

Herbal Formulas II

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Chapter 10 Formulas that Regulate the Blood

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- Chapter 10 Formulas that regulate the blood (21 types)
 - Section 1 Formulas that invigorate blood stasis (10 types)
 - Section 2 Formulas that warm channels & invigorate blood stasis (3 types)
 - Section 3 Formulas that clear heat & stop bleeding (6 types)
 - Section 4 Formulas that tonify & stop bleeding (2 types)

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Formulas that regulate the blood

- The formulas in this chapter focus on treating the blood.
- “Blood” in Chinese medicine is a physiological essence whose nature is similar but not identical to that of blood in biomedicine.
- Most importantly, blood in Chinese medicine, like everything else in the organism, is not primarily defined in terms of its structural composition, but in terms of its function.
- That is why blood, like Qi, can be regulated. Such regulation encompasses improving its dynamic, but also its quality, as one determines the other.
- Blood that has become too thick moves in a sluggish manner, while sluggish movement invariably leads to a thickening of the substance.

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Formulas that regulate the blood

- The formulas in this chapter have the ability to treat the blood directly. In this, they differ from other formulas—such as those that clear heat, warm the interior, or moisten dryness—that also have an effect on the blood, but achieve this effect indirectly, that is, via the regulation of Yang Qi or the enrichment of body fluids.
- This chapter divides formulas that regulate the blood into two large groups:
 - Those that invigorate the blood and dispel blood stasis;
 - Those that stop bleeding;

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- Formulas that invigorate the blood and dispel blood stasis
 - Section 1 Formulas that invigorate blood stasis (10 types)
 - Section 2 Formulas that warm channels & invigorate blood stasis (3 types)

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Formulas that invigorate the blood and dispel blood stasis

- Formulas that invigorate the blood and dispel blood stasis are used in treating patterns of blood stagnation and blood stasis, which represent progressive stages in the impairment and blockage of the flow of blood.
- When the movement of blood in the channels and collaterals is merely impaired or sluggish, but not yet at a standstill, the condition may be termed “blood stagnation” (血滯, Xue Zhi).
- However, if, for various reasons, the flow of blood becomes more completely blocked or static, the condition is termed “blood stasis” (血瘀, Xue Yu).

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Formulas that invigorate the blood and dispel blood stasis

- This process is described as one of congealing, which in traditional Chinese medicine has been metaphorically compared to the process of silt deposition in the channel-bottom of a sluggish river.
- Many contemporary textbooks no longer distinguish between these two terms, however, and simply apply the term blood stasis to all problems of blood circulation.

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Formulas that invigorate the blood and dispel blood stasis

- In Chinese medicine, the term “blood stasis” implies more than blood that has congealed and no longer flows as it should.
- It denotes all blood that has become noxious (恶, E), that is, blood that impedes physiological functions.
- Key signs and symptoms of such stasis include palpable, immobile masses, abscesses and ulcers, loss of hair or brittle hair, purple lips, dark discoloration of the sclera, purple spots on the tongue or a darkish tongue, and a choppy, submerged, tight, or wiry pulse.
- In practice, however, the use of blood-invigorating formulas covers a far wider spectrum of clinical signs and symptoms.
- Wang Qing-ren, for example, lists fifty different symptoms that can be treated with just one of his formulas.
- This is because blood, like Qi, is the essential foundation of all physiological processes, and its disorders will thus be reflected in almost every body system.

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Formulas that invigorate the blood and dispel blood stasis

- Patterns of blood stasis are qualified and differentiated in terms of the various Yin and Yang organs involved;
- The etiological factors of cold, heat, deficiency, and excess;
- Different qualities of disharmony expressed in terms of acute, chronic, mild, and severe; and unusual symptoms such as swelling, pain, and urgency.

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Formulas that invigorate the blood and dispel blood stasis

- Prominent among the etiological factors that contribute to the occurrence of blood stagnation or stasis are the following:
 - Qi disharmony, including both deficient and stagnation Qi, may lead to blood stagnation since “Qi is the commander of the blood” and “Qi leads the blood.”
 - Herbs that tonify the Qi, such as Ren Shen, Dang Shen, Huang Qi, and Huang Jing;
 - Herbs that regulate the Qi, such as Zhi Ke, Wu Yao, Jiang Xiang, or Xiang Fu;
 - Blood deficiency is also intrinsically related to blood stasis. Blood that is deficient readily becomes static and, in turn, static blood interferes with the production of new blood. Without the production of new blood, it is very difficult to dispel blood stasis. This can lead to a vicious cycle.
 - Herbs that tonify the blood, such as Dang Gui, Shu Di Huang, Bai Shao, He Shou Wu, and E Jiao.

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Formulas that invigorate the blood and dispel blood stasis

- Cold inhibits the free movement of blood and will gradually produce blood stasis with such manifestations as delayed menstruation with clots, fixed abdominal masses, and amenorrhea, any of which may be accompanied by abdominal distention and pain.
 - Herbs that warm the interior, such as Wu Zhu Yu, Gui Zhi, Rou Gui, Gan Jiang, and Xiao Hui Xiang;
- Heat influences the blood when it occurs in organs that have an intimate relationship with the blood or when it enters the nutritive or blood levels of the body. This may produce blood stagnation by “steaming” or drying the blood, which causes it to thicken, and by the tendency of thickened blood to become stagnant and congeal. Heat may also induce the reckless movement of blood such that it leaves the vessels and produces rash, nosebleed, vomiting or spitting up blood, coughing up blood, and blood in the urine or stool. When bleeding occurs internally, the blood may become congealed in the tissues outside of the vessels.
 - Herbs that cool blood, such as Mu Dan Pi, Chi Shao, Sheng Di Huang, and Xuan Shen;

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Formulas that invigorate the blood and dispel blood stasis

- Other etiologies of blood stasis include traumatic injury, the birthing process, and surgery. Because of the variety of etiological factors and clinical manifestations, the practitioner must be flexible in adapting the formula to fit the particular circumstances of the case.
- It is important to remember that, because the properties of this class of formulas are quite strong for attacking firm and congealed conditions in order to break up and drain them, they should be prescribed with caution in the weak or elderly, or in patients with patterns of deficiency.
- And because some of the formulas strongly invigorate the blood and dispel blood stasis, they are contraindicated during pregnancy and in most cases involving excessive menstrual bleeding. Nor should they be used in patients with bleeding diathesis or any active hemorrhagic disorder.

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Section 1 Formulas that invigorate blood stasis

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Formulas that invigorate blood stasis

- Section 1 Formulas that invigorate blood stasis (10 types)
 - Tao He Cheng Qi Tang (Peach Pit Decoction to Order the Qi)
 - **Xue Fu Zhu Yu Tang** (Drive Out Stasis in the Mansion of Blood Decoction)
 - **Ge Xia Zhu Yu Tang** (Drive Out Blood Stasis Below the Diaphragm Decoction)
 - **Shao Fu Zhu Yu Tang** (Drive-Out Blood Stasis in the Lower Abdomen Decoction)
 - **Shen Tong Zhu Yu Tang** (Drive Out Blood Stasis from a Painful Body Decoction)
 - Tong Qiao Huo Xue Tang (Unblock the Orifices and Invigorate the Blood Decoction)
 - **Fu Yuan Huo Xue Tang** (Revive Health by Invigorating the Blood Decoction)
 - **Shi Xiao San** (Sudden Smile Powder)
 - **Bu Yang Huan Wu Tang** (Tonify the Yang to Restore Five (Tenths) Decoction)
 - Dan Shen Yin (Salvia Decoction)

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Tao He Cheng Qi Tang (Peach Pit Decoction to Order the Qi)
桃核乘气汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Drains heat and breaks up blood stasis;
- **Indications:**
 - Blood buildup (蓄血, Xu Xue) in the lower Jiao caused by the accumulation of blood stasis and heat manifested by acute lower abdominal pain, smooth urination, night fevers, delirious speech, irritability, restlessness and thirst, and a submerged, full, or choppy pulse. In more severe cases, there may be manic behavior. Women will usually experience dysmenorrhea or amenorrhea.

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Tao He Cheng Qi Tang (Peach Pit Decoction to Order the Qi)
桃核乘气汤

- **Pathological analysis**
 - The source text attributes this condition to the transmission of an externally-contracted pathogenic influence into the lower Jiao.
 - The static blood and heat obstruct the lower Jiao and cause acute lower abdominal pain.
 - The buildup of blood disturbs the lower Jiao but does not disrupt the transformation of the Bladder Qi, so urination is normal.
 - Because the heat is in the blood level, there is feverishness at night.
 - The Heart governs the blood and is the organ from which the clarity of spirit, producing abnormal and chaotic manifestations of the spirit such as delirious speech, irritability, restlessness, and thirst, or, in more severe cases, manic behavior.
 - Moreover, the accumulation and stasis of blood in the lower abdomen inhibits blood circulation and causes amenorrhea or dysmenorrhea in women.

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Tao He Cheng Qi Tang (Peach Pit Decoction to Order the Qi)
桃核乘气汤

• **Composition**

– **Chief**

- Tao Ren (Persicae Semen) 50 pcs (12-15g)
- Da Huang (Rhei Radix et Rhizoma) 12g

– **Deputy**

- Gui Zhi (Cinnamomi Ramulus) 6g

– **Assistant**

- Mang Xiao (Natrii Sulfas) 6g (add to strained decoction)

– **Envoy**

- Zhi Gan Cao (Glycyrrhizae Radix preparata) 6g

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Tao He Cheng Qi Tang (Peach Pit Decoction to Order the Qi)
桃核乘气汤

• **Analysis of Formula**

- This is a modification of Tiao Wei Cheng Qi Tang to which Tao Ren and Gui Zhi have been added.

- This changes it from a formula that purges clumping of heat and stools to one that breaks up and expels blood stasis.

– The chief

- Tao Ren breaks up and eliminates blood stasis.
- Da Huang attacks and purges accumulations and cleanses pathogenic heat. By attacking the blood stasis and guiding it out of the body, the pathogenic heat is left without anything to which it can attach, and is thereby more easily cleansed or washed away.

– The deputy

- Gui Zhi warms the sinews, unblocks the vessels, and dispels retained blood from the lower Jiao effectively unblocks the circulation of blood in the vessels and assists Tao Ren in breaking up and eliminating blood stasis.

– The assistant

- Mang Xiao softens areas of hardness and dispels accumulation. This helps Da Huang in moving the stool, draining heat, and eliminating blood stasis.

– The envoy

- Zhi Gan Cao protects the ST and calms the middle Jiao by moderating²² the harsh properties of the other ingredients in the formula.

Tao He Cheng Qi Tang (Peach Pit Decoction to Order the Qi)

桃核乘气汤

- **Key Point of diagnosis**
 - Acute lower abdominal pain, smooth urination, a submerged, full, or choppy pulse.
- **Caution and contraindication**
 - Contraindicated during pregnancy. If there are still exterior symptoms, the exterior should first be released before using this formula.
- **Modification**
 - For irregular menstruation or dysmenorrhea: + Dang Gui; Hong Hua;
 - For concurrent Qi stagantion: + Xiang Fu; Wu Yao; Qing Pi; Mu Xiang;
 - For more severe obstruction from blood stasis due to post-hemorrhagic retention of blood, traumatic injury, impairment of circulation, difficult defecation, or bowel obstruction with continuous, stabbing abdominal pain, thirst, fever, and a choppy pulse: + Chi Shao; San Qi;
 - For nosebleed or spitting up blood of a purple or dark color accompanied by a stifling sensation in the chest: + Sheng Di Huang; Bai Mao Gen;
 - For prolonged lochia, hard fullness in the lower abdomen, or severe wheezing and distention of the chest: combine with Shi²³ Xiao San

Tao He Cheng Qi Tang (Peach Pit Decoction to Order the Qi)

桃核乘气汤

- **Clinic use**
 - Disorders of the lower abdomen including intestinal obstruction, acute pelvic inflammatory disease, leiomyoma, difficult childbirth, retained placenta, prolonged lochia, posttubal ligation syndrome, ectopic pregnancy, perimenopausal syndrome, cystitis, benign prostatic hypertrophy, prostatitis, gonorrhea urethritis, hemorrhagic fever with renal syndrome, and ulcerative colitis;
 - Neurological disorders including traumatic headache, cerebral contusion, sequelae of brain trauma, headache from subarachnoid hemorrhage, recalcitrant migraine, and trigeminal neuralgia;
 - Psychiatric disorders including schizophrenia, hysterical psychosis, reactive psychosis, and epilepsy.
 - Congestive and inflammatory conditions affecting the face and head including acute conjunctivitis, hordeolum, blepharitis, pterygium, facial acne, brandy nose, and gingivitis with bleeding;
 - Vascular disorders including cerebrovascular disease, atherosclerosis, hypertension, myocardial infarction, and varicose veins.
 - Skin disorders including urticaria, seborrheic dermatitis, erysipelas, scarlet fever, allergic purpura, and exudative eczema.
 - Pancreatitis, hemoptysis from tuberculosis, asthma, periodic epistaxis during menstrual periods, hepatic coma, chronic renal insufficiency, purulent mastitis, bone spurs, Keshan syndrome, and pinworms.

