while the mind remains clear. Since liver blood is a yin substance, there may be yin vacuity signs, such as night sweat, but the liver blood vacuity symptoms of dizziness and vertigo, as well as emotional upset are more prominent.

Both **Tian Wang Bu Xin Tang** and **Huan Shao Dan** (*Rejuvenation Elixir*) harmonize the heart and kidneys, quietening the spirit. Both formulas are able to address forgetfulness or confusion and inability to think or concentrate. With **Tian Wang Bu Xin Tang** there is more emphasis on supplementing heart yin while **Huan Shao Dan** emphasizes anchoring and strengthening yang of the kidney and boosting spleen qi.

Zhi Bai Di Huang Wan *(Anem-Phello & Rehmannia)*, **Tian Wang Bu Xin Tang** and **Er Xian Tang** *(Two Immortals Combination)* all treat menopausal syndrome. **Zhi Bai Di Huang Wan** is indicated for kidney yin vacuity with vacuity fire. This would be characterized by tidal fever, malar flush, hot flashes, night sweat, along with insomnia. **Er Xian Tang** is indicated for dual vacuity of kidney yin and yang, with vacuity fire. This includes the symptoms of the previous formula plus the addition of cold from yang vacuity, sometimes characterized simply by cold feet.

Tian Wang Bu Xin Tang is for menopausal syndrome where yin vacuity signs present as heart and kidney symptoms characterized by night sweat with prominent restless insomnia, anxiety, irritability, forgetfulness, and an inability to concentrate.

Cautions and Contraindications

The classic version of this formula calls for the addition of Cinnabaris *(zhu sha)*, a toxic substance. This ingredient is not included in the Chinese Classics formulation.

TJT
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TONG JING TANG
通经汤

"Menses-Freeing Combination"

Source
Modern Patent Formula

Biomedical Presentation
Amenorrhea, **dysmenorrhea**, dysfunctional uterine bleeding, **endometriosis**, and **uterine fibroids**.

Clinical Presentation
Periumbilical and lower abdominal pain, **abdominal mass with recurrent pain**, scant or absent menstruation, **painful menstruation**, irregular menstruation, menorrhagia.

Tongue
Purplish spots, sides or center.

Pulse
Wiry or choppy.

Traditional Functions
Quickens the blood and transforms stasis, moves qi, and relieves pain.

Chinese Medical Indications
Blood stasis.
Liver depression, qi stagnation.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Rhizoma Curcumae Zedoariae	Curcuma zedoaria	*e zhu*	Zedoaria rhizome
Radix Rubrus Paeoniae Lactiflorae	Paeonia lactiflora	*chi shao*	Red Peony root
Rhizoma Sparganii	Sparganium stoloniferum	*san leng*	Sparganium rhizome
Flos Carthami Tinctorii	Carthamus tinctorius	*hong hua*	Carthamus flower
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Rhizoma Ligustici Wallichii	Ligusticum wallichii	*chuan xiong*	Ligusticum wallichii rhizome
Radix Salviae Miltiorrhizae	Salvia miltiorrhiza	*dan shen*	Salvia root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

E Zhu (Zedoaria rhizome) moves qi and resolves depression, cools blood and breaks stasis. *San Leng* (Sparganium rhizome) moves qi, breaks blood stasis, disperses accumulations and relieves pain. *Chi Shao* (Red Peony root) moves stasis, relieves pain and cools the blood. *Hong Hua* (Carthamus flower), *Chuan Xiong* (Ligusticum rhizome), and *Dan Shen* (Salvia root) quicken the blood and move stasis. *Dang Gui* (Angelica sinensis root) supplements and harmonizes the blood.

Herbal Formula Differentiation

Tong Jing Tang *(Menses-Freeing Combination)* is indicated for blood stasis presenting as menstrual irregularity with pain and accumulations due to blood stasis. Because the herbs are directed towards breaking and moving stasis, **Tong Jing Tang** should only be used for repletion conditions of blood stasis and liver depression, qi stagnation without concurrent vacuity.

Xue Fu Zhu Yu Tang *(Expelling Stasis in the Blood Mansion)*, **Bu Xue Tiao Jing Tang** *(Supplement Blood & Adjust Menses -* adapted*)*, **Wen Jing Tang (***Flow-Warming (Menses) Combination***)** and **Tao Hong Si Wu Tang** *(Carthamus & Persica with Four Substances)* also treat blood stasis. **Xue Fu Zhu Yu Tang** is indicated for blood stasis of the chest and head. **Bu Xue Tiao Jing Tang** and **Wen Jing Tang** are indicated for blood stasis with blood vacuity and vacuity cold, and where appropriate, abnormal uterine bleeding. Both **Bu Xue Tiao Jing Tang** and **Wen Jing Tang** warm the channels and relieve pain and are appropriate where pain is relieved with pressure and warmth. However **Bu Xue Tiao Jing Tang** is indicated for dysmenorrhea where the liver depression is more prominent than the blood stasis.

Tao Hong Si Wu Tang is indicated for blood vacuity with blood stasis. This is characterized by fixed abdominal pain that is worse with pressure, abdominal masses and an underlying blood vacuity. It is often used for the treatment of early periods with dysmenorrhea. The dysmenorrhea for which this formula is indicated is not relieved by pressure or warmth.

In addition to the formulas listed above, **Xiao Yao San** *(Free Wanderer Combination)*, **Dan Zhi Xiao Yao San** *(Moutan & Gardenia Free Wanderer)*, **Ba Zhen Tang** *(Eight Pearls Combination)*, and **Shi Quan Da Bu Tang** *(Perfect Great Supplementation Combination)* treat irregular menstruation. **Ba Zhen Tang** and **Shi Quan Da Bu Tang** are indicated for menstrual irregularity due to vacuity of qi and blood, with no repletion of blood stasis or liver depression.

Xiao Yao San and **Dan Zhi Xiao Yao San** treat liver blood vacuity and liver depression, but do not include medicinals to quicken the blood and transform stasis. As such, they are used for irregular menstruation where pain is distending and not fixed or severe. **Dan Zhi Xiao Yao San** is a variation of **Xiao Yao San**. The former has additional medicinals to treat heat resulting from liver depression. **Xiao Yao San** is indicated for liver blood vacuity and liver depression without heat signs.

For cases of abnormal bleeding, **Zhi Xue Tang** *(Blood-Staunching Combination)* can be used in combination with the formula that addresses the root pattern.

Cautions and Contraindications

Contraindicated in the absence of blood stasis or qi stagnation. Contraindicated in cases of yin vacuity from blood loss. Do not use during pregnancy.

WJT
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WEN JING TANG
温经汤

"Flow-Warming (Menses) Combination"

Source
Essential Prescriptions of the Golden Coffer (Jin Gui Yao Lüe)

Biomedical Presentation
Endometriosis, dysfunctional uterine bleeding, dysmenorrhea, amenorrhea, irregular menstruation, infertility, vaginitis, perimenopausal syndrome, impotence, benign prostatic hyperplasia, and testicular pain.

Clinical Presentation
Irregular menstruation, painful menstruation, scant or absent menstruation, dysfunctional uterine bleeding, pale face, fatigue, headache.

Tongue
Pale and possibly slightly purple tongue body.

Pulse
Fine, vacuous, and possibly wiry.

Traditional Functions
Warms the channels, dispels cold, nourishes the blood and transforms stasis.

Chinese Medical Indications
Vacuity cold of the penetrating (*chong*) and conception (*ren*) vessels. Blood stagnation in the lower abdomen. Menstrual cycle irregularities — early, late, constant bleeding or spotting through the cycle or no flow. Painful menstruation. Abdominal fullness and pain.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Fructus Evodiae Rutaecarpae	Evodia rutaecarpa	*wu zhu yu*	Evodia fruit
Tuber Ophiopogonis Japonici	Ophiopogon japonicus	*mai men dong*	Ophiopogon root
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Radix Paeoniae Lactiflorae	Paeonia lactiflora	*bai shao*	White Peony root
Ramulus Cinnamomi	Cinnamomum cassia	*gui zhi*	Cinnamon twig
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*sheng jiang*	Fresh Ginger rhizome
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root
Cortex Moutan Radicis	Paeonia suffruticosa	*mu dan pi*	Moutan root bark
Radix Ligustici Wallichii	Ligusticum wallichii	*chuan xiong*	Ligusticum wallichii rhizome
Rhizoma Pinelliae Ternatae	Pinellia ternata	*ban xia*	Pinellia rhizome
Radix Panacis Ginseng	Panax Ginseng	*bai ren shen*	White Chinese Ginseng root
Gelatinum Corii Asini	Equus asinus	*e jiao*	Gelatinum Corii Asini

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Wu Zhu Yu (Evodia fruit) and *Gui Zhi* (Cinnamon twig) warm the channels, dispel cold and open the blood vessels. *Dang Gui* (Angelica sinensis root), *Chuan Xiong* (Ligusticum rhizome), and *Bai Shao* (White Peony root) nourish and quicken the blood, transform blood stasis and regulate menstruation. *Mu Dan Pi* (Moutan root bark) quickens the blood and relieves exuberant fire. *E Jiao* (Gelatinum Corii Asini) and *Mai Men Dong* (Ophiopogon root) nourish yin, moisten dryness assisting in the clearing of exuberant fire. *Bai Ren Shen* (White Chinese Ginseng root), *Gan Cao* (Chinese Licorice root), *Shen Jiang* (Fresh Ginger root), and *Ban Xia* (Pinellia rhizome) fortify the spleen, boost the qi, harmonize the spleen and stomach, assisting the body in generating new blood.

Herbal Formula Differentiation

Wen Jing Tang (*Flow-Warming (Menses) Combination***)** and **Bu Xue Tiao Jing Tang** *(Supplement Blood & Adjust Menses -* adapted*)* warm the channels and menses, dispel cold, nourish the blood and transform stasis. Both formulas are also indicated where the vacuity cold manifests as a tendency for pain to be relieved with pressure and warmth, and where there may be abnormal bleeding. **Bu Xue Tiao Jing Tang** is indicated for dysmenorrhea where the liver depression is more prominent than the blood stasis. Unlike **Wen Jing Tang**, **Bu Xue Tiao Jing Tang** has the additional function of supplementing the spleen and kidney, nourishing blood, and checking vaginal discharge.

Tong Jing Tang (*Menses-Freeing Combinatio*n) is indicated for blood stasis presenting as menstrual irregularity with pain and accumulations due to blood stasis. Because the herbs are directed towards breaking and moving stasis, **Tong Jing Tang** should only be used for repletion conditions of blood stasis and liver depression, qi stagnation without concurrent vacuity. **Gui Zhi Fu Ling Tang** (*Cinnamon & Poria Combination*) mildly quickens the blood and transforms stasis, but is indicated only for replete blood stasis. **Wen Jing Tang** and **Gui Zhi Fu Ling Tang** are sometimes used together for lower abdominal accumulations.

Xue Fu Zhu Yu Tang *(Expelling Stasis in the Blood Mansion)*, **Dan Shen Yin** (*Salvia Plus Combination*), and **Tao Hong Si Wu Tang** *(Carthamus & Persica with Four Substances)* also treat blood stasis. **Xue Fu Zhu Yu Tang** is indicated for blood stasis of the chest and head, while **Dan Shen Yin** is used only for blood stasis of the chest. **Tao Hong Si Wu Tang** is indicated for blood vacuity with blood stasis. This is characterized by fixed abdominal pain that is worse with pressure, abdominal masses and an underlying blood vacuity. It is often used for the treatment of early periods with dysmenorrhea. The dysmenorrhea for which this formula is indicated is not relieved by pressure or warmth.

In addition to the formulas listed above, **Xiao Yao San** *(Free Wanderer Combination)*, **Dan Zhi Xiao Yao San** *(Moutan & Gardenia Free Wanderer)*, **Ba Zhen Tang** *(Eight Pearls Combination)*, and **Shi Quan Da Bu Tang** *(Perfect Great Supplementation Combination)* treat irregular menstruation. **Ba Zhen Tang** and **Shi Quan Da Bu Tang** are indicated for menstrual irregularity due to vacuity of qi and blood, with no repletion of blood stasis or liver depression.

Xiao Yao San and **Dan Zhi Xiao Yao San** treat liver blood vacuity and liver depression, but do not include medicinals to quicken the blood and transform stasis. As such, they are used for irregular menstruation where pain is distending and not fixed or severe. **Dan Zhi Xiao Yao San** is a variation of **Xiao Yao San**. The former has additional medicinals to treat heat resulting from liver depression. **Xiao Yao San** is indicated for liver blood vacuity and liver depression without heat signs.

For cases of abnormal bleeding, **Zhi Xue Tang** *(Blood-Staunching Combination)* can be used in combination with the formula that addresses the root pattern.

Cautions and Contraindications

Contraindicated for stasis due to repletion. Contraindicated for abnormal bleeding due to heat. Do not use during pregnancy.

WLS ●

WU LING SAN
五苓散

"Poria Five Combination"

Source
On Cold Damage (Shang Han Lun)

Biomedical Presentation
Treat an array of disorders that fall into the biomedical categories of acute or chronic nephritis, **edema, inhibited urination, acute gastritis or enteritis,** stomach prolapse, gastrectasis, or **urogenital inflammation or infection.**

Clinical Presentation
There are three distinct presentations for which this formula is employed.
1. External patterns that disrupt the body's water metabolism.
2. Internal accumulation of water-damp with symptoms such as diarrhea or sudden turmoil (vomiting and diarrhea).
3. Collection of phlegm-rheum in the lower abdomen, with vomiting of frothy saliva, dizziness, shortness of breath and cough.

Tongue
Pale with a white fur.

Pulse
Floating, soggy or slippery.

Traditional Functions
Disinhibit water, dispel damp, drain heat and resolve the exterior.

Chinese Medical Indications
Treats water-path disorders that give rise to accumulation of **fluids in the stomach and abdomen, diarrhea,** vomiting of clear or frothy fluids, **dizziness** or cough. These symptoms can occur as the result of an external pathogen or from and internal disharmony. **Inhibited urination** is a key symptom as it is a direct result of lack of free flow through the water path.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Rhizoma Alismatis Orientalis	Alismatis orientalis	*ze xie*	Alisma rhizome
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Sclerotium Polyporus Umbellatus	Sclerotium polyporus umbrellati	*zhu ling*	Polyporus sclerotium fungus
Rhizoma Atractylodis	Atractylodes lancea	*cang zhu*	Atractylodes lancea rhizome
Ramulus Cinnamomi Cassiae	Cinnamomum cassia	*gui zhi*	Cinnamon twig

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Even though this formula is named for *Fu Ling* (Poria sclerotium fungus), most modern sources cite *Ze Xie* (Alisma rhizome) as the formula's main herb. It drains damp and promotes urination. It is assisted by *Cang Zhu* (Atractylodes lancea rhizome), *Fu Ling,* and *Zhu Ling* (Polyporus sclerotium fungus) which supplement the spleen and assist it in its goal of processing the body's fluids. *Gui Zhi* (Cinnamon twig) frees the water path and stokes the fire below the cauldron (warms kidney yang), thus aiding in the transformation and flow of fluids in the body.

Herbal Formula Differentiation

There are many formulas besides **Wu Ling San** (*Poria Five Combination*) that address fluid accumulation. **Wu Ling San**'s emphasis is on disinhibiting water and dispelling damp by opening up and draining the water path. **Er Chen Tang** (*Citrus & Pinellia Plus*) treats accumulation of damp and fluids in the central burner owing to a spleen encumbered by damp which can contribute to damp phlegm in the lung with cough.

Ba Zheng Tang (*Dianthus Eight Correct Herb*) treats damp-heat in the lower burner, but contains no supplementing herbs. Thus, it is appropriate for acute disorders while **Jie Jie Wan (Kai Kit** — *Resolve Swelling Combination* - adapted) supplements the spleen and kidney and focuses on chronic damp-heat accumulation with stasis of qi and blood. When damp accumulates in the lower body, **Wu Ling San** (*Poria Five Combination*) drains damp from the lower burner, but lacks the supplementing prowess of **Jie Jie Wan**. Instead **Wu Ling San** concentrates on invigorating yang qi and freeing the water path to promote urination.

Shen Ling Bai Zhu San (*Ginseng & Atractylodes Combination*) treats accumulation of damp and fluids owing to spleen vacuity and **Ba Wei Di Huang Wan** (*Rehmannia Eight Plus* - adapted) treats water swelling related to kidney yang vacuity.

Cautions and Contraindications

This formula treats pathogenic accumulations of fluids owing to disruption of the water path. It is not intended for long-term use without combination with agents to supplement the spleen and kidney. Though it can address thirst related to blockage in the water path, it is not suitable for thirst related to heat excess or yin vacuity.

WMW ●

WU MEI WAN

乌梅丸

"Mume Combination"

Source

On Cold Damage (Shang Han Lun)

Biomedical Presentation

Ascariasis, **roundworms in the bile duct**, **chronic dysentery**, chronic gastroenteritis, post-gastrectomy syndrome, colitis, gastric ulcer, and premenstrual, menstrual and postmenstrual complaints associated with **candidiasis**.

Clinical Presentation

Cold hands and feet, **stifling chest with sensation of warmth**, vomiting roundworms, **intermittent abdominal pain**, possible prolonged diarrhea or dysentery, and **abnormal vaginal discharge**.

Tongue

Peeled tongue coat.

Pulse

Hidden or wiry, tight pulse.

Traditional Functions

Clears depressive heat in the midst of yang vacuity and cold stasis, warms the viscera, quiets roundworms.

Chinese Medical Indications

Gastrointestinal and gynecological patterns characterized by mixed cold and heat presentations.
Roundworm inversion patterns.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Fructus Pruni Mume	Prunus mume	*wu mei*	Mume fruit
Rhizoma Coptidis Chinensis	Coptis chinensis	*huang lian*	Coptis rhizome
Cortex Phellodendri	Phellodendron amurense and P. chinense	*huang bai*	Phellodendron bark
Cortex Cinnamomi Cassiae	Cinnamomum cassia	*rou gui*	Cinnamon bark
Rhizoma Zingiberis Officinalis	Zingiber officinale	*gan jiang*	Dry Ginger rhizome
Radix Panacis Ginseng	Panax ginseng	*bai ren shen*	White Chinese Ginseng root
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Fructus Zanthoxyli Bungeani	Zanthoxyli simulans	*chuan jiao*	Sichuan Pepper fruit
Herba cum Radice Asari	Asarum canadense	*xi xin*	Asarum herb

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Wu Mei (Mume fruit)'s sour flavor quiets roundworms, and prevents them from stirring and harassing. Western research has shown that this medicinal has an antimicrobial, inhibitory effect on bacteria and fungi. *Chuan Jiao* (Sichuan Pepper fruit) and *Xi Xin* (Asarum herb) are acrid and expel roundworms, as well as warm the viscera and expel cold. *Huang Lian* (Coptis rhizome) and *Huang Bai* (Phellodendron bark) are bitter and precipitate roundworms, and they clear heat above and damp-heat below. *Gan Jiang* (Dry Ginger rhizome) and *Rou Gui* (Cinnamon bark) dispel and precipitate cold. *Bai Ren Shen* (White Chinese Ginseng root) and *Dang Gui* (Angelica sinensis root) supplement and nourish qi and blood. Together with the warm medicinals, they also boost qi, warm the center and lower burner vacuity cold, nourish blood and free vessels, and regulate and harmonize yin and yang.

Herbal Formula Differentiation

Wu Mei Wan *(Mume Combination)* is indicated for a complex of hot and cold symptoms characterized by abdominal pain, prolonged diarrhea, abnormal vaginal discharge, cold hands and feet and a warm stifling sensation in the chest. In classic texts, this was indicated for roundworm disease. In the modern clinic, this condition may be indicated for the biomedical presentation of Candida which often presents with mixed cold and heat symptoms.

Zhi Bai Di Huang Wan *(Anem-Phello & Rehmannia)*, **Ba Zheng Tang** *(Dianthus Eight Correct Herb Combination)*, **Long Dan Xie Gan Tang** *(Gentiana Gallbladder-Draining Combination)*, **Wu Mei Wan** and **Yu Dai Wan** (*Lower Burner Discharge Remedy*) are all used for damp-heat in the lower burner. Both **Ba Zheng Tang** and **Long Dan Xie Gan Tang** are indicated for replete damp-heat. **Long Dan Xie Gan Tang** is used for liver and gall bladder damp-heat characterized by burning, painful yellow vaginal discharge or sores such as might occur with herpes genitalia. **Ba Zheng Tang** is used for an acute vaginal gonococcal infection or urinary infection characterized by fever, acute abdominal pain, turbid, scanty, dark, burning urination, dry mouth, thirst, and rapid pulse.

In contrast, **Zhi Bai Di Huang Wan** and **Yu Dai Wan** are indicated for lower burner symptoms with vacuity. These conditions tend to be more chronic. **Zhi Bai Di Huang Wan** is indicated for yin vacuity and yin vacuity-fire with lower burner damp-heat characterized by diminished urination, lower back pain, vaginal itching and burning and yin vacuity-fire symptoms such as: night sweat, tidal fever, dry mouth, dry throat, sore throat, and heat in the palms and soles of the feet and chest. The tongue coat for which it is indicated is scant, as is the amount of vaginal discharge. **Yu Dai Wan** treats insecurity of the *ren* and *chong* vessels addressing damp heat downpour into the lower burner resulting in red or white vaginal discharge. **Wu Mei Wan** is indicated for a complex of hot and cold symptoms characterized by abdominal pain, prolonged diarrhea, abnormal vaginal discharge, cold hands and feet and a warm stifling sensation in the chest.

Huo Xiang Zheng Qi Tang *(Agastaches Qi Rectifying)*, **Kang Ning Wan** *(Curing Combination)*, **Bu Zhong Yi Qi Tang** *(Supplement the Center & Boost Qi Combination)*, **Wu Mei Wan** and **Xiang Sha Liu Jun Zi Tang** *(Six Gentlemen with Saussurea & Cardomom Combination)* all treat gastrointestinal upset with diarrhea. **Wu Mei Wan** is indicated for diarrhea with both hot and cold symptoms, as detailed above. Once again, this gastrointestinal pattern often receives the Western diagnosis as Candida. Both **Huo Xiang Zheng Qi Tang** and **Kang Ning Wan** treat gastric disorders due to summertime wind-cold and damp. Both treat some exterior symptoms such as slight chills and fever. Both treat abdominal distension, nausea and vomiting. **Kang Ning Wan** may treat conditions where exterior symptoms exist, but its focus is more on abdominal distension, and lack of appetite due to food stagnation, particularly in cases of stomach upset due to overeating, traveling, and motion sickness.

The use of **Huo Xiang Zheng Qi Tang** is for exterior conditions where the damp is more predominant, specifically for stomach flu with diarrhea. It may also be used for common colds that occur in summer where humidity exacerbates damp symptoms.

Bu Zhong Yi Qi Tang treats diarrhea due to debility and falling of center qi. **Xiang Sha Liu Jun Zi Tang** treats a combination of stomach and spleen vacuity with dampness. Neither are appropriate for use in the presence of exterior symptoms.

Cautions and Contraindications

Do not use with explosive diarrhea. Do not use with damp heat dysentery.

XSL
●○

XIANG SHA LIU JUN ZI TANG

香砂六君子汤

"Six Gentlemen with Saussurea & Cardamom Combination"

Source

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

Biomedical Presentation

Chronic gastritis, gastric ulcer, duodenal ulcer, **irritable bowel syndrome**, and diabetes mellitus.

Clinical Presentation

Reduced appetite, loss of taste, generalized weakness, **bloating, focal distention in epigastrium**, and **diarrhea.**

Tongue

Pale tongue.

Pulse

Fine moderate/relaxed pulse.

Traditional Functions

Boosts the qi and fortifies the spleen, harmonizes spleen and stomach, transforms dampness.

Chinese Medical Indications

Spleen and stomach qi vacuity with damp.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Rhizoma Atractylodis Macrocephalae	Atractylodes macrocephala	*bai zhu*	Atractylodes macrocephala rhizome
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Rhizoma Pinelliae Ternatae	Pinellia ternata	*ban xia*	Pinellia rhizome
Pericarpium Citri Reticulatae	Citrus reticulata	*chen pi*	Citrus peel
Radix Aucklandiae Lappae	Aucklandia lappa	*mu xiang*	Saussurea root
Fructus Amomi	Amomum villosum	*sha ren*	Cardamom Amomum villosum fruit
Radix Panacis Ginseng rubra	Panax Ginseng rubra	*hong ren shen*	Red Ginseng root
Radix Codonopsitis Pilosulae	Codonopsis pilosula	*dang shen*	Codonopsis root
Rhizoma Zingiberis Officinalis Recens	Zingiberis officinale	*sheng jiang*	Fresh Ginger rhizome
Honey-baked Radix Glycyrrhizae Uralensis	Glycyrrhizae Uralensis	*zhi gan cao*	Honey baked Chinese Licorice root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Hong Ren Shen (Red Chinese Ginseng root) and *Dang Shen* (Codonopsis root) greatly supplement the source qi, and fortify the spleen and stomach qi. *Bai Zhu* (Atractylodes macrocephala rhizome) and *Fu Ling* (Poria sclerotium fungus) fortify the spleen and eliminate dampness, thus promoting transportation and transformation. *Zhi Gan Cao* (Honey-Baked Chinese Licorice root) regulates the center. These medicinals comprise the formula **Si Jun Zi Tang** *(Four Gentlemen Combination)* which has the function of boosting the qi and fortifying the spleen. *Ban Xia* (Pinellia rhizome) and *Sheng Jiang* (Fresh Ginger rhizome) dry dampness, downbear counterflow and harmonize the stomach. *Chen Pi* (Citrus peel) rectifies the qi and transforms stagnation. *Mu Xiang* (Saussurea root) and *Sha Ren* (Cardamom Amomum Villosum fruit) further rectify the qi and arouse the spleen.

Herbal Formula Differentiation

Xiang Sha Liu Jun Zi Tang (*Six Gentlemen with Saussurea & Cardamom Combination)* is indicated for spleen and stomach vacuity with dampness characterized by diarrhea with weakness, bloating and distention. **Huo Xiang Zheng Qi San (***Agastaches Qi Rectifying*), **Kang Ning Wan (***Curing Combination)*, **Bu Zhong Yi Qi Tang (***Supplement the Center & Boost Qi Combination)* and **Wu Mei Wan** *(Mume Combination)* also treat diarrhea. Both **Huo Xiang Zheng Qi San** and **Kang Ning Wan** treat gastric disorders due to summertime wind-cold and damp. Both treat some exterior symptoms such as slight chills and fever. Both treat abdominal distension, nausea and vomiting. **Kang Ning Wan** may treat conditions where exterior symptoms exist, but its focus is more on abdominal distension, and lack of appetite due to food stagnation, particularly in cases of stomach upset due to overeating, traveling, and motion sickness.

The use of **Huo Xiang Zheng Qi San** is for exterior conditions where the damp is more predominant, specifically for diarrhea due to stomach flu.

Bu Zhong Yi Qi Tang treats diarrhea due to debility and downward falling of center qi, but not due to dampness characterized by bloating and distention, for which **Xiang Sha Liu Jun Zi Tang** is indicated. **Wu Mei Wan** treats prolonged diarrhea with a mixture of hot and cold symptoms: cold hands and feet, warmth in the chest, and intermittent abdominal pain.

Cautions and Contraindications

Do not use in the presence of external pathogen. Do not use without modification in high fever, yin vacuity with exuberant fire, or fluid insufficiency. Prolonged use may result in dry mouth, vexatious thirst, agitation, easy anger, and constipation.

XCH
●○

XIAO CHAI HU TANG

小柴胡汤

"Minor Bupleurum Combination"

Source

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

Biomedical Presentation

Common cold with lingering fever after several days, **influenza**, **malaria**, lymphadenitis, epidemic parotitis, acute rheumatic fever, acute and chronic bronchitis, u**pper respiratory tract infection**, tuberculosis, pleuritis, **pneumonia**, **sinusitis**, gastritis, gastric ulcer, stomach ache, childhood diarrhea, chronic constipation, renal colic, acute pyelonephritis, a**cute viral and chronic hepatitis**, gallstones, **jaundice**, mastitis, **postpartum fever**, severe chills and fever due to uterine disease, **mental instability in children**, torticollis, intercostal neuralgia, epilepsy, neurosis, alopecia, tonsillitis, **otitis media**, and impotence in young men. This formula is also used for **women's common cold contracted during childbirth or menstruation**.

Clinical Presentation

Alternating fever and chills, diminished appetite, dry throat, **chest and lateral costal region fullness**, dizziness, difficulty taking in deep breaths, **heartburn**, **nausea**, **vomiting**, **bitter or sour taste in the mouth**, jaundice, **irritability**.

Tongue

Thin, white tongue coating.

Pulse

Wiry.

Traditional Functions

Harmonizes and resolves the *shaoyang*.

Chinese Medical Indications

Cold damage in *shaoyang* stage of the six stages of disease. Women's damage by cold.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Bupleuri	Bupleurum chinense	*chai hu*	Bupleurum root
Rhizoma Pinelliae Ternatae	Pinellia ternata	*ban xia*	Pinellia rhizome
Radix Scutellariae baicalensis	Scutellaria baicalensis	*huang qin*	Scutellaria baikal root
Fructus Zizyphi Jujubae	Ziziphus jujube	*da zao*	Jujube date
Radix Codonopsitis Pilosulae	Codonopsis pilosula	*dang shen*	Codonopsis root
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*sheng jiang*	Fresh Ginger rhizome
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root
Radix Panacis Ginseng	Panax Ginseng	*bai ren shen*	White Chinese Ginseng root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Chai Hu (Bupleurum root) enters the *shaoyang* to gently clear, course and upbear. It also courses evil and penetrates the exterior. *Huang Qin* (Scutellaria baikal root) is bitter and cold and clears *shaoyang* fire. By combining *Chai Hu* which courses and upbears while cooling (rather than downbearing while cooling) and *Huang Qin* which clears ministerial fire, the *shaoyang* pathogens are resolved and borne upward, preventing them from sinking deeper into the body. *Ban Xia* (Pinellia rhizome) harmonizes the stomach, downbears counterflow, scatters nodulation and disperses glomus. *Dang Shen* (Codonopsis root), *Bai Ren Shen* (White Chinese Ginseng root), *Gan Cao* (Chinese Licorice root), *Sheng Jiang* (Fresh Ginger root) and *Da Zao* (Jujube date) boost stomach qi, engender fluids and humors, harmonize the constructive and defensive and support the right qi in order to help dispel pathogens. They also replenish the interior and thereby prevent the pathogens from entering it.

Herbal Formula Differentiation

Xiao Chai Hu Tang *(Minor Bupleurum Combination)* and **Chai Hu Gui Zhi Tang** *(Bupleurum & Cinnamon)* both treat lingering common colds with alternating fever and chills. **Xiao Chai Hu Tang** is intended for a patient of average constitution where the external pathogen penetrates deeper to the *shaoyang* and causes some chest and rib oppression, digestive complaints and especially irritability. It is also used for women who catch a cold during menses or after childbirth. At these times, the depletion of qi and blood weaken the right qi, and **Xiao Chai Hu Tang** acts to expel the pathogen and prevent it from penetrating deeper while supporting the right qi. **Chai Hu Gui Zhi Tang** is a variation of **Xiao Chai Hu Tang**. It is intended for use with a more delicate patient with a lingering cold that is penetrating deeper into the *shaoyang*, or whose symptoms involve more muscular aches.

A fever due to a pathogen penetrating the *shaoyang*, an indication for **Xiao Chai Hu Tang**, is often the presenting symptom in children's disorders caused by external pathogens. The infant and child's body is referred to as Major Yang Constitution. Although from one point of view, children are seen as inherently vacuous, from the other they are said to have an "exurberance of yang." This is seen only as proportional phenomena, i.e., children's yang is greater than their yin. Pathogens, such as wind, cold, phlegm and blood stasis can transform into pathological fire. This is called the Law of Similar Transformation, first postulated by *Liu Wansu* of the School of Cool and Cold, one of the Four Great Schools of Internal Medicine of the *Yuan-Jin* dynasties. Since the yang qi in children is relatively strong compared to yin, the process of similar transformation is quicker and more violent in children. Hence their tendency to run high fevers. **Xiao Chai Hu Tang** vents the pathogen, supports the right qi and prevents the pathogen from penetrating deeper, all the strategies that are well applied to fevers in children that fit into this pattern differentiation.

Both **Xiao Chai Hu Tang** and **Chai Hu Jia Long Gu Mu Li Tang** *(Bupleurum & Dragon Bone)* treat chest oppression and irritability. **Xiao Chai Hu Tang** is intended for the treatment where an external pathogen is present, characterized by alternating chills and fever, but **Chai Hu Jia Long Gu Mu Li Tang** does not have this kind of symptomology. It is used as a sedative, for agitation, chest oppression and irritability with palpitations.

Both **Xiao Chai Hu Tang** and **Dan Zhi Xiao Yao San** *(Moutan & Gardenia Free Wanderer)* treat alternating hot and cold and lateral costal pain. In contrast to **Dan Zhi Xiao Yao San**, **Xiao Chai Hu Tang** is indicated for the presence of a pathogen. The alternating hot and cold temperature in **Xiao Chai Hu Tang** is characterized by the external symptoms of chills and fever, and for **Dan Zhi Xiao Yao San**, it may be only different sensations of temperature. Most of the symptoms for which **Xiao Chai Hu Tang** is indicated have at the root the contraction of a pathogen, and its effect on the organ systems. For **Dan Zhi Xiao Yao San**, the symptoms have at their root blood vacuity and liver depression, i.e., more internal causes.

Cautions and Contraindications

This formula has an ascending action, so it should not be used for patients with repletion above and vacuity below, liver fire, or bleeding gums. Use cautiously with patients with ascendency of liver yang, hypertension, vomiting of blood due to yin vacuity, headache or dizziness.

XFS ●

XIAO FENG SAN

消风散

"Wind-Dispersing Combination"

Source

Orthodox External Medicine (Wai Ke Zheng Zong)

Biomedical Presentation

Urticaria, allergic purpura, **eczema**, **psoriasis**, contact dermatitis, tinea infection, and diaper rash.

Clinical Presentation

Weepy, itchy, red skin lesions.

Tongue

Yellow or white tongue coat.

Pulse

Forceful, floating and rapid.

Traditional Functions

Expels wind, eliminates dampness, clears heat and cools the blood.

Chinese Medical Indications

Wind toxin, damp-heat skin conditions.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Gypsum	Calcium sulfate	*shi gao*	Gypsum mineral
Radix Rehmanniae Glutinosae	Rehmannia glutinosa	*sheng di huang*	Raw Rehmannia root
Caulis Akebiae Mutong	Akebia trifoliata	*mu tong*	Akebia stem
Rhizoma Anemarrhenae	Anemarrhena asphodeloides	*zhi mu*	Anemarrhena rhizome
Fructus Arctii Lappae	Arctium lappa	*niu bang zi*	Arctium seed
Semen Sesami Indici	Sesamum orientale	*hei zhi ma*	Black Sesame seed
Radix Ledebouriellae Divaricatae	Ledebouriella divaricata	*fang feng*	Siler root
Rhizoma Atractylodis Macrocephalae	Atractylodes macrocephala	*bai zhu*	Atractylodes macrocephala rhizome
Herba seu Flos Schizonepetae Tenuifoliae	Schizonepeta tenuifolia	*jing jie*	Schizonepeta herb
Periostracum Cicadae	Cryptotympana atrata	*chan tui*	Periostracum Cicada
Radix Sophorae Flavescentis	Sophora flavescens	*ku shen*	Sophora flavescens root
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Sheng Di Huang (Raw Rehmannia root) cools the blood, *Dang Gui* (Angelica sinensis root) nourishes and quickens the blood, and *Hei Zhi Ma* (Black Sesame seed) nourishes the blood and moistens to treat the blood and yin which are injured by the battle between wind and damp-heat. These medicinals also protect the blood and yin from damage by other medicinals that expel wind and dry dampness. *Shi Gao* (Gypsum) and *Zhi Mu* (Anemarrhena rhizome) clear heat. *Jing Jie* (Schizonepeta herb), *Fang Feng* (Siler root), *Niu Bang Zi* (Arctium seed), and *Chan Tui* (Periostracum Cicada) course the wind and dissipate heat. *Bai Zhu* (Atractylodes macrocephala rhizome) dries dampness, *Ku Shen* (Sophora flavescens root) clears damp-heat and *Mu Tong* (Akebia stem) drains damp-heat through the urine. *Gan Cao* (Chinese Licorice root) clears heat, resolves toxicity, and harmonizes the other medicinals.

Herbal Formula Differentiation

Xiao Feng San *(Wind-Dispersing Combination)* is indicated for damp heat and wind toxin skin conditions characterized by itching, weeping, red skin lesions. This formula expels wind and treats the blood.

Cautions and Contraindications

This formula is dispersing in nature. Do not use with marked qi or blood vacuity.

XJZ
●○

XIAO JIAN ZHONG TANG

小建中汤

"Minor Center-Constructing Combination"

Source

Essential prescriptions of the Golden Coffer (Jin Gui Yao Lüe)

Biomedical Presentation

This formula treats central burner vacuity cold that presents as **chronic gastritis, peptic ulcers, inflammatory bowel disease,** autonomic dystonia, chronic hepatitis, **cholelithiasis,** chronic nephritis, **benign prostatic hypertrophy** and migraines. It also can address patterns that present with palpitations and dizziness such as **anemia, hypoglycemia,** and **hypertension.** Lastly, it can be applied to miscellaneous disorders like fever of unknown origin and enuresis.

Clinical Presentation

The patients for whom this formula is appropriate are ones who suffer from **taxation fatigue disorders** manifesting as **acute intermittent abdominal pain that is relieved by warmth and touch** or those who exhibit a pattern of taxation fatigue yang vacuity that gives rise to **heart palpitations,** vacuity vexation, **dream emissions,** and vexation heat in the hands and feet.

Tongue

Pale with a white fur.

Pulse

Thin, wiry, and moderate pulse.

Traditional Functions

Warms and harmonizes the center, supplements qi, and moderates pain.

Chinese Medical Indications

This formula treats taxation fatigue disorders manifesting as acute intermittent abdominal pain that is relieved by warmth and touch. The formula also addresses taxation fatigue yang vacuity that gives rise to heart palpi¬tations, vacuity vexation, dream emissions, and vexation heat in the hands and feet. The patient will often present with a pale complexion, fatigue, aversion to cold and a poor appetite.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Paeoniae Lactiflorae	Paeonia lactiflora	*bai shao*	White Peony root
Ramulus Cinnamomi Cassiae	Cinnamomum cassia	*gui zhi*	Cinnamon twig
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*sheng jiang*	Fresh Ginger rhizome
Fructus Zizyphi Jujubae	Ziziphus jujube	*da zao*	Jujube date
Saccharum Granorum	Saccharum granorum	*yi tang*	Maltose
Radix Glycyrrhiza uralensis (honey baked)	Glycyrrhiza uralensis	*zhi gan cao*	Honey baked Chinese Licorice root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Xiao Jian Zhong Tang (*Minor Center-Constructing Combination*) is based on **Gui Zhi Tang** (*Cinnamon Twig Combination)* to which it adds *Yi Tang* (Maltose) and also increases the dosage of *Bai Shao* (White Peony root). Like **Gui Zhi Tang**, the goal of this formula is to supplement both yin and yang (the construction and defense aspects). *Gui Zhi* (Cinnamon twig) supplements defense-yang and resolves exterior pathogens, *Bai Shao* secures construction-yin and also, in consort with *Zhi Gan Cao* (Honey-baked Chinese Licorice root), relieves pain and spasms. *Zhi Gan Cao* supplements and warms the center. *Sheng Jiang* (Fresh Ginger rhizome) is warm and dispersing and *Da Zao* (Jujube date) is warm, supplementing and harmonizing. The combination of *Sheng Jiang* and *Da Zao* harmonize the construction-defense, disperse cold pathogens and support earth from invasion by wood.

Herbal Formula Differentiation

Many formulas supplement the central burner and treat cold accumulation there. **Bu Zhong Yi Qi Tang** (*Supplement the Center & Boost Qi Combination)* is a more diverse formula that aims to supplement central burner qi and address qi dynamic issues caused by central burner qi vacuity. **Bu Zhong Yi Qi Tang** lacks the concentration on dispersal of central burner cold and harmonization of construction-defense that is the center of **Xiao Jian Zhong Tang**'s approach but includes functions such as uplifting of yang qi that **Xiao Jian Zhong Tang** does not.

Xiao Jian Zhong Tang and **Li Zhong Wan** (*Center-Rectifying Combination*) both supplement the center and dispel cold. **Li Zhong Wan** is applied to more serious and entrenched cases as it ability to warm the center, disperse cold and supplement the center is considerably stronger. If a central-burner vacuity-cold pattern is complicated by invasion of liver qi then **Xiao Jian Zhong Tang** is a better choice as it contains *Bai Shao* which can soothe the liver.

Ping Wei San *(Stomach Calming Combination)* also treats middle burner stagnation but it centers on damp encumbrance as either a cause or result of this stagnation.

Cautions and Contraindications

Abdominal distention, damp-encumbrance and yin vacuity heat all contraindicate this formula.

XQL ●

XIAO QING LONG TANG

(Adapted)

小青龙汤

"Minor Blue Dragon Combination"

Source

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

Biomedical Presentation

Influenza, bronchial asthma, acute bronchitis.

Clinical Presentation

Fever and chills (chills predominant), absence of sweating, **body aches**, no thirst, **chest oppression**, **coughing**, **wheezing**, c**opious white, stringy sputum that is difficult to expectorate**, and panting (especially when lying down).

Tongue

Moist tongue coat.

Pulse

Floating, tight pulse.

Traditional Functions

Resolves exterior, transforms congested fluids, warms lung, downbears lung qi.

Chinese Medical Indications

Exterior wind-cold with interior binding of fluids and humors.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Rhizoma Pinelliae Ternatae	Pinellia ternata	*ban xia*	Pinellia rhizome
Ramulus Cinnamomi Cassiae	Cinnamomum cassia	*gui zhi*	Cinnamon twig
Radix Paeoniae Lactiflorae	Paeonia lactiflora	*bai shao*	White Peony root
Fructus Schisandrae Chinensis	Schisandra chinensis	*wu wei zi*	Schisandra fruit
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*gan jiang*	Dry Ginger rhizome
Folium Perillae Frutescentis	Perilla frutescens	*zi su ye*	Perilla leaf
Herba Seu Flos Schizonepetae Tenuifoliae	Schizonepeta tenuifolia	*jing jie*	Schizonepeta herb
Semen Sinapis Albae	Sinapis alba	*bai jie zi*	Sinapis seed
Herba cum Radice Asari	Asarum canadense	*xi xin*	Asarum herb
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Ban Xia (Pinellia rhizome) and *Bai Jie Zi* (Sinapis seed) transform bound fluids and humors. *Zi Su Ye* (Perilla leaf) and *Jing Jie* (Schizonepeta herb) resolve the exterior and mildly diffuse the lung qi. The combination of transforming bound fluids and diffusing the lungs helps *Gui Zhi* (Cinnamon twig) also effuses the exterior and scatters externally invading wind-cold. *Wu Wei Zi* (Schisandra fruit) and *Bai Shao* (White Peony root) prevent the dry, acrid medicinals from injuring qi and fluids by constraining lung qi and nourishing blood and nutritive qi respectively. *Gan Jiang* (Dry Ginger root) warms the spleen to enhance transportation and transformation of fluids and humors. *Xi Xin* (Asarum) emits and scatters wind-cold. *Gan Cao* (Chinese Licorice root) harmonizes the other medicinals.

Herbal Formula Differentiation

Xiao Qing Long Tang *(Minor Blue Dragon Combination -* adapted*)* is indicated for an external invasion of wind-cold with an internal congestion of fluids. This is characterized by the presence of prominent chills, and slight or no fever. This formula treats cough with profuse white, frothy sputum.

Other respiratory formulas which are indicated for patterns with some external symptoms include **Huang Lian Shang Qing** *(Coptis to Clear the Upper Body)*, **Ding Chuan Tang** *(Clear Lung Heat & Transform Phlegm -* adapted*)*, **Yin Qiao San** *(Lonicera & Forsythia Combination)* and **Zhong Gan Ling** *(Heavy Cold Release Combination)*. **Huang Lian Shang Qing** is indicated for an external wind-cold or wind-heat with lung-fire. In this case, the fire damages lung fluids, and dries phlegm so that there is fever, and cough with scant, yellow phlegm that is difficult to expectorate, rather than thick, stringy sputum and wheezing.

Yin Qiao San and **Zhong Gan Ling** are for the very initial stages of external wind-heat invasion, and are not indicated for either wind-cold or phlegm-heat. **Ding Chuan Tang** is indicated for internal smoldering of phlegm-heat with exterior wind-cold characterized by wheezing and coughing, copious, thick stringy yellow sputum, and possibly simultaneous fever and chills. All these formulas clear heat and resolve the exterior. The symptom pattern for which **Xiao Qing Long Tang** is indicated has a keynote symptom of profuse, foamy white rather than the yellow sputum that would indicate the necessity for utilizing heat-clearing medicinals.

Er Chen Tang *(Citrus & Pinellia Plus -* adapted*)* is also for copious, white sputum and chest oppression and glomus. This is characteristic of damp-phlegm cough. The cough is interiorly generated due to spleen qi vacuity and dampness, and no exterior symptoms are present, such as the prominent chills for which **Xiao Qing Long Tang** is indicated.

Qing Qi Hua Tan Wan *(Pinellia "X" Clear Qi & Transform Phlegm Combination)*, **Qing Fei Tang** *(Lung-Clearing Combination)* and **Sha Shen Mai Dong Tang & Bai He Gu Jin Tang** *(Ophiopogon Plus Metal-Securing Combination -* adapted*)* all treat various interior conditions of the lung. **Qing Qi Hua Tan Wan** is indicated for internal clumping of phlegm-heat characterized by coughing with moderate amount of difficult to expectorate, stringy yellow phlegm and chest oppression. **Sha Shen Mai Dong Tang & Bai He Gu Jin Tang** is indicated for lung vacuity characterized by a dry cough accompanied by night sweat, dry mouth, malar flush, and other yin vacuity symptoms. **Qing Fei Tang** is indicated for internal heat in the lung that has caused damage of lung fluids characterized by a chronic condition of dry mouth, dry cough, and sore throat. **Zhi Sou San** (*Alleviate Cough Combination*) also relieves cough and transforms phlegm and diffuses the lung qi but is not as strong as **Xiao Qing Long Tang** at resolving exterior wind-cold.

Cautions and Contraindications

Do not use long-term or for conditions with heat, hemoptysis, or coughing due to yin vacuity. Use with caution in cases of hypertension.

XYS
●○

XIAO YAO SAN

逍遥散

"Free Wanderer Combination"

Source

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

Biomedical Presentation

Anemia, pleurisy, chronic gastritis, peptic ulcer, hepatitis, neurosis, neurasthenia, **insomnia**, optic nerve atrophy, central retinitis, pelvic inflammatory disease, **fibrocystic breasts**, **premenstrual syndrome**, **dysfunctional uterine bleeding**, **menopausal syndrome**.

Clinical Presentation

Alternating hot and cold, **fatigue**, **reduced appetite**, insomnia, vertigo, dry mouth and throat, headache, dizziness, **hypochondriac pain**, loose stools, impotence, **breast distention**, **irregular menstruation** and menorrhagia.

Tongue

Pale red tongue.

Pulse

Wiry, fine, vacuous.

Traditional Functions

Courses the liver and resolves depression, supplements the spleen, harmonizes the constructive, nourishes the blood.

Chinese Medical Indications

Liver depression with blood vacuity.
Spleen vacuity.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Bupleuri	Bupleurum chinense	*chai hu*	Bupleurum root
Radix Paeoniae Lactiflorae	Paeonia lactiflora	*bai shao*	White Peony root
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Rhizoma Atractylodis Macrocephalae	Atractylodes macrocephala	*bai zhu*	Atractylodes macrocephala rhizome
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*sheng jiang*	Fresh Ginger rhizome
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root
Herba Menthae Haplocalycis	Mentha haplocalycis	*bo he*	Chinese Mentha herb

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

This formula regulates and harmonizes the liver and spleen. The focus of the formula is to course liver qi and resolve depression and to nourish liver blood. *Chai Hu* (Bupleurum root) courses the liver and resolves depression. The combination of *Dang Gui* (Angelica sinensis root) and *Bai Shao* (White Peony root) nourishes the blood and emolliates the liver. *Dang Gui* is aromatic which moves the qi of the blood, and sweet which relaxes tension. *Bai Zhu* (Atractylodes macrocephala rhizome) and *Fu Ling* (Poria sclerotium fungus) fortify the spleen and resolve dampness thus promoting transportation and transformation. This combination ultimately fortifies the origin of qi and blood. *Gan Cao* (Chinese Licorice root) boosts the qi and supplements the center. In combination with *Bai Shao*, it emolliates the liver's tension and relieves spasmodic abdominal pain. *Sheng Jiang* (Fresh Ginger) warms and harmonizes the center. The small amount of *Bo He* (Chinese Mentha herb) assists *Chai Hu* in resolving the liver depression and clears heat due to depression.

Herbal Formula Differentiation

Xiao Yao San *(Free Wanderer Combination)* is indicated for liver depression due to vacuity of liver blood. As such, this formula is widely used for women's disorders, often for menstrual irregularity and premenstrual syndrome.

Xiao Yao San, Dan Zhi Xiao Yao San *(Moutan & Gardenia Free Wanderer)*, **Bu Xue Tiao Jing Tang** *(Supplement Blood & Adjust Menses -* adapted*)*, **Shi Quan Da Bu Tang** *(Perfect Great Supplementation Combination)*, **Tao Hong Si Wu Tang** *(Carthamus & Persica with Four Substances)*, **Tong Jing Tang** *(Menses-Freeing Combination)*, **Ba Zhen Tang** *(Eight Pearls Combination) and* **Wen Jing Tang (***Flow-Warming (Menses) Combination***)** all treat irregular menstruation. **Ba Zhen Tang** and **Shi Quan Da Bu Tang** are indicated for menstrual irregularity due to vacuity of qi and blood, with no repletion of blood stasis or liver depression. **Tao Hong Si Wu Tang** is indicated for blood vacuity and blood stasis, but without liver depression. **Tong Jing Tang** is indicated for solely replete conditions of blood stasis and liver depression, qi stagnation, without concurrent vacuity. **Wen Jing Tang** treats blood stasis and blood vacuity, warming the channels and relieving pain. Where abnormal menstrual blood flow presents, **Wen Jing Tang** may be appropriate.

Xiao Yao San, Dan Zhi Xiao Yao San, and **Bu Xue Tiao Jing Tang** all treat liver blood vacuity and liver depression. **Bu Xue Tiao Jing Tang** is indicated for liver depression, blood vacuity, and vacuity cold with blood stasis and abnormal flow of menstrual blood. **Dan Zhi Xiao Yao San** is a variation of **Xiao Yao San.** The former has additional medicinals to treat heat resulting from liver depression, and is indicated when liver depression is accompanied by heat signs such as irritability, restlessness, a yellow coating to the tongue and rapid pulse.

Both **Xiao Yao San** and **Dang Gui Shao Yao San** *(Dang Gui & Peony Combination)* treat liver-spleen disharmonies and nourish the blood. The difference is that **Xiao Yao San** has a stronger ability to course the liver while **Dang Gui Shao Yao San** is more suited to treat liver-spleen disharmonies that give rise to stagnation to blood and water qi. Thus, if urine is not inhibited and water swelling is not present, **Xiao Yao San** is often a better a choice.

Cautions and Contraindications

Use cautiously in patients with yin vacuity and with an ascension of liver yang. **Xiao Yao San** may cause headaches and nausea in individuals with these conditions.

XFZ
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XUE FU ZHU YU TANG

血府逐瘀汤

"Expelling Stasis in the Blood Mansion"

Source

Correction of Errors in the Field of Medicine (Yi Lin Gai Cuo).

Biomedical Presentation

Urticaria, hypertension, cor pulmonale, **coronary artery disease**, angina pectoris, rheumatic valvular heart disease, **chest trauma, intercostal neuralgia, costochondritis, migraine,** cerebral hemorrhage, **postconcussion syndrome,** trigeminal neuralgia, neurosis, psychosis, dysmenorrhea, and menopausal syndrome.

Clinical Presentation

Dark or purplish lips, complexion or sclera, tidal fever, insomnia, restless sleep, **fixed stabbing headache,** choking sensation when drinking, **chest pain**, palpitations, incessant hiccough, dry heaves, **hypochondriac pain, depression accompanied by warm sensation in chest,** mood swings, irritability, irregular menstruation, painful menstruation.

Tongue

Dark red with possible static patches or dark spots.

Pulse

Choppy or wiry, tense.

Traditional Functions

Quickens the blood and transforms stasis, moves qi, relieves pain, resolves depressive heat.

Chinese Medical Indications

Blood stasis in the chest.
Blood not moving smoothly above the diaphragm.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Semen Persicae	Prunus persica	*tao ren*	Persica seed
Flos Carthami Tinctorii	Carthamus tinctorius	*hong hua*	Carthamus flower
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Radix Cyathulae	Cyathula officinalis	*chuan niu xi*	Cyathula root
Radix Rehmanniae Glutinosae	Rehmannia glutinosa	*sheng di huang*	Raw Rehmannia root
Radix Rubrus Paeoniae Lactiflorae	Paeonia lactifora	*chi shao*	Red Peony root
Fructus Cirtri seu Ponciri	Citrus aurantium	*zhi ke*	Mature Bitter Orange fruit
Radix Ligustici Wallichi	Ligusticum wallichii	*chuan xiong*	Ligusticum wallichii rhiz
Radix Platycodi Grandiflori	Platycodon grandiflorum	*jie geng*	Platycodon grandiflorum root
Radix Bupleuri	Bupleurum chinense	*chai hu*	Bupleurum root
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

This formula is a variation of a combination of two other formulas, **Tao Hong Si Wu Tang** (*Carthamus & Persica with Four Substances*) and **Si Ni San** (*Four Counterflow Combination*). *Tao Ren* (Persica), *Hong Hua* (Carthamus flower), *Dang Gui* (Angelica sinensis root), *Chuan Xiong* (Ligusticum rhizome), *Sheng Di Huang* (Raw Rehmannia), and *Chi Shao* (Red Peony root) comprise **Tao Hong Si Wu Tang**. This combination quickens the blood, transforms stasis, and also nourishes the blood. *Chai Hu* (Bupleurum root), *Zhi Ke* (Mature Bitter Orange fruit), *Chi Shao* (Red Peony root), and *Gan Cao* (Chinese Licorice root) form a variation of **Si Ni San** which precipitates qi, harmonizes the blood, soothes the liver, and resolves depressive heat. *Jie Geng* (Platycodon grandiflorum root) opens the lung qi and guides other medicinals upward. Combined with *Zhi Ke*, these two upbear and downbear the qi of the upper burner and loosen the chest. *Chuan Niu Xi* (Cyathula root) opens and disinhibits the blood vessels and downbears qi. In combination with *Chai Hu*, which upbears qi, these two also upbear and downbear qi. As a whole, this formula quickens the blood and rectifies qi, transforms phlegm and clears heat while it resolves depression of the liver.

Herbal Formula Differentiation

Xue Fu Zhu Yu Tang (*Expelling Stasis in the Blood Mansion*), **Bu Xue Tiao Jing Tang** (*Supplement Blood & Adjust Menses -* adapted), **Wen Jing Tang** (*Flow-Warming (Menses) Combination*), **Tao Hong Si Wu Tang, Gui Zhi Fu Ling Tang** (*Cinnamon & Poria Combination*) and **Tong Jing Tang** (*Menses-Freeing Combination*) all treat blood stasis. Unlike the latter five formulas which are indicated for blood stasis of the lower burner, **Xue Fu Zhu Yu Tang** contains medicinals that guide the action of the formula to the upper burner and head and is indicated for blood stasis of the head and chest. While lower burner blood stasis, particularly dysmenorrhea, may be addressed by **Xue Fu Zhu Yu Tang**, this action is a secondary focus, and more directly addressed by the latter formulas.

Both **Xue Fu Zhu Yu Tang** and **Tian Ma Gou Teng Yin** are used for the treatment of migraines, i.e., fixed, stabbing pain of the head. **Xue Fu Zhu Yu Tang** is indicated for repletion patterns due to blood stasis. **Tian Ma Gou Teng Yin** (*Gastrodia & Uncaria*) is indicated for ascendant liver yang and liver wind, with an underlying vacuity of the liver and kidney characterized by dizziness and vertigo.

Xue Fu Zhu Yu Tang and **Dan Shen Yin** (*Salvia Plus -* adapted) both treat blood stasis of the chest and epigastric pain. While **Xue Fu Zhu Yu Tang** employs some qi rectification to quicken the blood, its focus remains on replete blood stasis. **Dan Shen Yin** incorporates more qi rectification and supplementation strategies, implying a pattern of qi depression with blood stasis and vacuity.

Zhi Bai Di Huang Wan, Xue Fu Zhu Yu Tang, Tian Ma Gou Teng Yin, Ban Xia Bai Zhu Tian Ma Tang (*Pinellia, Atractylodes & Gastrodia Combination*) and **Er Xian Tang** (*Two Immortals*) are all indicated for the treatment of hypertension. The differentiation of the application of these formulas for hypertension is dependent on the basic pattern differentiation. **Xue Fu Zhu Yu Tang** is indicated for blood stasis. Fixed pain, purplish discoloration of the sclera, face or tongue, and depression with a sense of warmth in the chest would be critical to this pattern. **Tian Ma Gou Teng Yin** is indicated for liver yang rising with liver and kidney vacuity. Dizziness and vertigo would be critical to this pattern. **Ban Xia Bai Zhu Tian Ma Tang** is indicated for wind phelgm characterized by dizziness and vertigo with gastrointestinal complaints.