Xue Fu Zhu Yu Tang (Drive Out Stasis in the Mansion of Blood Decoction)
血府逐瘀汤

- **Source:** Correction of Errors among Physicians (1830)
- **Actions:** Invigorates the blood, dispels blood stasis, spreads the Qi of the Liver, and unblocks the channels;
- **Indications:**
 - Blood stasis in the “mansion of blood” (血府, Xue Fu) with impairment of blood flow in the area above the diaphragm marked by pain in the chest and hypochondria, chronic, stubborn headache with a fixed, piercing quality, chronic, incessant hiccup, a choking sensation when drinking, dry heaves, depression or low spirits accompanied by a sensation of warmth in the chest, palpitations, insomnia, restless sleep, irritability, extreme mood swings, evening tidal fever, a dark or purplish lips, complexion, or sclera, and a choppy or wiry, tight pulse.

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Xue Fu Zhu Yu Tang (Drive Out Stasis in the Mansion of Blood Decoction)
血府逐瘀汤

- **Pathological analysis**
 - The stasis of blood obstructs the movement of Qi in the chest, which manifests as pain in the chest and hypochondria.
 - The obstruction also prevents the clear Yang from ascending to the head, causing a chronic, stubborn headache.
 - Blockage of the flow of blood in the channels from localized blood stasis produces a characteristically fixed and piercing type of headache pain.
 - If blood stasis obstructs the Stomach, the Stomach Qi may rebel upward and manifests as incessant hiccup, a choking sensation when drinking, or dry heaves.
 - Long-term blood stasis tends to transform into heat, and constrained Qi tends to transform into fire. Blood stasis may also obstruct the blood vessels and prevent nourishment from reaching the Heart.

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Xue Fu Zhu Yu Tang (Drive Out Stasis in the Mansion of Blood Decoction)
血府逐瘀汤

- This combination of stasis, heat, and malnourishment of the Heart may cause depression or low spirits accompanied by a sensation of warmth in the chest, palpitations, insomnia, restless sleep, irritability, extreme mood swings, and evening tidal fever.
- The dark red tongue, dark spots on the sides of the tongue, dark or purplish appearance of the lips, complexion, or sclera, and the choppy or wiry, tight pulse are all typical signs of chronic blood stasis and constrained Liver Qi.

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Xue Fu Zhu Yu Tang (Drive Out Stasis in the Mansion of Blood Decoction)
血府逐瘀汤

• **Composition**

– **Chief**

- Tao Ren (Persicae Semen) 12g
- Hong Hua (Carthami Flos) 9g
- Chuan Xiong (Chuanxiong Rhizoma) 4.5g

– **Deputy**

- Dang Gui (Angelicae sinensis Radix) 9g
- Chi Shao (Paeoniae Radix rubra) 6g
- Sheng Di Huang (Rehmanniae Radix) 9g
- Niu Xi (Achyranthis Radix) 9g

– **Assistant**

- Chai Hu (Bupleuri Radix) 3g
- Jie Geng (Platycodi Radix) 4.5g
- Zhi Ke (Aurantii Fructus) 6g

– **Envoy**

- Gan Cao (Glycyrrhizae Radix) 6g

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Xue Fu Zhu Yu Tang (Drive Out Stasis in the Mansion of Blood Decoction)
血府逐瘀汤

• **Analysis of Formula**

- This formula is a variation on the combination of Tao Hong Si Wu Tang and Si Ni San.
- The chief
 - The chief herbs are those which invigorate the blood and dispel blood stasis, particularly in the upper part of the body: Tao Ren, Hong Hua, and Chuan Xiong;
- The deputy
 - Chi Shao and Dang Gui also invigorate the blood, although their focus is lower in the body. The latter also nourishes the blood and moistens.
 - Sheng Di Huang cools the blood and clears heat, enables the formula to dispel blood stasis without injuring the Yin and blood.
 - Chuan Niu Xi improves the circulation by eliminating blood stasis and inducing the downward movement of blood.

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Xue Fu Zhu Yu Tang (Drive Out Stasis in the Mansion of Blood Decoction)
血府逐瘀汤

- The assistant
 - Chai Hu smoothes the flow of Liver Qi, relieves constraint, and raises the clear Yang. In concert with the other assistants, Jie Geng and Zhi Ke, it expands the chest and promotes the movement of Qi. By relieving Qi stagnation in the chest, these herbs promote the movement of Qi and thereby facilitate the movement of blood
- The envoy
 - Gan Cao regulates and harmonizes the actions of the other herbs.

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Xue Fu Zhu Yu Tang (Drive Out Stasis in the Mansion of Blood Decoction)
血府逐瘀汤

- **Key Point of diagnosis**
 - Fixed pain in the chest and hypochondria, a dark or purplish lips, a choppy or wiry, tight pulse.
- **Caution and contraindication**
 - Because the actions of this formula in invigorating the blood and dispelling blood stasis are very strong, it is contraindicated during pregnancy and in most cases that involve excessive menstrual bleeding as well as in the weak or debilitated. It is also contraindicated in cases with bleeding diathesis or any active hemorrhagic disorder.
- **Modification**
 - For headache: + Man Jing Zi; Ci Ji Li;
 - For pain in the hypochondria from an enlarged Liver: + Dan Shen, Yu Jin, Meng Chong, and Jiu Xiang Chong;
 - For immobile subcostal and abdominal masses: + Yu Jin; Dan Shen;
 - For amenorrhea or dysmenorrhea: — Jie Geng; + Xiang Fu, Yi Mu Cao, and Ze Lan;
 - For rheumatic valvular heart disease: — Chuan Niu Xi; Jie Geng; + Suan Zao Ren; Dang Shen; Chai Hu; Zhi Fu Zi; Gui Zhi;
 - For angina pectoris due to coronary artery disease: increase the dosage of Hong Hua; Chuan Xiong; + Dan Shen;

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Xue Fu Zhu Yu Tang (Drive Out Stasis in the Mansion of Blood Decoction)
血府逐瘀汤

- **Clinic use**
 - Cardiac and vascular disorders including coronary artery disease, rheumatic valvular heart disease, hypertension, and cor pulmonale;
 - Structural disorders of the chest including intercostal neuralgia, costochondritis, and thoracic strains;
 - Neurological and psychiatric disorders including postconcussion syndrome, migraine, trigeminal neuralgia, depression, and psychosis.
 - Perimenopausal syndrome, primary dysmenorrhea, chronic hepatitis, peptic ulcers, and urticaria.

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Ge Xia Zhu Yu Tang (Drive Out Blood Stasis Below the Diaphragm Decoction) 膈下逐瘀汤

- **Source:** Correction of Errors among Physicians (1830)
- **Actions:** Invigorates the blood, dispels blood stasis, promotes the movement of Qi, and alleviates pain;
- **Indications:** Blood stasis in the area below the diaphragm with palpable abdominal masses accompanied by fixed pain, or abdominal masses that are visible when lying down. Also for chronic diarrhea and daybreak diarrhea.

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Ge Xia Zhu Yu Tang (Drive Out Blood Stasis Below the Diaphragm Decoction) 膈下逐瘀汤

- **Ingredients**
 - Chao Wu Ling Zhi 9g; Dang Gui 9g; Chuan Xiong 6g; Tao Ren 9g; Mu Dan Pi 6g; Chi Shao 6g; Wu Yao 6-12g; Yan Hu Suo 3g; Gan Cao 9g; Xiang Fu 4.5g; Hong Hua 9g; Zhi Ke 4.5g
- Through his anatomical studies, Wang Qing-Ren discovered that all the organs, with the exception of the Heart and Lungs, are located below the diaphragm.
- This formula therefore treats blood stasis within these organs.
- The most important diagnostic marker are palpable abdominal masses, although it is important to remember that other pathologies (such as Qi stagnation, phlegm, or dampness) can also cause these masses.
- This formula is also commonly used to treat amenorrhea and painful periods.

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Shao Fu Zhu Yu Tang (Drive-Out Blood Stasis in the Lower Abdomen Decoction) 少腹逐瘀汤

- **Source:** Correction of Errors among Physicians (1830)
- **Actions:** Invigorates the blood, dispels blood stasis, warms the menses, and alleviates pain;
- **Indications:** Blood stasis accumulating in the lower abdomen caused by cold characterized by palpable masses that may or may not be painful, or lower abdominal pain without palpable masses, or lower abdominal distention, or lower back pain and lower abdominal distention during menstruation, or frequent menstruation (3-5 times per month) with dark or purple menstrual blood (usually with clots), or abnormal uterine bleeding accompanied by lower abdominal soreness and pain.

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Shao Fu Zhu Yu Tang (Drive-Out Blood Stasis in the Lower Abdomen Decoction) 少腹逐瘀汤

- **Ingredients:**
 - Chao Xiao Hui Xiang 1.5g; Chao Gan Jiang 0.6g; Yan Hu Suo 3g; Dang Gui 9g; Chuan Xiong 3g; Mo Yao 3g; Rou Gui 3g; Chi Shao 6g; Pu Huang 9g; Chao Wu Ling Zi 6g;
- This formula is basically a combination of Tao Hong Si Wu Tang and Shi Xiao San.
- It is particularly indicated for cold from deficiency leading to blood stasis. Thus, in addition to signs of blood stasis, there will also be symptoms of cold.
- These include an aversion to cold, low or depressed mood, cold extremities, white discharges, and a pale tongue.
- Recently, this formula has been successfully used in the treatment of cirrhosis of the Liver with edema with the addition of Sheng Di Huang, Xiang Fu, Wu Yao, Tao Ren, Hong Hua, and Si Gua Luo;

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Shen Tong Zhu Yu Tang (Drive Out Blood Stasis from a Painful
Body Decoction) 身痛逐瘀汤

- **Source:** Correction of Errors among Physicians (1830)
- **Actions:** Invigorates the blood, promotes the movement of Qi, dispels blood stasis, unblocks the collaterals, unblocks painful obstruction, and alleviates pain.
- **Indications:** Painful obstruction due to the obstruction of Qi and blood in the channels and collaterals with such symptoms as shoulder pain, arm pain, lower back pain, leg pain, or other chronic aches and pains of the body.

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Shen Tong Zhu Yu Tang (Drive Out Blood Stasis from a Painful
Body Decoction) 身痛逐瘀汤

- **Ingredients:**
 - Qin Jiao 3g; Chuan Xiong 6g; Tao Ren 9g; Hong Hua 9g; Gan Cao 6g; Qiang Huo 3g; Mo Yao 6g; Dang Gui 9g; Chao Wu Ling Zhi 6g; Xiang Fu 3g; Chuan Niu Xi 9g; Di Long 6g;
- While the principal formula promotes the movement of Qi and especially unblocks the flow in the chest and hypochondria, this formula works on the entire body, which makes it particularly useful in treating painful obstruction of the extremities and joints.
- The source text notes that this formula is often effective when conventional formulas for treating painful obstruction have failed.

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Tong Qiao Huo Xue Tang (Unblock the Orifices and Invigorate the Blood Decoction) 通窍活血汤

- **Source:** Correction of Errors among Physicians (1830)
- **Actions:** Invigorates the blood, dispels blood stasis, and opens up the orifices.
- **Indications:**
 - Accumulation of blood stasis in the head, face, and upper part of the body with such symptoms as headache and vertigo, chronic tinnitus, hair loss, dark purple complexion, darkness around the eyes, and “brandy” nose. Also for childhood nutritional impairment with progressive emaciation, abdominal distention, purplish discoloration of the sinews, tidal fever, and other chronic disorders that arise from the accumulation of blood stasis internally, including the exhaustion of blood in women and deficiency from overwork in men.

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Tong Qiao Huo Xue Tang (Unblock the Orifices and Invigorate the Blood Decoction) 通窍活血汤

- **Ingredients:**
 - Chi Shao 3g; Chuan Xiong 3g; Tao Ren 9g; Hong Hua 9g; Cong Bai 3g; Da Zao 7pcs; Sheng Jiang 9g; She Xiang 0.15g (add with a small amount of white wine to the strained decoction)
- Although this formula is commonly interpreted to focus on the head and face, its author, Wang Qing-Ren, stated that it is able “to unblock the blood pipes” (通血管, Tong Xue Guan).
- He also noted that the bluish blood vessels that become visible on the skin are a distinguishing sign for blood stasis in the blood pipes.
- Contemporary commentators such as the Shaanxi College of TCM therefore interpret the term “unblocking the orifices” to mean not just the sensory organs of the head, but more generally the small apertures through which the blood enters and exits as it circulates through⁴⁰ the body.

Fu Yuan Huo Xue Tang (Revive Health by Invigorating the Blood Decoction)
复元活血汤

- **Source:** Illumination of Medicine (Jin dynasty)
- **Actions:** Invigorates the blood, dispels blood stasis, spreads the Liver Qi, and unblocks the channels.
- **Indications:**
 - Traumatic physical injury that results in blood leaving the vessels marked by excruciating pain associated with traumatic injury, especially in the chest, hypochondria, or flank.

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Fu Yuan Huo Xue Tang (Revive Health by Invigorating the Blood Decoction)
复元活血汤

- **Pathological analysis**
 - The overflow of blood from the vessels remains localized and forms an internal obstruction, which causes pain.
 - This formula is primarily used in treating such pain in the chest, hypochondria, or flanks, which are traversed by the Liver and Gallbladder channels.
 - In addition, because the Liver stores the blood, it should be treated irrespective of which channel is injured and causes blood stasis.
 - The impairment of circulation in the hypochondria and flanks due to the stasis of blood in turn causes the Qi to stagnate.
 - This combination of severe blood stasis and Qi stagnation results in excruciating pain.