Zhi Bai Di Huang Wan and **Er Xian Tang** are indicated for kidney vacuity patterns. **Zhi Bai Di Huang Wan** is indicated for kidney yin vacuity with vacuity-fire characterized by hot flashes, malar flush, and night sweats. **Er Xian Tang** is indicated for a combination of kidney yin and yang vacuity and vacuity-fire characterized by hot flashes, cold lower extremities, night sweat, and malar flush.

Cautions and Contraindications

Do not use during pregnancy. Do not use unmodified for uterine bleeding or other hemorrhagic disorders.

YGJ
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YI GUAN JIAN
一贯煎
"Linking Decoction"

Source
Continued Categorized Cases of Famous Physicians (Xu Ming Yi Lei An)

Biomedical Presentation
Chronic hepatitis, cirrhosis, **pain in liver region due to liver cancer, essential hypertension,** hypertension during pregnancy, Addison's disease, thrombocytopenic purpura, pulmonary tuberculosis, diabetes mellitus, chronic inflammation of the testicles (orchitis), **restless leg syndrome, chronic ulcers in stomach or duodenum** and **intercostal neuralgia.**

Clinical Presentation
The patient for whom this formula is suited presents with signs of **liver and kidney yin vacuity that coexists with binding depression of liver qi.** This pattern is characterized by yin vacuity signs such as thirst, dry throat and mouth, and symptoms of depressed liver qi such as **pain in the abdomen, thorax, or flank, irritability** and **menstrual disorders** such as **dysmenorrhea or irregular menstruation.**

Tongue
Red with a scant fur.

Pulse
Fine and rapid.

Traditional Functions
Nourishes yin and blood and courses the liver.

Chinese Medical Indications
This formula treats yin vacuity in patients who also display symptoms of binding depression of liver qi. Yin-vacuity symptoms include thirst, night sweating, dry mouth and a fine, rapid pulse. Depressed liver qi is characterized by irritability, flank pain and bitter taste. If liver qi invades the spleen-stomach, digestive disorders such as diarrhea, constipation, stomach pain, acid reflux and bloating may present.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Rehmanniae Glutinosae	Rehmannia glutinosa	*sheng di huang*	Raw Rehmannia root
Fructus Lycii	Lycium barbarum	*gou qi zi*	Lycium fruit
Radix Glehniae Littoralis	Glehnia littoralis	*bei sha shen*	Glehnia root
Tuber Ophiopogonis Japonici	Ophiopogon japonicus	*mai men dong*	Ophiopogon root
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Fructus Meliae Toosendan	Melia toosendan	*chuan lian zi*	Melia Toosendan fruit

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

The main purpose of this formula is to nourish the yin-blood of the liver and the yin-essence of the kidney. Secondarily, it courses liver qi and nourishes the liver. *Dang Gui* (Angelica sinensis root) and *Gou Qi Zi* (Lycium fruit) nourish liver blood. In addition, *Gou Qi Zi* nourishes kidney essence. *Sheng Di Huang* (Raw Rehmannia root) and *Bei Sha Shen* (Glehnia root) nourish kidney yin and *Sheng Di Huang* also cools blood that may be heated from yin vacuity heat and constraint of liver qi. *Mai Men Dong* (Ophiopogon root) consorts with *Bei Sha Shen* to nourish the yin of the three burners. *Chuan Lian Zi* (Melia Toosendan fruit) courses liver qi and resolves depression of liver qi. It thus works to relieve pain from qi stagnation and to prevent liver qi from invading the spleen-stomach.

Herbal Formula Differentiation

Xiao Yao San *(Free Wanderer Combination)* treats binding depression of liver qi brought on or exacerbated by emotional imbalance. It nourishes blood, supplements central burner qi and helps to rectify qi flow in the central burner (sending the clear upward and the turbid downward). Though both formulas treat binding depression of liver qi, **Yi Guan Jian** (*Linking Decoction*) treats that condition as it exists in the milieu of yin-blood vacuity and **Xiao Yao San** treats binding depression with vacuity of central burner qi and liver blood.

Si Ni San (*Four Counterflow Combination*) and **Yi Guan Jian** both treat binding depression of liver qi, but the pattern **Si Ni San** treats presents with cool extremities and heat in the abdomen and the cause is purely related to binding depression of liver qi. The liver qi depression that **Yi Guan Jian** treats is the outcome of yin-blood vacuity or at the very least is found in a patient whose outstanding characteristic is yin-blood vacuity.

Cautions and Contraindications

The cloying nature of this formula contraindicates it for abdominal pain and distention that result from dampness or phlegm.

YIQ ●

YIN QIAO SAN

银翘散

"Lonicera & Forsythia Combination"

Source

Systematized Identification of Warm Diseases (Wen Bing Tiao Bian)

Biomedical Presentation

Measles, scarlatina, **common cold**, **influenza**, mumps, encephalitis B, epidemic meningitis, and **acute tonsillitis**.

Clinical Presentation

Fever, slight or no chills, thirst, **headache**, **sore throat**, and **cough**.

Tongue

Red-tipped tongue with a thin, white or thin, yellow coat.

Pulse

Floating, rapid pulse.

Traditional Functions

Acridly and coolly resolves the exterior, clears heat, resolves toxins.

Chinese Medical Indications

Initial stage warm disease.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Flos Lonicera Japonicae	Lonicera japonica	*jin yin hua*	Lonicera flower
Fructus Forsythiae Suspensae	Forsythia suspensa	*lian qiao*	Forsythia fruit
Semen Praeparatus Sojae	Glycine max	*dan dou chi*	Prepared Soybean
Radix Platycodi Grandiflori	Platycodon grandiflorum	*jie geng*	Platycodon grandiflorum root
Fructus Arctii Lappae	Arctium lappa	*niu bang zi*	Burdock seed
Rhizoma Phragmitis Communis	Phragmites communis	*lu gen*	Phragmites rhizome
Herba Lophatheri	Lophatherum gracile	*dan zhu ye*	Bamboo leaf
Herba Seu Flos Schizonepetae Tenuifoliae	Schizonepeta tenuifolia	*jing jie*	Schizonepeta herb
Herba Menthae Haplocalycis	Mentha haplocalycis	*bo he*	Chinese Mentha herb
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root

Herbal Formula Analysis on next page

Herbal Formula Analysis

Jin Yin Hua (Lonicera flower) and *Lian Qiao* (Forsythia fruit) expel pathogens, clear heat, and resolve toxins. *Jing Jie* (Schizonepeta herb) and *Dan Dou Chi* (Prepared Soybean) assist in diffusing the skin and hair and dispel pathogens. *Jie Geng* (Platicodon multiflorum root) and *Niu Bang Zi* (Burdock seed) diffuse the lungs and disinhibit the throat. Bamboo leaf clears heat from the upper burner. *Lu Gen* (Phragmites rhizome) clears heat and engenders fluids. *Gan Cao* (Chinese Licorice root) clears heat and toxins. In addition, the combination of *Jing Jie*, *Dan Dou Chi* and *Bo He* (Chinese Metha herb) effuse and resolve the exterior, and resolve the muscles.

Herbal Formula Differentiation

Yin Qiao San *(Lonicera & Forsythia Combination)* is indicated for the onset of a wind-heat contraction such as a common cold, characterized by chills, fever, aches, headache, sore throat and cough.

Other formulas that treat initial external contraction diseases or similar symptom patterns are **Huo Xiang Zheng Qi San** *(Agastaches Qi Rectifying)*, **Chuan Xin Lian Kang Yan** *(Isatis Combination -* adapted*)*, **Yu Ping Feng San** *(Jade Screen Combination)*, **Xiao Qing Long Tang** *(Minor Blue Dragon)*, **Gui Zhi Tang** *(Cinnamon Twig Combination)*, **Ge Gen Tang** *(Pueraria Plus Combination -* adapted*)*, **Qing Bi Tang** *(Pueraria Nose-Clearing Combination -* adapted*)*, **Bi Yan Pian** *(Nasal Clear Combination)*, **Sang Ju Yin** *(Mulberry & Chrysanthemum)*, **Gan Mao Ling** *(Cold Release Combination)* and **Zhong Gan Ling** *(Heavy Cold Release Combination)*. These formulas treat chills, fever, cough, sore throat, and aches. The distinguishing characteristics are listed below.

Huo Xiang Zheng Qi San is indicated for wind-cold with damp symptoms, including gastrointestinal upset and diarrhea. This formula can also be used for wind-cold invasions in the summer, where damp symptoms of heaviness, aches and gastrointestinal disorder may be more prominent.

Chuan Xin Lian Kang Yan is indicated for heat lodged in the throat characterized by high fever and more severe sore throat and swelling than is indicated for **Yin Qiao San**.

Yu Ping Feng San is indicated for individuals for whom the stronger dispersing actions of **Yin Qiao San** would be too depleting due to weak constitution. **Yu Ping Feng San** is specifically indicated for insufficiency of right qi characterized by recurrent colds, but is not often used in acute care.

Xiao Qing Long Tang is indicated for wind-cold in individuals with internal congestion of fluids characterized by cough with copious white sputum in addition to the symptoms caused by external contraction.

Gui Zhi Tang treats wind-cold disorders in deficient patients by harmonizing the construction (*ying*) and defense (*wei*) aspects.

Ge Gen Tang is indicated for external wind-cold with prominent stiff upper back and neck.

Qing Bi Tang is indicated for cold transforming to heat and attacking the head characterized by stuffy nose, blocked nasal passage with frontal headache and copious, purulent nasal discharge. It is better suited for chronic rhinitis while **Bi Yan Pian**, with a larger battalion of herbs to resolve the exterior, is better suited for the acute situation.

Gan Mao Ling, **Zhong Gan Ling, Yin Qiao San** and **Sang Ju Yin** dispel wind and clear heat toxins. **Gan Mao Ling** and **Zhong Gan Ling** are more effective after the first twelve hours. **Gan Mao Ling** brightens the eyes, disinhibits the nasal passages, and stops cough whereas **Zhong Gan Ling** is especially useful for moistening the throat and resolving the muscles. **Yin Qiao San** is especially effective in the initial twelve hours of a strong wind-heat attack while **Sang Ju Yin** diffuses lung qi and relieves dry cough as the initial wind-heat attack begins to penetrate the respiratory system.

Cautions and Contraindications

Do not use in cases of dampness, wind-damp or damp-heat.

YGY
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YOU GUI YIN

友归饮

"Restore the Right Combination"

Source

Jing-Yue's Complete Compendium (Jing Yue Quan Shu)

Biomedical Presentation

Chronic asthma, chronic nephritis, **infertility**, hypothyroidism, **lumbago**, neurasthenia, and **sexual dysfunction**.

Clinical Presentation

Feebleness, **exhaustion**, **cold extremities**, abdominal pain, **loose stools, sore lower back**, **impotence**, and **spermatorrhea**.

Tongue

Pale.

Pulse

Deep, fine.

Traditional Functions

Warms the kidneys, replenishes essence.

Chinese Medical Indications

Kidney yang vacuity.
Blood and essence insufficiency.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Rehmannia Conquitae Glutinosae	Rehmannia glutinosa	shu di huang	Prepared Rehmannia root
Radix Morindae Officinalis	Morinda officinalis	*ba ji tian*	Morinda root
Cortex Cinnamomi	Cinnamomum cassia	*rou gui*	Cinnamon bark
Fructus Lycii	Lycium barbarum	*gou qi zi*	Lycium fruit
Cortex Eucommiae Ulmoidis	Eucommia ulmoides	*du zhong*	Eucommia bark
Fructus Corni Officinalis	Cornus officinalis	*shan zhu yu*	Cornus fruit
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Semen Cuscutae Chinensis	Cuscuta chinensis	*tu su zi*	Cuscuta seed
*Cornu Cervi Parvum	Cervus nippon	*lu rong*	Velvet Antler*

***Available as separate single extract for blending with this formula**

Herbal Formula Analysis on next page

Herbal Formula Analysis

Shu Di Huang (Prepared Rehmannia root), *Shan Zhu Yu* (Cornus fruit), *Gou Qi Zi* (Lycium fruit), *Tu Su Zi* (Cuscuta seed), and *Du Zhong* (Eucommia bark) nourish the yin to benefit the kidneys. *Rou Gui* (Cinnamon bark) and *Bai Ji Tian* (Morinda root) warm and supplement kidney yang. *Dang Gui* (Angelica sinensis root) nourishes the blood. *Lu Rong* (Velvet Antler) may be added to further supplement the kidneys, strengthen yang, and nourish essence and blood.

Herbal Formula Differentiation

You Gui Yin *(Restore the Right Combination)* is indicated for kidney yang vacuity with blood and essence insufficiency. Clinically, this presents as exhaustion, cold extremities, and sexual dysfunction. This formula is intended to treat conditions of false heat and true cold, where kidney yang loses its root in its lower origin and counterflows upward. This may present with a red tongue, flushed face, dry mouth, loose stool, cold or sore lower back, and cold feet.

Zuo Gui Yin *(Restore the Left Combination)* is also indicated for sexual dysfunction with insufficiency of essence, but in this case, due to kidney yin vacuity characterized by spontaneous and night sweats, dizziness, and dry mouth and throat.

Er Xian Tang (*Two Immortals Combination*) treats dual kidney yin and yang vacuity with vacuity-fire where weak low back and knees and cold extremities present with irritability, hot flashes, and night sweats. The symptoms for which **You Gui Yin** are indicated do not include yin vacuity or vacuity-fire such as irritability, night sweats, or hot flashes.

Ba Wei Di Huang Wan (*Rehmannia Eight Plus -* adapted) warms and nourishes kidney yang, dispels cold and disinhibits urine. **Ba Wei Di Huang Wan**, based on **Liu Wei Di Huang Wan** (*Rehmannia Six Combination*), includes draining herbal medicinals which distinguishes it from **You Gui Yin**.

Huan Shao Dan (*Rejuvenation Elixir*) supplements the kidneys, boost spleen qi, enriches yin, nourishes blood, strengthens yang, and quiets the spirit.

Ren Shen Lu Rong Wan (*Ginseng & Velvet Antler*) supplements the qi of the spleen, kidney and heart, boosts and warms kidney yang, nourishes jing and blood and strengthens the sinews. **Ren Shen Lu Rong Wan** is a more powerful yang supplementing combination largely because of the inclusion of *Bai Ren Shen* (White Chinese Ginseng root), *Lu Rong* (Velvet Antler) and *Dong Chong Xia Cao* (Cordyceps).

Cautions and Contraindications

Contraindicated for yin vacuity.

YDW
●

YU DAI WAN

愈带丸

"Lower Burner Discharge Remedy"

Source

Shanghai Municipal Medicine Standards

Biomedical Presentation

Vaginitis, vaginal discharge, irregular menstruation, and chronic urogenital system infections or chronic uterine inflammation

Clinical Presentation

Treats **copious, turbid vaginal discharge, painful urination** and turbid menstruation.

Tongue

Red tongue with yellow fur.

Pulse

Slippery and rapid.

Traditional Functions

Clears and transforms damp heat and relieves vaginal discharge. Also nourishes blood and harmonizes construction.

Chinese Medical Indications

Addresses damp-heat downpour into the lower burner resulting in profuse, viscous, fishy-smelling, red or white vaginal discharge; also treats damp-heat strangury characterized by dark, painful and odorous urine.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Ailanthi Radicis Cortex	Ailanthus altissima	*chun gen pi*	Ailanthus root bark
Radix Paeoniae Lactiflorae	Paeonia lactiflora	*bai shao*	White Peony root
Radix Rehmannia Glutinosae	Rehmannia Glutinosa	*shu di huang*	Prepared Rehmannia root
Radix Angelicae Sinensis	Angelica sinensis	*dang gui*	Angelica sinensis root
Rhizoma Alpiniae Officinari	Alpinia officinarum	*gao liang jiang*	Lesser Galanga rhizome
Cortex Phellodendron	Phellodendron chinense or P. amurense	*huang bai*	Phellodendron bark
Radix Ligustici Wallichii	Ligusticum wallichii	*chuan xiong*	Ligusticum wallichii rhizome

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

This formula treats insecurity of the *ren* and *chong* vessels and resulting damp-heat vaginal discharge. *Shu Di Huang* (Prepared Rehmannia root), *Chuan Xiong* (Ligusticum wallichii rhizome), *Bai Shao* (White Peony root) and *Dang Gui* (Angelica sinensis root)—the components of **Si Wu Tang—**harmonize and secure the *ren* and *chong* vessels; thus addressing the root disharmony. Meanwhile, *Huang Bai* (Phellodendron bark) being bitter and cold addresses damp-heat in the lower burner. *Gao Liang Jiang* (Lesser Galanga rhizome) dispels cold from the central burner, thus enabling the spleen to transform damp, which then will not pour into the lower burner. *Chun Gen Pi* (Ailanthus root bark) treats the branch of the condition by astringing vaginal discharge.

Herbal Formula Differentiation

Er Xian Tang (*Two Immortals Combination*) also harmonizes the *ren* and *chong* vessels, but that formula treats menopausal symptoms associated with dual vacuity of yin and yang. **Yu Dai Wan** *(Lower Burner Discharge Remedy)* addresses *ren* and *chong* vessel disharmony that gives rise to damp-heat downpour into the lower burner.

Ba Zheng Tang *(Dianthus Eight Correct Herb Combination)* treats acute, replete conditions of damp-heat downpour into the lower burner and is usually used for an acute urinary infection. **Long Dan Xie Gan Tang (***Gentiana Gallbladder-Draining Combination***)** treats replete liver and gallbladder damp-heat characterized by acute burning, painful yellow vaginal discharge.

Zhi Bai Di Huang Wan and **Yu Dai Wan** are both indicated for lower burner symptoms with vacuity. These conditions tend to be more chronic. **Zhi Bai Di Huang Wan** is indicated for yin vacuity and yin vacuity-fire with lower burner damp-heat characterized by diminished urination, lower back pain, vaginal itching and burning and yin vacuity-fire symptoms such as night sweat, tidal fever, dry mouth, dry throat, sore throat, and heat in the palms, soles of the feet and chest. The tongue coat for which it is indicated is scant, as is the amount of vaginal discharge. **Yu Dai Wan** treats insecurity of the *ren* and *chong* vessels. It clears and transforms damp-heat and relieves vaginal discharge while nourishing blood and harmonizing construction.

Cautions and Contraindications

Not suitable for damp-heat downpour patterns in the absence of *Ren-Chong* disharmony.

YPF
●○

YU PING FENG SAN

玉屏风散

"Jade Screen Combination"

Source

Essential Teachings of Zhu Dan-Xi (Dan Xi Xin Fa)

Biomedical Presentation

Upper respiratory tract infection, **chronic bronchitis, mild bronchitis**, **allergic rhinitis**, and hyperthyroid.

Clinical Presentation

Recurrent colds, **aversion to drafts**, shiny, pale complexion, and **spontaneous sweating**.

Tongue

Pale tongue with white coat.

Pulse

Floating, vacuous and soft.

Traditional Functions

Supplements the qi, resolves the exterior, checks sweating.

Chinese Medical Indications

Exterior vacuity with insufficient right qi.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Astragali Membranacei	Astragalus membranaceus	*huang qi*	Astragalus root
Radix Ledebouriellae Divaricatae	Ledebouriella divaricata	*fang feng*	Siler root
Rhizoma Atractylodis Macrocephalae	Atractylodes macrocephala	*bai zhu*	Atractylodes macrocephala rhizome

Herbal Formula Analysis

Huang Qi (Astragalus root) boosts the qi and replenishes the defensive, secures the exterior and checks sweating. *Bai Zhu* (Atractylodes macrocephala rhizome) boosts the qi and fortifies the Spleen, the source of qi and blood. *Fang Feng* (Siler root) dissipates wind from the exterior. The combination of *Huang Qi* and *Fang Feng* dissipate pathogenic wind while supplementing the right qi.

Herbal Formula Differentiation on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Differentiation

Yu Ping Feng San (*Jade Screen Combination)* is indicated for a wind-cold contraction in a person with weak right qi, i.e., a weak immune system characterized by chronic recurrent wind cold contractions. The formula is mild in dispersing action, and therefore indicated for individuals with an insufficiency of right qi where usual dispersing methods would be too weakening. It may take a month or more of use to notice the effect. The use of the formula may also be considered for airline travelers who suffer from wind-cold.

The three formulas **Huang Qi Ling Zhi San** (*Astragalus & Ganoderma* - adapted), **Xiao Chai Hu Tang** (*Minor Bupleurum Combination*) and **Chai Hu Gui Zhi Tang** (*Bupleurum & Cinnamon*) are also useful in the clinic along with **Yu Ping Feng San** for assisting patients who are susceptible to acute or chronic illness. Like **Yu Ping Feng San**, **Huang Qi Ling Zhi San** supports the righteous qi and protects the surface from external attack but also supplements the kidney yin and yang root and nourishes the blood. In the modern clinic, **Huang Qi Ling Zhi San** is particularly used for conditions of extreme fatigue, spontaneous and/or night sweats, emaciation and dryness often associated with a compromised immune system with chronic low-grade viral infections. Both **Xiao Chai Hu Tang** and **Chai Hu Gui Zhi Tang** treat lingering common colds with alternating fever and chills indicating a *shaoyang* disorder where the external pathogen penetrates deeper into the body and often lodges there. **Xiao Chai Hu Tang** supports the righteous qi while expelling the pathogen from the *shaoyang* level. A variation of **Xiao Chai Hu Tang**, **Chai Hu Gui Zhi Tang** is used for generalized muscle aches with alternating fever and chills and/or joint pain due to wind. Both **Xiao Chai Hu Tang** and **Chai Hu Gui Zhi Tang** harmonize and resolve *shaoyang* disorders. All three formulas can be assisted by the heat- and toxin-clearing formula **Chuan Xin Lian Kang Yan** (*Isatis Combination* - adapted) where a recurring or lingering pathogen (viral infection) needs to be addressed.

Cautions and Contraindications

None noted.

ZWT
●

ZHEN WU TANG

真武汤(真武湯)

"True Warrior Combination"

Source

On Cold Damage (Shang Han Lun)

Biomedical Presentation

This formula is applied to three categories of disorders:

1. Fluid-accumulation disorders such as **edema,** congestive heart failure, hyperaldosteronism, **hypothyroidism, ascites,** Meniere's disease and rheumatoid arthritis.
2. Yang-vacuity dizziness as in **hypertension, post-concussion syndrome** and orthostatic hypotension
3. Painful disorders such as **osteoarthritis,** sciatica, **trigeminal neuralgia,** and **post-concussion headache.**

This formula has also been used for **chronic bronchitis** characterized by coughing of clear frothy phlegm, **pleurisy,** facial tics, **prostatitis, benign prostatic hypertrophy,** allergic rhinitis and chronic sinusitis.

Clinical Presentation

This formula treats yang-vacuity, fluid accumulation patterns that present with edema, fluid accumulation, dizziness, fatigue, aversion to cold, pale complexion and a deep, fine and weak pulse.

Tongue

Pale (or purplish) and puffy with a glossy, white fur

Pulse

Deep, fine and weak

Traditional Functions

Warms the kidney, dispels cold, fortifies the spleen and disinhibits water.

Chinese Medical Indications

This formula is mentioned in the source text in two contexts. The first is for treatment of unresolved fever after mistreatment of a *taiyan*g disorder (external wind-cold contraction). The mistreatment and unresolved external pathogen result in debilitated yang qi. The second mention of this formula is in regard to treatment of abdominal pain in the course of a *shaoyin* pattern. Here again the symptoms are related to the yang-vacuity (with fluid-accumulation) pattern. Through the centuries the use of this formula widened to include almost all yang-vacuity, fluid accumulation patterns. Symptoms of this pattern are aversion to cold, cold extremities, fluid accumulation (either visible as in edema or not visible as in internal fluid obstruction), fatigue, lack of libido, heart weakness (palpitations), failure of the clear yang to rise (dizziness, clouded thinking) and cold pain (cold pathogen taking advantage of a yang-vacuity situation).

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Rhizoma Atractylodis Macroephalae	Atractylodes macrocephala	*bai zhu*	Atractylodes macrocephala rhizome
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus

Ingredients continued on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Ingredients (continued)

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Aconiti Lateralis Preparata	Aconitum carmichaeli	*fu zi*	Prepared Aconite carmichaeli
Radix Paeoniae Lactiflorae	Paeonia lactiflora	*bai shao*	White Peony root
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	*sheng jiang*	Fresh Ginger rhizome

Herbal Formula Analysis

The very warming and yang-supplementing herb *Fu Zi* (prepared Aconite) is the sovereign of the formula, its acrid warm nature both warms and supplements yang and disperses cold and fluids. *Bai Zhu* (Atractylodes macrocephala rhizome) and *Fu Ling* (Poria sclerotium fungus) serve as ministers by strengthening the spleen and helping it rid the body of excess fluids. *Sheng Jiang* (Fresh Ginger rhizome) warms and disperses. Thus, it is an assistant herb employing its acrid-dispersing nature to dissipate water accumulation and dispel cold. In addition, it leads counterflow qi downward and thus is useful when fluid accumulation disrupts the flow of lung and stomach qi. *Bai Shao* (White Peony root) is used to constrain yin and thus prevent damage to yin and fluids by the acrid, warm and drying herbs in the formula.

Herbal Formula Differentiation

Ba Wei Di Huang Wan *(Rehmannia Eight Plus -* adapted*)* also warms and supplements yang. It, however, is a more balanced formula that contains several herbs to nourish yin as well. It is far less warming than **Zhen Wu Tang** *(True Warrior Combination)* and in addition, it has very little ability to dispel cold or disperse fluid accumulation. Because it is hot, drying and dispersing, **Zhen Wu Tang** is not intended for long-term use. It is often appropriate to follow use of **Zhen Wu Tang** with a more balanced formula like **Ba Wei Di Huang Wan.**

Cautions and Contraindications

This formula is hot and drying. It is for short-term use and should not be given to patients who suffer from yin vacuity. Because it contains *Fu Zi,* this formula should not be given to pregnant or nursing women and dosing should be carefully monitored.

ZBD ●○

ZHI BAI DI HUANG WAN

知柏地黄丸

"Anem-Phello & Rehmannia"

Source

The Golden Mirror of Medicine (Yi Zong Jin Jian)

Biomedical Presentation

Pulmonary tuberculosis, hypertension, chronic nephritis, chronic glomerulonephritis, **urinary tract infection**, impotence, failure to thrive, **diabetes**, **hyperthyroidism**, neurasthenia, senility, central retinitis, optic neuritis, optic nerve atrophy, **vaginitis**, **dysfunctional uterine bleeding**, **menopause**.

Clinical Presentation

Bone-steaming and tidal fevers, **heat in the palms**, **soles of feet and heart**, insomnia, vertigo, dizziness, **night sweat**, **dry mouth**, **dry throat**, **sore throat**, tinnitus, deafness, vacuity-fire toothache, wasting and thirsting, **low back and knee soreness and weakness**, nocturia, dysuria, spermatorrhea, **impotence**, **vaginal itching**, abnormal **vaginal discharge**, and menorrhagia.

Tongue

Red tongue with a scant coating.

Pulse

Rapid and fine.

Traditional Functions

Clears heat, drains exuberant fire, enriches and supplements the liver and kidneys.

Chinese Medical Indications

Yin vacuity with exuberant fire.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Rehmannia Glutinosae Conquitae	Rehmannia glutinosa	*shu di huang*	Prepared Rehmannia root
Fructus Corni Officinalis	Cornus officinalis	*shan zhu yu*	Cornus fruit
Radix Dioscoreae Oppositae	Dioscorea opposita	*shan yao*	Chinese Yam root
Sclerotium Poriae Cocos	Wolfiporia cocos	*fu ling*	Poria sclerotium fungus
Rhizoma Alimatis Orientalis	Alisma orientale	*ze xie*	Alisma rhizome
Cortex Moutan Radicis	Paeonia suffruticosa	*mu dan pi*	Moutan root bark
Rhizoma Anemarrhenae	Anemarrhena asphodeloides	*zhi mu*	Anemarrhena rhizome
Cortex Phellodendron	Phellodendron chinense or P. amurense	*huang bai*	Phellodendron bark

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

Zhi Bai Di Huang Wan (*Anem-Phello & Rehmannia*) is a combination of **Liu Wei Di Huang Wan** (*Rehmannia Six Combination*) and additional herbs to drain fire from yin vacuity. *Shu Di Huang* (Prepared Rehmannia root) enriches kidney yin and supplements the essence and marrow. *Shan Zhu Yu* (Cornus fruit) assists in warming and enriching the kidneys and supplements the liver. *Shan Yao* (Chinese Yam root) supplements the spleen and enriches the kidneys. *Ze Xie* (Alisma rhizome) drains exuberant kidney fire and downbears turbidity. *Mu Dan Pi* (Moutan root bark) drains liver fire, quickens the blood and transforms stasis. *Fu Ling* (Poria sclerotium fungus) assists *Ze Xie* in percolating spleen dampness and downbearing turbidity. Together, they eliminate dampness and disinhibit water. *Zhi Mu* (Anemarrhena rhizome) clears heat and drains fire while engendering fluids. *Huang Bai* (Phellodendron bark) also clears heat and eliminates dampness while enriching the yin.

Herbal Formula Differentiation

The primary use of this formula is for yin vacuity-fire manifesting as night sweat, tidal fever, dry mouth, dry throat, sore throat and heat in the palms, soles of the feet and chest. Clinically, these symptoms often occur in menopausal syndrome.

Zhi Bai Di Huang Wan *(Anem-Phello & Rehmannia)* and **Er Xian Tang** (*Two Immortals*) both treat menopausal syndrome. While **Zhi Bai Di Huang Wan** treats yin vacuity fire, **Er Xian Tang** treats dual yin and yang vacuity with vacuity-fire. The latter treats a more complex presentation where amenorrhea, hot flashes, and night sweat also appear with the yang vacuity symptoms of fatigue, lassitude, depression, urinary frequency, and a perception of cold with vacuity fire. The cold may be limited to the lower back or feet only, with heat rising to the upper burner in the form of hot flashes, night sweat, dry mouth and throat or malar flush. **Zhi Bai Di Huang Wan** contains medicinals that clear heat and dampness in the lower burner. For this reason, it is indicated for menopausal syndrome wherever symptoms of urinary difficulty or low back pain from lower burner dampness occur.

Zhi Bai Di Huang Wan, **Ba Zheng Tang** *(Dianthus Eight Correct Herb Combination)*, **Long Dan Xie Gan Tang** *(Gentiana Gallbladder-Draining Combination)*, **Jie Jie Wan (Kai Kit** — *Resolve Swelling Combination* - adapted) and **Yu Dai Wan (***Lower Burner Discharge Remedy***)** are all used for damp-heat in the lower burner. Both **Ba Zheng Tang** and **Long Dan Xie Gan Tang** are indicated for replete damp-heat. **Long Dan Xie Gan Tang** is used for liver and gall bladder damp heat characterized by burning, painful yellow vaginal discharge or sores such as might occur with herpes genitalia. **Ba Zheng Tang** is used for an acute or urinary infection characterized by fever, acute abdominal pain, turbid, scanty, dark, burning urination, dry mouth, thirst, and rapid pulse.

In contrast, **Zhi Bai Di Huang Wan, Jie Jie Wan** and **Yu Dai Wan** are indicated for lower burner symptoms with vacuity. These conditions tend to be more chronic. **Zhi Bai Di Huang Wan** is indicated for yin vacuity and yin vacuity-fire with lower burner damp-heat characterized by diminished urination, lower back pain, vaginal itching and burning, and the yin vacuity fire symptoms noted above. The tongue coat for which it is indicated is scant, as is the amount of vaginal discharge. **Jie Jie Wan** treats vacuity of the spleen and kidney that gives rise to accumulation of damp-heat and stasis of qi and blood in the lower burner. **Yu Dai Wan** treats insecurity of the *ren* and *chong* vessels and the resulting damp-heat turbid vaginal discharge and dark painful urination. **Yu Dai Wan** nourishes the blood and harmonizes construction

Xue Fu Zhu Yu Tang *(Expelling Stasis in the Blood Mansion)* is indicated for blood stasis. Fixed pain, purplish discoloration of the sclera, face or tongue, and depression with a sense of warmth in the chest would be critical to this pattern. **Tian Ma Gou Teng Yin** *(Gastrodia & Uncaria)* is indicated for liver yang rising with liver and kidney vacuity. Dizziness and vertigo would be critical to this pattern. **Ban Xia Bai Zhu Tian Ma Tang** *(Pinellia, Atractylodes & Gastrodia Combination)* is indicated for wind phelgm characterized by dizziness and vertigo with gastrointestinal complaints. **Zhi Bai Di Huang Wan** and **Er Xian Tang** are indicated as above.

Cautions and Contraindications

This formula has cloying properties and should be used with caution in cases with indigestion and white slimy tongue coating due to spleen vacuity and dampness, or in cases of diarrhea.

ZSS ●

ZHI SOU SAN

止嗽散

"Alleviate Cough Combination"

Source

Medical Insights (Yi Xue Xin Wu)

Biomedical Presentation

This formula treats disorders that western medicine categorizes as upper respiratory tract infection, acute or chronic bronchitis, pertussis and the initial stages of viral or mycoplasmic pneumonia.

Clinical Presentation

This formula is particularly effective for coughs from wind and cold. It can be used however, for wind-heat, lung-heat, phlegm-heat coughs if combined with other formulas that address the heat or phlegm-heat of these other patterns. Thus, the clinical picture is one of cough but the particulars vary according to the root cause of the cough.

Tongue

Thin white tongue fur.

Pulse

Tight and floating.

Traditional Functions

Relieves cough, transforms phlegm, courses the exterior, and diffuses lung qi.

Chinese Medical Indications

Wind-cold patterns that present with aversion to cold, discharge of clear nasal fluid, a cough that produces clear or white sputum, headache and fever. While this formula is intended for wind-cold cough, if combined with a heat-clearing formula like **Yin Qiao San** *(Lonicera & Forsythia Combination)* it can be used to treat wind-heat cough patterns and if combined with **Huang Lian Shang Qing** it can treat phlegm-heat lung cough.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Asteris Tatarici	Aster tataricus	*zi wan*	Asteris root
Radix Stemonae	Stemona sessilifolia	*bai bu*	Stemona root
Radix or Rhizoma Cynanchi Stauntonii	Cynanchum stauntonii	*bai qian*	Cynanchi root
Radix Platycodi Grandiflori	Platycodon grandiflorum	*jie geng*	Platycodon grandiflorum root
Herba Seu Flos Schizonepetae Tenuifoliae	Schizonepeta tenuifolia	*jing jie*	Schizonepeta herb
Pericarpium Citri Reticulatae	Citrus reticulata	*chen pi*	Citrus peel
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	*gan cao*	Chinese Licorice root

Herbal Formula Analysis on next page

● 5:1 Liquid herbal extract
○ 8:1 Complete extraction liquid concentrate

Herbal Formula Analysis

This formula addresses constraint of lung qi that gives rise to cough. It was originally intended for wind-cold constraint but with modifications it can address almost all manner of lung-qi-constraint cough. *Bai Bu* (Stemona root) and *Zi Wan* (Asteris root) are bitter and warm without being drying; they diffuse the lung qi and bear it downward to relieve cough. *Jing Jie* (Schizonepeta herb) disperses cold pathogens and *Bai Qian* (Cynanchi root) directs lung qi downward. *Jie Geng* (Platycodon grandiflorum root) diffuses lung qi and *Chen Pi* (Citrus peel) rectifies qi and transforms phlegm. Lastly, *Gan Cao* (Chinese Licorice root) harmonizes the formula, and when combined with *Jie Geng*, it also soothes the throat. As a group the herbs in the formula primarily dispel the cold pathogen, resolve phlegm and free the lung qi to diffuse normally.

Herbal Formula Differentiation

Er Chen Tang *(Citrus & Pinellia Plus -* adapted*)* treats phlegm-cough but is more centered on treating phlegm than cough. For wind-cold coughs where phlegm is copious combining **Er Chen Tang** with **Zhi Sou San** *(Alleviate Cough Combination)* may be appropriate.

Huang Lian Shang Qing *(Coptis to Clear the Upper Body)* can treat lung-heat cough. It however, has very few herbs to diffuse lung qi and relieve cough so combining it with **Zhi Sou San** will increase the formula's ability to relieve cough.

Qing Qi Hua Tan Wan *(Pinellia "X" Clear Qi & Transform Phlegm Combination)* treats phlegm and heat in the lung usually as the result of a wind-cold or wind-heat pattern that has dropped into the lung and transformed into a phlegm-heat lung pattern.

Cautions and Contraindications

This formula is decidedly drying. It should not be applied to coughs that are the result of dryness or yin vacuity.

ZXT ●

ZHI XUE TANG

止血汤

"Blood-Staunching Combination"

Source

Good Remedies for Women (Fu Ren Liang Fang)

Biomedical Presentation

Acute hemorrhagic esophagitis, pulmonary tuberculosis, amebic dysentery, bronchiectasis, acute gastritis, **bleeding peptic ulcer**, **ulcerative colitis**, **hemorrhoids**, anal fissure, **gingivitis**, **periodontitis**, **dysfunctional uterine bleeding**, and threatened miscarriage.

Clinical Presentation

Epistaxis, hemoptysis, hematemesis, hemafecia, hematuria, menorrhagia.

Tongue

Variable.

Pulse

Variable.

Traditional Functions

Staunches bleeding.

Chinese Medical Indications

Reckless movement of blood.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Cacumen Biotae Orientalis	Biota orientalis	*ce bai ye*	Biota leaf
Flos Sophorae Japonicae	Sophora japonica	*huai hua mi*	Shrubby Sophora flower
Radix Sanguisorbae	Sanguisorba officinalis	*di yu tan*	Charred Sanguisorba root
Folium Artemisiae Argyi	Artemisia argyi	*ai ye*	Mugwort leaf
Rhizoma Imperatae Cylindricae	Imperata cylindrica	*bai mao gen*	Imperata rhizome
Pollen Typhae	Typha augustifolia	*pu huang tan*	Charred Cattail Pollen

Herbal Formula Analysis

Ce Bai Ye (Biota leaf) clears heat and cools blood. *Huai Hua Mi* (Shrubby Sophora root) and *Di Yu Tan* (Charred Sanguisorba root) drain heat, cool the blood, and stanch bleeding, especially due to damp-heat damaging the network vessels of the large intestine. *Di Yu Tan* is also useful to treat strangury with hematuria due to accumulation of damp-heat in the bladder and in the treatment of menorrhagia due to heat disturbing the penetrating conception vessels. *Ai Ye* (Mugwort leaf) warms the channels and stanches bleeding and is for the treatment of epistaxis, hemoptysis, hematemesis, and menorrhagia, especially during pregnancy or postpartum due to vacuity cold and blood vacuity. *Bai Mao Gen* (Imperata rhizome) cools the blood, clears heat, disinhibits urination and staunches bleeding for the treatment of epistaxis, hemoptysis, hematemesis, and strangury due to damage by damp-heat in the bladder. *Pu Huang Tan* (Charred Cattail pollen) quickens the blood and dispels stasis. In combination, these herbs treat abnormal loss of blood from any part of the body, regardless of the underlying pattern.

Herbal Formula Differentiation on next page

Herbal Formula Differentiation

Zhi Xue Tang *(Blood-Staunching Combination)* is an all-purpose stanch bleeding formula. It contains a combination of medicinals that stanch bleeding from any part of the body, for a variety of causes: due to heat in the blood, damp-heat damaging the network vessels, damage and detriment to penetrating conception vessels, vacuity cold, blood vacuity, and blood stasis. **Zhi Xue Tang** is an adapted form of *Si Sheng Wan* from *Good Remedies for Women (Fu Ren Liang Fang)*.

Zhi Xue Tang is meant to be used as an emergency treatment to treat abnormal bleeding. It can be effectively combined with many formulas to treat the direct cause of bleeding according to the Traditional Chinese Medicine diagnosis and differentiation.

Cautions and Contraindications

For short term use only.

ZGL ●

ZHONG GAN LING

重感灵

"Heavy Cold Release Combination"

Source

Modern Patent Formula

Biomedical Presentation

Measles, scarlatina, **common cold**, **influenza**, mumps, encephalitis B, epidemic meningitis, and **acute tonsillitis**.

Clinical Presentation

Sudden high fever, slight or no chills, thirst, **headache, sore throat, swollen glands, cough,** and **body aches.**

Tongue

Red-tipped tongue with a thin, white or thin, yellow coat.

Pulse

Floating, rapid pulse.

Traditional Functions

Acridly and coolly resolves the exterior, clears heat, resolves toxins.

Chinese Medical Indications

Wind-heat external pathogen.
Toxic heat rising to the throat.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Ilicis Pubescentis	Ilex pubescens	*mao dong qing*	Ilex pubescens root
Radix Puerariae Lobatae	Pueraria lobata	*ge gen*	Pueraria root
Herba Verbenae	Verbena officinalis	*ma bian cao*	Verbena herb
Radix Isatidis seu Baphicacanthi	Isatis tinctoria	*ban lan gen*	Isatis root
Herba Artemisiae Apiaceae	Artemisia apiacea	*qing hao*	Chinese Wormwood herb
Gypsum	Calcium sulfate	*shi gao*	Gypsum mineral
Radix et Rhizoma Notopterygii	Notopterygium incisum	*qiang huo*	Notopterygium rhizome

Herbal Formula Analysis

Mao Dong Qing (Ilex root) and *Ma Bian Cao* (Verbena herb) clear heat and resolve toxins. *Ge Gen* (Pueraria root) resolves the exterior. *Ban Lan Gen* (Isatis root) drains fire toxicity, cools the blood and benefits the throat. *Qing Hao* (Chinese Wormwood herb) cools heat in the blood. *Shi Gao* (Gypsum mineral) clears heat from the lung. *Qiang Huo* (Notopterygium rhizome) resolves the exterior and treats headache. It also guides the actions of the other herbs to the Taiyang channel.

Herbal Formula Differentiation on next page

Herbal Formula Differentiation

Zhong Gan Ling (*Heavy Cold Release Combination*) is indicated for an external contraction of wind-heat characterized by sudden high fever, slight or no chills, headache, body ache, and severe sore throat.

Other formulas that treat initial external contraction diseases or similar symptom patterns are **Huo Xiang Zheng Qi San** *(Agastaches Qi Rectifying)*, **Chuan Xin Lian Kang Yan** *(Isatis Combination* - adapted*)*, **Yu Ping Feng San** (*Jade Screen Combination*), **Xiao Qing Long Tang** (*Minor Blue Dragon*), **Gui Zhi Tang** *(Cinnamon Twig Combination)*, **Ge Gen Tang** (*Pueraria Plus Combination* - adapted)**, Qing Bi Tang** (*Pueraria Nose-Clearing Combination* - adapted)**, Bi Yan Pian** *(Nasal Clear Combination)* and **Yin Qiao San** *(Lonicera & Forsythia Combination)*, **Sang Ju Yin** *(Mulberry & Chrysanthemum***)** and **Gan Mao Ling** *(Cold Release Combination)*. These formulas treat chills, fever, cough, sore throat, and aches. The distinguishing characteristics are listed below.

Huo Xiang Zheng Qi San is indicated for wind-cold with damp symptoms, including gastrointestinal upset and diarrhea. This formula can also be used for wind-cold invasions in the summer, where damp symptoms of heaviness, aches and gastrointestinal disorder may be more prominent.

Chuan Xin Lian Kang Yan is indicated for heat lodged in the throat characterized by high fever and more severe sore throat and swelling than is indicated for **Yin Qiao San**.

Yu Ping Feng San is indicated for individuals for whom the stronger dispersing actions of **Yin Qiao San** would be too depleting due to weak constitution. **Yu Ping Feng San** is indicated for insufficiency of right qi characterized by recurrent colds, but is not often used in acute care.

Xiao Qing Long Tang is indicated for wind-cold in individuals with internal congestion of fluids characterized by cough with copious white sputum in addition to the symptoms caused by external invasion.

Both **Gui Zhi Tang** and **Ge Gen Tang** treat initial stage wind-cold disorders. **Gui Zhi Tang** treats wind-cold disorders in deficient patients by harmonizing the construction (*ying*) and defense (*wei*) aspects. **Ge Gen Tang** resolves exterior wind-cold attack in the muscle layer characterized by fever and chills with stiffness in the neck and upper back.

Both **Qing Bi Tang** and **Bi Yan Pian** treat sinus congestion and are appropriate for both acute and chronic sinusitis. **Qing Bi Tang** dispels wind heat and transform damps. It is better suited for chronic rhinitis while **Bi Yan Pian** is better suited for acute situations because it is stronger in relieving the exterior.

Yin Qiao San is indicated for the first twelve hours of initial stage wind-heat attack while **Sang Ju Yin** diffuses lung qi and relieves dry cough as the initial wind-heat attack begins to penetrate the respiratory system. **Gan Mao Ling** and **Zhong Gan Ling** are more effective after the first twelve hours and both treat sore throat. **Gan Mao Ling** brightens the eyes, disinhibits the nasal passages, and stops cough whereas **Zhong Gan Ling** is especially useful for moistening the throat and resolving the muscles.

A wind-heat contraction may be initially treated by **Yin Qiao San. Zhong Gan Ling** would follow for the treatment of high fever and more severe sore throat with body aches and headache. Once heat is lodged in the throat characterized by high fever, no headache or body ache, and severe sore throat with difficulty swallowing, **Chuan Xin Lian Kang Yan** may be used.

Cautions and Contraindications

Contraindicated in the absence of heat pathogen. Use cautiously with spleen and stomach vacuity.

ZGY
●○

ZUO GUI YIN

左归汤

"Restore the Left Combination"

Source

Jing-Yue's Complete Compendium (Jing Yue Quan Shu)

Biomedical Presentation

Anemia, constipation, neurogenic headache, chronic nephritis, **sexual dysfunction**, irregular menstruation, dysfunctional uterine bleeding, **infertility**, and **menopausal syndrome**.

Clinical Presentation

Fatigue, spontaneous and night sweat, a dry mouth and throat, thirst, **tinnitus**, **dizziness**, **low back and knee soreness and weakness**, **impotence, spontaneous emmissions, nocturnal emissions**, leukorrhea, amenorrhea, irregular menstruation, menorrhagia.

Tongue

Red with peeled coat.

Pulse

Rapid, fine.

Traditional Functions

Nourishes and supplements kidney yin, supplements essence, benefits marrow.

Chinese Medical Indications

Kidney yin vacuity.

Insufficiency of blood and marrow.

Herbal Ingredients

Pharmaceutical	*Latin Binomial*	*Pinyin*	*English*
Radix Rehmannia Conquitae Glutinosae	Rehmannia glutinosa	*shu di huang*	Prepared Rehmannia root
Semen Cuscutae Chinensis	Cuscuta chinensis	*tu su zi*	Cuscuta seed
Radix Dioscoreae Oppositae	Dioscorea opposita	*shan yao*	Chinese Yam root
Fructus Lycii	Lycium barbarum	*gou qi zi*	Lycium fruit
Fructus Corni Officinalis	Cornus officinalis	*shan zhu yu*	Cornus fruit
Radix Cyathulae	Cyathula officinalis	*chuan niu xi*	Cyathula root
*Colla Cornu Cervi	Cervus nippon	*lu jiao jiao*	Antler gel*
*Plastrum Testudinis	Chinemys reevesii	*gui ban jiao*	Fresh Water Turtle shell gel*

***Available as separate single extracts for blending with this formula**

Herbal Formula Analysis on next page

Herbal Formula Analysis

Shu Di Huang (Prepared Rehmannia root), *Shan Zhu Yu* (Cornus fruit), Gou Qi Zi (Lycium fruit), and *Tu Su Zi* (Cuscuta seed) nourish the yin to benefit the kidneys. *Shan Yao* (Chinese Yam root) supplements the kidneys and secures the essence. *Chuan Niu Xi* (Cyathula root) conducts the blood downward. *Lu Jiao Jiao* (Antler gel) and *Gui Ban Jiao* (Fresh Water Turtle shell gel) may be added to further supplement the kidneys and nourish essence.

Herbal Formula Differentiation

Zuo Gui Yin *(Restore the Left)* is indicated for kidney yin vacuity and essence and marrow insufficiency characterized by the reckless movement of essence, i.e., spontaneous and night sweat and spontaneous and nocturnal emissions. The depletion of fluids leads to symptoms of dryness. The etiology of the disorder is classically attributed to excessive sexual activity, usually from an early age.

You Gui Yin *(Restore the Right)* is also used for sexual dysfunction. Unlike **Zuo Gui Yin**, the indications for **You Gui Yin** are characterized by sexual dysfunction as a result of kidney yang vacuity with cold extremities and loose stools.

Like **Zuo Gui Yin**, **Liu Wei Di Huang Wan** (*Rehmannia Six Combination*) enriches yin of the kidneys, supplements essence and benefits marrow but **Liu Wei Di Huang Wan**—a six-ingredient foundation formula for many traditional herbal medicines—boosts spleen qi and contains clearing and draining herbs, making it a more balanced formula. **Zuo Gui Yin** is singularly focused on replenishing the kidney yin and essence.

Zhi Bai Di Huang Wan *(Anem-Phello & Rehmannia)* also treats kidney yin vacuity characterized by dizziness, night sweat, dry mouth and throat, tinnitus, and low back and knee soreness and weakness. However, this formula also treats yin vacuity-fire characterized by tidal fever, hot palms and soles, and vertigo. **Er Xian Tang** (*Two Immortals*) treats dual kidney yin and yang vacuity with yin vacuity-fire where weak low back and knees and cold extremities present with irritability, hot flashes, and night sweat. **Zuo Gui Yin** is more directed towards yin vacuity with little fire but with essence insufficiency characterized by sexual dysfunction.

Cautions and Contraindications

Use with caution with spleen and stomach vacuity.

APPENDICES

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智慧结晶

Pearl of Knowledge & Wisdom

天地精華

Essence of Heaven & Earth

We must understand that the specific varieties of Chinese medicinals and preparations are of fundamental importance. There may be great discrepancies in the efficacy of some principal medicinal substances because of their origin.

~20th Century Master Physician Qin Bowei,
from *A Qin Bowei Anthology*,
translated by Charles Chace & Zhang Ting Lian

APPENDIX I
TRADITIONAL FORMULA CLASSIFICATIONS

Exterior Resolving Formulas

Resolve the Exterior with Warmth and Acridity

GGT *Ge Gen Tang* (Pueraria Plus Combination) adapted

GZT *Gui Zhi Tang* (Cinnamon Twig Combination)

Resolve the Exterior with Coolness and Acridity

SJY *Sang Ju Yin* (Mulberry & Chrysanthemum)

YIQ *Yin Qiao San* (Lonicera & Forsythia Combination)

Heat Clearing Formulas

Clear Heat and Resolve Toxin

BYP *Bi Yan Pian* (Nasal Clear Combination)

CXL *Chuan Xin Lian Kang Yan* (Isatis Combination) adapted

GML *Gan Mao Ling* (Cold Release Combination)

HLJ *Huang Lian Jie Du Tang* (Coptis & Scute Toxin-Resolving Combination)

HLJ *Huang Lian Shang Qing* (Coptis to Clear the Upper)

QBT *Qing Bi Tang* (Pueraria Nose-Clearing Combination) adapted

ZGL *Zhong Gan Ling* (Heavy Cold Release Combination) adapted

Clear Organ Heat

LDX *Long Dan Xie Gan Tang* (Gentiana Gallbladder-Disinhibiting Combination)

Clear Vacuity Heat

ZBD *Zhi Bai Di Huang Wan* (Anem-Phello & Rehmannia)

Precipitant Formulas

Moist Precipitation

MZR *Ma Zi Ren Wan* (Apricot & Rhubarb Combination)

Harmonizing Formulas

Harmonize Lesser Yang

CHG *Chai Hu Gui Zhi Tang* (Bupleurum & Cinnamon)

XCH *Xiao Chai Hu Tang* (Minor Bupleurum)

Harmonize the Liver and Spleen

DZX *Dan Zhi Xiao Yao San* (Moutan & Gardenia Free Wanderer)

DGS *Dang Gui Shao Yao San* (Dang Gui & Peony)

SNS *Si Ni San* (Four Counterflow Combination)

XYS *Xiao Yao San* (Free Wanderer Combination)

Harmonize the Spleen/Stomach and Intestine

BXX *Ban Xia Xie Xin Tang* (Pinellia Combination)

Dampness Dispelling Formulas

Dry Dampness and Harmonize the Stomach

HXZ *Huo Xiang Zheng Zi San* (Agastaches Qi Rectifying)

PWS *Ping Wei San* (Stomach Calming Combination)

Dispel Dampness and Clear Heat

BZG *Ba Zheng Tang* (Dianthus Eight Correct Herb Combination)

LDN *Li Dan Pian* (Gallbladder-Disinhibiting Combination)

YDW *Yu Dai Wan* (Lower Burner Discharge Remedy)

Disinhibit Water and Percolate Dampness

WLS *Wu Ling San* (Poria Five Combination)

Transform Water Damp

JJW *Jie Jie Wan (Kai Kit)* (Resolve Swelling Combination) adapted

ZWT *Zhen Wu Tang* (True Warrior Combination)

Dispel Wind and Overcome Dampness

DHL *Du Huo Ji Sheng Tang* (Du Huo & Loranthus)

GUJ *Guan Jie* (Joint Care) adapted

SJH *Su Jing Huo Xue Tang* (Channel Coursing, Blood Quickening Combination)

continued

Dryness Moistening Formulas

Enrich Yin and Moisten Dryness

SSM *Sha Shen Mai Dong Tang* & *Bai He Gu Jia Ting* (Ophiopogon Plus Metal-Securing Combination) (adapted combination)

Interior Warming Formulas

Warm the Center and Dispel Cold

LZW *Li Zhong Wan* (Center-Rectifying Combination)

XJZ *Xiao Jian Zhong Tang* (Minor Center-Constructing Combination)

Qi Rectifying Formulas

Move Qi

BXH *Ban Xia Hou Po Tang* (Pinellia & Magnolia)

SHN *Su Gan Wan* (Liver-Soothing Combination)

Downbear Qi and Calm Panting

DCT *Ding Chuan Tang* (Clear Lung Heat & Transform Phlegm) adapted

Abductive Dispersion and Accumulation Transforming Formulas

Disperse Food and Abduct Stagnation

BHW *Bao He Wan* (Citrus & Crataegus)

KNW *Kang Ning Wan* (Curing Formula)

Disperse Concretions, Conglomerations, Accumulations and Gatherings

GZF *Gui Zhi Fu Ling Tang* (Cinnamon & Poria)

Worm Expelling Formulas

WMW *Wu Mei Wan* (Mume Combination)

Blood Rectifying Formulas

Dispel Stasis and Quicken the Blood

DSY *Dan Shen Yin* (Salvia Plus Combination) adapted

JGD *Jin Gu Die Shang Wan* (Jin Gu)

THS *Tao Hong Si Wu Tang* (Carthamus & Persica with Four Substances)

TJT *Tong Jing Tang* (Menses-Freeing Combination)

WJT *Wen Jing Tang* (Flow-Warming (Menses) Combination)

XFZ *Xue Fu Zhu Yu Tang* (Expelling Stasis in the Blood Mansion)

Stanch Bleeding

ZXT *Zhi Xue Tang* (Blood Staunching Combination)

Dispel Phlegm and Relieve Cough Formulas

Dry Dampness and Transform Phlegm

ECT *Er Cheng Tang* (Citrus & Pinellia Plus) adapted

HLW *Huang Lian Wen Dang Tang* (Coptis Warm Gallbladder Combination)

Diffuse the Lung and Transform Phlegm

ZSS *Zhi Sou San* (Alleviate Cough Combination)

Clear Heat and Transform Phlegm

QQH *Qing Qi Hua Tan Wan* (Pinellia "X" Clear Qi & Transform Phlegm Combination)

Warm the Lung and Transform Phlegm

XQL *Xiao Qing Long Tang* (Minor Blue Dragon) adapted

Moisten the Lung and Transform Phlegm

QFT *Qing Fei Tang* (Lung-Clearing Combination)

Spirit Quieting Formulas

Quiet the Spirit with Heavy Settlers

CHJ *Chai Hu Jia Long Gu Mu Li Tang* (Bupleurum & Dragon Bone)

Nourish the Heart and Quiet the Spirit

SZR *Suan Zao Ren Tang* & *Gan Mai Da Zao Tang* (Zizyphus Plus Combination)

TWB *Tian Wang Bu Xin Tang* (Heavenly Emperor Heart Supplementing Elixir)

continued

Wind Dispelling Formulas

Course and Dissipate External Wind

QSJ *Qing Shang Juan Tong Tang* (Clear the Upper & Relieve Pain)

XFS *Xiao Feng San* (Wind-Dispersing Combination)

Calm and Extinguish Internal Wind

TMG *Tian Ma Gou Teng Yin* (Gastrodia & Uncaria)

Control Wind and Transform Phlegm

BXB *Ban Xia Bai Zhu Tian Ma Tang* (Pinellia, Atractylodes & Gastrodia)

Supplementing Formulas

Supplement Qi

BZY *Bu Zhong Yi Qi Tang* (Supplement the Center & Boost Qi Combination)

SLB *Shen Ling Bai Zhu San* (Ginseng & Atractylodes)

SJT *Si Jung Zi Tang* (Four Gentlemen)

XSL *Xiang Sha Liu Jun Zi Tang* (Six Gentlemen with Saussurea & Cardamom Combination)

Supplement the Blood

SWU *Shou Wu Zhi* (Shou Wu Combination)

SWT *Si Wu Tang* (Four Substances Combination)

Supplement Qi and Blood

BZT *Ba Zhen Tang* (Eight Pearls Combination)

GPT *Gui Pi Tang* (Spleen-Returning Combination)

RSY *Ren Shen Yang Ying Tang* (Ginseng Nutritive)

SQD *Shi Quan Da Bu Tang* (Perfect Great Supplementation Combination)

Supplement Yang

BWD *Ba Wei Di Huang Wan* (Rehmannia Eight Plus) adapted

EXT *Er Xian Tang* (Two Immortals Combination)

HSD *Huan Shao Dan* (Rejuvenation Elixir)

RSL *Ren Shen Lu Rong Wan* (Ginseng & Velvet Antler) adapted

YGY *You Gui Yin* (Restore the Right)

Supplementing Formulas (continued)

Supplement Yin

LWD *Liu Wei Di Huang Wan* (Rehmannia Six Combination)

QJD *Qi Ju Di Huang Wan* (Lycium & Rehmannia)

YGJ *Yi Guan Jian* (Linking Decoction)

ZGY *Zuo Gui Yin* (Restore the Left)

Boost Qi and Enrich Yin

HQL *Huang Qi Ling Zhi San* (Astragalus & Ganoderma) adapted

SMS *Sheng Mai San* (Pulse-Engendering Combination)

Securing and Astringing Formulas

Constrain Sweat and Secure the Exterior

YPF *Yu Ping Feng Tang* (Jade Screen Combination)

Stem Flooding and Check Discharge

BXT *Bu Xue Tiao Jing Tang* (Supplement Blood & Adjust Menses) adapted

Constrain the Lung and Suppress Cough

DCT *Ding Chuan Tang* (Ding Chuan Tang) adapted

Formulas for External Use

Trauma and Injury Care

JGU *Jin Gu Die Shang Wan* (Sinew & Bone Trauma Combination)

智慧结晶

Pearl of Knowledge & Wisdom

The blood and breaths (*xue qi*) and the essences and spirits (*jing shen*) of man offer life and fulfill perfectly the natural destiny (*xing ming*) of each.