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Fu Yuan Huo Xue Tang (Revive Health by Invigorating the Blood Decoction)
复元活血汤

• **Composition**

– **Chief**

- Dang Gui (Angelicae sinensis Radix) 9g
- Tao Ren (Persicae Semen) 50 pcs (9-15g)
- Hong Hua (Carthami Flos) 6g
- Pao Shan Jia (Prepared Manitis Squama) 6g
- Jiu Zhi Da Huang (Wine-prepared Rhei et Rhizoma) 30g

– **Deputy**

- Tian Hua Fen (Trichosanthis Radix) 9g

– **Assistant**

- Chai Hu (Bupleuri Radix) 15g

– **Envoy**

- Gan Cao (Glycyrrhizae Radix) 6g

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Fu Yuan Huo Xue Tang (Revive Health by Invigorating the Blood Decoction)
复元活血汤

• **Analysis of Formula**

– The chief

- Dang Gui, Tao Ren, Hong Hua, and Chuan Shan Jia, are very effective for invigorating the blood, dispelling blood stasis, reducing swelling, alleviating pain, and unblocking the channels.
- Chuan Shan Jia is particularly effective in breaking up stasis of blood and unblocking the channels.
- Da Huang is treated with wine to enhance its three-fold action in treating this condition:
 - To cleanse the coagulation of static and decayed blood downward, pushing out the stale blood to make way for the new;
 - To strengthen the actions of the chief ingredients in invigorating the blood and dispelling blood stasis;
 - To relax the middle Jiao and direct the Qi downward in order to assist in unblocking the ascending and descending movements in the thorax that remove the constrained Qi and stasis of blood.
 - Treating this herb with wine and decocting it together with the other ingredients reduces its purgative action.

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Fu Yuan Huo Xue Tang (Revive Health by Invigorating the Blood Decoction)
复元活血汤

- **The deputy**
 - Tian Hua Fen treats traumatic physical injury because of its ability to promote the growth of new tissue and reduce swelling. It enters the blood level and helps reduce the stasis of blood and disperse the accumulations that cause swelling. It also clears heat and moistens dryness, both of which may result from the chronic constraint of Qi and blood.
- **The assistant**
 - Chai Hu spreads the Liver Qi, promotes the movement of Qi, and guides the other herbs into the Liver channel in order to treat pain and distention in the chest, hypochondria, or flanks. With Da Huang, this combination provides one ascending and one descending herb in order to restore the functional activities of Qi.
- **The envoy**
 - Gan Cao relaxes spasms and alleviates pain, and regulates and harmonizes the functions of the other ingredients.

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Fu Yuan Huo Xue Tang (Revive Health by Invigorating the Blood Decoction)
复元活血汤

- **Key Point of diagnosis**
 - Excruciating pain associated with traumatic injury, especially in the chest, hypochondria, or flank.
- **Caution and Contraindication**
 - Contraindicated during pregnancy. If administering this formula leads to diarrhea without a complete cure, one should switch to a different formula.
- **Modifications**
 - For especially intense pain: + San Qi, Ru Xiang, Mo Yao, and Yan Hu Suo;
 - For severe Qi stagnation: + Yu Jin, Qing Pi, and Zhi Ke;
- **Clinical Use**
 - Traumatic injury, soft tissue injury, intercostal neuralgia, costochondritis, and acute lower back sprain.

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Fu Yuan Huo Xue Tang (Revive Health by Invigorating the Blood Decoction)
复元活血汤

- Vs. Xue Fu Zhu Yu Tang (Drive Out Stasis From the Mansion of Blood decoction)
 - Both of these formulas treat chest and flank pain due to blood stasis, primarily by invigorating the blood and transforming stasis, and secondarily by moving and regulating the Qi. For this reason, the basic structure of their composition is similar, combining herbs that transform and dispel blood stasis with those that unblock the ascending and downward-directing functions of the Qi dynamic.
 - Fu Yuan Huo Xue Tang strongly dispels stasis and relieves pain in the treatment of **traumatic injury** or other pathologies that cause blood to accumulate, with a primary focus on the **flanks and diaphragmatic area**.
 - Xue Fu Zhu Yu Tang, on the other hand, invigorates the blood and transforms stasis to resolve static blood, with a primary focus on the **chest and vessels**.

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Shi Xiao San (Sudden Smile Powder)
失笑散

- **Source:** Materia Medica Arranged According to Pattern (1108)
- **Actions:** Invigorates the blood, dispels blood stasis, disperses accumulation, and alleviates pain.
- **Indications:**
 - Retention of blood stasis that obstructs the vessels that serve the lower abdomen marked by irregular menstruation, dysmenorrhea, retention of the lochia, postpartum abdominal pain, acute, colicky pain in the lower abdomen, severe pain in the middle abdomen, or epigastric pain.

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Shi Xiao San (Sudden Smile Powder)
失笑散

- **Pathological analysis**

- As a result, the menstrual blood is unable to flow in accordance with its normal periodicity and there is irregular menstruation and dysmenorrhea.
- Soon after giving birth, the surplus of blood should leave the channels;
- However, if the blood becomes static and is retained in the form of lochia, it will obstruct the lower abdomen and cause acute spasms in the collaterals.
- This results in the rather severe abdominal pain symptoms described above.

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Shi Xiao San (Sudden Smile Powder)
失笑散

- **Composition**

- Wu Ling Zhi (Trogoptero Faeces) 6g
- Pu Huang (Typhae Pollen) 6g

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Shi Xiao San (Sudden Smile Powder)

失笑散

• **Analysis of Formula**

- Wu Ling Zhi, sweet and warming, enters the Liver blood aspect to remove obstruction from the blood vessels, disperse the retained blood, and alleviate pain.
- Pu Huang, sweet and neutral, enters the Liver blood aspect. It is used because it not only strongly promotes the circulation of blood, but also stops bleeding. It is used in its raw form to promote blood circulation and eliminate blood stasis, and in its honey-fried form to stop bleeding owing to its astringent qualities. In treating hemorrhage due to retention of blood stasis, one may use a mixture of equal parts of the raw and honey-fried forms.
- White wine warms the menses and promotes the circulation of blood, while vinegar transforms blood stasis and promotes the circulation of blood.
- The use of either substance enhances the blood-invigorating and pain-alleviating actions of the formula.

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Shi Xiao San (Sudden Smile Powder)

失笑散

• **Key Point of diagnosis**

- Irregular menstruation, dysmenorrhea, retention of the lochia, postpartum abdominal pain, acute, colicky pain in the lower abdomen, severe pain in the middle abdomen, or epigastric pain.

• **Caution and Contraindication**

- Contraindicated during pregnancy because of the ability of Pu Huang to cause uterine contractions, as well as the general action of the formula in dispelling blood stasis. Additionally, Wu Ling Zhi can readily injure the ST Qi and should therefore be used with caution in cases with ST deficiency.

• **Modifications**

- For concurrent cold: + Pao Jiang, Ai Ye, Xiao Hui Xiang, and Wu Yao;
- For severe Qi stagnation: + Xiang Fu or take with Jin Ling Zi San;

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Shi Xiao San (Sudden Smile Powder)

失笑散

- For irregular menstruation due to a pattern of blood stasis and blood deficiency: combine with Si Wu Tang;
- For angina pectoris from blood stasis: + 15g each of Chuan Xiong, Chi Shao, and Hong Hua, and 30g of Dan Shen;
- **Clinical Use**
 - Chronic gastritis, peptic ulcer, endometriosis, prolonged lochia, dysfunctional uterine bleeding, and coronary artery disease.

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Bu Yang Huan Wu Tang (Tonify the Yang to Restore Five (Tenths) Decoction)

补阳还五汤

- **Source:** Correction of Errors among Physicians (1830)
- **Actions:** Tonifies the Qi, invigorates the blood, and unblocks the channels.
- **Indications:**
 - Qi deficiency leading to blood stasis obstructing the channels manifested by sequelae of wind-stroke including hemiplegia, paralysis, and atrophy of the lower limbs, facial paralysis, slurred speech, drooling, dry stools, urinary frequency or incontinence, a white tongue coating, and a moderate pulse. The source text also prescribes the formula for atrophy disorders with the same underlying mechanism.

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Bu Yang Huan Wu Tang (Tonify the Yang to Restore Five (Tenths) Decoction)
补阳还五汤

- **Pathological analysis**

- This impairs the movement of Qi and the provision of nourishment by the blood.
- The sinews, blood vessels, muscles, and flesh are thereby deprived of nourishment, which manifests as hemiplegia, paralysis, and atrophy of the lower limbs, and facial paralysis.
- The deficiency of Qi and stasis of blood likewise deprive the tongue of its nourishment and strength, which manifests as slurred speech and drooling.
- Deficiency of Yang Qi inhibits the descent of the ST Qi and obstructs the Qi of the Yang organs. This results in the passage of dry stools because of the extended transit time through the Yang organs and thus the increased absorption of fluids from the stool.⁵⁵

Bu Yang Huan Wu Tang (Tonify the Yang to Restore Five (Tenths) Decoction)
补阳还五汤

- And because it is the transforming function of Qi that stabilizes and retains the fluids, the deficiency of Qi also accounts for the urinary frequency or incontinence.
- The white tongue coating and moderate pulse are indicative of Qi deficiency.
- Atrophy disorder characterized by weakness or flaccidity of the muscles can be due to the same pathodynamic.

Bu Yang Huan Wu Tang (Tonify the Yang to Restore Five (Tenths) Decoction)
补阳还五汤

• **Composition**

– **Chief**

- Huang Qi (Astragali Radix) 120g

– **Deputy**

- Dang Gui (Angelicae sinensis Radix) 6g
- Chuan Xiong (Chuanxiong Rhizoma) 3g
- Chi Shao (Paeoniae Radix rubra) 4.5g

– **Assistant**

- Tao Ren (Persicae Semen) 3g
- Hong Hua (Carthami Flos) 3g
- Di Long (Pheretima) 3g

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Bu Yang Huan Wu Tang (Tonify the Yang to Restore Five (Tenths) Decoction)
补阳还五汤

• **Analysis of Formula**

- When Qi deficiency is the cause of blood stasis, deficiency is the root and excess is the branch of the disorder. In such cases, simply tonifying the Qi will not fully eliminate the stasis of blood. Accordingly, this formula strongly tonifies the Qi, while relying on a smaller dosage of ingredients that invigorate the blood to dispel the stasis in the vessels and collaterals. This approach eliminates blood stasis without injuring the normal Qi.

– **The chief**

- Huang Qi strongly tonifies the primal Qi.

– **The deputy**

- Dang Gui, Chuan Xiong, and Chi Shao invigorate the blood and harmonize the nutritive Qi.

– **The assistant**

- Tao Ren, Hong Hua, and Di Long invigorate the blood, dispel blood stasis, and unblock the channels.
- Di Long is especially useful for unblocking and invigorating the channels and collaterals. In concert with Huang Qi, it moves the Qi₅₈ throughout the body.

Bu Yang Huan Wu Tang (Tonify the Yang to Restore Five (Tenths) Decoction)

补阳还五汤

- **Key Point of diagnosis**

- Hemiplegia, paralysis, and atrophy of the lower limbs, a white tongue coating, and a moderate pulse.

- **Caution and Contraindication**

- Because this formula breaks up and eliminates blood stasis, it is contraindicated immediately after a stroke when the cause is cerebral hemorrhage. Until the etiology is established and cerebral hemorrhage has been ruled out, one should refrain from using this formula.
- The contemporary physician Zhang Xi-chun argues that the formula should only be used if the pulse is empty and forceless. It is therefore contraindicated in wind-stroke patients who have a big and forceful, or firm, wiry, and forceful pulse, or in cases of Yin deficiency and hot blood, or during pregnancy.
- Before using this formula one must be sure that the patient has regained clear consciousness, the body temperature is normal, there is no hemorrhage, and the pulse is moderate. Herbal therapy may be required long-term, as its effects are generally slow and incremental. ⁵⁹

Bu Yang Huan Wu Tang (Tonify the Yang to Restore Five (Tenths) Decoction)

补阳还五汤

- **Modifications**

- For a predominance of cold: + Zhi Fu Zi;
- For a predominance of Spleen and Stomach deficiency: + Dang Shen; Bai Zhu;
- For profuse sputum: + Zhi Ban Xia; Tian Zhu Huang;
- For marked slurred speech: + Shi Chang Pu; Yuan Zhi;
- For pronounced facial paralysis: + Bai Fu Zi; Bai Jiang Can; Quan Xie;
- For mild, chronic hemiplegia: + Shui Zhi; Meng Chong;
- For focus the treatment on paralysis of the lower extremities: + Du Zhong; Niu Xi;
- For epigastric focal distention and labored breathing: + Wu Yao; Qing Pi;
- For reduced appetite and a stifling sensation in the chest: + Zhi Ke; Chen Pi;
- For a wiry, deficient, and rapid pulse with irritability and insomnia: + Zhi Zi; Chao Suan Zao Ren;

Bu Yang Huan Wu Tang (Tonify the Yang to Restore Five (Tenths) Decoction)
补阳还五汤

- **Clinical Use**

- Disorders with weakness or loss of function including poststroke hemiplegia and other sequelae, cerebrovascular disease, sequelae of poliomyelitis, and Bell's palsy;
- Neuropsychiatric disorders including a variety of neuralgias, epilepsy, and neuroses;
- Vascular diseases including coronary artery disease, hypertension, cor pulmonale, thromboangiitis obliterans, thrombophlebitis, and varicose veins;

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Dan Shen Yin (Salvia Decoction)
丹参饮

- **Source:** Compendium of Songs on Modern Formulas (1801)
- **Actions:** Invigorates the blood, dispels blood stasis, promotes the movement of Qi, and alleviates pain.
- **Indications:**
 - Blood stasis and Qi stagnation that has accumulated in the middle Jiao where it causes abdominal or epigastric pain that may radiate upward accompanied by signs and symptoms of blood stasis and Qi stagnation.

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Dan Shen Yin (Salvia Decoction)
丹参饮

- **Composition**

- **Chief**

- Dan Shen (Salviae miltiorrhizae Radix) 30g

- **Deputy**

- Tan Xiang (Santali albi Lignum) 3g

- **Assistant**

- Sha Ren (Amomi Fructus) 3g

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Dan Shen Yin (Salvia Decoction)
丹参饮

- **Analysis of Formula**

- **The chief**

- Dan Shen, bitter and slightly cold, can be used in a large dosage without injuring the Qi and blood. It invigorates the blood, transforms blood stasis, and alleviate pain.

- **The deputy**

- Tan Xiang warms the middle Jiao and regulates the Qi.

- **The assistant**

- Sha Ren promotes the movement of Qi, relaxes the middle Jiao, disperses the stifling sensation of constraint in the chest, and alleviates pain.

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Dan Shen Yin (Salvia Decoction)

丹参饮

- **Key Point of diagnosis**
 - Abdominal or epigastric pain that may radiate upward accompanied by signs and symptoms of blood stasis and Qi stagnation.
- **Caution and Contraindication**
 - Contraindicated during pregnancy and in cases with bleeding diathesis or any active hemorrhagic disorder.
- **Modifications**
 - For angina pectoris and dyspnea associated with coronary artery disease: combine with Gua Lou Xie Bai Bai Jiu Tang.
 - For stomach pain and distention, or for pain radiating to the flanks associated with nausea and vomiting and a purplish tongue body: combine with Si Ni San or Jin Ling Zi San; + Dai Zhe Shi, Xuan Fu Hua;
 - For painful obstruction of the chest with stabbing pain radiating to the back that is accompanied by shortness of breath: + Chi Shao, Chuan Xiong, Hong Hua, Shan Zha, Zhi Ke;
 - For pain in the flanks due to blood stasis in the collaterals: + Yu Jin, Ru Xiang;
- **Clinical Use**
 - Angina pectoris, hepatitis, pancreatitis, cholecystitis, chronic gastritis,⁶⁵ peptic ulcer, and primary or secondary dysmenorrhea.

Formulas that invigorate blood stasis

- Section 1 Formulas that invigorate blood stasis (10 types)
 - Tao He Cheng Qi Tang (Peach Pit Decoction to Order the Qi)
 - **Xue Fu Zhu Yu Tang** (Drive Out Stasis in the Mansion of Blood Decoction)
 - **Ge Xia Zhu Yu Tang** (Drive Out Blood Stasis Below the Diaphragm Decoction)
 - **Shao Fu Zhu Yu Tang** (Drive-Out Blood Stasis in the Lower Abdomen Decoction)
 - **Shen Tong Zhu Yu Tang** (Drive Out Blood Stasis from a Painful Body Decoction)
 - Tong Qiao Huo Xue Tang (Unblock the Orifices and Invigorate the Blood Decoction)
 - **Fu Yuan Huo Xue Tang** (Revive Health by Invigorating the Blood Decoction)
 - **Shi Xiao San** (Sudden Smile Powder)
 - **Bu Yang Huan Wu Tang** (Tonify the Yang to Restore Five (Tenths) Decoction)
 - Dan Shen Yin (Salvia Decoction)

Study guideline

- 1. Tao He Cheng Qi Tang's indications;
- 2. Xue Fu Zhu Yu Tang's indications;
- 3. Ge Xia Zhu Yu Tang's indications;
- 4. Shao Fu Zhu Yu Tang's indications;
- 5. Shen Tong Zhu Yu Tang's indications;
- 6. Tong Qiao Huo Xue Tang's indications;
- 7. Fu Yuan Huo Xue Tang's indications;
- 8. The difference between Fu Yuan Huo Xue Tang and Xue Fu Zhu Yu Tang;
- 9. The ingredients and indications of Shi Xiao San;
- 10. The indications of Bu Yang Huan Wu Tang; what is the Chief herb in this formula and its dose?
- 11. Dan Shen Yin's indications;

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Section 2 Formulas that warm channels & invigorate blood stasis

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Formulas that warm channels & invigorate blood stasis

- Section 2 Formulas that warm channels & invigorate blood stasis (3 types)
 - **Wen Jing Tang** (Warm the Menses Decoction)
 - **Gui Zhi Fu Ling Wan** (Cinnamon Twig and Poria Pill)
 - **Sheng Hua Tang** (Generation and Transformation Decoction)

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Wen Jing Tang (Warm the Menses Decoction)

温经汤

- **Source:** Essentials from the Golden Cabinet (c. 220)
- **Actions:** Warms the vessels, dispels cold, nourishes the blood, and dispels blood stasis;
- **Indications:**
 - Deficiency and cold of the Conception and Penetrating vessels together with obstruction due to the stasis of blood manifested by mild, persistent uterine bleeding, irregular menstruation (either early or late), extended or continuous menstrual flow, bleeding between periods, pain, distention, and cold in the lower abdomen, infertility, dry lips and mouth, low-grade fever at dusk, and warm palms and soles. The tongue body may be purplish, and the pulse fine and rough. This formula is also used to treat infertility in women.

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Wen Jing Tang (Warm the Menses Decoction)

温经汤

• **Pathological analysis**

- The Penetrating vessel is the sea of blood, and the Conception vessel is responsible for the well-being of the fetus.
- Both of these channels begin in the lower abdomen and have a very strong relationship to the menses.
- When the vessels are deficient and cold, the blood becomes static and the Qi stagnates.
- This manifests as mild, persistent uterine bleeding, irregular menstruation flow, bleeding between periods, lower abdominal pain, distention, cold, and infertility.
- When the stasis of blood obstructs the channels, the blood remain in its normal pathways, and the Penetrating and Conception vessels become destabilized, causing early menstruation.

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Wen Jing Tang (Warm the Menses Decoction)

温经汤

- Cold, stagnant blood can impede the menstrual flow and cause delayed menstruation.
- When the essence and blood are destabilized due to the inability of deficient Qi to govern the blood, the flow will be extended or continuous.
- And when the Penetrating and Conception vessels are not properly regulated, blood may spill out of the Womb between periods.
- The purple tongue, as well as the fine and rough pulse, are both indicative of blood stasis.
- Cold in the Conception and Penetrating vessels leading to stasis of blood is also a common cause of infertility in women.
- Heat may be due either to deficiency of blood or obstruction.
- “Classic of Difficulties” notes that the blood governs moistening. In this condition, the presence of blood stasis impedes the production of new blood. This results in a lack of moisture in the body, which manifests as dry lips and mouth.

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Wen Jing Tang (Warm the Menses Decoction)
温经汤

- The low-grade fever at dusk and warm palms and soles may be attributed to deficiency and stasis of blood.
- One part of the blood is composed of fluids that are responsible for moistening and cooling.
- Deficient blood deprives the body of moisture, and the stasis of blood obstructs the dissemination of fluids throughout the body.
- At the same time, blood stasis also constrains the body's Yang Qi, giving rise to heat that is particularly noticeable at dusk and during the first part of the night.

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Wen Jing Tang (Warm the Menses Decoction)
温经汤

• **Composition**

– **Chief**

- Wu Zhu Yu (Evodiae Fructus) 9g
- Gui Zhi (Cinnamomi Ramulus) 6g

– **Deputy**

- Dang Gui (Angelicae sinensis Radix) 6g
- Chuan Xiong (Chuanxiong Rhizoma) 6g
- Shao Yao (Paeoniae Radix) 6g
- E Jiao (Asini Corii Colla) Dissolve in the Strained decoction
- Mai Men Dong (Ophiopogonis Radix) 9g

– **Assistant**

- Mu Dan Pi (Moutan Cortex) 6g
- Ren Shen (Ginseng Radix) 6g
- Sheng Jiang (Zingiberis Rhizoma recens) 6g
- Zhi Ban Xia (Pinelliae Rhizoma preparatum) 6g

– **Envoy**

- Gan Cao (Glycyrrhizae Radix) 6g

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Wen Jing Tang (Warm the Menses Decoction)

温经汤

• **Analysis of Formula**

- This formula is the combination of Jiao Ai Tang, Wu Zhu Yu Tang, and Mai Men Dong Tang.
- The chief
 - Wu Zhu Yu enters the Liver and Kidney channels to disperse cold and stop pain;
 - Gui Zhi, acrid, sweet and warming, enters the nutritive Qi to improve circulation in the blood vessels and disperse cold.
 - Together, these two herbs are extremely effective in treating conditions of blood stasis due to cold.
- The deputy
 - Dang Gui, Chuan Xiong, and Bai Shao, invigorate the blood, dispel blood stasis, nourish the blood, and regulate the menses. Dang Gui and Bai Shao also function with E Jiao and Mai Men Dong to nourish the blood, tonify the Yin, and regulate the Liver.
 - E Jiao and Mai Men Dong focus on nourishing the Yin, moistening dryness, and clearing heat from deficiency. Complementing Wu Zhu Yu and Gui Zhi, they also prevent the warming and drying properties of the chief herbs from damaging the body fluids and blood.

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Wen Jing Tang (Warm the Menses Decoction)

温经汤

- The assistant
 - Mu Dan Pi assists the chief herbs in dispelling blood stasis and facilitating the menses, and clears heat from deficiency from the blood level.
 - Ren Shen, Gan Cao, Sheng Jiang, and Zhi Ban Xia tonify the Qi and harmonize the Spleen and Stomach to strengthen the source of production and transformation so that Yang can produce Yin and the blood may be sufficient.
- The envoy
 - Gan Cao harmonizes the actions of the various herbs in the formula.

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Wen Jing Tang (Warm the Menses Decoction)

温经汤

• **Key Point of diagnosis**

- Mild, persistent uterine bleeding, irregular menstruation (either early or late), pain, distention, and cold in the lower abdomen, warm palms and soles.

• **Caution and contraindication**

- Contraindicated in cases with abdominal masses due to blood stasis from excess.

• **Modification**

- For more severe lower abdominal cold and pain: — Mai Men Dong and Mu Dan Pi; + Xiao Hui Xiang; Ai Ye; Substitute Rou Gui for Gui Zhi;
- For more severe Qi stagnation: + Xiang Fu; Wu Yao;
- For mild, persistent uterine bleeding of pale-colored blood: — Mu Dan Pi to reduce the cooling action; + Pao Jiang; Ai Ye; Shu Di Huang;
- For Qi deficiency: + Huang Qi;
- For persistent bleeding after miscarriage: — Gan Cao; + Dan Shen; Yi Mu Cao; Niu Xi;
- For chronic endometritis: + Ru Xiang; San Qi;

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Wen Jing Tang (Warm the Menses Decoction)

温经汤

• **Clinic use**

- Gynecological disorders including dysfunctional uterine bleeding, uterine hypoplasia, endometrial hyperplasia, endometriosis, leiomyoma, dysmenorrhea, amenorrhea, polycystic ovaries, infertility (including blocked uterine tubes), habitual miscarriage, threatened abortion, perimenopausal syndrome, senile vaginitis.
- Male urogenital disorders including erectile dysfunction, oligospermia, and benign prostatic hypertrophy.

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Gui Zhi Fu Ling Wan (Cinnamon Twig and Poria Pill)
桂枝茯苓丸

- **Source:** Essentials from the Golden Cabinet (c.220)
- **Actions:** Invigorates the blood, transforms blood stasis, and reduces fixed abdominal masses;
- **Indications:**
 - Restless fetus disorder due to blood stasis in the Womb manifested by mild, persistent uterine bleeding of purple or dark blood during pregnancy accompanied by abdominal pain that increases with pressure, purple tongue with papules, choppy or deep slow pulse.

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Gui Zhi Fu Ling Wan (Cinnamon Twig and Poria Pill)
桂枝茯苓丸

- **Pathological analysis**
 - The stasis of blood in the Womb disturbs the fetus by obstructing the flow of blood and thereby depriving the fetus of nourishment.
 - When the flow of blood is obstructed in its normal pathways it may spill out, causing mild, persistent uterine bleeding of purple or dark blood.
 - Later generations of physicians have expanded in the indications of this formula to include such problems as immobile masses in the lower abdomen with pain and tenderness, abdominal spasms and tension, amenorrhea with abdominal distention and pain, dysmenorrhea, and retention of the lochia.
 - All of these problems are accompanied by a dark tongue with purple stasis, dampness, and phlegm obstruction.
 - Under normal circumstances, the Qi, blood, and body fluids of a person dynamically interact to facilitate their unhindered movement through the body.