~LINGSHU

天地精華

Essence of Heaven & Earth

APPENDIX II
INDIVIDUAL HERBS

Chinese individual herbs are processed as 8:1 liquid extracts using purified water and whole grain alcohol only (except where noted by *). Alcohol content 20-30%.

This list is constantly growing: please check our website for an updated list —FarEastSummit.com.

BGGs ***Bai Guo:*** Gingko nut
BRSs ***Bai Ren Shen:*** White Chinese Ginseng root
BSSs ***Bai Shao:*** White Peony root
BXPs ***Bai Xian Pi:*** Dictamus root bark
BZZs ***Bai Zhi:*** Angelica dahurica root
BZHs ***Bai Zhu:*** Atractylodes macrocephala rhizome
BLGs ***Ban Lan Gen:*** Isatis root
BXLs ***Ban Xia:*** Pinellia rhizome
BZLs ***Ban Zhi Lian:*** Scutellaria barbata herb
BHHs ***Bo He:*** Chinese Mentha herb
CEZs ***Cang Er Zi:*** Xanthium fruit
CZZs ***Cang Zhu:*** Atractylodes lancea rhizome
CHHs ***Chai Hu:*** Bupleurum root
CPPs ***Chen Pi:*** Citrus peel
CBMs ***Chuan Bei Mu:*** Fritillaria cirrhosa bulb
CNXs ***Chuan Niu Xi:*** Cyathula root
CXXs ***Chuan Xiong:*** Ligusticum wallichii rhizome
CWJs ***Ci Wu Jia:*** Eleuthero root bark
DQYs ***Da Qing Ye:*** Isatis leaf
DSSs ***Dan Shen:*** Salvia miltiorrhiza root
DGGs ***Dang Gui:*** Angelica sinensis root
DSHs ***Dang Shen:*** Codonopsis root
DFZs ***Di Fu Zi:*** Kochia fruit
DZZs ***Du Zhong:*** Eucommia bark
EARs ***Xia Ye Song Guo:*** Echinacea angustifolia root
FFFs ***Fang Feng:*** Siler root
FLLs ***Fu Ling:*** Poria cocos sclerotium fungus
GCCs ***Gan Cao:*** Licorice root (Chinese)
GGGs ***Ge Gen:*** Pueraria root (Kudzu)
GQZs ***Gou Qi Zi:*** Lycium fruit
GTTs ***Gou Teng:*** Uncaria vine (Gambir)
GLRs ***Gua Lou Ren:*** Trichosanthes seed
GBJs ***Gui Ban Jiao:*** Fresh Water Turtle shell gel
GZZs ***Gui Zhi:*** Cinnamon twig
HSWs ***He Shou Wu:*** Polygonum multiflori root (*Fo-Ti*)
HHHs ***Hong Hua:*** Carthamus flower (Safflower)
HJTs ***Hong Jing Tian:*** Rhodiola root
HRSs ***Hong Ren Shen:*** Red Chinese Ginseng root
HNXs ***Huai Niu Xi:*** Achyranthes root
HBBs ***Huang Bai:*** Phellodendron bark
HJJs ***Huang Jing:*** Polygonatum sibericum rhizome
HLLs ***Huang Lian:*** Coptis rhizome
HQQs ***Huang Qi:*** Astragalus root
HQNs ***Huang Qin:*** Scutellaria baikal root
JGGs ***Jie Geng:*** Platycodon root
JYHs ***Jin Yin Hua:*** Lonicera (honeysuckle) flower
JJJs ***Jing Jie:*** Schizonepeta tenuifolia herb
JHHs ***Ju Hua:*** Chrysanthemum flower
KSSs ***Ku Shen:*** Sophora flavescens root
LQQs ***Lian Qiao:*** Forsythia fruit
LZZs ***Ling Zhi:*** Reishi (Ganoderma) fungus
LGGs ***Long Gu:*** Dragon Bone
LYRs ***Long Yan Rou:*** Longan fruit
LJJs ***Lu Jiao Jiao:*** Antler gel
LRRs ***Lu Rong:*** Velvet Antler, whole (2:1 extract)
LRRsc ***Lu Rong:*** Velvet Antler tips (4:1 concentrate)
LHGs ***Luo Han Guo:*** Momordica fruit
MMDs ***Mai Men Dong:*** Ophiopogon root
MDPs ***Mu Dan Pi:*** Moutan root bark
MGGs ***Mu Gua:*** Quince fruit
PGYs ***Pu Gong Ying:*** Dandelion leaf

continued

RGGs ***Rou Gui:*** Cinnamon bark

SGYs ***Sang Ye:*** Mulberry leaf

SYYs ***Shan Yao:*** Chinese Yam

SZZs ***Shan Zha:*** Crataegus Hawthorn fruit

SZYs ***Shan Zhu Yu:*** Cherry, Cornelius

SDHs ***Sheng Di Huang:*** Rehmannia root, raw

SGGs ***Shi Gao:*** Gypsum

SDUs ***Shu Di Huang:*** Rehmannia root, prepared

TZSs ***Tai Zi Shen:*** Pseudostellaria root (Prince Ginseng)

THFs ***Tian Hua Fen:*** Trichosanthes root

TMMs ***Tian Ma:*** Gastrodia rhizome

TQQs ***Tian Qi:*** Pseudoginseng root

TFLs ***Tu Fu Ling:*** Glabrous Greenbrier rhizome

WLXs ***Wang Bu Liu Xing:*** Vaccaria seed

WWZs ***Wu Wei Zi:*** Schisandra fruit

XYGs ***Xi Yang Shen:*** Ginseng root, American

XFFs ***Xiang Fu:*** Cyperus rhizome

XRRs ***Xing Ren:*** Apricot (Armeniaca) seed

YJTs ***Ye Jiao Teng:*** Polygonum multiflori vine

YMCs ***Yi Mu Cao:*** Leonurus herb

YYRs ***Yi Yi Ren:*** Coix seed

YCHs ***Yin Chen Hao:*** Artemisia capillaris herb

YJJs ***Yu Jin:*** Curcuma aromatica root

YZZs ***Yuan Zhi:*** Chinese Senega root

ZJJs ***Zao Jiao:*** Honeylocust fruit

ZXXs ***Ze Xie:*** Alisma rhizome

ZBMs ***Zhe Bei Mu:*** Fritillaria verticillata bulb

ZGCs ***Zhi Gan Cao:*** Chinese Licorice root (honey-baked)

ZMMs ***Zhi Mu:*** Anemarrhena rhizome

ZRRs ***Zhu Ru:*** Bamboo shavings

ZCGs ***Zi Cao Gen:*** Lithospermum root

ZSZs ***Zi Su Zi:*** Perilla fruit (seed)

APPENDIX III:
ESSAYS ON CHINESE CLASSICAL FORMULAS IN TRADITIONAL & MODERN RESEARCH

The following essays are reprinted with permission from Recent Research From China 1991-1994 *by Flaws and Chace, and published in 1994 by Blue Poppy Press.*

XUE FU ZHU YU TANG

Frightful sleep[1]

Frightful sleep is characterized by interruptions in the normal course of sleep. During the first phase of sleep, the patient will wake with a scream, sitting bolt upright or falling out of bed. The author has treated this disorder successfully with *Xue Fu Zhu Yu Tang* (Expelling Stasis in the Blood Mansion). A representative case history follows.

A 35-year-old female was first examined on July 25, 1989. She reported that she would not be asleep for very long before she would suddenly scream and sit up awake with both eyes open wide. This was accompanied by rough respiration and palpitations and tachycardia. The condition would last 10 minutes and then begin to calm down. She would then go back to sleep and the pattern would recur as often as 10 times per night. When she did return to sleep, she rested uneasily as if she were walking on thin ice. Cardiac and neurological examinations revealed nothing abnormal. She had received many therapies previously, including antidepressant medications. However, nothing could control her condition.

When the patient came to see the author, she was restless and had a bitter taste in her mouth. Her pulse was fine and wiry, while her tongue was pale red with a thin, slimy coating. The patient was given *Xue Fu Zhu Yu Tang* with additions. This contained: 10g each of Radix Angelicae Sinensis *(Dang Gui)*, Semen Pruni Persicae *(Tao Ren)*, Flos Carthami Tinctorii *(Hong Hua)*, Radix Platycodi Grandiflori *(Jie Geng)*, Radix Rubrus Paeoniae Lactiflorae *(Chi Shao)*, Radix Bupleuri *(Chai Hu)*, Fructus Immaturus Citri Seu Ponciri *(Zhi Shi)*, Rhizoma Ligustici wallichii *(Chuan Xiong)*, Radix Achyranthis Bidentatae *(Niu Xi)*, Rhizoma Pinelliae Ternatae *(Ban Xia)*, and Caulis In Taeniis Bambusae *(Dan Zhu Ru)*. It also contained: raw Concha Haliotidis *(Sheng Jue Ming)*, 30g, Margaritiferae *(Zhen Zhu Mu)*, 30g, and Pericarpium Citri Reticulatae *(Chen Pi)*, 5g. This was decocted in water and 7 ji were administered.

After this treatment the frequency of the episodes markedly diminished even though she would still wake up suddenly. Nevertheless, she no longer had a frightened expression, her mind became clearer, and she was less obviously anxious. She had some slight soreness and pain in the temporal region, thoracic oppression, vexatious heat in the five hearts, and poor sleep. Her pulse was fine and wiry, and her tongue was red with a thin coating. Therefore, Dang Gui, Platycodon, Caulis In Taeniis Bambusae, and Orange Peel were deleted from the original prescription and raw Radix Rehmanniae *(Sheng Di)*, 10g, Rhizoma Anemarrhenae Aspheloidis *(Zhi Mu)*, 10g, Semen Biotae *(Bai Zi Ren)* 10g, and Cortex Phellodendri *(Chuan Bai)*, 3g, were added and 7 more ji were administered. At this time, the fright ceased altogether. However, the symptoms returned again in April, 1992. A single dose of the same prescription was administered and this arrested the illness and, up to the present day, it has not returned.

According to Dr. Hu, this illness falls within the scope of fright patterns in Chinese medicine. Typically, gallbladder-warming and heart-nourishing measures are most commonly employed. Heavy use of spirit-calming medicinals is also common based upon the axiom, "If there is fright, level it." Nonetheless, these approaches had produced little effect in this case. It states in *The Discourse on the True Statements of the Golden Cabinet (Jin Gui Zhen Yen Lun)* in the *Su Wen (Simple Questions)*:

> *The greenblue hue of the eastern direction enters and unblocks the liver. It opens the portals*

to the eyes and is stored with the essence in the liver and causes the illness of fright.

The Discourse on Extraordinary Things (Da Qi Lun) in the *Spiritual Pivot (Ling Shu)* states, "When there is an accumulation in the liver, there is fullness in both flanks and lying down causes fright."

The classical explanation for this illness is typically based on the statement, "The liver stores the *hun*." The implications of this statement are that a failure of circulation of the qi and blood in the liver itself, failure of the blood to nourish the liver, or a contraction of a pathogen by the liver may all result in a failure of the liver to store the *hun*. In the author's experience, the primary disease mechanism of this illness is a stagnation of qi and blood accompanied by a vacuity of liver blood. The liver itself is yin and utilizes yang. If there is an orderly reaching of the qi and blood of the liver organ, activity and quietude assist one another, yin and yang are in harmony, the blood is effulgent and nourishes the *hun*, and the spirit is intact and the *hun* is stored, then how can there be fright?

Therefore, liver is central to a number of disease mechanisms which may produce fright. First, when the qi dynamic fails to course the qi, there is stagnation of liver blood, and when there is blood vacuity, the liver is not nourished. Thus, the liver may directly cause fright. Secondly, the liver has an interior/exterior relationship with the gallbladder. When the liver qi becomes stagnant, this impairs the gallbladder's capacity for coursing and draining. When there is an insufficiency of liver blood, this often causes an insufficiency of gallbladder qi resulting in fright. Third, there is an intimate connection between the heart and the liver. If there is either a debility or stagnation of liver qi and blood, then the qi and blood cannot ascend to nourish the heart. The spirit is not nourished and protected, resulting in palpitation fright. This is a case of an illness of the mother affecting the son. Fourth, if the liver fails to course and drain the qi and the qi dynamic malfunctions, this causes a loss of proper ascension and descension allowing the liver qi to attack the lungs. Once the lungs lose their function of diffusion and downbearing, this produces difficult respiration, thoracic oppression or pain, and a sense of precordial pressure.

Xue Fu Zhu Yu Tang was composed by Wang Qingren in the Qing dynasty. In his *Yi Lin Gao Cuo* (*Correction of the Errors of the Medical Forest*), he states: "When there is nocturnal restlessness...with throbbing heart and flusteredness, and when *Gui Pi Tang* (Spleen Returning Combination) has proven effective, this prescription *(i.e., Xue Fu Zhu Yu Tang)* hits the mark one hundred times in one hundred." In this prescription, raw Rehmannia, Dang Gui, Persica, Carthamus, Red Peony, and Ligusticum to quicken and cool the blood and nourish the blood and yin. Bupleurum, Citrus Immaturus, Red Peony, and Licorice are Zhang Zhong-jing's *Si Ni San* (Four Counterflow Combination) which enters the liver channel and soothes the qi dynamic of the liver and gallbladder. Platycodon opens the lung qi and smoothes the upper warmer, and Achyranthes guides the blood downward, encouraging the blood stasis to drain from the liver. When these medicinals are all combined, qi and blood are addressed equally, and attack and supplementation are administered simultaneously. This allows the hun to return to the liver and the heart to store the spirit. The gallbladder qi flows, ascension and descension are uninhibited, and fright is cured.

The author has found this prescription quite effective given an appropriate diagnosis. Typically, only 5 ji are necessary to produce a positive result. The additions of raw Abalone Shell and Mother of Pearl enhance the results. If the tongue coating is white and slimy, one may add Pinellia and Orange Peel. If there is vexatious heat in the five hearts, one may add Anemarrhena and Phellodendron. When one tends to awake from sleep easily, Semen Biotae and Salvia may be added.

continued

XUE FU ZHU YU TANG

Spontaneous Perspiration [2]

The author notes that the use of measures for quickening the blood and transforming stasis as a means of treating spontaneous perspiration is not often discussed in the medical literature. They then present a representative case employing Decoction for *Xue Fu Zhu Yu Tang* (Expelling Stasisin the Blood Mansion) in the treatment of this disorder.

A 35-year-old textile worker was first examined on June 28, 1984. Four months previously, she had undergone sterilization surgery and since then she had become depressed and was rarely happy. She experienced thoracic oppression and sighing, lack of appetite, headache, insomnia, and tension in her extremities. In the past two months, she had developed a sense of thoracic oppression as if there were an obstruction in her chest, and, for the last 10 days, her head had been perspiring. This perspiration had become oily and she would soak her clothing 56 times per day, although the sweating was relatively mild in the evening. She had a great thirst that neither cold nor hot liquids could quench and a lack of warmth and numbness in her four extremities. Her condition was diagnosed as a neurological disorder by Western medical practitioners and was given atropine. This would sometimes ameliorate the perspiration. She had also taken *Gui Zhi Jia Long Gu Mu Li Tang* (Cinnamon Twig Plus Dragon Bone & Oyster Shell Decoction, *Yu Ping Feng San* (Jade Windscreen Combination) and *Shen Fu Tang* (Ginseng & Aconite Decoction) without effect.

She was, therefore, referred to the author for treatment. The patient reported sudden drenching perspiration, five or six times per day, which would leave her clothing soaked. Following this, a fine perspiration would persist. She was anxious and would heave great sighs. She suffered from thoracic oppression as if there were an obstruction in her chest. And she had cold and damp limbs, pain and distension in the lower abdomen, and amenorrhea. Her tongue had petechiae and a thin, white, dry coating, while her pulse was wiry. This was a pattern of depressive binding of liver qi disrupting the qi dynamic and blood stasis in the chest impeding the transmission of fluids and humors. The treatment plan was to quicken the blood and circulate the qi, course the liver and resolve depression, diffuse and soothe the lung vessels, and secure the exterior and arrest perspiration. Therefore Decoction for Eliminating Stasis From the Blood Mansion *(Xue Fu Zhu Yu Tang)* was administered.

The prescription contained: Radix Bupleuri *(Chai Hu)*, 10g, Radix Rubrus Paeoniae Lactiflorae *(Chi Shao)*, 10g, Semen Pruni Persicae *(Tao Ren)*, 10g, Flos Carthami Tinctorii (*Hong Hua)* 6g, Lumbricus *(Di Long)* 10g, Radix Angelicae Sinensis *(Dang Gui)*, 12g, Rhizoma Ligustici Wallichii *(Chuan Xiong)*, 10g, Radix Platycodi Grandiflori *(Jie Geng)*, 10g, Fructus Citri Seu Ponciri *(Zhi Ke)*, Radix Cyathulae *(Chuan Niu Xi)*, 15g, and calcined Concha Ostreae & Os Draconis *(Duan Long Mu)*, 30g @ (precooked).

With administration of 3 ji, the heavy sweating ceased, although the fine perspiration would occur occasionally. All the other symptoms diminished. The patient was then given 6 ji of *Xiao Yao San* (Free Wanderer Combination) and *Tao Hong Si Wu Tang* (Carthamus & Persica with Four Substances Combination) with modifications (unspecified). She began menstruating again and she was cured.

According to Dr. Chen, spontaneous sweating is most often due to a disharmony of the defensive and constructive, qi vacuity causing insecurity, or an internal compression of a heat pathogen. Wang Qing-ren discusses the use of *Xue Fu Zhu Yu Tang* in the section on *Daytime Perspiration (Bai Tian Han Chu)* in his *Yi Lin Gao Cuo* (*Corrections of the Errors of the Medical Forest*). He attributes this illness to a depressive restraint damaging the liver and a stagnation of qi and blood. *The Discourse on Regulating the Menses (Tiao Jing Lun Pian)* in the *Su Wen (Simple Questions)* states: The pathways of the five viscera all emerge along the channels to circulate blood and qi. Hundreds of illnesses are transformed and engendered when there is a disharmony of blood and qi. Therefore, one must protect the channels.

Spontaneous perspiration may result when the channels and connecting vessels become blocked. The liver rules coursing and drainage, while the lungs rule diffusion and effusion. When both are coordinated, they accomplish the task of transforming fluids and humors into perspiration and eliminating them from the body. If the liver becomes depressed or a longstanding illness enters the connecting vessels, then qi and blood may become disharmonious, causing stagnation in the chest. This disrupts the lungs and hence the fluids and humors are not spread along the channels. Therefore, they spill out of the vessels as perspiration. Quickening the blood and transforming stagnation, coursing the liver and rectifying the qi, and promoting free flow in the channels and vessels "protects the channels" as a means of effectively treating perspiration.

continued

SI WU TANG

Four Substances Combination[3]

Since 1985, the author has treated 42 cases of allergic rhinitis with *Si Wu Tang Jia Wei*. Of these 42 cases 29 were men and 13 were women. They ranged in age from a young of 19 to an old of 62 years of age. The shortest course of disease was four months and the longest was 10 years. Runny nose, itchy nose, and sneezing were the main symptoms. Examination revealed that the nasal mucosa were either an ashen white or purplish sooty color, the nasal shell was edematous, and the nasal cavity was producing a flowing secretion. Examination of the nasal secretions were positive for eosinophilia.

The medicinals consisted of: raw Radix Rehmanniae Glutinosae *(Sheng Di)*, 24g, Radix Angelicae Sinensis *(Dang Gui)* and Radix Rubrus Paeoniae Lactiflorae *(Chi Shao)*, 15g @, Rhizoma Ligustici Wallichii *(Chuan Xiong)*, 6g, Fructus Xanthii *(Cang Er Zi)* and Flos Magnoliae *(Xin Yi)*, 9g, and Herba Pycnostelmae *(Xu Chang Jing)*, 30g. If there was headache, Radix Angelicae *(Bai Zhi)* and Flos Chrysanthemi Morifolii (Ju Hua) were added. If there was a cold (gan mao), these medicinals were combined with *Yu Ping Feng San* (Jade Windscreen Powder). One ji was decocted per day with 15 days equalling 1 course of treatment. Two to 4 courses of treatment were given with a follow-up survey conducted one year after treatment.

Twenty-three patients were completely cured. This meant that their symptoms disappeared, their nasal mucosa and secretions returned to normal, and their nasal secretions tested negative for eosinophils. Thirteen cases got fair improvement. This meant that their symptoms were obviously reduced or partially disappeared. The number of attacks or the duration of attacks was also reduced, and their nasal secretions mostly tested negative for eosinophils. six patients achieved no result from this treatment. This meant that there was no apparent change in their condition from before the treatment was begun. Therefore, the total amelioration rate was 85.7%.

According to TCM theory, the main disease mechanism of this disease is yin and blood insufficiency. In that case, constructive and defensive are empty and sparse and the exterior defensive fails to secure. This then allows for external invasion of wind cold, and this results in the portal of the lungs (i.e., the nose) losing its disinhibition. *Si Wu Tang* enriches yin and nourishes blood, moves the qi and harmonizes the constructive, thus supporting the righteous. As the saying goes, "When the blood is harmonious (or harmonized), wind is automatically extinguished." Xanthium, Flos Magnoliae, and Pynostelma diffuse the lungs, open the portals, and, therefore, dispel pathogens. When pathogens are dispelled, the righteous is at ease. With the righteous returned and pathogens removed, the disease obtains a cure.

HUO XIANG ZHENG QI SAN

Flat warts[4]

Flat warts are generally treated using methods of clearing heat and resolving toxins, quickening the blood and unblocking the network vessels, and cooling the blood and eliminating stasis, however, these therapies are often not completely satisfactory. The authors recognize the relationship of the spleen failing to convey and depressive damp in the muscle and skin in this illness and employ *Huo Xiang Zheng Qi Tang* (Agastaches Qi Rectifying) plus Semen Coicis Lacrymae *(Yi Yi Ren)* to treat it. Semen Coicis Lacrymae *(Yi Yi Ren)* is sweet bland and percolates and disinhibits. In large doses it fortifies the spleen, disinhibits dampness and transforms turbidity. *Huo Xiang Cheng Qi Tang* (Agastaches Correct the Qi Decoction) rectifies the qi and opens depression, transforms dampness and fortifies the spleen. In a representative case 10 ji were required to initiate a gradual dissolution of the warts and there was no relapse.

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YU PING FENG SAN

Incontinent Cough[5]

Urinary bladder cough is most often seen in elderly patients and clinically it is characterized by cough causing enruresis. The authors have used *Yu Ping Feng San* (Jade Screen Combination) combined with Consolidating and Elevating Pills *(Gong Ti Wan)* in the treatment of urinary bladder cough and have achieved a satisfactory effect. The base prescription consisted of *Yu Ping Feng San* (Jade Screen Combination) combined with *Gong Ti Wan* (Consolidating and Elevating Pills) from *The Complete Works of Jing Yue (Jing Yue Quan Shu)* with modifications. It contained:

Radix Astragali Membrancaei *(Huang Qi)*: 30g,

Radix Atractylodes Macrocephelae *(Bai Zhi)*: 12g,

Semen Alpiniae Oxyphyllae *(Yi Zhi Ren)*: 12g,

Radix Rehmanniae Glutinosae Coquitae *(Shu Di)*: 12g,

Semen Cuscutae Chinensis *(Tu Su Zi)*: 10g,

Semen Psoraleae Corylilifoliae *(Bu Gu Zhi)*: 10g,

Radix Glycyrrhizae Uralensis *(Gan Cao)*: 9g,

Jiu Cai Zi (Latinate unavailable):10g,

Fructus Schizandrae Chinensis *(Wu Wei Zi)*: 6g,

Radix Aconiti Charmichaeli *(Fu Zi)*: 6g,

Sclerotium Poriae Cocos *(Fu Ling)*: 9g, and

Radix Ledebouriellae Sesloidis *(Fang Feng)*: 9g.

If the cough was accompanied by copious phlegm add Radix Peucadani *(Qian Hu)* 10g, and Semen Pruni Armeniacae *(Xing Ren)*. For large exhalation with slight inhalation add Cortex Eucommiae Ulmoidis *(Du Zhong)* 12g, and Semen Gingko Bilobae *(Bai Guo)* 10g. For relatively severe urinary symptoms add Radix Linderae Strychnifoliae *(Yu Yao)* 10g, and Fructus Rubi Chingii *(Fu Pen Zi)* 6g.

The above prescription was used to treat 24 cases of urinary bladder cough. After 1-2 months 14 cases were completely cured as defined by a disappearance of the cough, and the enuresis upon coughing, and they had experienced no recurrance of symptoms one year after treatment. Six cases experienced some positive changes as defined by a lessening of the cough, and a lessening of the enuresis upon coughing, or these patients were cured but experienced a recurrance of symptoms one year after treatment. Four cases experienced no effect as defined by an absence of any change.

A 72-year-old male was examined on November 4, 1991. He had developed a persistent cough during the winter of 1989 that lasted for two months, and which would return each winter. When the cough was severe he would sometimes be incontinent. This symptom had returned again in October of 1991. The cough was especially severe and he was unable to contol his incontinence at all. Western medications had proven ineffective. He presented with a cough with copious white phlegm, perspiration induced by slight activity, shortness of breath, and the need to wear adult diapers. His tongue was pale, with a thin white coat, and his pulse was deep and slippery. He was diagnosed with a vacuity of spleen and kidney yang, and an insecurity of the exterior defensive. The plan was to warm and supplement the spleen and kidney, boost the qi and secure the exterior. 12 ji of the base prescription was administered with the addition of Cortex Eucommiae Ulmoidis *(Du Zhong)* 12g, Radix Linderae Strychnifoliae *(Wu Yao)* 10g, and Fructus Rubi Chingii *(Fu Pen Zi)* 15g. After administraton of this prescription for one month the symptoms had greatly diminished, and he continued on this prescription for 10 months and was cured. After one year he reported that he had had no recurrence of the problem.

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(MA HUANG) HERBA EPHEDRA

NOTE: Far East Summit has included the following articles on Ma Huang (Herba Ephedrae) and its traditional use to keep in perspective that it has been used safely and effectively for centuries, even though the FDA has restricted traditional Asian medicine practitioners from the use of this herb. These articles are intended to support a review of the Ma Huang issue. This decision should be revisited by the FDA regulatory agency.

Discussions on the use of (Ma Huang) Herba Ephedra[6]

Ma Huang (Herba Ephedrae) is an important medicinal for arresting cough and levelling asthma. In clinical usage it is combined with other assisting medicinals and is indicated for old and young alike. In general, it can be said that for wind cold cough and expectoration *San Ao Tang Jia Wei* (Three Unbinding Decoction with Added Flavors) may be used: Herba Ephedrae *(Ma Huang)*, Semen Pruni Armeniacae *(Xing Ren)*, Radix Glycyrrhizae Uralensis (Gan Cao), Radix Peucedani (Qian Hu), Radix Platycodi Grandiflori (Jie Geng), and Folium Perillae Frutescentis *(Su Ye)*. While for wind heat cough, *Ma Xing Gan Shi Tang Jia Wei* (Ephedra, Armeniaca, Licorice & Gypsum Decoction with Added Flavors) may be used: Herba Ephedrae *(Ma Huang)*, Semen Pruni Armeniacae *(Xing Ren)*, Radix Glycyrrhizae Uralensis *(Gan Cao)*, Gypsum Fibrosum *(Shi Gao)*, Cortex Radicis Mori Albae *(Sang Pi)*, and Radix Scutellariae Baicalensis *(Huang Qin)*. And if wind cold lodges in the lungs with copious clear and runny phlegm, *Xiao Qing Long Tang* (Minor Blue-green Dragon Decoction) is typically used.

Nevertheless, it is important to pay attention to the following issues. First is the question of the appropriate dose of *Ma Huang*. *Ma Huang* is a acrid, warm, and dissipating medicinal that diffuses and opens the flesh at the exterior. In general, a mild dose of 4.5g is indicated, and the use of more than that in the elderly or the very young is not appropriate. If the dosage of this medicinal is excessively large, not only will this not arrest the cough, but it will, more often than not, damage the lung qi. In trying to be clever, one will only out-smart oneself.

Secondly, *Ma Huang* treats wind cold cough and expectoration and should be combined with Radix Peucedani *(Qian Hu)*, Radix Platycodi Grandiflori *(Jie Geng)*, or Folium Perillae Frutescentis *(Su Ye)* to assist the *Ma Huang* in diffusing the lung qi. In this case, it is inappropriate to use cool or cold medicinals such as Herba Houttuyniae Cordatae *(Yu Xing Cao)*. Some people combine 10g of *Ma Huang* with 30g of Houttuynia and consider this "anti-inflammatory". These formulations are most often ineffective and such combinations are inappropriate. It is a mistake to perceive all coughs as bronchitis and assume that heat must be cleared from all inflammations. The strength of *Ma Huang*'s being acrid and warm, diffusing the lungs and arresting cough is attenuated by cool and cold (medicinals), and they make it difficult for the functions of diffusion and dissipation to be given free reign. If a small amount of *Ma Huang* is used and combined with other medicinals for diffusing the lungs, the result will be better.

Third, a clinical indicator for the use of *Ma Huang* in arresting cough is the presence of the symptom of scratchy throat. If this scratchy throat produces cough and is more pronounced in the afternoon and evening, this is wind cold lodging in the lungs and inhibiting the lung qi. (This condition) does not rule out *Ma Huang*'s acrid, warm, diffusing and dispersing capacity. In this case, one may combine *Ma Huang* with an appropriate dose of medicinals for diffusing the lungs for a positive therapeutic effect.

A short discussion of my experience with Ma Huang (Herba Ephedrae) in clearing interior heat, by Pai Wen-Kui, JOURNAL OF CHINESE MEDICINE *(Zhongyi Zazhi), #10*

In this discussion of *Ma Huang* (Herba Ephedrae) the author points out that the applicability of this medicinal is not limited to exterior patterns of wind cold and that it may also be used to treat patterns of internal heat. This is due to its capacity for abating heat via diaphoresis and its capacity for outthrusting pathogens. There are instances in which heat may not be resolved even after diaphoretic measures have been administered. De-

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pressive steaming of interior heat in the qi aspect is an example. This is because the diffused heat has not been outthrust which allows the interior heat to remain exuberant. *Ma Huang* outthrusts the pathogen thereby resolving interior heat.

Ma Huang (Herba Ephedrae) cannot treat all types of internal heat. One must administer this medicinal based on its properties of inducing diaphoresis, arresting cough and disinhibiting water. Herba Ephedrae *(Ma Huang)* is therefore primarily used to treat lung heat. In particular, it is indicated for internal heat characterized by phlegm heat accumulating in the lung. *Ma Xing Shi Gan Tang* (Ephedrae Armeniacae Gypsym and Licorice Decoction) is the prescription of choice. Li Shi-zhen has said, "When the skin and hair are obstructed on the exterior a heat pathogen attacks the interior and *Ma Huang* (Herba Ephedrae) is indicated to guide the pathogen out of the constructive aspect." In general when *Ma Huang* (Herba Ephedrae) is used to clear internal heat, the pathogen should be one of damp heat, phlegm heat, or some combination of a damp pathogen and phlegm turbidity. This allows the water disinhibiting and diaphoretic properties of *Ma Huang* (Herba Ephedrae) to fully address the condition. It is best if the illness is located in the lung . If a thermic heat pathogen is present producing a scorching generalized fever that has already damaged the yin, then the use of *Ma Huang* (Herba Ephedrae) will only further damage the fluids and is therefore not appropriate. If the illness has already entered the liver and kidney in the lower warmer, one should administer medicinals to guide the pathogen downward. The diaphoretic and outthrusting properties of *Ma Huang* (Herba Ephedrae) are not appropriate for this condition either.

Ma Huang (Herba Ephedrae) should be administered in a large dose. In general a dose of 10g is indicated. This is because *Ma Huang* (Herba Ephedrae) is a diaphoretic. Although a small dose is adequate to open and drain the skin and interstices in exterior patterns, this medicinal does not easily penetrate the body. Therefore a large dose is required to outthrust the interior heat. One may worry that large dose of this medicinal would produce such a profound perspiration that would harm the yin. While diaphoresis typically does occur after administration of this medicinal, a copious sweat occurs only in a few individuals. The perspiration that does occur is a feverish sweat and the generalized heat in the body abates as the perspiration is induced. This produces an improvement in the overall condition as well. This technique does not damage the fluids or harm the qi. Following administration of this medicinal, one must continue with the original dosage for a number of days even after the heat has abated. The heat may return if one immediately reduces the dose of *Ma Huang* (Herba Ephedrae) in the formula. This is particularly true if there is a mingling of dampness and heat and the damp is predominant. In this case diaphoretic draining and damp dispelling measures are indicated. When one sees the slimy tongue coat abate, this indicates that the initial therapeutic effect of abating heat has been consolidated.

Ma Huang (Herba Ephedrae) must be combined with complementary medicinals for resolving interior heat. Gypsum *(Shi Gao)* may assist *Ma Huang* (Herba Ephedrae) since Gypsym Fibrosum *(Shi Gao)* is an important medicinal for clearing interior heat. Gypsum *(Shi Gao)* is not a potent diaphoretic but when combined with *Ma Huang* (Herba Ephedrae) they function together to quickly drain interior heat via diaphoresis. If there is a tendency toward an effulgence of a damp pathogen such as in the case of phlegm damp in the lungs one may combine *Ma Huang* (Herba Ephedrae) with Semen Pruni Armeniacae *(Xing Ren)*. This combination diffuses and drain the lung qi and expels the phlegm heat. If there is a tendency toward an accumulation of damp due to a spleen vacuity. *Ma Huang* (Herba Ephedrae) may be combined with Rhizoma Atractylodes Macrocephelae *(Bai Zhu)* to fortify the spleen and eliminate dampness.

Discussions on the use of Ma Huang (Herba Ephedrae) in Ge Gen Tang in the treatment of traumatic injury[7]

In this clinical study *(Ge Gen Tang)* Pueraria Plus Combination was used to treat 20 cases of traumatic injury characterized by damage to the sinew vessels. 13 of the participants were male and seven were female, and they ranged in age from 13 to 50. The course of illness ranged from 2 to 13 days. All of the cases had experienced a trauma or sprain and eight of the participants had upper extremity injuries, nine had lower extremity injuries, and four had injuries located in the lumbar region. The articulations were most often affected. All had been treated with Western medications or Chinese medical blood quickening, stasis transforming medicinals but these had produced negligible

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result. The basic prescription contained:

Radix Peurariae Lobatae *(Ge Gen)*: 30g,
Herba Ephedrae *(Ma Huang)*: 9g,
Ramulus Cinnamomi *(Gui Zhi)*: 10g,
Fructus Forsythiae Suspensae *(Lian Qiao)*: 10g,
fresh Rhizima Zingberis Officianalis *(Sheng Jiang:* 3 slices,
prepared Radix Glycyrrhizae Uralensis *(Gan Cao)*: 6g,
Radix Paeoniae Lactiflorae *(Bai Shao)*: 15g,
Fructus Zizyphi Jujubae *(Da Zao)*: 12 pieces.

If the injury was located in the upper extremity then Rhizoma Curcumae Longae *(Jiang Huang)* and Ramulus Mori Albae *(Sang Zhi)* was added. If the injury was located in the lower extremity or the lumbar region then Radix Achyranthes Bidentatae *(Niu Xi)* was added. If there was severe pain, swelling, and distension, then Rhizoma Cyperi Rotundae *(Xiang Fu)*, Gummi Olibanum *(Ru Xiang)*, and Resin Myrrha *(Mo Yao)* were added. 1 ji was administered in 2 doses daily. In addition 100g of Radix Puerariae Lobatae *(Ge Gen)* was decocted in water and applied to the affected area as a hot soak.

Of the 20 cases studied, six cases achieved a complete cure following administration of 3 ji of the prescription. Fourteen cases were cured following administration of 4-6 ji of the prescription.

Discussion

Traumatic injury is characterized by damage to the sinew vessels producing qi and blood stasis, and inhibition of the channels and connecting vessels. This manifests as swelling and distension, soreness and pain, and limited range of motion. Treatment is indicated to soothe and emolliate the sinew vessels, quicken the blood and arrest pain. *Ge Gen Tang*'s capacity for resolving the muscle and soothing the sinew is very much in keeping with these goals. Radix Peurariae Lobatae *(Ge Gen)* is sweet, pungent and cool. Used in large doses it resolves the muscle and soothes and emolliates the sinew vessels. *Ma Huang* (Herba Ephedrae) is pungent and warm. *The Materia Medica (Ben Cao)* states that it functions to "crack patterns of hardness and accumulation," and because of its strength in warming, promoting free flow and dissipating, it is used to warm and unblock the blood vessels, quicken the blood and unblock the connecting vessels, and to dispel stasis and arrest pain. Its qi and flavor are light and clear so it courses and unblocks the muscle and skin on the exterior and resolves accumulations of phlegm and congelations of blood on the interior. Therefore, it is a useful medicinal for transforming stasis. *Ma Huang* has a relatively strong diaphoretic effect, however when it is used in this pattern, it will most often not produce diaphoreses or any other obvious side effects. Ramulus Cinnamomi *(Gui Zhi)* is pungent, warm and unblocks the yang. It assists Herba Ephedrae *(Ma Huang)* in promoting free flow and circulation of qi and blood. Radix Paeoniae Lactiflorae *(Bai Shao)* is sour and assists the Radix Puerariae Lobatae *(Ge Gen)* in emolliating the sinews, relaxing tension, and arresting pain as well as mediating the excessively pungent and dissipating properties of Ramulus Cinnamomi *(Gui Zhi)* and Herba Ephedrae *(Ma Huang)*. The qi of Fructus Forsythiae *(Lian Qiao)* is aromatic and its taste is bitter and pungent. Its ascending, floating, diffusing and dissipating functions vigorously courses the qi and blood. It treats congelation of blood and accumulation of qi in the twelve channels. Moreover Fructus Forsythiae *(Lian Qiao)* regulates and soothes the pathways, allowing it to guide the other medicinals to the illness. Rhizoma Zingberis Recens *(Sheng Jiang)* and Fructus Zizyphi Jujubae *(Da Zao)* harmonize the constructive and defensive. Anmo massage in conjunction with an application of the prescription as a hot soak promotes the circulation of blood in the injured area and enhances the therapeutic effect.

Discussions on the use of Ma Huang in Ma Xing Shi Gan Tang (Ephedra, Armeniaca, Licorice and Gypsum Decoction) in the treatment of painful extremities[8]

Rednesss and pain in the extremities are characterized by a localized increase in the temperature of the extremities due to a periodic dilation of the blood vessels. Forty-two cases of this disease were treated with *Ma Xing Gan Shi Tang* (Ephedra, Armeniaca, Licorice & Gypsum Decoction) with satisfactory results. Of the 42 participants in this study, 39 were male and three were female. They ranged in age from 15 to 35 years of age with the median age being 25 years old. The course of the illness ranged from one month to five years with the median duration being 28 months. The etiology of the illness was attributed to an exposure to high temperatures in 17 cases, to freezing in 13 cases, to infection

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in five cases, and to unknown causes in seven cases. All 42 cases had the symptoms in both lower extremities.

The characteristic symptoms included an acute onset of burning in both legs and severe stabbing pain, both of which were episodic in nature. The temperature of the skin was elevated and had a reddish cast, and the symptoms were diminished when both legs were immersed in cold water. The tongue coating was typically red with a dry, white or yellow coating. The pulse was typically wiry and rapid or slippery and rapid.

Diagnostic criteria were based on *Shi Yong Zhong Xi Jie He Zhen Duan Zhi Liao Xue (Commonly Used Integrated Chinese-Western Diagnoses & Therapies)*, July, 1991 edition: There was severe pain when the extremities were exposed to heat. When the symptoms were present, they could be ameliorated or would disappear altogether when the lower limb was cooled in some way. There was an increase in the strength of the surrounding pulses and a corresponding increase in surrounding blood flow in those blood vessels. The prescription contained:

Herba Ephedrae (Ma Huang): 9-20g,
Gypsum Fibrosum *(Shi Gao)*: 15-200g,
stir-fried Semen Pruni Armeniacae *(Xing Ren)*: 9g,
Periostracum Cicadae *(Chan Tui)*: 30-60g,
Lumbricus *(Di Long)*: 15-30g, and
Radix Glycyrrhizae Uralensis *(Gan Cao)*: 9-30g.

If the toes were especially red, swollen, hot, and painful and the symptoms were continuous, then Cornu Bubali *(Shui Niu Jiao)*, 12-30g, Rhizoma Anemarrhenae Aspheloidis *(Zhi Mu)*, 15g, and Cortex Radicis Moutan *(Dan Pi)*, 12g, were added to the prescription. One *ji* was administered daily. The first two decoctions were divided into two doses and administered orally. A third decoction was applied as a fomentation to both legs, twice daily for a period of about 30 minutes at a temperature of between 20-28 C. Patients were prohibited from smoking, drinking (alcohol), or eating spicy foods.

Therapeutic criteria were also based on *Commonly Used Integrated Chinese-Western Diagnoses & Therapies:* If the patient was no longer in pain and exposure to heat no longer triggered the illness, this was defined as a complete cure. If the patient experienced fewer episodes or a complete disappearance of pain but exposure to heat still triggered the illness, this was defined as positive changes. The therapy was considered ineffective if the pain and soreness remained, was still periodic in nature, and continued to be triggered by exposure to heat. Of the 42 cases studied, 34 achieved a clinical cure, and 8 obtained a positive result, yielding an overall amelioration rate of 89%. The course of therapy lasted from 15-45 days, with the average being 19 days.

Redness and pain of the extremities falls within the scope of heat *bi* in Chinese medicine. This is most commonly due to the contraction of a heat pathogen or a cold pathogen which becomes internally depressed and transforms into heat. This heat pathogen depresses the striae and obstructs the channels and connecting vessels. In using the treatment measure of "effusing depressive fire", the author employed acrid, dissipating, diffusing, and out-thrusting medicinals to provide the pathogen with an exit. Once the pathogen had left the skin, the condition was cured. In this prescription, Herba Ephedra regulates the blood vessels and diffuses and dissipates the depressive pathogen from the level of the skin. This is supported by Gypsum and Periostracum Cicadae which clear and dissipate depressive heat. Armeniaca circulates the depressed and stagnant qi, Lumbricus transforms stagnant heat and unblocks the channels and connecting vessels, and raw Licorice clears heat and drains fire as well as harmonizes the influence of the other medicinals. Pharmacological research has shown that Ephedra, Gypsum, Periostracum Cicadae, Lumbricus, and Licorice all have anti-inflammatory, anti-allergenic, and vasoconstrictive properties. Ephedra, in particular, has been shown to regulate vascular function and is a reliable vasoconstrictor.

To ensure against a relapse of the illness, patients were instructed to continue taking the medication for at least a fortnight after the symptoms had completely disappeared. They were also instructed to avoid strenuous exercise.

Discussions on the use of Ma Huang in Ma Xing Shi Gan Tang (Ephedra, Armeniaca, Licorice and Gypsum Decoction) in the treatment of Drinker's Nose[9]

In this clinical study the author successfully used *Ma Xing Shi Gan Tang* (Ephedrae, Armeniacae, Gypsum and Licorice Decoction) with additions to treat drinker's nose. The prescription contained Herba Ephedrae (*Ma Huang)*, 6g, unprocessed Radix Glycyrrhizae Uralensis *(Sheng Gan Cao)* 6g, Gypsum Fibrosum *(Shi Gao)* 45g, Semen Pruni Armeniacae *(Xing Ren)* 10g, Rhizoma

continued

Rhei *(Da Huang)* 4g, Radix Rehmanniae Glutinosae *(Da Sheng Di)* 30g, Herba Hedyotidis Diffusae *(Bai Hua She She Cao)* 20g, and Herba Scutellariae Barbatae *(Ban Zhi Lian)*, 15g. One ji was decocted three times per day. The first two decoctions were mixed and administered morning and evening. All three of the decoctions were also administered topically to the nasal area for five minutes at a time. Two weeks constituted a single course of therapy and the treatment typically required 1-3 courses of therapy. If the skin was dusky red, thickened, and unnecessarily raised and enlarged, then 20g each of Radix Paeoniae Rubrae *(Chi Shao)* and Radix Salviae Miltiorrhizae *(Dan Shen)* were added. 35 cases showed marked improvement defined by the disappearance of the symptoms of redness, thickening of the skin and papules, 4 cases did not respond to therapy.

Discussions on the use of Ma Huang in Ma Xing Shi Gan Tang (Ephedra, Armeniaca, Licorice and Gypsum Decoction) in the treatment of external contraction of cold transforming to heat[10]

A 35-year-old male had suffered from an intermittent cough for one year. He had originally caught a chill and developed an externally contracted wind cold characterized by a significant cough. Western medical diagnosis was chronic bronchitis. In its acute phase he had taken oral cough suppressants for one week but these had been ineffective. He was referred to the local college of Chinese medicine for treatment.

When he was examined he reported that he had (an intermittent) cough for one year, which had recently returned and which was difficult to cure quickly. He also reported that he was rarely patient when taking medications. He had asthmatic breathing with cough and expectoration, copious thick phlegm which was difficult to expectorate. In addition he suffered from cardiac vexation and thirst with a desire for fluids. His tongue coat was thin white and slightly yellow and all six pulses were floating and rapid.

The diagnosis was that of cough which was originally due to external contraction of cool wind but there was a manifestation of an internal accumulation of deep-lying heat. The cold pathogen had enveloped the heat, which in turn obstructed the lung channel. This resulted in cough and expectoration, and although there was no significant fever there was a substantial accumulation of internal heat.

Treatment measures were indicated for dissipating the cold pathogen on the exterior and clearing the depressive heat on the interior to resolve both the interior and exterior. *Ma Xing Gan Shi Tang* with additions was administered. Herba Ephedrae (Ma Huang) 6g, unprocessed Gypsum Fibrosum *(Sheng Shi Gao)* 24g., Semen Pruni Armeniacae *(Xing Ren)* 9g., Radix Glycyrrhizae Uralensis *(Gan Cao)* 3g, Caulis Bambusae en Taeinis *(Zhu Ru)* 3g Mao Hua Huang 6g Bulbus Fritillariae Cirrhosae *(Chuan Bei Fen)* 6g (administered orally in 3 doses).

Three ji of the above prescription were administered and the cough greatly diminished. More ji (unspecified) were administered to clear the sticky phlegm from the lungs and he was cured.

This was a case of cough and expectoration due to cold enveloping heat. Herba Ephedrae (*Ma Huang*) dissipates pathogens from the lungs, Semen Pruni Armeniacae Xing Ren downbears lung qi, Radix Glycyrrhizae Uralensis *(Gan Cao)* relaxes the lungs, and unprocessed Gypsum Fibrosum *(Sheng Shi Gao)* clears hung heat. Since the interior heat is severe the dose of the gypsum is four times that of the Ephedrae, Caulis Bambusae en Taeinis *(Zhu Ru)*, Mao Hua Huang, and Bulbus Fritillariae Cirrhosae *(Chuan Bei Fen)* 6g vigorously clear phlegm heat.

FOOTNOTES for pages 189 - 198:

1. "Experience with Decoction for Eliminating Stasis from the Blood Mansion *(Xue Fu Zhu Yu Tang)* in the Treatment of Frightful Sleep," Hu Ji-ming, *The Zhejiang Journal of Traditional Chinese Medicine (Zhejiang Zhongyi Zazhi)*, #5, 1993; 198

2. "The Treatment of Spontaneous Perspiration Using Methods for Quickening the Blood & Transforming Stasis" by Chen Hua-zhang, *Zhong Yi Za Zhi (The Journal of Traditional Chinese Medicine)*, #10, 1993; 633

3. "The Treatment of 42 Cases of Allergic Rhinitis with *Si Wu Tang Jia Wei* (Four Materials Decoction with Added Flavors)" by Li Guang-zhen, *Jilin Traditional Chinese Medicine & Medicinals (Ji Lin Zhong Yi Yao)*, #3, 1993:25

4. "The Treatment of Flat Warts From the Perspective of Dampness with Agastaches Correct the Qi Decoction *(Huo Xiang Cheng Qi Tang)* plus Semen Coicis Lacrymae *(Yi Yi Ren)*, Zhang Jing-an and Zhang Hong-qin," *Zhejiang Journal of TCM (Zhejiang Zhongyi Zazhi)* #4, 1994

5. "Jade Windscreen Powder *(Yu Ping Feng San)* Combined with Consolidating and Elevating Pills *(Gong Ti Wan)* with Modifications in the Treatment of 24 Cases of Urinary Bladder Cough, by Jia Dong-qiang and Wang Ying-xing," *Zhejiang Journal of Chinese Medicine, (Zhejiang zhongyi Zazhi)*, #12, 1984: 368

6. "When Should Herba Ephedrae *(Ma Huang)* Be Used to Arrest Cough?" by Chen Ruan-chun, *Zhong Yi Za Zhi (The Journal of Traditional Chinese Medicine)*, #5, 1993; 312

7. "20 Cases of Traumatic Injury Treated with Pueraria Root Decoction *(Ge Gen Tang)* with Additions by Qiu Wan Xing," *Zhe Jiang Journal of Traditional Chinese Medicine (Zhejiang Zhongyi Zhazhi)* #12, 1993; 548

8. "The Treatment of 42 Cases of Redness & Pain in the Extremities Using *Ma Xing Gan Shi Tang* (Ephedra, Armeniaca, Licorice & Gypsum Decoction) with Additions" by Niu Zhi-shi, *Bei Jing Zhong Yi Xue Yuan Za Zhi (The Beijing College of Traditional Chinese Medicine Journal)*, #5, 1993; 51

9. "39 Cases of the application of Ephedrae, Armeniacae, Gypsum and Licorice Decoction *(Ma Xing Shi Gan Tang)* with Additions in the treatment of Drinker's Nose." by Zou Shi Guang Zhejiang *Journal of Traditional Chinese Medicine (Zhejiang Zhongyi Zha Zhi)* July 1993 pg 323.

10. "One Case of the Use of Ephedra Armeniacae Licorice and Gypsum *(Ma Xing Gan Shi Tang)* in the Treatment of Cough and Expectoration Due to a Cold Pathogen Enveloping Accumulated Heat."

The following essays by Williarm R. Morris, LAc, OMD are reprinted with permission from Far East Summit's periodic newsletter, The View from the Summit.

XUE FU ZHU YU TANG
(Expelling Stasis in the Blood Mansion)

When qi and blood are in harmony, the blood can nourish and foster heart spirits, yin and yang are balanced, the four limbs and hundreds of bones are moistened and the viscera and bowels are nourished. These statements of fact capture the essence of wide-ranging virtues of the *Xue Fu Zhu Yu Tang* (Expelling Stasis in the Blood Mansion), which regulates and harmonizes qi and blood.

FORMULA ORIGIN

Wang Qing-Ren authored *Xue Fu Zhu Yu Tang* in 1830. His contribution to the development of qi-blood theory and attempts to correct mistakes in the traditional medical literature using dissection procedures gained him notoriety when his inaccuracies were revealed. For example, he thought the entire chest cavity above the diaphragm to be an organ that stores blood. Nonetheless, his work *Corrections on the Errors of Medical Works* remains influential.

ASPECTS OF FORMULA FUNCTION

The foundations of *Xue Fu Zhu Yu Tang* are Tao Hong Si Wu Tang *(Carthamus & Persica with Four Substances)* and *Si Ni San (Four Counterflow Combination)*. *Tao Hong Si Wu Tang* is a blood quickening formula that is the result of adding *Tao Ren* and *Hong Hua* to Si Wu Tang (*Four Substances Combination*), which supplements blood. *Si Ni San* releases heat that is bound at the interior by qi constraint.

The combination of these formulas quickens blood and courses qi, coordinating the relationship between qi and blood and therefore yin and yang. In addition, the upward and downward movement of qi and blood are coordinated. *Chai Hu* and *Jie Geng* both have upbearing functions while *Chuan Niu Xi* and *Zhi Ke* have downbearing functions.

This is truly an eloquent push to generate the comingling of yin and yang, qi and blood. *Xue Fu Zhu Yu Tang* contains medicinals that dissolves phlegm, quickens, nourishes and cools blood, nourishes essence, and regulates qi. It is useful for any of these patterns taking place in conjunction with or leading to blood stasis, which is the primary focus of the formula.

ETIOLOGY OF BLOOD STASIS

Any events that disrupt the harmonious interplay between blood and qi may cause blood stasis; these may include physical or emotional trauma, and sedentary lifestyles. Chronic diseases engender blood stasis, which can obstruct and hinder the free flow of the network vessels (*luo mai*). Repletion patterns may result in blood stasis, whether it is external or internal pathogens such as phlegm, food stagnation, or stagnant qi. The free flow of qi and blood are hindered. In addition, vacuities of qi, blood yin, or yang may lead to blood stasis, especially when these vacuities involve the heart. *Xue Fu Zhu Yu Tang* is useful for those patterns related to blood and yin deficiency, qi and phlegm stagnation—for conditions such as qi and yang vacuity, it should be combined with other formulas.

DIAGNOSIS OF BLOOD STASIS

History: Any of the following information extracted when taking the history are cause to consider confirmation of blood stasis: masses and swelling, infertility, scanty periods, delayed periods, breakthrough bleeding, dark purple menstrual blood and blood clots, dysmenorrhea, frequent abdominal pain, cirrhosis of liver, anemia, post-miscarriage retention of placenta, headache, chest pain, hypochondriac pain, endless hiccups, dysphoria, palpitations, insomnia, irritability, running a low grade fever at dusk, surgeries, accidents, injuries, and profound emotional trauma. Pain may be sharp and stabbing or oppressive if the blood stasis is bound with phlegm. Diseases of strange and sudden onset such as sudden blindness may respond to blood quickening strategies.

Visual: Visual signs of blood stasis may include the following: greenish blue vessels, spider nevi, sublingual vein engorgement, transverse capillary lines inside the lower eyelid, clots in the menstruate, blackness in the face, scaled skin, dark red lips, dark red dental gum, deep red tongue with ecchymoses, dark purple tongue with stasis speckles, dark purple lips or dark eyes.

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Palpatory: The use of palpatory methods may reveal dry rough skin, pressing pain and resistance in the abdomen,[1] or palpable internal water accumulation using percussive methods. Pulses may have any of the following findings: rough, fine, sunken and slow, sunken and rough, skipping, bound or intermittent.

Lab: Whenever any of the following findings are present in the lab work, confirmation of blood stasis should be sought: elevated viscosity, lengthened sedimentation rate or elevated K value, increased fibrinogen, increased agglutination of red blood cells, hyperlipidemia, chyle in the serum, and elevated bilirubin may all be signs of blood stasis. Imaging methods may also reveal accumulations and conglomerations—these are serious findings and referral is indicated.

BIOMEDICAL CONDITIONS FOR WHICH XUE FU ZHU YU TANG MAY BE APPROPRIATE WITH AN APPROPRIATE

Immune disorders: These include cancer, heart disease, multiple sclerosis, lupus and immune deficiency disorders.

Gynecology: These include uterine contractions, dysmenorrhea, fibroids, and breakthrough bleeding.