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Gui Zhi Fu Ling Wan (Cinnamon Twig and Poria Pill)
桂枝茯苓丸

- If, for various reasons, the movement of one of these substances is impeded, it will affect all the others, and, in due course, immobile abdominal masses are generated.
- Because blood stasis and phlegm-dampness are pathogens with form, these masses are palpable, while pain and tenderness will be fixed in location.
- When such stagnation affects the Penetrating and Conception vessels, the period becomes irregular or ceases altogether.
- Retention of the lochia is also due to the same factors.
- The pulse and tongue signs reflect the underlying pathodynamic.

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Gui Zhi Fu Ling Wan (Cinnamon Twig and Poria Pill)
桂枝茯苓丸

• **Composition**

– **Chief**

- Gui Zhi (Cinnamomi Ramulus) 9-12g
- Fu Ling (Poria) 9-12g

– **Deputy**

- Shao Yao (Paeoniae Radix) 9-15g

– **Assistant**

- Mu Dan Pi (Moutan Cortex) 9-12g
- Tao Ren (Persicae Semen) 9-12g
- Gan Cao (Glycyrrhizae Radix) 6g

– **Envoy**

- Honey

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Gui Zhi Fu Ling Wan (Cinnamon Twig and Poria Pill)

桂枝茯苓丸

• **Analysis of Formula**

- This formula was designed by Zhang Zhong-jing for treating blood stasis during pregnancy.
- This is a rather delicate situation that requires the utmost care and refinement of strategy.
- Blood stasis and fixed abdominal masses must be reduced and dispersed if one is to stop the abnormal development of the fetus.
- However, a too-forceful attempt to reduce and disperse the stasis may also harm the fetus or risk abortion.
- The strategy underlying this formula therefore utilizes a relatively mild treatment to reduce the fixed abdominal masses without threatening the well-being of the fetus.
- This is achieved partly by combining herbs that disperse stasis indirectly by facilitating Qi transformation rather than directly attacking it, and partly by using a low dose of pills rather than a decoction.

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Gui Zhi Fu Ling Wan (Cinnamon Twig and Poria Pill)

桂枝茯苓丸

- The chief
 - Gui Zhi, acrid and warm, unblocks the blood vessels and reduces the stasis of blood by promoting circulation;
 - Fu Ling helps promote the downward circulation of blood in cases of blood stasis. It also nourishes the Qi of the Heart and Spleen, quiets the Heart, and calms the spirit, all of which help to calm the fetus. Because dampness may contribute to the formation of masses or the blockage and stasis of blood, Fu Ling is used to transform phlegm and promote urination. This is especially useful if there is edema or phlegm-dampness complicating the blood stasis.
 - Both herbs enter the Tai Yang and are frequently used together to promote its Qi transformation, causing the clear Yang and fluids to ascend throughout the body (including the blood) while draining turbidity out through the urine;
- The deputy
 - Bai Shao Yao relaxes spasms and alleviates abdominal pain;
 - Chi Shao Yao promotes the circulation of blood to alleviate stasis;
 - If necessary, both forms of the herb may be used.
- The assistant
 - Mu Dan Pi and Tao Ren cool and invigorate the blood, break up and dispel blood stasis, reduce fixed abdominal masses, and disperse accumulation.
- The envoy
 - Honey makes the pills moderate the harshness of those herbs that dispel blood stasis;

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Gui Zhi Fu Ling Wan (Cinnamon Twig and Poria Pill)

桂枝茯苓丸

• **Key Point of diagnosis**

- Mild, persistent uterine bleeding of purple or dark blood during pregnancy accompanied by abdominal pain that increases with pressure, purple tongue with papules, choppy or deep slow pulse.

• **Caution and contraindication**

- Use with extreme caution during pregnancy or postpartum and only when there is a confirmed diagnosis of blood stasis producing this pattern.

• **Modification**

- For more severe blood stasis: + Da Huang;
- For chronic accumulation and clumps that have generated fixed abdominal masses: + Mu Li, Bie Jia, Dan Shen, Ru Xiang, Mo Yao, and Ji Nei Jin;
- For heavy menstrual bleeding or irregular uterine bleeding: + Wu Ling Zhi, Pu Huang, and Xue Yu Tan;
- For severe pain: + Yan Hu Suo, Ru Xiang, and Mo Yao;
- For pronounced discharge due to dampness: + Yi Yi Ren, Bai Zhi, and Che Qian Zi;
- For amenorrhea due to blood stasis: + Chuan Xiong, Hong Hua, Xiang Fu, and Yi Mu Cao;

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Gui Zhi Fu Ling Wan (Cinnamon Twig and Poria Pill)

桂枝茯苓丸

- For blood stasis in the Womb characterized by dysmenorrhea, small amounts of blood, clotting, and pain that is reduced as clots are discharged: + Dang Gui, Chuan Xiong, Wu Yao, Xiang Fu, and Niu Xi;
- For prolonged lochia: + Dang Gui, Yi Mu Cao, and Pao Jiang;
- For patients with pronounced blood deficiency: combine with Dang Gui Shao Yao San;

• **Clinic use**

- Obstetrical and gynecological disorders marked by masses or bleeding including primary dysmenorrhea, dysfunctional uterine bleeding or leiomyoma, cervical erosion, endometritis, polycystic ovaries, chronic salpingitis, chronic pelvic inflammatory disease, endometriosis, habitual miscarriage, ectopic pregnancy, retained placenta, prolonged lochia, and postpartum urinary retention.
- Various types of nodular disorders including fibrocystic breasts, benign prostatic hypertrophy, intestinal polyps, postvasectomy pain with localized nodules, thyroid hypertrophy, granulomas, cystic acne, vocal cord nodules, nodular vasculitis, and hemorrhoids.
- Vascular disorders including thrombophlebitis of the lower extremities, hypertension, coronary heart disease, chronic congestive heart failure, and pelvic congestion syndrome.
- Neuropsychiatric disorders including schizophrenia, epilepsy, neuroses, and recalcitrant insomnia.
- Ophthalmic disorders including iritis, central serous retinopathy, choroidal hemorrhage, and conjunctivitis.

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Gui Zhi Fu Ling Wan (Cinnamon Twig and Poria Pill)
桂枝茯苓丸

- Vs. Tao He Cheng Qi Tang (Peach Pit Decoction to Order the Qi)
 - Both formulas treat excess patterns with blood stasis in the lower abdomen with an etiology that involves both cold and heat, typically with cold pathogenic Qi leading to blood stasis in the lower Jiao. This prevents the Yang Qi from connecting with the blood, so that it moves upward instead to cause symptoms like flushing or restlessness.
 - Tao He Cheng Qi Tang treats **patterns that are relatively more Yang or hot in nature that tend toward dryness**, with symptoms that, as a result, are both **more changeable and more severe such as flushed face, nosebleeds, mania, or more indistinct and moveable boundaries of tenderness on palpation of the abdomen**. The pulse will be submerged, full, or choppy, the tongue coating may be yellow, and the patient may be thirsty.
 - Gui Zhi Fu Ling Wan patterns, on the other hand, also involve the **accumulation of water and are thus more Yin in nature**. This is reflected in **a more stable symptomatology and fixed areas of tenderness on palpation**. The pulse will be deep, slow, and tight, any tongue coating will usually be white, and the patient will generally not be thirsty, even if there are other heat signs.

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Sheng Hua Tang (Generation and Transformation Decoction)
生化汤

- **Source:** Fu Qing-Zhu's Women's Disorders (17th century, published in 1826)
- **Actions:** Invigorates the blood, transforms and dispels blood stasis, warms the menses, and alleviates pain;
- **Indications:** **Cold that takes advantage of the deficiency of normal Qi and blood during the postpartum period to enter the abdomen manifested by retention of the lochia accompanied by cold and pain in the lower abdomen, a pale purple tongue or a pale tongue with purple spots, and a thin, submerged, and choppy pulse.**

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Sheng Hua Tang (Generation and Transformation Decoction)
生化汤

• **Pathological analysis**

- It is this cold that produces the stasis of blood, such that static blood is retained within the Womb.
- This manifests as retention of the lochia characterized by discharge of turbid and decaying blood through the vagina.
- At first, there are small, purple-red clots, and then only the seeping of a dark red fluid.
- Cold is a Yin pathogenic influence whose nature it is to restrain and contract.
- Blood stasis due to cold from deficiency produces pain and cold in the lower abdomen.
- The pale, purple tongue or pale tongue with purple spots, and the thin, submerged, and choppy pulse are classic signs of blood stasis due to cold from deficiency.

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Sheng Hua Tang (Generation and Transformation Decoction)
生化汤

• **Composition**

- **Chief**
 - Dang Gui (Angelicae sinensis Radix) 24g
- **Deputy**
 - Chuan Xiong (Chuanxiong Rhizoma) 9g
 - Tao Ren (Persicae Semen) 14pcs (6-9g)
- **Assistant**
 - Pao Jiang (Zingiberis Rhizoma preparata) 1.5g
 - Yellow wine
- **Envoy**
 - Zhi Gan Cao (Glycyrrhizae Radix preparata) 1.5g

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Sheng Hua Tang (Generation and Transformation Decoction)
生化汤

• **Analysis of Formula**

- In the period immediately after childbirth it is almost inevitable that the nutritive Qi and blood will be deficient, a condition that requires tonification and nourishment.
- Here, however, this condition is complicated by abdominal pain due to the stasis of blood.
- In such cases, a strategy that only tonifies without invigorating the blood cannot hope to eliminate the retained blood, while a strategy that simply disperses the stasis without tonifying will not be conducive to the generation of new blood.
- That is why this formula combines a strategy of generating new blood while simultaneously transforming blood stasis.
- This is based on the adage, “If the stasis of blood is not transformed, new blood cannot be generated.” If this method is followed, the generation of new blood will not cause further blood stasis, nor will the transformation of stasis injure the nutritive Qi.
- It is therefore an effective approach to this particular pattern of disharmony.

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Sheng Hua Tang (Generation and Transformation Decoction)
生化汤

- The chief
 - Dang Gui tonifies and invigorates the blood, transforms blood stasis, and generates new blood. When the blood is abundant, the blood vessels will be full and the circulation of blood will be smooth and unimpeded. This will lead to the dispersal of blood stasis.
- The deputy
 - Chuan Xiong invigorates the blood and promotes the movement of Qi;
 - Tao Ren invigorates the blood and dispels stasis;
- The assistant
 - Pao Jiang, enters the blood and dispels cold, warms the menses, and alleviates pain. The warm, blood-entering properties of Pao Jiang assists Chuan Xiong and Tao Ren in warming and unblocking blood stasis; This herb also assists Zhi Gan Cao in warming the middle Jiao and alleviating pain.
 - Yellow wine helps the other ingredients warm and dispel cold.
- The envoy
 - Zhi Gan Cao regulates and harmonizes the actions of the other ingredients.

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Sheng Hua Tang (Generation and Transformation Decoction)

生化汤

- **Key Point of diagnosis**
 - Retention of the lochia accompanied by cold and pain in the lower abdomen, a pale purple tongue or a pale tongue with purple spots, and a thin, submerged, and choppy pulse.
- **Caution and Contraindication**
 - Contraindicated in cases with blood stasis due to heat in the blood or postpartum hemorrhage because the warm, blood-invigorating nature of these herbs tends to aggravate such conditions. It is also contraindicated during pregnancy or in cases with bleeding diathesis or any active hemorrhagic disorder. With respect to postpartum use, if there is already normal discharge of lochia and only slight abdominal pain, this formula may be too harsh in its action of breaking up blood stasis and should therefore be modified.
- **Modifications**
 - For postpartum application in which there is already discharge of lochia and only slight abdominal pain: — Tao Ren;
 - For more severe retention of blood and consequently more intense abdominal pain: + Pu Huang, Wu Ling Zhi, and Yan Hu Suo;
 - For more severe cold characterized by severe cold and pain in the lower abdomen: + Rou Gui;
 - For feverishness associated with blood stasis: + Mu Dan Pi; Chi Shao;
 - For marked postpartum Qi deficiency with profuse sweating due to loss of blood: + Ren Shen; Huang Qi;
 - For failure of the uterus to resume to its normal size postpartum: + Yi Mu Cao

Sheng Hua Tang (Generation and Transformation Decoction)

生化汤

- **Clinical use**
 - Pain from uterine involution, prolonged lochia, retained placenta, bleeding postmiscarriage, ectopic pregnancy, leiomyoma, endometriosis, and infertility.

Sheng Hua Tang (Generation and Transformation Decoction)
生化汤

- **Vs. Wen Jing Tang (Flow-Warming Decoction)**

- Both are important gynecological formulas that can be used in treating postpartum patterns characterized by cold and blood stasis.
- Wen Jing Tang focuses on warming and opening the Qi dynamic, and less on breaking up blood stasis. At the same time, it is able to clear heat from constraint.
- Sheng Hua Tang, on the other hand, emphasizes unblocking the stasis by means of warming the blood, while also generating new blood. It is thus indicated for more severe signs of blood stasis without heat.

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Sheng Hua Tang (Generation and Transformation Decoction)
生化汤

- **Vs. Shi Xiao San (Sudden Smile Powder)**

- Both of these formulas invigorate the blood and dispel blood stasis and are used in treating internal obstruction due to blood stasis leading to prolonged lochia with lower abdominal pain.
- Sheng Hua Tang has a tonifying action that complements its attacking aspects and is used for postpartum cold that congeals the body.
- By contrast, Shi Xiao San has no tonifying action and is used in treating more severe postpartum abdominal pain. It is also used for abdominal pain and Heart pain, for which Sheng Hua Tang is not indicated.