Cardiovascular conditions: These may include coronary heart disease, rheumatic valvular heart disease, arrhythmia, palpitation, hypertension, cor pulmonale, cerebral thrombosis, thromboangitis obliterans, hyperlipidemia and arteriosclerosis. It is also useful for prevention of cerebrovascular accidents.[2]

Pain: These patterns are typically characterized by sharp boring sensations. They may include headache, chest pain, spasms and hypochondriac or any pain that is marked by stagnation of qi stagnation and blood stasis. If phlegm is bound with the blood stasis, it may be oppressive and dull.

Mental-emotional conditions: This are a wide range of clinical and subclinical entities that respond to the treatment of blood stasis. These conditions may include mania,[3] schizophrenia, insomnia, and restlessness confusion, fixations and mild phobias, or worse, severe depression or obsessions. Modified versions *Xue Fu Zhu Yu Tang* have been effective for the treatment of nightmares followed by sudden awakening with palpitations and anger.[4] In addition, *Xue Fu Zhu Yu Tang* is often recommended successfully when "shen calming" or other treatment strategies fail to resolve an emotional or mental condition. This is possibly one of the most important formulas in the entire formulary.

New uses: Restless leg syndrome, episodic hypersomnolence, and uterine bleeding.[5]

Senior practitioner experience: Traumatically induced low back pain resulting in radiating pain down the leg and constipation.

CASE STUDY

A 47-year-old male patient presented with the chief complaint of chronic headaches two to three times a week ever since a head injury in a car accident two years previous. All cranial nerve tests, MRI, and EEG were normal. The headaches were always in the right temporal region and were dull most of the time with occasional piercing qualities. It tended to be worse in the afternoon with "flushing of heat" and a red face. Other problems that were revealed during the course of the initial interview included depression and anxiety. These were worse in the morning and were alleviated upon arising and moving around.

Pulse: wiry, 3rd position (cubit) on the right side is deep, short and slippery

Tongue: pink body, thin yellow coat, bubbles on the surface

Analysis: The injury was apparently the cause of the headaches, suggesting blood stasis. The temporal component suggests the shao yang region and the dull headaches suggest dampness or phlegm. The afternoon flushing of heat suggests yin vacuity, although in this instance, it may be caused by blood stasis.

Pulse and tongue: The right pulse deep, short and slippery suggests yang constraint. The position is related to kidney yang and the san jiao, the short quality suggests blockage or constraint. The slippery is a yang quality with a fast arrival and departure. The tongue also suggests an aspect of yang obstruction since the coat is yellow and yet also has bubbles, which are a sign of yang vacuity with a normal tongue coat.

Diagnosis: blood stasis

Treatment principle: resolve blood stasis

Upon administration of *Xue Fu Zhu Yu Tang,* the right pulse became normal. Over a period of six weeks the headaches reduced to once a week and the depression-anxiety reduced from eight to four on a

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ten-to-one scale (ten the worst). After six months, the headaches were no longer a problem. At one year checkup, the headaches were seldom, with only two that year. Quickening the blood and upbearing the clear released constraint of yang qi in the san jiao. *Xue Fu Zhu Yu Tang* contains a form of *Si Wu Yang* with blood cooling agents—this formula nourishes yin and blood. The flushing of heat in the afternoon was addressed from three points of possible etiology with this formula: yin vacuity, blood vacuity, and blood stasis. The uses of *Xue Fu Zhu Yu Tang* are many, and this case demonstrates the value of this formula for complex case scenarios.

FOOTNOTES for pages 200-202:

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2. Fruehauf, Heiner, *Treatment of Stroke and Post Stroke Syndrome*, Journal Of Chinese Medicine #44, 1/94, pp. 30-32
3. Flaws, Bob, *The Chinese Medical Treatment of Mania Due to External Injury to the Brain* http://chinesemedicalpsychiatry.com/articles/ article_mania.html
4. Flaws, Bob and Chase, Charles, *Recent TCM Research from China* (Blue Poppy Press, 1994), pp. 55-57
5. Rao, Ying-liang *New Uses of Xue Fu Zhu Yu Tang (Blood Mansion Dispel Stasis Decoction)*, #4, 1996, p. 53 http://www.bluepoppy.com/ press/download/articles/newuses.html

XIAO CHAI HU TANG
(Minor Bupleurum Combination)

Xiao Chai Hu Tang (*Minor Bupleurum Combination*) is one of the greatest prescriptions in the history of the formulary. It is versatile with wide ranging applications and as a result, is one of the most often used. Modifications are easily done with liquid extracts by mixing two to three formulas into one bottle. Or, one can prescribe separate bottles; the advantage of this method is the allowance for dose adjustment as the case progresses. This is very close to the prescribing styles of *Kanpo* in Japan where the formula is held "sacred," kept intact and then combined.

FUNCTIONS OF FORMULA INGREDIENTS

Chai Hu relieves stagnation of *Shao Yang*, courses the liver and rectifies the qi, upbears the clear and disinhibits the Qi mechanism. *Huang Qin* clears heat of chest and abdomen including the liver, gallbladder, stomach, and lungs. When *Chai Hu* and *Huang Qin* are combined, the former disperses the exterior and the latter resolves and interior heat. *Ban Xia* and *Gan Cao* harmonize the stomach to stop vomiting, downbear turbidity, eliminate dampness and transform Phlegm. *Bai Ren Shen*, *Gan Cao*, and *Da Zao* fortify the Spleen and supplement the Qi (as well as nourish the Heart spirit) and harmonizes the middle *Jiao*—this is the harmonizing method and is useful for complex conditions and under many circumstances for children adults and elderly.

CLASSIC SIGNS AND SYMPTOMS FOR XIAO CHAI HU TANG IN A SHAO YANG DISORDER

Signs & symptoms from the *Treatise on Damage by Cold* include alternating heat effusion and chills, dry throat, bitter or sour taste in the mouth, dizziness, irritability, sensation of fullness in the chest & hypochondria (difficulty taking a deep breath), heartburn, nausea & vomiting, reduced appetite. The tongue has a thin white coat, and the pulse is bowstring. However, "One sign or symptom that's enough, it is not necessary to have the others," states the author of the formula, Zhang.

COMMENTARY FROM EXPERIENCE

When a person has an infection, the most reliable indications for transmission into the *shao yang* are

continued

diminished appetite and a wiry pulse at moderate depth. This condition is more common than initial infection patterns, especially in children and elderly. This is probably because by the time the patient seeks advice the infection has begun to generate heat and stimulate the sympathetic nervous system causing diminished appetite. If an infection is not very severe, one can give *Xiao Chai Hu Tang* since "the righteous is weak and the evil is not strong." This refers to a moderate response to a pathogen. In this situation "half interior and half exterior" refers not to location, rather to moderate pathogens with moderate responses. When there are moderate symptoms *Xiao Chai Hu Tang* can be also used in early *Tai Yang* stage. In addition, all age groups can use this formula. Lastly, ancient books have stated that the primary formula for disease of the three Yang stages is *Xiao Chai Hu Tang*.

ADDITIONAL PATTERNS OF DISHARMONY

Xiao Chai Hu Tang is mild and can be used for many different types of problems besides disharmony between the interior and exterior. It can be used for internal disharmonies such as *zang-fu* patterns involving the liver and spleen, spleen and stomach, and the stomach and intestines. In addition, it can be used for reversal patterns including these Yin Fire concepts of *Li Dong Yuan*. These include ministerial fire (flushing due to emotions) that tends to rise through the *shao yang*, spleen qi vacuity with damp sinking down causing dampness and heat wherein the heat rises, and qi stagnation that results in heat that rises.

TYPICAL BIOMEDICAL CONDITIONS THAT ARE TREATED WITH XIAO CHAI HU TANG

The principal biomedical indications are: infectious disease that lingers and the body does not succeed in fighting such as influenza, bronchitis, pneumonia, malaria, hepatitis, mumps, common cold with lingering fever, acute and chronic bronchitis, pleuritis, pneumonia, liver and gallbladder diseases including hepatitis and gallstones, gastric diseases, middle ear infections, mastitis, neck stiffness, puerperal fever, chills and fever caused by uterine inflammation, stuttering, epilepsy, impotence, neurosis, alopecia, mental instability in children, and to generally improve one's health.

SOURCE TEXT

1,700 years ago, the "Saint of Medicine," Zhang Zhong Jing compiled the *Treatise on Damage by Cold and Miscellaneous Diseases* during the Han dynasty. From his fountain of deep knowledge, he summarized two earlier essential schools of thought into the text, they were the classical *Yi Jing* school (based on *Yellow Emperor's Classic*) and the *Jing Fang* school, which is based on clinical experience. The text was later divided into the *Treatise on Cold Diseases (Shang Han Lun)* and the *Treasures of the Golden Cabinet (Jin Gui Yao Lue)*. The people called these two texts "The Precious Sword."

One could describe the *Treatise on Damage by Cold* as running water since it is always changing (channel transmission) whereas the *Golden Cabinet* is more similar to a stable eddy in the river. *Treatise on Damage by Cold* is active and the *Golden Cabinet* is relatively static. *The Treatise on Damage by Cold* is acute disease with severe or changing symptoms. *Golden Cabinet* is used to treat acute or chronic infectious or degenerative diseases that affect the internal organs. The two texts are used in concert, they are interdependent and they cannot be separated.

BIOMEDICAL CONCEPTS RELATED TOTHE *SHAOYANG* STAGE OF *SHANG HAN LUN*

Xiao Chai Hu Tang is appropriate when cellular immunity and pathogens are both weak; the low toxicity combined with a weak response causes a lower fever. These weak toxins cause disorders of the vegetative nervous system causing sympathetic dominance with effects on the gut system leading to diminished secretions of gastrin, kinins, or enzymes. In this pattern, aversion to cold is only slight, this is because the endopyrogens are low so the fever is low.[2, 3] However, this is true whether the nervous system is responding to pathogens or stress.[4]

The nervous system is affecting the digestive[5] system This causes symptoms such as bitter mouth, dry throat, dizzyness, or headache. These are due to slight toxins attacking the body. If there are no toxins but emotional disorders, the same symptoms may be present. Depression thus applies to *Shao Yang* disease. This is why it is the most commonly prescribed formula.

Xiao Chai Hu Tang enhances immunity by augmenting killer cell activity.[6] This could be one of the mechanisms involved in clinical efficacy of *Xiao Chai Hu Tang* for patients with chronic viral hepatitis.[1]

continued

RESEARCH

1. *Xiao Chai Hu Tang* animal studies suggest the need for further inquiry into efficacy against infectious agents such as Pseudomonas aeruginosa[7] and Listeria monocytogenes.[8-10]
2. *Xiao Chai Hu Tang* may be a potent macrophage activator[11] stimulating phagocytic activity.
3. *Xiao Chai Hu Tang* acts as a polyclonal B-cell activator which induces IgA production in the mucosal immune system.[12]

DRUG HERB INTERACTIONS

1. *Xiao Chai Hu Tang* slightly hastens the gastrointestinal absorption of tolbutamide. In addition, the elevation of the gastrointestinal absorption rate by *Xiao Chai Hu Tang* might potentiate the hypoglycaemic effect of this sulphonylurea in the early period after oral administration.[13]
2. There is a suggestion that combining *Xiao Chai Hu Tang* and interleukin(IL)-2 induces enhanced immunological reaction in specific organs and tissues, and IL-6 may have a role in the synergistic effect of these two agents. It was concluded that combination of *Xiao Chai Hu Tang* and IL-2 can be useful in the treatment of patients with renal cell carcinoma.[14]
3. Interferon causes neutrophils to accumulate in the lung. *Xiao Chai Hu Tang* alone may not injure lung tissue, but it increases the effect of interferon. When stimulated by some antigens, *Xiao Chai Hu Tang* may overstimulate the neutrophils. Granulocytes elastase and oxygen radicals released from activated neutrophils may damage lung tissue. The fibroblasts that repair the damaged tissue may increase the risk of pulmonary fibrosis.[15]

CASE STUDIES

A 50-year-old man presented with fever, headache, slight sweat, aversion to cold. The man was exposed to cold due to insufficient clothing. Upon presentation to the office, he wore a scarf, demonstrating aversion to cold. This case should be *tai yang*. But, he has stuffiness in the chest with a sore throat, indicating the cold is beginning to penetrate the interior and generate heat. In this situation one can't use *Chai Hu Gui Zhi Tang* (Bupleurum and Cinnamon) which would be appropriate for a combined *tai yang-shao yang* pattern because of the sore throat. A prescription of Xiao Chai Hu Tang resolved the case in three days.

A 28-year-old female presented with a sudden high fever one week after giving childbirth. The vaginal discharge was normal. She used Ma Huang and Armeniacae for three days with no affect. She had alternating dimished appetite, nausea, bitterness in the mouth, and subcostal fullness. The tongue had a white coating and the pulse was wiry. A prescription of Xiao Chai Hu Tang her case resolved in two days.

For the patterns of *Xiao Chai Hu Tang* combined with:

1. **Fever, sweat and headache:** Use *Chai Hu Gui Zhi Tang* (Bupleurum and Cinnamon) instead of *Xiao Chai Hu Tang*.
2. **Neck pain or extremity pain:** Use with *Ge Geng Tang* (Pueraria Plus Combination)
3. **At the end of an infection:** Add *Bu Zhong Yi Qi Tang* (Supplement the Center & Boost Qi Combination) to assist the righteous qi to expel any remnants of pathogens.
4. **With a thin wiry pulse, a pale tongue with a red tip and perimenstrual discomfort:** Add *Si Wu Tang* (Four Substances Combination).
5. **Wind Heat transforming to the interior:** combine with *Yin Qiao San* (Lonicera & Forsythia Combination)
6. **Red sore throat:** add *Chuan Xin Lian Kang Yan* (Isatis Combination).

EPILOGUE

Xiao Chai Hu Tang is versatile and effective, especially for people with weakened immune status or a weak constitution. Examples include elderly, children, and women postpartum. There is a good reason it is most often prescribed in Japan, and that includes the significantly growing body of evidence for the efficacy of this formula in a wide range of applications. As this culture moves towards evidence based medicine, this is a formula that can be presented in hospital settings or other mainstream medical settings as material with evidence for its safety and efficacy, with an understanding of risks and benefits.

continued

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智慧结晶

Pearl of Knowledge & Wisdom

天地精華

Essence of Heaven & Earth

The Huangting Classic says:
"There is nothing special about the immortals
and old masters except this:
they know how to preserve their jing
and concentrate their qi.
Thus they can maintain their true being."
The profundity of this thought can awaken us all.

~Dong Shaoming, writer on Daoist philosophy,
Excerpted from Heaven Earth, The Chinese Art of Living,
Vol. 1 #3, January 1993. Now out of print.

APPENDIX IV
DISEASE FORMULARY

This Disease Formulary is a quick-reference resource of Chinese Classics® formulas grouped by common conditions seen in the clinic with pattern differentiations and is not intended to replace the need for a comprehensive TCM diagnosis. To draw a more complete distinction between the formulas, the practitioner may refer to the Herbal Formula Differentiation section of each formula listing on pages 13 - 182.

CONDITION	PATTERN	FORMULA
ACUTE DISORDERS		
Gan Mao	Wind cold	Ge Gen Tang (adapted)
		Gui Zi Tang
		Qing Bi Tang (adapted)
		Xiao Chai Hu Tang[1]
	Wind heat	Chai Hu Gui Zhi Tang
		Chuan Xin Lian Kang Yan (adapted)
		Gan Mao Ling
		Huang Lian Shang Qing
		Yin Qiao San
		Zhong Gan Ling
	Wind cold damp	Xiao Qing Long Tang (adapted)
	Shaoyang stage	Chai Hu Gui Zhi Tang
	Qi vacuity	Yu Ping Feng San
High Fever	Wind heat	Gan Mao Ling
		Huang Lian Shang Qing
		Xiao Chai Hu Tang[2]
		Zhong Gan Ling
	Exuberant heat	Huang Lian Jie Du Tang
	Cold damp	Huo Xiang Zheng Qi San
	Summerheat damp	Kang Ning Wan
INTERNAL MEDICINE		
Chest Pain	Fire pathogen causing binding heat	Chai Hu Jia Long Gu Mu Li Tang
		Huang Lian Jie Du Tang
	Phlegm turbidity	Ban Xia Bai Zhu Tian Ma Tang
		Ban Xia Hou Po Tang
		Er Chen Tang (adapted)
		Huang Lian Wen Dan Tang

continued

CONDITION	PATTERN	FORMULA
INTERNAL MEDICINE (continued)		
Chest Pain *(continued)*	Qi stagnation	Su Gan Wan
	Blood stasis	Dan Shen Yin (adapted)
		Tao Hong Si Wu Tang
		Xue Fu Zhu Yu Tang
	Heart qi vacuity	Gui Pi Tang
		Ren Shen Yang Ying Tang
		Sheng Mai San
	Heart yang vacuity	Ren Shen Lu Rong Wan (adapted)
		Ren Shen Yang Ying Tang
	Heart yin vacuity	Sheng Mai San
		Suan Zao Ren Tang & Gan Mai Da Zao Tang
		Tian Wang Bu Xin Tang
Constipation[3]	Heat constipation	Huang Lian Jie Du Tang + Mild Cleansing Laxative
		Huang Lian Shang Qing
		Ma Zi Ren Wan
	Qi constipation	Xiao Chai Hu Tang + Mild Cleansing Laxative
	Qi vacuity	Bu Zhong Yi Qi Tang + Mild Cleansing Laxative
	Blood vacuity	Si Wu Tang
		Shi Quan Da Bu Tang + Mild Cleansing Laxative
		Shou Wu Zhi + Mild Cleansing Laxative
		Ba Zhen Tang + Mild Cleansing Laxative
	Yin vacuity	Ma Zi Ren Wan
		Zuo Gui Yin + Mild Cleansing Laxative
Costal Pain	Damp heat in the liver and gallbladder	Li Dan Pian
		Long Dan Xie Gan Tang
	Binding depression of liver qi	Dan Zhi Xiao Yao San
		Si Ni San
		Su Gan Wan
		Xiao Yao San

continued

CONDITION	PATTERN	FORMULA
INTERNAL MEDICINE (continued)		
Costal Pain *(continued)*	Blood stasis	Dan Shen Yin (adapted)
		Xue Fu Zhu Yu Tang
	Liver yin vacuity	Yi Guan Jian
		Zuo Gui Yin +Xiao Chai Hu Tang
Cough	Wind cold	Xiao Qing Long Tang (adapted)
		Zhi Sou San
	Wind heat	Gan Mao Ling
		Huang Lian Shang Qing
		Sang Ju Yin
		Yin Qiao San
		Zhong Gan Ling
	Fire/heat	Huang Lian Shang Qing
	Phlegm damp	Er Chen Tang (adapted)
	Phlegm heat	Ding Chuan Tang (adapted)
		Qing Fei Tang
		Qing Qi Hua Tan Wan
	Liver fire	Huang Lian Shang Qing
	Yin vacuity	Sha Shen Mai Dong Tang & Bai He Gu Jin Tang
		Qing Fei Tang
	Qi vacuity	Huang Qi Ling Zhi San (adapted)
		Bu Zhong Yi Qi Tang
Diarrhea	Cold damp	Huo Xiang Zheng Qi San
	Depressive heat/ cold stasis	Ban Xia Xie Xin Tang
		Wu Mei Wan
	Liver depression	Xiao Yao San
		Dan Zhi Xiao Yao San
	Food damage	Kang Ning Wan
	Spleen vacuity	Huang Qi Ling Zhi San (adapted)
		Si Jun Zi Tang
		Bu Zhong Yi Qi Tang
		Gui Pi Tang
	Spleen vacuity with dampness	Xiang Sha Liu Jun Zi Tang
		Ping Wei San
		Shen Ling Bai Zhu San

continued

CONDITION	PATTERN	FORMULA
INTERNAL MEDICINE (continued)		
Diarrhea *(continued)*	Warm the center, dispel cold	Li Zhong Wan
		Xiao Jian Zhong Tang
	Kidney vacuity	You Gui Yin
		Ba Wei Di Huang Wan (adapted)
Edema	Phlegm heat obstructs the lungs	Qing Qi Hua Tan Wan
	Damp heat in lower warmer	Ba Zheng Tang
		Jie Jie Wan (adapted)
		Yu Dai Wan
	Counterflow of pathogenic turbidity	Huang Lian Wen Dan Tang
	Qi stasis water retention	Dang Gui Shao Yao San
		Su Gan Wan
	Blood stasis	Jie Jie Wan (adapted)
		Tao Hong Si Wu Tang
	Stasis of heart blood	Dan Shen Yin (adapted)
		Tao Hong Si Wu Tang
		Xue Fu Zhu Yu Tang
	heart qi vacuity	Gui Pi Tang
		Dan Shen Yin (adapted)
	Heart yang vacuity	Ren Shen Yang Ying Tang
	Spleen stomach vacuity	Bu Zhong Yi Qi Tang
	Spleen vacuity w/dampness	Ping Wei San
		Sheng Ling Bai Zhu San
	Spleen yang vacuity	Xiang Sha Liu Jun Zi Tang
	Kidney yang vacuity	Ba Wei Di Huang Wan (adapted)
		You Gui Yin
		Zhen Wu Tang
Fatigue	Qi and blood vacuity	Shi Quan Da Bu Tang
		Ba Zhen Tang
	Qi and Yin vacuity	Sheng Mai San
	Lung qi vacuity	Bu Zhong Yi Qi Tang
		Huang Qi Ling Zhi San (adapted)
	Lung yin vacuity	Sha Shen Mai Dong Tang & Bai He Gu Jin Tang
	Heart qi and yang vacuity	Ren Shen Yang Ying Tang
	Heart blood and heart yin vacuity	Gui Pi Tang Tian Wang Bu Xin Tang

continued

CONDITION	PATTERN	FORMULA
INTERNAL MEDICINE (continued)		
Fatigue *(continued)*	Spleen vacuity	Bu Zhong Yi Qi Tang Gui Pi Tang Si Jun Zi Tang
	Spleen vacuity w/dampness	Shen Ling Bai Zhu San
	Liver blood vacuity	Shou Wu Zhi
	Liver yin vacuity	Zuo Gui Yin
	Kidney qi and yang vacuity	Ba Wei Di Huang Wan (adapted) Huan Shao Dan Ren Shen Lu Rong Wan (adapted) You Gui Yin
	Kidney yin and essence depletion	Liu Wei Di Huang Wan Shou Wu Zhi Zuo Gui Yin
Gastric & Abdominal Pain	Cold congelation/qi stagnation	Kang Ning Wan
	Heat pain	Huang Lian Jie Du Tang Xiao Chai Hu Tang
	Depressive heat/cold stasis	Ban Xia Xie Xin Tang Wu Mei Wan
	Damp stagnation	Huo Xiang Zheng Qi San Ping Wei San
	Qi Vacuity	Si Jun Zi Tang
	Phlegm in the middle	Ban Xia Hou Po Tang Er Chen Tang (adapted) Huang Lian Wen Dan Tang
	Liver depression/qi stagnation	Dan Zhi Xiao Yao San Su Gan Wan Xiao Chai Hu Tang Xiao Yao San Yi Guan Jian
	Blood stasis obstructing[4] the network vessels	Dan Shen Yin (adapted) Tao Hong Si Wu Tang Xue Fu Zhu Yu Tang
	Food stasis	Bao He Wan Kang Ning Wan
	Parasites	Wu Mei Wan

continued

CONDITION	PATTERN	FORMULA
INTERNAL MEDICINE (continued)		
Gastric & Abdominal Pain *(continued)*	Spleen/stomach vacuity cold	Li Zhong Wan
		Xiang Sha Liu Jun Zi Tang
		Xiao Jian Zhong Tang
	Kidney vacuity	You Gui Yin
Headache	Wind cold	Ge Gen Tang (adapted)
		Gui Zi Tang
		Qing Shang Juan Tong Tang
		Qing Bi Tang (adapted)
	Wind heat	Gan Mao Ling
		Huang Lian Shang Qing
		Yin Qiao San
		Zhong Gan Ling
	Wind damp	Huo Xiang Zheng Qi San
		Kang Ning Wan
	Phlegm turbidity	Huang Lian Wen Dan Tang
		Ban Xia Bai Zhu Tian Ma Tang
	Liver depression/qi stagnation	Dan Zhi Xiao Yao San
		Si Ni San
		Xiao Yao San
	Liver yang/liver fire/liver wind	Chai Hu Jia Long Gu Mu Li Tang
		Long Dan Xie Gan Tang
		Tian Ma Gou Teng Yin
		Zhi Bai Di Huang Wan
	Blood stasis	Xue Fu Zhu Yu Tang
	Qi vacuity	Bu Zhong Yi Qi Tang
		Gui Pi Tang
		Huang Qi Ling Zhi San (adapted)
		Ren Shen Lu Rong Wan (adapted)
		Ren Shen Yang Ying Tang
		Shi Quan Da Bu Tang
	Blood vacuity	Ba Zhen Tang
		Shi Quan Da Bu Tang
		Shou Wu Zhi
		Si Wu Tang
	Kidney vacuity	Er Xian Tang
		You Gui Yin
		Zhi Bai Di Huang Wan
		Zuo Gui Yin

continued

CONDITION	PATTERN	FORMULA
INTERNAL MEDICINE (continued)		
Impotence	Damp heat pouring down	Long Dan Xie Gan Tang
		Zhi Bai Di Huang Wan
	Liver depression	Dan Zhi Xiao Yao San
		Xiao Chai Hu Tang
		Xiao Yao San
	Weakness of heart & spleen	Bu Zhong Yi Qi Tang
		Gui Pi Tang
		Ren Shen Yang Ying Tang
	Life gate fire vacuity	Ba Wei Di Huang Wan (adapted)
		Huan Shao Dan
		Huang Qi Ling Zhi San (adapted)
		Ren Shen Lu Rong Wan (adapted)
		Er Xian Tang
		You Gui Yin
		Zuo Gui Yin
Insomnia	Internal aggravation of phlegm heat	Huang Lian Wen Dan Tang
	Liver depression and blood vacuity	Dan Zhi Xiao Yao San
		Suan Zao Ren Tang & Gan Mai Da Zao Tang
		Xiao Yao San
	Blood stasis engendering heat	Xue Fu Zhu Yu Tang
	Disharmony of stomach qi	Kang Ning Wan
	Harmonize middle burner	Ban Xia Xie Xin Tang
	Yin vacuity and hyperactivity of yang	Er Xian Tang
		Tian Wang Bu Xin Tang
		Zhi Bai Di Huang Wan
	Dual heart & spleen vacuity	Gui Pi Tang
	Failure of communication between heart & kidney	Tian Wang Bu Xin Tang
	Heart vacuity & gallbladder timidity	Huang Lian Wen Dan Tang
Lumbar Pain	Cold damp	Du Huo Ji Sheng Tang
	Wind Damp	Du Huo Ji Sheng Tang
		Su Jing Huo Xue Tang
	Wind damp heat	Guan Jie (adapted)

continued

CONDITION	PATTERN	FORMULA
INTERNAL MEDICINE (continued)		
Lumbar Pain *(continued)*	Liver depression	Dan Zhi Xiao Yao San
		Xiao Yao San
	Blood stasis	Su Jing Huo Xue Tang
		Tao Hong Si Wu Tang
	Kidney vacuity	Ba Wei Di Huang Wan (adapted)
		Du Huo Ji Sheng Tang
		Huan Shao Dan
		Liu Wei Di Huang Wan
		Ren Shen Lu Rong Wan (adapted)
		You Gui Yin
		Zuo Gui Yin
	Blood vacuity	Du Huo Ji Sheng Tang
Nasal Obstruction	Heat congestion	Gan Mao Ling
		Qing Bi Tang (adapted)
	Phlegm heat congestion	Qing Qi Hua Tan Wan
	Spleen qi vacuity	Bu Zhong Yi Qi Tang
		Huang Qi Ling Zhi San (adapted)
	Vacuity of sea of marrow	You Gui Yin
		Zuo Gui Yin
Palpitations	Heat vexation/liver blood vacuity	Suan Zao Ren Tang & Gan Mai Da Zao Tang
	Phlegm turbidity	Er Chen Tang (adapted)
		Huang Lian Wen Dan Tang
	Blood stasis	Dan Shen Yin (adapted)
		Si Wu Tang
		Tao Hong Si Wu Tang
		Xue Fu Zhu Yu Tang
	Heart qi vacuity	Gui Pi Tang
		Ren Shen Yang Ying Tang
	Heart yang vacuity	Ren Shen Yang Ying Tang
	Heart yin vacuity	Tian Wang Bu Xin Tang
	Heart spleen vacuity	Gui Pi Tang
	Failure of communication between heart & kidney	Huan Shao Dan
		Tian Wang Bu Xin Tang
	Liver/kidney yin vacuity	Zuo Gui Yin

continued

CONDITION	PATTERN	FORMULA
INTERNAL MEDICINE (continued)		
Palpitations *(continued)*	Kidney Yin, Yang & Essence Vacuity	Ren Shen Lu Rong Wan (adapted)
Urinary Tract Infection	Heat strangury	Ba Zheng Tang Jie Jie Wan Long Dan Xie Gan Tang Yu Dai Wan Zhi Bai Di Huang Wan
	Blood strangury	Ba Zheng Tang Jie Jie Wan (adapted)
	Qi strangury	Bu Zhong Yi Qi Tang
	Kidney strangury	Zuo Gui Yin
	Spleen strangury	Bu Zhong Yi Qi Tang
Vertigo/Tinnitus	Wind fire	Tian Ma Gou Teng Yin
	Ascendant yang due to yin vacuity	Er Xian Tang Zhi Bai Di Huang Wan
	Phlegm dampness/ damp heat	Ban Xia Bai Zhu Tian Ma Tang Er Chen Tang (adapted) Huang Lian Wen Dan Tang Qing Bi Tang (adapted)
	Liver depression/qi stagnation	Chai Hu Gui Zhi Tang Dan Zhi Xiao Yao San Xiao Chai Hu Tang Xiao Yao San
	Heart and spleen vacuity	Gui Pi Tang
	Central qi vacuity	Bu Zhong Yi Qi Tang
	Blood vacuity	Ba Zhen Tang Shi Quan Da Bu Tang Shou Wu Zhi Si Wu Tang
	Kidney essence vacuity	Liu Wei Di Huang Wan Huan Shao Dan Qi Ju Di Huang Wan Ren Shen Lu Rong Wan (adapted) Zuo Gui Yin

continued

CONDITION	PATTERN	FORMULA
GYNECOLOGY		
Amenorrhea	Stasis of damp heat	Long Dan Xie Gan Tang
	Stasis due to phlegm dampness	Er Chen Tang (adapted)
		Huang Lian Wen Dan Tang
	Blood stasis due to congelation of cold	Bu Xue Tiao Jing Tang
		Gui Zhi Fu Ling Tang
		Wen Jing Tang
	Blood stasis due to depressive qi	Si Wu Tang
		Tao Hong Si Wu Tang
		Tong Jing Tang
	Qi and blood vacuity	Ba Zhen Tang
		Gui Pi Tang
		Shi Quan Da Bu Tang
		Shou Wu Zhi
	Kidney vacuity	Liu Wei Di Huang Wan
		Zuo Gui Yin
	Kidney essence vacuity	Ba Wei Di Huang Wan
		Liu Wei Di Huang Wan
		You Gui Yin
		Zuo Gui Yin
Dysfunctional Uterine Bleeding[4]	Damp heat	Long Dan Xie Gan Tang + Zhi Xue Tang
	Blood heat due to liver depression	Dan Zhi Xiao Yao San + Zhi Xue Tang
	Blood heat due to yin vacuity	Zhi Bai Di Huang Wan + Zhi Xue Tang
	Qi stasis	Tong Jing Tang + Zhi Xue Tang
		Xiao Yao San + Zhi Xue Tang
	Blood stasis	Bu Xue Tiao Jing Tang (adapted) + Zhi Xue Tang
		Gui Zhi Fu Ling Tang + Zhi Xue Tang
		Tao Hong Si Wu Tang + Zhi Xue Tang
		Tong Jing Tang + Zhi Xue Tang
		Wen Jing Tang + Zhi Xue Tang

continued

CONDITION	PATTERN	FORMULA
GYNECOLOGY (continued)		
Dysfunctional Uterine Bleeding[4] *(continued)*	Heart and spleen vacuity	Bu Zhong Yi Qi Tang + Zhi Xue Tang Ba Zhen Tang + Zhi Xue Tang Gui Pi Tang + Zhi Xue Tang Shi Quan Da Bu Tang + Zhi Xue Tang
	Debilitation of liver and kidney	Zuo Gui Yin
Dysmenorrhea	Stasis due to congelation of cold damp	Dang Gui Shao Yao San Gui Zhi Fu Ling Tang
	Binding stasis due to dampness and heat	Long Dan Xie Gan Tang
	Stasis of qi and blood	Tao Hong Si Wu Tang Tong Jing Tang Xue Fu Zhu Yu Tang
	Vacuity cold in the uterus	Bu Xue Tiao Jing Tang (adapted) Gui Zhi Fu Ling Tang Shi Quan Da Bu Tang Wen Jing Tang
	Qi and blood vacuity	Ba Zhen Tang Si Wu Tang
	Depletion of liver and kidney	Zuo Gui Yin
Irregular Menstruation	Cold blood	Bu Xue Tiao Jing Tang (adapted) Wen Jing Tang
	Blood heat due to liver depression	Dan Zhi Xiao Yao San
	Liver depression, qi stagnation	Dang Gui Shao Yao San Xiao Yao San
	Blood vacuity	Ba Zhen Tang Shi Quan Da Bu Tang Shou Wu Zhi Si Wu Tang
	Spleen vacuity	Bu Zhong Yi Qi Tang Gui Pi Tang
	Kidney vacuity	Er Xian Tang + Zhi Xue Tang Zuo Gui Yin

continued

GYNECOLOGY (continued)

CONDITION	PATTERN	FORMULA
Leukorrhea	Cold in the lower burner	Bu Xue Tiao Jing Tang (adapted) You Gui Yin
	Heat	Long Dan Xie Gan Tang
	Depressive heat/cold stasis	Wu Mei Wan
	Damp heat	Yu Dai Wan
	Phlegm	Er Chen Tang (adapted)
	Qi stagnation	Dan Zhi Xiao Yao San
	Qi vacuity	Bu Zhong Yi Qi Tang
	Qi and blood vacuity	Ba Zhen Tang Shi Quan Da Bu Tang
	Insecure kidney qi	Zhi Bai Di Huang Wan
Menopause	Liver wind	Tian Ma Gou Teng Yin
	Phlegm obstruction and qi stagnation	Huang Lian Wen Dan Tang
	Liver depression, qi stagnation	Dan Zhi Xiao Yao San Dang Gui Shao Yao San Xiao Yao San
	Blood stagnation engendering heat	Xue Fu Zhu Yu Tang Tao Hong Si Wu Tang
	Yin vacuity with exuberant fire	Zhi Bai Di Huang Wan
	Yin yang disharmony with yang vacuity	Er Xian Tang + Ba Wei Di Huang Wan (adapted) Er Xian Tang + You Gui Yin
	Yin yang disharmony with yin vacuity	Er Xian Tang + Suan Zao Ren Tang & Gan Mai Da Zao Tang Er Xian Tang + Zuo Gui Yin
	Yin yang disharmony with blood vacuity	Er Xian Tang + Gui Pi Tang Shou Wu Zhi
	Heart spleen vacuity	Gui Pi Tang
	Failure of communication between heart and kidneys	Tian Wang Bu Xin Tang

1 Xiao Chai Hu Tang is indicated for wind cold *gan mao* in women who are menstruating, or who contract wind cold during childbirth.

2 Xiao Chai Hu Tang is especially useful in the treatment of high fevers in children. See formula description for more detail.

3 See also dysmenorrhea under Gynecology.

4 The addition of a Mild Cleansing Laxative (where indicated) may or may not be necessary as a branch treatment for constipation.

5 In any kind of hemorrhagic condition, regardless of pattern, the bleeding must be addressed directly with Zhi Xue Tang.

APPENDIX V
GLOSSARY OF TERMS

Adapted from A Clinical Dictionary of Chinese Medicine, by Nigel Wiseman. Published by Redwing Book Company, Brookline, MA. Release date 1997.

Accumulations / *ji*
Gathering, amassment; specifically: 1. a type of abdominal lump (as in Concretions, Conglomerations, Accumulations, and Gatherings); 2. accumulation of food in the digestive tract. Concretions and accumulations are masses of definite form and fixed location, associated with pain of fixed location. They stem from disease in the viscera and blood aspect. Accumulations and gatherings chiefly occur in the middle burner.

Arouse (the spleen) / *xing pi*
A method of treatment that involves fortifying spleen qi using aromatic medicinals in the treatment of spleen encumbered by dampness and unable to perform transformation, characterized by poor appetite, glomus and fullness after eating, dull abdominal pain, thin stool, pale tongue, and soggy weak pulse.

Bar / *guan*
The pulse position between the inch and cubit.

Binding depression of liver qi / *gan qi yu jie*
Stagnation in the liver and liver channel resulting from the impairment of the liver"s function of free coursing. It arises when affect-mind frustration leads to depression and anger that damage the liver and impair free coursing. Other factors include invasion of external damp-heat and insufficiency of yin-blood depriving the liver of nourishment. The chief signs are affect-mind depression, vexation, agitation, and irascibility. There is also distention and pain in the rib-side, oppression in the chest, and sighing. Other signs include distention and pain in the breasts before menstruation, distention and pain in the lesser abdomen, menstrual irregularities, plum-pit qi, goiter, accumulations and gatherings under the rib-side, jaundice and epilepsy. The tongue body may be normal. The tongue fur is thin and white. The pulse is wiry.

Boost / *yi*
Increase, more. *Supplementing the spleen and boosting qi*. A method of treatment used to fortify the spleen to treat qi vacuity. Supplementing the spleen and boosting the qi is the basic method for treating qi vacuity, since the spleen and stomach are the basis of later heaven (the acquired constitution) and are the basis of qi and blood formation. *See* ***Supplement.***

Calming the liver & extinguishing wind / *ping gan xi feng*
A method of treatment used to address ascendant liver yang stirring internal wind with pulling pain in the head, dizziness, deviated eyes and mouth, numbness or tremor of limbs, stiffening of the tongue, deviated trembling tongue, unclear speech, red tongue with thin fur, a stringlike pulse, and, in severe cases, clouding collapse, hypertonicity or convulsions of the limbs.

Chest oppression / *xiong men*
Discomfort and vexation in the chest caused by damp-heat or phelgm-damp obstructing the central burner and inhibiting qi.

Constrain / *lian*
Astringe, especially of the lung, as in the terms *constrain the lung and suppress cough and constrain sweat*.

Contraction / *gan*
The act of contracting or state of having contracted (an external evil), e.g., wind-cold contraction, a disease caused by external wind-cold.

Counterflow / *ni*
Flow counter to the normal direction. *Qi counterflow* / *qi ni:* A reversal of normal bearing of qi. The qi of the lung and stomach normally flows downward. When the lung qi runs counterflow, there is hasty breathing and cough; when stomach qi flows counterflow, there is vomiting and hiccough, etc. Liver qi normally upbears and effuses. However, when depressed anger damages the liver, then upbearing and effusion become excessive or liver fire ascends counterflow, causing headache, dizziness, clouding collapse, or blood ejection.

continued

Course / *shu Synonym:* soothe
To enhance flow (of qi, especially depressed liver qi); to free (the liver, digestive tract of qi stagnation and depression); to eliminate (pathogens such as wind in the exterior); to free (the exterior or channels from pathogens such as wind).

Cubit / *chi*
Of the three positions of the wrist pulse, the one closet to the elbow.

Damp-heat pouring down / *xia jiao shi re*
A disease pattern arising when damp-heat pours down into the lower burner.

Debilitation / *shuai*
In yin-yang theory, debilitation describes a usually severe weakness of yang; it is also used in physiology to describe weakness of qi and other yang aspects of the organism.

Defense qi / *wei qi* (defensive)
A qi described as being *fierce, bold, and uninhibited,* unable to be contained by the vessels and therefore flowing outside them. In the chest and abdomen it warms the organs, whereas in the exterior it flows through the skin and flesh, regulates the opening and closing of the interstices (roughly equivalent to sweat ducts), and keeps the skin lustrous and healthy, thereby protecting the fleshy exterior and preventing the invasion of external pathogens.

Disinhibit / *li*
To promote fluency, movement, or activity, i.e., to treat inhibited flow of qi, blood or fluids, or inhibited physical movement.

Downbear / *jiang*
To descend, or cause to descend.

Downward fall / *xia xian*
Downward movement, as of insufficient center qi; frequently abbreviated to fall, as in the term *qi fall.*

Drain / *xie*
1. To eliminate pathogens in the body manifesting in repletion patterns. 2. Specifically, to eliminate fire and lower burner damp-heat. 3. To cause the stool to flow.

Effuse / *fa*
To move outward, as sweat through the interstices; to induce such movement. For example, ìeffuse the exteriorî means to induce sweating so that pathogens located in the exterior can escape.

Emolliating the liver / *rou gan*
Synonyms: nourish the liver; nourish the blood and emolliate the liver.
To treat liver yin vacuity (or insufficiency of liver blood), characterized by loss of visual acuity, dry eyes, night blindness, periodic dizzy head and tinnitus, and pale nails, or poor sleep, profuse dreaming, dry mouth with lack of fluid, and a fine, weak pulse. The liver is described as the ìunyieldingî viscus; hence the method of treating liver yin vacuity is called emolliation.

Exuberance / *sheng*
Vigor and abundance. Describes both yin and yang entities.

Fine pulse / *xi mai*
The fine pulse, sometimes called a small pulse, feels like a well-defined thread under the fingers. The fine pulse indicates dual vacuity of qi and blood, or of yin and yang, and particular points to blood and yin vacuity.

Fortify / *jian*
To strengthen (spleen and stomach function).

Free / *tong*
To enhance normal activity and/or remove obstructions.

Glomus / *pi*
A localized subjective feeling of fullness and blockage. In the chest (GLOMUS IN THE CHEST), it can be associated with a feeling of oppression in severe cases; hence the terms fullness in the chest, distention in the chest, glomus in the chest, and oppression in the chest are largely synonymous.

Heat bind / *re jie*
Heat gathering and binding in a particular location.

Impediment / *bi Synonym: obstruction*
Any condition that arises when evil qi causes channel blockage in the limbs, trunk, and organs. *Wind-cold-damp impediment* Blockage of the channels arising when wind, cold and dampness invade the fleshy exterior and the joints, manifesting in signs such as joint pain, sinew and bone pain, and heaviness and numbness of the limbs.

continued

Inch / *cun*
1. A unit of measure equal to a tenth of a cubit. 2. Body inch. 3. Of the three positions of the wrist pulse, the one furtherest from the elbow.

Insufficiency / *bu zu*
Lack (of substance) or incompleteness (of function); opposite of superabundance.

Life gate fire / *ming men zhi huo*
The basic fire of life; kidney yang. The life gate lives within kidney yin, and is the basis of sexual and reproductive functions. It warms and nourishes the five viscera and six bowels, is intimately involved in growth, development, and aging. The spleen and stomach require the warming action of the life gate fire for the function of movement and transformation to be normal.

Network vessel / *luo mai*
Branches of the channels that enmesh the body.

Node / *he or jie he* (nodulation)
Any small abnormal lump under the skin that feels like the stone of a fruit.

Panting / *chuan* QI PANTING / *qi chuan*
Hasty, rapid, labored breathing with discontinuity between inhalation and exhalation, in severe cases with gaping mouth, raised shoulders, flaring of the nostrils, and inability to lie down.

Percolate / *shen*
Disinhibit (especially dampness).

Precipitate / *xia*
To cause defecation of stool; to eliminate evil through the bowels.

Quicken / *huo*
To increase activity, to enliven.

Quiet / *an*
To reduce movement or activity; to calm.

Rectify / *li*
To correct (counterflow, stagnant qi, or static blood).

Repletion / *shi*
The opposite of vacuity.

Rheum / *yin* PHLEGM-RHEUM / *tan yin*
Accumulation of fluid in the body. *Phlegm* denotes thick pathological fluids, whereas *rheum* denotes thinner pathological fluids.

Right *qi/ zheng qi*
1. True qi, especially in opposition to disease. Right qi is the active aspect of all components including organs, blood, fluids, and essence and the above-mentioned forms of qi in maintaining health and resisting disease. Right qi stands in opposition to evil qi, which is any entity in its active aspect of harming the body. 2. The normal qi of the seasons, warmth in spring, heat in summer, coolness in autumn, and cold in winter.

Secure / *gu*
To prevent or arrest the loss of qi, blood, fluids, or essence, and the invasion of evil, as through the exterior.

Slimy tongue fur / *ni tai Synonym: greasy tongue fur.*
A tongue with a turbid slimy coating that is not easily removed and that does not have the grainy appearance of a healthy tongue fur. A slimy tongue fur is a sign of damp turbidity, phlegm-rheum, or food accumulation, the evil being judged as strong when the slimy coating is generalized. A slimy fur that covers only the center or root of the tongue indicates a chronic condition.

Stanching bleeding / *zhi xue*
Any of various methods of treatment used to address bleeding.

Strangury / *lin*
A disease pattern characterized by urinary urgency, frequent short painful rough voidings, and dribbling incontinence. Strangury is attributed to damp-heat gathering and pouring into the bladder. In persistent conditions or in elderly or weak patients, the cause may be center qi fall and kidney vacuity and impaired qi transformation.

Stringlike pulse / *xian mai: wiry pulse, bowstring pulse.*
A pulse that is long and taut and feels like a zither string to the touch. The stringlike pulse is associated with diseases of the liver and gallbladder, and in particular with ascendant liver yang. It is also associated with pain and phlegm-rheum patterns. *NOTE: We have chosen to retain the more vernacular term "wiry" for the manual.*

continued

Supplement / *bu*
To increase or strengthen. The original meaning of the Chinese ideogram is to patch or make up, and this meaning is reflected in Chinese medicine. Like a patch, supplementation replaces something lost or lacking. Yin, yang, qi and blood may all be supplemented; the organs that most commonly receive supplementation are the spleen and kidney. Because supplementation is often associated with qi, the term is frequently seen together with the word boost.

Taxation damage / *lao shang*
Synonym: taxation fatigue / *lao juan*
1. Overexertion, intemperate living (including dietary irregularities and sexual intemperance), or the seven affects (emotional imbalance) as a cause of disease. 2. A disease pattern resulting from taxation fatigue. Overexertion, dietary irregularities, sexual intemperance, and affect damage tend to damage spleen qi and kidney essence; hence taxation fatigue is characterized by fatigue and laziness to speak, panting on exertion, heat vexation, spontaneous sweating, and palpitation.

Transforming stasis / *hua yu* — also ***Dispelling stasis and quickening the blood*** / *qu yu huo xue*
A method of treatment used to restore normal movement of the blood by eliminating blood stasis. On the basis of the poser of action, distinction can be made between quickening the blood, transforming stasis, and breaking blood. Quickening the blood is the mildest action, transforming stasis is a stronger action, and breaking blood is the most drastic action used to treat menstrual block and abdominal masses.

Turbidity / *zhuo*
1. Turbid substances in the body such as turbid yin. 2. The quality of murkiness or dirtiness (of dampness or phlegm). 3. Murkiness of the urine or murky urethral discharge.

Upbear / *sheng*
Raise or cause to rise.

Vacuity / *xu*
Weakness, emptiness.

Vacuity taxation / *xu lao*
Any pattern of severe vacuity (of qi, blood or the organs), including notably steaming bone and consumption.

APPENDIX VI
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智慧结晶

Pearl of Knowledge & Wisdom

The Dao of medical treatment is, first of all,
to know the emptiness and fullness of breaths
of the five zang and to know which illnesses
are produced by these emptinesses or fullnesses.
Next, one prescribes needles or by medicines.
Let us be careful when we treat.

~Taisu

天地精華

Essence of Heaven & Earth

APPENDIX VII
REFERENCE CHART OF CHINESE CLASSICS® PRODUCT NAME CHANGES

NEW PINYIN NAME	CODE	NEW ENGLISH NAME	PREVIOUSLY KNOWN AS
Ba Wei Di Huang Wan (adapted)	**BWD**	Rehmannia Eight Plus	Rehmannia Eight Plus
Ba Zhen Tang	**BZT**	Eight Pearls Combination	Women's Precious
Ba Zheng Tang	**BZG**	Dianthus Eight Correct Herb Combination	Dianthus
Ban Xia Bai Zhu Tian Ma Tang	**BXB**	Pinellia, Atractylodes & Gastrodia Combination	Pinellia, Atractylodes & Gastrodia
Ban Xia Hou Po Tang	**BXH**	Pinellia & Magnolia	Pinellia and Magnolia
Ban Xia Xie Xin Tang	**BXX**	Pinellia Combination	Ban Xia Xie Xin Tang
Bao He Wan	**BHW**	Citrus & Crataegus	Citrus & Crataegus
Bi Yan Pian	**BYP**	Nasal Clear Combination	Bi Yan Pian
Bu Xue Tiao Jing Tang (adapted)	**BXT**	Supplement Blood & Adjust Menses	Bu Tiao
Bu Zhong Yi Qi Tang	**BZY**	Supplement the Center & Boost Qi Combination	Ginseng & Astragalus
Chai Hu Gui Zhi Tang	**CHG**	Bupleurum & Cinnamon	Bupleurum and Cinnamon
Chai Hu Jia Long Gu Mu Li Tang	**CHJ**	Bupleurum & Dragon Bone	Bupleurum & Dragon Bone
Chuan Xin Lian Kang Yan (adapted)	**CXL**	Isatis Combination	Isatis
Dan Shen Yin (adapted)	**DSY**	Salvia Plus Combination	Salvia Plus
Dan Zhi Xiao Yao San	**DZX**	Moutan & Gardenia Free Wanderer	Bupleurum & Peony
Dang Gui Shao Yao San	**DGS**	Dang Gui & Peony Combination	-NA-
Ding Chuan Tang (adapted)?	**DCT**	Clear Lung Heat & Transform Phlegm	Ding Chuan Tang
Du Huo Ji Sheng Tang	**DHL**	Du Huo & Loranthus Combination	Du Huo & Loranthus
Er Chen Tang (adapted)	**ECT**	Citrus & Pinellia Plus	Citrus & Pinellia Plus
Er Xian Tang	**EXT**	Two Immortals Combination	Two Immortals
Gan Mao Ling	**GML**	Cold Release Combination	Gan Mao Ling
Ge Gen Tang (adapted)	**GGT**	Pueraria Plus Combination	Pueraria Plus
Guan Jie (adapted)	**GUJ**	Joint Care Combination	Guan Jie
Gui Pi Tang	**GPT**	Spleen-Returning Combination	Ginseng & Longan
Gui Zhi Fu Ling Tang	**GZF**	Cinnamon & Poria Combination	Cinnamon & Hoelen
Gui Zhi Tang	**GZT**	Cinnamon Twig Combination	-NA-
Huan Shao Dan	**HSD**	Rejuvenation Elixir	-NA-

continued

NEW PINYIN NAME	CODE	NEW ENGLISH NAME	PREVIOUSLY KNOWN AS
Huang Lian Jie Du Tang	**HLJ**	Coptis & Scute Toxin-Resolving Combination	Coptis & Scute
Huang Lian Shang Qing	**HLS**	Coptis to Clear the Upper Body	Coptis Upper Body
Huang Lian Wen Dan Tang	**HLW**	Coptis Warm Gallbladder Combination	Coptis & Pinellia
Huang Qi Ling Zhi San (adapted)	**HQL**	Astragalus & Ganoderma	Astragalus & Ganoderma
Huo Xiang Zheng Qi San	**HXZ**	Agastaches Qi Rectifying	Agastaches
Jie Jie Wan (Kai Kit) (adapted)	**JJW**	Resolve Swelling Combination	-NA-
Jin Gu Die Shang Wan	**JGU**	Sinew & Bone Trauma Combination	Jin Gu
Kang Ning Wan	**KNW**	Curing Combination	Curing Formula
Li Dan Pian	**LDN**	Gallbladder-Disinhibiting Combination	Li Dan
Li Zhong Wan	**LZW**	Center-Rectifying Combination	Li Zhong Wan
Liu Wei Di Huang Wan	**LWD**	Rehmannia Six Combination	Rehmannia Six
Long Dan Xie Gan Tang	**LDX**	Gentiana Gallbladder-Draining Combination	Gentiana
Ma Zi Ren Wan	**MZR**	Apricot & Rhubarb Combination	Ma Zi Ren Wan
Ping Wei San	**PWS**	Stomach Calming Combination	Ping Wei San
Qi Ju Di Huang Wan	**QJD**	Lycium & Rehmannia Combination	Lycium & Rehmannia
Qing Bi Tang (adapted)	**QBT**	Pueraria Nose-Clearing Combination	Pueraria “N”
Qing Fei Tang	**QFT**	Lung-Clearing Combination	Platycodon & Fritillaria
Qing Qi Hua Tan Wan	**QQH**	Pinellia "X" Clear Qi & Transform Phlegm Combination	Pinellia “X”
Qing Shang Juan Tong Tang	**QSJ**	Clear the Upper & Relieve Pain	Ophiopogon & Asarum
Ren Shen Lu Rong Wan (adapted)	**RSL**	Ginseng & Velvet Antler Combination	-NA-
Ren Shen Yang Ying Tang	**RSY**	Ginseng Nutritive Combination	Ginseng & Atractylodes
Sang Ju Yin	**SJY**	Mulberry & Chrysanthemum	Sang Ju Yin
Sha Shen Mai Dong Tang & Bai He Gu Jin Tang (adapted)	**SSM**	Ophiopogon Plus Metal-Securing Combination	Ophiopogon Plus
Shen Ling Bai Zhu San	**SLB**	Ginseng & Atractylodes Combination	Ginseng & Atractylodes
Sheng Mai San	**SMS**	Pulse-Engendering Combination	Sheng Mai San
Shi Quan Da Bu Tang	**SQD**	Perfect Great Supplementation Combination	Ginseng & Dang Gui Ten
Shou Wu Zhi	**SWU**	Shou Wu Combination	Shou Wu
Si Jun Zi Tang	**SJZ**	Four Gentlemen Combination	Four Gentlemen
Si Ni San	**SNS**	Four Counterflow Combination	Si Ni San
Si Wu Tang	**SWT**	Four Substances Combination	Dang Gui Four
Su Gan Wan	**SHN**	Liver-Soothing Combination	Shu Kan

continued

APPENDIX VII: Reference Chart of Chinese Classics® Product Name Changes *(continued)*

NEW PINYIN NAME	CODE	NEW ENGLISH NAME	PREVIOUSLY KNOWN AS
Su Jing Huo Xue Tang	**SJH**	Channel Coursing, Blood Quickening Combination	Clematis & Stephania
Suan Zao Ren Tang & Gan Mai Da Zao Tang	**SZR**	Zizyphus Plus Combination	Zizyphus
Tao Hong Si Wu Tang	**THS**	Carthamus & Persica with Four Substances	Carthamus & Persica
Tian Ma Gou Teng Yin	**TMG**	Gastrodia & Uncaria Combination	Gastrodia & Uncaria
Tian Wang Bu Xin Tang	**TWB**	Heavenly Emperor Heart Supplementing Elixir	Ginseng & Zizyphus
Tong Jing Tang	**TJT**	Menses-Freeing Combination	To Jing
Wen Jing Tang	**WJT**	Blood-Warming (Menses) Combination	-NA-
Wu Ling San	**WLS**	Poria Five Combination	Hoelen Five
Wu Mei Wan	**WMW**	Mume Combination	Mume
Xiang Sha Liu Jun Zi Tang	**XSL**	Six Gentlemen with Saussurea & Cardamom Combination	Saussurea & Cardamom
Xiao Chai Hu Tang	**XCH**	Minor Bupleurum Combination	Minor Bupleurum
Xiao Feng San	**XFS**	Wind-Dispersing Combination	Dang Gui & Arctium
Xiao Jian Zhong Tang	**XJZ**	Minor Center-Constructing Combination	Xiao Jian Zhong Tang
Xiao Qing Long Tang (adapted)	**XQL**	Minor Blue Dragon Combination	Minor Blue Dragon
Xiao Yao San	**XYS**	Free Wanderer Combination	Bupleurum & Dang Gui
Xue Fu Zhu Yu Tang	**XFZ**	Expelling Stasis in the Blood Mansion	Blood Mansion
Yi Guan Jian	**YGJ**	Linking Decoction	Yi Guan Jian
Yin Qiao San	**YIQ**	Lonicera & Forsythia Combination	Yin Qiao San
You Gui Yin	**YGY**	Restore the Right Combination	Restore the Right
Yu Dai Wan	**YDW**	Lower Burner Discharge Remedy	-NA-
Yu Ping Feng San	**YPF**	Jade Screen Combination	Jade Screen
Zhen Wu Tang	**ZWT**	True Warrior Combination	Zhen Wu Tang
Zhi Bai Di Huang Wan	**ZBD**	Anem-Phello & Rehmannia	Anem-Phello & Rehmannia
Zhi Sou San	**ZSS**	Alleviate Cough Combination	Zhi Sou San
Zhi Xue Tang	**ZXT**	Blood-Staunching Combination	Zhi Xue Tang
Zhong Gan Ling	**ZGL**	Heavy Cold Release Combination	Zhong Gan Ling
Zuo Gui Yin	**ZGY**	Restore the Left Combination	Restore the Left

智慧结晶

Pearl of Knowledge & Wisdom

The purpose of words is to convey ideas.
When the ideas are grasped, the words are forgotten.
Where can I find a man who has forgotten words?
He is the one I would like to talk to.

~The Way of Chuang Tzu,
Translated by Thomas Merton

天地精華

Essence of Heaven & Earth