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Formulas that warm channels & invigorate blood stasis

- Section 2 Formulas that warm channels & invigorate blood stasis (3 types)
 - **Wen Jing Tang** (Warm the Menses Decoction)
 - **Gui Zhi Fu Ling Wan** (Cinnamon Twig and Poria Pill)
 - **Sheng Hua Tang** (Generation and Transformation Decoction)

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Study guideline

- 1. The indications of Wen Jing Tang;
- 2. Gui Zhi Fu Ling Wan's indications and ingredients;
- 3. The difference between Gui Zhi Fu Ling Wan and Tao He Cheng Qi Tang;
- 4. Sheng Hua Tang's indications;
- 5. The difference between Sheng Hua Tang and Wen Jing Tang;
- 6. The difference between Sheng Hua Tang and Shi Xiao San;

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Section 3 Formulas that clear heat & stop bleeding

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Formulas that clear heat & stop bleeding

- **Section 3 Formulas that clear heat & stop bleeding (6 types)**
 - Shi Hui San (Ten Partially-Charred Substances Powder)
 - Huai Hua San (Sophora Japonica Flower Powder)
 - Xiao Ji Yin Zi (Small Thistle Drink)
 - Si Sheng Wan (Four Fresh Pill)
 - Ke Xue Fang (Cough of Blood Formulas)
 - Qing Re Zhi Beng Tang (Clear Heat and Stop Excessive Uterine)

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Shi Hui San (Ten Partially-Charred Substances Powder)
十灰散

- **Source:** Miraculous Book of Ten Remedies for Consumption (1348)
- **Actions:** Cools the blood, stops bleeding, clears heat and drains fire;
- **Indications:**
 - Fire blazing in the middle and upper Jiao that injures the blood vessels, a form of reckless movement of hot blood that spills out of the channels manifested by nosebleed or vomiting, spitting, or coughing up of bright red blood. These symptoms usually occur as acute bleeding disorders with sudden onset. The tongue is red and the pulse is rapid.

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Shi Hui San (Ten Partially-Charred Substances Powder)
十灰散

- **Pathological analysis**
 - From an organ perspective, the key here is the Liver, which both stores and regulates the blood.
 - When there is blazing Liver fire, the fire flares upward. This causes the Qi to also rebel upward, and the blood then follows.
 - Reckless movement of hot blood damages the collaterals and the blood overflows above, leading to blood emerging from the nose or mouth.
 - When blazing Liver fire flares and scorches and damages the Lung collaterals, there will be nosebleed or coughing of blood.
 - When the Liver fire attacks the Stomach, it breaks the blood vessels of the Stomach, leading to vomiting or spitting up of blood.
 - The red tongue and rapid pulse also reflect the underlying blazing fire.

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Shi Hui San (Ten Partially-Charred Substances Powder)

十灰散

- **Composition**

- **Chief**

- Da Ji (Cirsii japonici Herba sive Radix) 9g
- Xiao Ji (Cirsii Herba) 15g

- **Deputy**

- He Ye (Nelumbinis Folium) 9g
- Ce Bai Ye (Platycladi Cacumen) 9g
- Bao Mao Gen (Imperatae Rhizoma) 30g
- Qian Cao Gen (Rubiae Radix) 12g
- Zong Lu Pi (Trachycarpi Petiolus) 6g

- **Assistant**

- Zhi Zi (Gardeniae Fructus) 12g
- Da Huang (Rhei Radix et Rhizoma) 9g
- Mu Dan Pi (Moutan Cortex) 9g

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Shi Hui San (Ten Partially-Charred Substances Powder)

十灰散

- **Analysis of Formula**

- This is a pattern of vigorous heat and fire, which forces the reckless movement of hot blood..
- The chief
 - Da Ji and Xiao Ji, sweet and cooling, are both good at cooling the blood and stopping bleeding, while also dispelling stasis.
- The deputy
 - He Ye, Ce Bai Ye, Bai Mao Gen, and Qian Cao Gen, act together to cool the blood and stop bleeding.
 - Zong Lv Pi, astringent property, is very effective at stopping bleeding.
- The assistant
 - Zhi Zi drains heat via the urine;
 - Da Huang drains heat via the stool;
 - In this manner, the thrust of the upward rebellion is reversed, enabling the Qi and fire to descend, the Liver to properly store the blood, and the blood to stay within its normal channels.
 - Mu Dan Pi is matched with Da Huang to cool the blood and eliminate blood stasis. This enables the formula to clear the heat and stop the bleeding without causing stasis of blood.

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Shi Hui San (Ten Partially-Charred Substances Powder)

十灰散

- **Key Point of diagnosis**
 - Upper part of body bleeding including nosebleed or vomiting, spitting, or coughing up of bright red blood. The tongue is red and the pulse is rapid.
- **Caution and contraindication**
 - This formula treats the manifestation of this problem and should thus be discontinued as soon as the bleeding stops. It should be prepared in advance and the patient must lie quietly during treatment. In severe cases, it may be necessary to combine biomedical and Chinese treatments.
- **Modification**
 - For cases with more intense fire and heat in the blood, prepare as a decoction (stronger). When prepared as a decoction, Da Huang and Zhi Zi are designated as the chief herbs, and often Niu Xi and Dai Zhe Shi are added to lead the hot blood downward.
- **Clinic use**
 - Pulmonary tuberculosis, bronchiectasis, acute hemorrhagic esophagitis or gastritis, bleeding peptic ulcer, hemorrhagic febrile diseases, and dysfunctional uterine bleeding.

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Huai Hua San (Sophora Japonica Flower Powder)

槐花散

- **Source:** Formulas of Universal Benefit from My Practice (1132)
- **Actions:** Cools the Intestines, stops bleeding, disperses wind, and promotes the movement of Qi;
- **Indications:**
 - The condition involving either the lodging of wind-heat or the accumulation of damp-heat in the Intestines and Stomach where it forms toxin manifested by bright-red bleeding from the rectum during defecation that typically precedes (but may also follow) the passage of stool, blood in the stools, hemorrhoids with either bright-red or dark-red bleeding, a red tongue body, and a wiry, rapid or soggy, rapid pulse.

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Huai Hua San (Sophora Japonica Flower Powder)

槐花散

• **Pathological analysis**

- Wind-heat or damp-heat both process obstruct the blood level of the Intestines and Stomach and lead to blood in the stool, or passing of stool accompanied by bleeding.
- Blood in the stool is traditional divided into two categories: Intestinal wind (肠风, Chang Feng) due to wind-heat trapped in the Intestines, and toxin in the Yin organs (脏毒, Zang Du) from turbid damp-heat in the Intestines.
- Intestinal wind occurs when the two Yang pathogens, wind and heat, are trapped in the Intestines, injuring the blood collaterals and pushing blood into the Intestines. This usually results in bright-red bleeding that precedes defecation or is present in the stools.
- With toxin in the Yin organs, damp-heat collects and clumps in the Intestines and also damages the blood collaterals.

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Huai Hua San (Sophora Japonica Flower Powder)

槐花散

- The turbid dampness aspect has a tendency to obstruct the Qi dynamic, leading to stagnation and stasis of Qi and blood.
- This commonly manifests as dark blood, either mixed in with the stools or after defecation.
- In both case, the tongue will be red and the pulse rapid. With wind-heat, the pulse will have a tendency to be wiry, while it will be soggy or slippery when damp-heat is involved.

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Huai Hua San (Sophora Japonica Flower Powder)

槐花散

- **Composition**

- **Chief**

- Chao Huai Hua (Dry-fried Sophorae Flos) 12g

- **Deputy**

- Chao Bai Ye (Platycladi Cacumen) 12g
- Jing Jie Sui (Schizonepetae Spica) 6g

- **Assistant**

- Fu Chao Zhi Ke (Bran-fried Aurantii Fructus) 6-9g

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Huai Hua San (Sophora Japonica Flower Powder)

槐花散

- **Analysis of Formula**

- In order to treat rectal bleeding from either wind-heat or damp-heat, this formula employs a strategy of clearing the Intestines and cooling blood as well as stopping bleeding.
- The chief
 - Huai Hua, bitter and cold, clears damp-heat from the Intestines, drains heat and clears the Intestines, cools the blood, and also stops bleeding. It is an important herb for Intestinal bleeding due to heat.
- The deputy
 - Ce Bai Ye, bitter, astringent, and slightly cold nature, assists Huai Hua in cooling the blood and stopping the bleeding. It is also able to dry dampness without injuring the Yin, making it an excellent choice for clearing the heat associated with this condition.
 - Jing Jie Sui disperses wind and enters the blood level to stop the bleeding.

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Huai Hua San (Sophora Japonica Flower Powder)
槐花散

- The assistant
 - Zhi Ke promotes the movement of Qi and thereby relaxes the Intestines. It enters the blood level and regulates the Qi within the blood. Its downward-directing functions are matched with the ascending action of Jing Jie Sui. It adds some ascending qualities that ameliorate the downward-directing aspects of the other ingredients, helping restore proper functioning to the Qi dynamic and aiding in the reduction and separation of the pathogens. Because the Qi is the commander of the blood, the unimpeded movement of Qi facilitates the smooth flow of the blood. By regulating the Qi, the blood will be regulated, and one can thereby avoid the stasis of blood that may occur when only herbs that stop bleeding are used.

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Huai Hua San (Sophora Japonica Flower Powder)
槐花散

- **Key Point of diagnosis**
 - Bright-red bleeding from the rectum during defecation, blood in the stools, hemorrhoids with either bright-red or dark-red bleeding, a red tongue body, and a wiry, rapid or soggy, rapid pulse.
- **Caution and contraindication**
 - Because this formula consists of cold herbs, it should not be used long-term and should be used with caution in patients with cold from deficiency of the middle Jiao.
- **Modification**
 - To enhance the formula's ability to stop bleeding: substitute charred Jing Jie Tan for Jing Jie Sui;
 - For severe heat in the Large Intestine: + Huang Lian; Huang Bai;
 - For vigorous Liver heat pouring downward to the Intestines: + Ku Shen; Huang Qin; Zhi Zi; Qing Dai;
 - For chronic or profuse rectal bleeding: + Di Yu; Hai Piao Xiao;
 - For chronic bleeding causing blood and Qi deficiency: + Dang Gui; Ren Shen; Huang Qi; Ge Gen; Sheng Ma;
 - For bleeding hemorrhoids: + Di Yu; Huang Qin;
 - For ulcerative colitis: substitute Bai Shao for Zhi Ke; + Di Yu; Bai Ji; Hai Piao Xiao; Huang Qin;
 - For amebic dysentery: combine with Bai Tou Weng Tang.
- **Clinic use**
 - Amebic dysentery, ulcerative colitis, hemorrhoids, anal fissure, and rectal prolapse.

Xiao Ji Yin Zi (Small Thistle Drink)
小蓟饮子

- **Source:** Formulas to Aid the Living (1253)
- **Actions:** Cools the blood, stops bleeding, promotes urination, and unblocks painful urinary dribbling.
- **Indications:** Static heat accumulating in the lower Jiao where it injures the blood collaterals and causes the blood to seep downward into the Bladder, from which it is excreted in the urine manifested by painful bloody urinary dribbling (with blood in the urine and urinary frequency, urgency, burning, and pain) or simple blood in the urine, accompanied by thirst, irritability, a red tongue with a thin, yellow coating, and a rapid, forceful pulse.

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Xiao Ji Yin Zi (Small Thistle Drink)
小蓟饮子

- **Pathological analysis**
 - If blood in the urine is accompanied by pain, it is called “painful bloody urinary dribbling.”
 - Urinary frequency, urgency, burning, and pain are due to the obstruction of the lower Jiao and Bladder functions by the accumulation of heat.
 - Thirst, irritability, a red tongue with a thin, yellow coating, and a rapid, forceful pulse are also indicative of the accumulation of heat in the lower Jiao.
 - Blood in the urine from this process may also occur without pain.

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Xiao Ji Yin Zi (Small Thistle Drink)

小蓟饮子

- **Composition**

- **Chief**

- Xiao Ji (Cirsii Herba) 9-15g
- Dang Gui (Angelicae sinensis Radix) 9-15g

- **Deputy**

- Ou Jie (Nelumbinis Nodus rhizomatis) 9-15g
- Chao Pu Huang (Dry-fried Typhae Pollen) 9-15g
- Sheng Di Huang (Rehmanniae Radix) 9-18g

- **Assistant**

- Hua Shi (Talcum) 9-15g
- Mu Tong (Akebiae Caulis) 9-15g
- Dan Zhu Ye (Lophateri Herba) 9-15g
- Zhi Zi (Gardeniae Fructus) 9-15g

- **Envoy**

- Zhi Gan Cao (Glycyrrhizae Radix preparata) 9-15g

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Xiao Ji Yin Zi (Small Thistle Drink)

小蓟饮子

Analysis of Formula

- The chief
 - Xiao Ji cools the blood and stops bleeding, particularly in the urine, and also promoting urination by clearing damp-heat from the Bladder.
- The deputy
 - Pu Huang, Ou Jie and Sheng Di Huang, cool the blood and stop bleeding, and also transform stasis and nourish the Yin. In this way, they not only strengthen the chief ingredient's ability to stop urinary bleeding, but make it unlikely that the process of stopping bleeding will lead to blood stasis or that promotion of urination will injure the Yin.
- The assistant
 - Hua Shi, slippery property, clears heat, promotes urination, and unblocks painful urinary dribbling. Its slipperiness soothes the urinary passageways and allows heat to pass out through the Bladder.
 - Mu Tong, Dan Zhu Ye, and Zhi Zi clear and drain fire and heat from the Heart, Lungs, and San Jiao, eliminating the heat by conducting it downward.
 - Together, they conduct the pathogenic heat out of the body via the urine and unblock painful urinary dribbling.
 - Dang Gui nourishes and harmonizes the blood, leading it back into the channels and preventing the formation of blood stasis. Its warm nature also moderates the cool and cold properties of the other herbs.
- The envoy
 - Zhi Gan Cao relieves spasmodic pain and harmonizes the middle Jiao,¹⁶ and reconciles the disparate actions of the other herbs in the formula.

Xiao Ji Yin Zi (Small Thistle Drink)

小蓟饮子

- **Key Point of diagnosis**
 - Painful bloody urinary dribbling (with blood in the urine and urinary frequency, urgency, burning, and pain) or simple blood in the urine, a red tongue with a thin, yellow coating, and a rapid, forceful pulse.
- **Caution and Contraindication**
 - Contraindicated during pregnancy. Because the ingredients are primarily cold and unblocking, this formula is inappropriate for use in chronic conditions or for urinary dribbling due to deficiency of the normal Qi.
- **Modifications**
 - For more intense heat and stasis with marked rough urination and burning pain: + Shi Wei, Tao Ren, Pu Gong Ying, and Huang Bai;
 - For injury to the Qi and Yin: — Mu Tong; Hua Shi; + Dang Shen; Huang Qi; E Jiao;
 - For severe pain: + Hu Po; Jin Sha Teng;
 - For acute nephritis: + Fu Ling; Bai Mao Gen; Jin Yin Hua; Lian Qiao;
- **Clinical use**
 - Acute urinary tract infection, renal calculi, renal tuberculosis, polycystic kidneys, renal cysts, sickle cell disease, hydronephrosis, and benign prostatic hypertrophy.

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Si Sheng Wan (Four Fresh Pill)

四生丸

- **Source:** Yang Family Formulas (1178)
- **Actions:** Cools the blood and stops bleeding;
- **Indications:** All upper Jiao manifestations of heat in the blood manifested by coughing, spitting, or vomiting of blood or nosebleed, particularly of bright-red blood. Accompanying signs and symptoms include a dry mouth and throat, a red or deep red tongue, and a wiry, rapid or forceful, wiry, and rapid pulse.

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Si Sheng Wan (Four Fresh Pill)
四生丸

- **Pathological analysis**

- When heat enters the blood level, it may cause the blood to move recklessly and spill out of the blood vessels, which manifests as coughing, spitting, or vomiting of bright-red blood, or nosebleeds.
- The pulse becomes wiry, rapid, and forceful.
- Heat may also injure the fluids, producing dryness in the mouth and throat, and a red or deep-red tongue body.

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Si Sheng Wan (Four Fresh Pill)
四生丸

- **Composition**

- **Chief**
 - Sheng Ce Bai Ye (fresh Platycladi Cacumen) 12g
- **Deputy**
 - Xian Di Huang (Rehmanniae Radix recens) 15-24g
- **Assistant**
 - Sheng He Ye (fresh Nelumbinis Folium) 9-12g
 - Sheng Ai Ye (fresh Artemisiae argyi Folium) 6-9g

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Si Sheng Wan (Four Fresh Pill)
四生丸

Analysis of Formula

- The chief
 - Ce Bai Ye cools the blood and stops bleeding.
- The deputy
 - Sheng Di Huang clears heat and cools the blood, and thereby enhances the chief herb's ability to stop bleeding. It also treats injury to the Yin by nourishing the Yin and thereby generating fluids.
- The assistant
 - He Ye clears heat, cools the blood, and stops bleeding while also dispersing stasis.
 - Ai Ye, acrid and warm, is not drying and serves to enhance the overall effect of the formula in stopping bleeding, while also helping to prevent the cooling nature of the other ingredients from leading to any form of stasis.

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Si Sheng Wan (Four Fresh Pill)
四生丸

- **Key Point of diagnosis**
 - Coughing, spitting, or vomiting of blood or nosebleed, particularly of bright-red blood, a red or deep red tongue, and a wiry, rapid or forceful, wiry, and rapid pulse.
- **Caution and Contraindication**
 - Should only be used acutely and should be discontinued once the bleeding has stopped. Prolonged use increases the chances of developing blood stasis.
- **Modifications**
 - To strengthen the effect of the formula: + Ou Jie; Bai Mao Gen; Da Ji; Xiao Ji; Xian He Cao;
 - For severe coughing or spitting of blood: + Huang Lian; Da Huang; Qian Cao Gen; San Qi;
 - For dysfunctional uterine bleeding: combine with Jiao Ai Tang;
 - For bleeding peptic ulcer: combine with Huang Tu Tang
- **Clinical use**
 - Pulmonary tuberculosis, bronchiectasis, peptic ulcer, acute gastritis, hypertension, dysfunctional uterine bleeding, gingivitis, and periodontitis.

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Si Sheng Wan (Four Fresh Pill)
四生丸

- Vs. Shi Hui San (Ten Partially-Charred Substances Powder)
 - Both formulas treat similar conditions of bleeding affecting the upper part of the body.
 - Si Sheng Wan is for conditions that **are less severe and with less bleeding** than those treated by Shi Hui San.
 - Shi Hui San is **stronger** on cooling the blood and stopping bleeding

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Si Sheng Wan (Four Fresh Pill)
四生丸

- Vs. Xiao Ji Yin Zi (Small Thistle Drink)
 - Both formulas focus on cooling the blood and stopping bleeding.
 - Si Sheng Wan enriches in the midst of clearing heat and is primarily used for **reckless movement of hot blood leading to bleeding from the upper part of the body.**
 - Xiao Ji Yin Zi additionally **transforms stasis, drains fire, and unblocks painful urinary dribbling** and thus is used for **bleeding in the lower part of the body via the urethra.**

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Ke Xue Fang (Cough of Blood Formulas)
咳血方

- **Source:** Essential Teachings of Zhu Dan-Xi (1481)
- **Actions:** Clears fire, transforms phlegm, preserves the Lungs, and stops coughing and bleeding;
- **Indications:** Liver fire attacking and scorching the Lungs marked by coughing of blood-streaked sputum, thick sputum that is difficult to expectorate, bitter taste, irritability and easily-provoked anger, constipation, red cheeks, a red tongue with a yellow coating, and a wiry, rapid pulse.

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Ke Xue Fang (Cough of Blood Formulas)
咳血方

- **Pathological analysis**
 - The Liver channel courses through the chest and lower rib cage, with a branch ascending into the Lungs.
 - The Liver promotes the ascending and spreading of Qi, while the Lungs govern the descending and spreading of Qi.
 - The coordination of these functions between the Liver and Lungs ensures the orderly, uninhibited flow of Qi throughout the thorax.
 - However, if the motivating action of the Liver Qi becomes excessive and transforms into fire, the Qi and fire may rebel upward into the Lungs.
 - This scorches the Lung fluids, which congeal and form phlegm.

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Ke Xue Fang (Cough of Blood Formulas)

咳血方

- When subjected to more fire, thick sputum is formed that is difficult to expectorate.
- Phlegm obstructs the proper circulation of Lung Qi, which produces coughing, while fire scorches and injures the collaterals of the Lungs, which leads to coughing with blood-streaked sputum.
- The bitter taste in the mouth, irritability, easily-provoked anger, constipation, red cheeks, red tongue with a yellow coating, and wiry, rapid pulse are all indicative of Liver fire.
- In the parlance of the five phases, the Lungs (metal) are rebelling against the violation by the Liver (wood).
- The ancients therefore described this pattern as “Liver fire punishing the Lungs” or ‘disorder of violation’ of metal by wood.

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Ke Xue Fang (Cough of Blood Formulas)

咳血方

- **Composition**

- **Chief**

- Qing Dai (Indigo naturalis) 6-9g
- Zhi Zi (Gardeniae Fructus) 9g

- **Deputy**

- Gua Lou Ren (Trichosanthis Semen) 9g
- Fu Hai Shi (Costaziae Os) 9g

- **Assistant & envoy**

- He Zi (Chebulae Fructus) 6-9g

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Ke Xue Fang (Cough of Blood Formulas)
咳血方

Analysis of Formula

- The chief
 - Qing Dai, salty and cold, clears Liver fire, drains fire and cools the blood; It also disperses the fire from constraint and thereby prevents Liver fire from scorching the Heart and Lungs. To stop bleeding of this type, it is advisable to direct the Qi downward, since the blood will follow the Qi.
 - Zhi Zi, bitter and cold, clears the Liver, drain fire, and cools the blood. It also conducts the Qi downward, thereby clearing heat from the Heart and relieving the irritability.
- The deputy
 - Gua Lou Ren, sweet and cold, cools and transforms the hot phlegm and reduces the fire. It also focuses more on moistening the Lungs and stopping coughing;
 - Fu Hai Shi, salty and neutral, cools and transforms the hot phlegm and reduces the fire. It also has the effect of softening what is hard.
- The assistant and envoy
 - He Zi cools the Lungs while containing any leakage of Lung Qi and stopping the coughing.

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Ke Xue Fang (Cough of Blood Formulas)
咳血方

- **Key Point of diagnosis**
 - Coughing of blood-streaked sputum, thick sputum that is difficult to expectorate, bitter taste, a red tongue with a yellow coating, and a wiry, rapid pulse.
- **Caution and Contraindication**
 - Should not be given to patients with Spleen deficiency or Lung and Kidney Yin deficiency.
- **Modifications**
 - For severe coughing: + Xing Ren;
 - For nosebleeds: substitute Qing Hao and Mu Dan Pi for He Zi and Fu Hai Shi;
 - For coughing with profuse sputum: + Zhe Bei Mu; Tian Zhu Huang; Pi Pa Ye;
 - For vigorous fire that injures the Yin: + Sha Shen; Mai Men Dong;
 - For nosebleeds: — He Zi; Fu Hai Shi; + Qing Hao; Huang Qin; Mu Dan Pi;
 - For profuse sputum and a greasy tongue coating: combine Hao Qin Qing Dan Tang
- **Clinical use**
 - Pulmonary tuberculosis and bronchiectasis.

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Qing Re Zhi Beng Tang (Clear Heat and Stop Excessive Uterine)
清热止崩汤

- **Source:** Traditional Chinese Medical Treatment of Women's Disorders
- **Actions:** Clears heat and stops bleeding;
- **Indications:** Reckless movement of hot blood due to heat entering the blood level of the Liver channel marked by abnormal uterine bleeding characterized by a large quantity of bright-red blood, a dry mouth, parched lips, a yellow tongue coating, and a rapid pulse.

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Qing Re Zhi Beng Tang (Clear Heat and Stop Excessive Uterine)
清热止崩汤

- **Pathological analysis**
 - Heat entering the blood level of the Liver channel causes hemorrhage of the uterus with a large quantity of bright-red blood.
 - The presence of heat in the interior with attendant injury to the Yin gives rise to the accompanying symptoms of dry mouth, parched lips, yellow tongue coating, and rapid pulse.

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Qing Re Zhi Beng Tang (Clear Heat and Stop Excessive Uterine)
清热止崩汤

• **Composition**

- Zhi Zi (Fructus Gardeniae Jasminoidis) 9g
- Chao Huang Qin (Stir-fried Radix Scutellariae Baicalensis) 15g
- Huang Bai (Cortex Phellodendri) 9g
- Sheng Di Huang (Radix Rehmanniae Glutinosae) 24g
- Mu Dan Pi (Cortex Moutan Radicis) 9g
- Di Yu (Radix Sanguisorbae Officinalis) 24g
- Ce Bai Ye Tan (Cacumen Biotae Orientalis Carbonisatus) 30g
- Chun Gen Bai Pi (Cortex Ailanthi Altissimae) 30g
- Duan Gui Ban (Calcined Plastrum Testudinis) 15g
- Bai Shao (Radix Paeoniae Lactiflorae) 30g

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Qing Re Zhi Beng Tang (Clear Heat and Stop Excessive Uterine)
清热止崩汤

Analysis of Formula

- Although hemorrhage is the external manifestation, the root of this disorder is hot blood. One should therefore simultaneously use the strategies of clearing the heat and stopping the bleeding.
- The first group of herbs attack the root:
 - Zhi Zi, Chao Huang Qin, Huang Bai, clear heat from the Liver, while Sheng Di and Mu Dan Pi cool the Liver blood.
 - When the heat is cleared and the blood is cooled, the movement of blood will become more tranquil, and the bleeding can more easily be stopped.
- The second group of herbs address the manifestation:
 - Di Yu, Ce Bai Ye Tan, Chun Gen Bai Pi, stop the bleeding.
 - Duan Gui Ban and Bai Shao nourish the Yin and blood, calm the Liver, and stabilize the penetrating vessel. They also have a relatively strong ability to stop bleeding.

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Qing Re Zhi Beng Tang (Clear Heat and Stop Excessive Uterine)
清热止崩汤

- **Commentary**

- This modern formula is an elegant combination of herbs which treat the major symptom and reflect the strategy of stopping the bleeding, with herbs that clear the heat, which is at the root of this disorder. These two strategies are typically used in the treatment of bleeding symptoms.

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Formulas that clear heat & stop bleeding

- **Section 3 Formulas that clear heat & stop bleeding (6 types)**
 - Shi Hui San (Ten Partially-Charred Substances Powder)
 - Huai Hua San (Sophora Japonica Flower Powder)
 - Xiao Ji Yin Zi (Cephalanoplos Decoction)
 - Si Sheng Wan (Four Fresh Pill)
 - Ke Xue Fang (Cough of Blood Formulas)
 - Qing Re Zhi Beng Tang (Clear Heat and Stop Excessive Uterine)

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Study guideline

- 1. Shi Hui San's indications;
- 2. Huai Hua San's indications;
- 3. Xiao Ji Yin Zi's indications;
- 4. Si Sheng Wan's indications;
- 5. The difference between Si Sheng Wan and Shi Hui San;
- 6. The difference between Si Sheng Wan and Xiao Ji Yin Zi;
- 7. Ke Xue Fang's indications;
- 8. Qing Re Zhi Beng Tang's indications;

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Section 4 Formulas that tonify & stop bleeding

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Formulas that tonify & stop bleeding

– Section 4 Formulas that tonify & stop bleeding (2 types)

- **Jiao Ai Tang** (Ass-Hide Gelatin and Mugwort Decoction)
- Huang Tu Tang (Yellow Earth Decoction)

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Jiao Ai Tang (Ass-Hide Gelatin and Mugwort Decoction)

胶艾汤

- **Source:** Essentials from the Golden Cabinet (c. 220)
- **Actions:** Nourishes the blood, stops bleeding, regulates menstruation, and calms the fetus;
- **Indications:**
 - One of injury and deficiency of the Penetrating and Conception vessels with a tendency toward cold manifested by abdominal pain with uterine bleeding, excessive menstruation, menstruation with constant spotting, postpartum bleeding, or bleeding during pregnancy. The blood is pale and thin without clots, and is accompanied by weakness and soreness of the lower back, a dull complexion, a pale tongue with a thin, white coating, and a thin, frail pulse.

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Jiao Ai Tang (Ass-Hide Gelatin and Mugwort Decoction)
胶艾汤

• **Pathological analysis**

- Penetrating and Conception vessels arise from the Womb; the former is the “sea” of blood, and the latter controls the Womb and fetus.
- When these vessels are injured, deficient, and cold, the blood leaves the vessels and bleeding occurs, accompanied by abdominal pain and weakness and soreness of the lower back.
- When the Penetrating vessel fails to supply sufficient blood to the Womb during pregnancy, the Womb weakens and bleeding occurs together with restlessness of the fetus and abdominal pain, particularly when there is also cold.
- The deficient nature of the bleeding is reflected in its pale, thin quality and the absence of clots.
- Blood deficiency that tends toward cold is reflected in the dull complexion, the pale tongue with a thin, white coating, and the thin, frail pulse.

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Jiao Ai Tang (Ass-Hide Gelatin and Mugwort Decoction)
胶艾汤

• **Composition**

- **Chief**
 - E Jiao (Asini Corii Colla) (dissolve in strained decoction) 6g
 - Ai Ye (Artemisiae argyi Folium) 9g
- **Deputy**
 - Sheng Di Huang (Rehmanniae Radix) 12g
 - Dang Gui (Angelicae sinensis Radix) 9g
 - Chuan Xiong (Chuanxiong Rhizoma) 6g
 - Shao Yao (Paeoniae Radix) 12g
- **Assistant**
 - Gan Cao (Glycyrrhizae Radix) 6g
- **Envoy**
 - Rice wine

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Jiao Ai Tang (Ass-Hide Gelatin and Mugwort Decoction)

胶艾汤

- **Analysis of Formula**

- This is an important formula for treating abnormal uterine bleeding as well as a restless fetus. The main focus of the formula is on stopping the bleeding, but it also needs to nourish the blood, regulate the menses, and calm the fetus.
- The chief
 - E Jiao, sweet and neutral, tonifies the blood and stops bleeding.
 - Ai Ye, bitter, acrid and warm, warms the Womb, calms the restless and, stops uterine bleeding.
 - This is a commonly-used combination for both abnormal uterine bleeding and bleeding during pregnancy.
- The deputy
 - Sheng Di, Dang Gui, Chuan Xiong, and Bai Shao, tonify the blood and regulate the menses, while also invigorating the blood.
 - Bai Shao is very important because in bleeding disorders, especially chronic ones, it is just as important to prevent the development of blood stasis as it is to tonify the blood. This is particularly true here, as there is a danger of inadvertently causing blood stasis when using herbs that stop bleeding.

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Jiao Ai Tang (Ass-Hide Gelatin and Mugwort Decoction)

胶艾汤

- Assistant
 - Gan Cao harmonizes the actions of the other ingredients, and potentiates the ability of E Jiao to stop the bleeding. Also, in concert with Bai Shao, it is useful for treating abdominal pain.
- The Envoy
 - Rice wine is to reinforce the moving actions of the other warming ingredients, namely, Ai Ye, Dang Gui, Chuan Xiong, and thereby prevent the development of blood stasis.

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Jiao Ai Tang (Ass-Hide Gelatin and Mugwort Decoction)

胶艾汤

• **Key Point of diagnosis**

- Abdominal pain with uterine bleeding, excessive menstruation, menstruation with constant spotting, postpartum bleeding, or bleeding during pregnancy. The blood is pale and thin without clots, a pale tongue with a thin, white coating, and a thin, frail pulse.

• **Caution and contraindication**

- Do not use this formula when there is abnormal uterine bleeding due to heat.

• **Modification**

- For restless fetus disorder: + Gan Jiang;
- For concurrent Qi deficiency: + Dang Shen; Huang Qi;
- For bleeding during pregnancy with lower back pain: — Chuan Xiong; + Bai Zhu; Du Zhong; Sang Ji Sheng;
- For concurrent Spleen deficiency failing to govern the blood: combine with Gui Pi Tang.

• **Clinic use**

- Dysfunctional uterine bleeding, threatened miscarriage, habitual miscarriage, postpartum uterine bleeding, prolonged lochia, bleeding peptic ulcer, bleeding hemorrhoids, and idiopathic thrombocytopenic purpura. 145

Jiao Ai Tang (Ass-Hide Gelatin and Mugwort Decoction)

胶艾汤

• **Vs. Wen Jing Tang (Flow-Warming Decoction)**

- Both formulas treat irregular menstruation and abnormal uterine bleeding from injury and deficiency of the Penetrating and Conception vessels.
- Jiao Ai Tang is **primarily a tonic** that stops up by nourishing and that contains some blood-invigorating actions within its general effect of tonification. It is used for **conditions of blood deficiency that tend toward cold**, and is especially useful for **calming a restless fetus**.
- Wen Jing Tang is a formula that primarily uses herbs that **warm and invigorate the blood**, and that contains **some tonics and heat-clearing herbs within its general effect of warming**. It is used for **conditions of blood stasis that tend toward cold** and is especially useful in treating **irregular menstruation**.

Huang Tu Tang (Yellow Earth Decoction)

黄土汤

- **Source:** Essentials from the Golden Cabinet (c.220)
- **Actions:** Warms the Yang, strengthens the Spleen, nourishes the blood, and stops bleeding;
- **Indications:**
 - Spleen Yang deficiency, also known as middle Jiao cold from deficiency, which is characterized by the failure of the Spleen Qi to govern the blood, marked by blood in stool, vomiting or spitting up blood, nosebleeds, or abnormal uterine bleeding of dark or pale blood accompanied by cold extremities, a wan complexion, general fatigue, a lack of taste and no particular thirst, a pale tongue with a white coating, and a submerged, thin, and forceless pulse.

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Huang Tu Tang (Yellow Earth Decoction)

黄土汤

- **Pathological analysis**
 - The uncontrolled blood overflows its vessels and either moves upward, causing incessant vomiting or spitting up of blood or nosebleeds, or downward, causing blood in the stools and abnormal uterine bleeding.
 - The dark or pale blood, cold extremities, wan complexion, general fatigue, pale tongue with a white coating, and submerged, thin, and forceless pulse are indicative of cold and deficiency of the Spleen.

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Huang Tu Tang (Yellow Earth Decoction)

黄土汤

- **Composition**

- **Chief**

- Zao Xin Tu (Terra flava ust) 18g

- **Deputy**

- Bai Zhu (Atractylodis macrocephalae Rhizoma) 9g
- Zhi Fu Zi (Aconiti Radix lateralis preparata) 9g

- **Assistant**

- Sheng Di Huang (Rehmanniae Radix) 9g
- E Jiao (Asini Corii Colla) 9g
- Huang Qin (Scutellariae Radix) 9g

- **Envoy**

- Gan Cao (Glycyrrhizae Radix) 9g

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Huang Tu Tang (Yellow Earth Decoction)

黄土汤

- **Analysis of Formula**

- This formula simultaneously treats the manifestation (bleeding) and the root (cold from deficiency) by warming the Yang, the blood, strengthening the Spleen, nourishing the blood, and stopping the bleeding.

- The chief

- Zao Xin Tu, acrid, warm, and astringent, warms the middle, gathers and binds, and stops the bleeding. When there is bleeding from deficient Spleen Qi and Yang, in order to get good results, one must include medicinals that warm the Yang and strengthen the Spleen, thereby restoring the ability of the Spleen and Stomach Qi to govern the blood;

- The deputy

- Bai Zhu and Zhi Fu Zi warm the Yang and strengthen the Spleen, thereby restoring the ability of the Spleen and Stomach Qi to govern the blood.

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Huang Tu Tang (Yellow Earth Decoction)

黄土汤

- The assistant
 - Sheng Di Huang and E Jiao nourish the Yin and blood and stop bleeding.
 - Huang Qin clears Liver heat and also cools the blood to prevent this from occurring, especially in concert with Sheng Di. Because long-term blood loss can lead to Liver Yin and blood deficiency, which risks the development of internal heat.
 - In addition, the three cooling assistants ameliorate the warm, drying nature of Bai Zhu and Zhi Fu Zi. Those herbs, in turn, moderate the cloying, greasy, Yin and blood-tonifying herbs in the formula.
- The envoy
 - Gan Cao harmonizes the middle Jiao and the actions of the other herbs in the formula.

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Huang Tu Tang (Yellow Earth Decoction)

黄土汤

- **Key Point of diagnosis**
 - Blood in stool, or abnormal uterine bleeding of dark or pale blood, a pale tongue with a white coating, and a submerged, thin, and forceless pulse.
- **Caution and contraindication**
 - Contraindicated in cases of bleeding from excess heat. Also, this formula should not be used where external pathogens are present.
- **Modification**
 - To enhance the ability of the formula to stop bleeding: substitute charred Huang Qin Tan for Huang Qin;
 - For more severe hemorrhaging: + San Qi; Bai Ji; Ai Ye;
 - For severe Qi deficiency: + Dang Shen;
 - For loose stools: substitute charred Huang Qin Tan or Chao Huang Qi for Huang Qin; + Pao Jiang;
- **Clinic use**
 - Chronic hemorrhagic gastritis and peptic ulcer

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Huang Tu Tang (Yellow Earth Decoction)
黄土汤

- Vs. Gui Pi Tang (Restore the Spleen Decoction)
 - Both formulas strengthen the Spleen and nourish the blood, and both are used to treat bleeding due to the Spleen's failure to govern the blood.
 - Gui Pi Tang focuses more on the **Spleen Qi**, with herbs such as **Ren Shen** and **Huang Qi**, and also **emphasizes treatment of the root**.
 - Huang Tu Tang focuses more on the **Spleen Yang**, with **Zhi Fu Zi**, along with a treatment principle that **address both the root and the branch**.

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Huang Tu Tang (Yellow Earth Decoction)
黄土汤

- Vs. Huai Hua San (Sophora Japonica Flower Powder)
 - Both formulas treat blood in the stool.
 - Huai Hua San focuses on treating problems due to **wind-heat or damp-heat**. "**near bleeding**"
 - Huang Tu Tang focuses on bleeding from a **listless Spleen Yang that fails to govern the blood**. "**distant bleeding**"
 - Traditionally, the bleeding from **heat and stasis** was thought to occur **closer to the anus**, in part because of its urgency and the fact that it preceded defecation, and was therefore called "**near bleeding**" (近血, Jin Xue), while bleeding that was due to **deficiency** was thought to occur farther up the digestive tract, since it followed defecation, and was therefore called "**distant bleeding**" (远血, Yuan Xue).

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Formulas that tonify & stop bleeding

- Section 4 Formulas that tonify & stop bleeding (2 types)
 - **Jiao Ai Tang** (Ass-Hide Gelatin and Mugwort Decoction)
 - Huang Tu Tang (Yellow Earth Decoction)

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Study Guideline

- 1. Jiao Ai Tang's indications;
- 2. The difference between Jiao Ai Tang and Wen Jing Tang;
- 3. Huang Tu Tang's indications;
- 4. The difference between Huang Tu Tang and Gui Pi Tang;
- 5. The difference between Huang Tu Tang and Huai Hua San;

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