

Herbal Formulas II

Dr. Li, Dongcheng

Office: 954 -763 -9840

E-mail: dcljdl@yahoo.com

1

Contents in Herbal Formulas II

- Chapter 7 Formulas that warm interior (**10 types**)
 - Section 1 Formulas that warm Middle and dispel cold (6 types)
 - Section 2 Formulas that warm channel and dispel cold (2 types)
 - Section 3 Formulas that rescue devastated Yang (2 types)
- Chapter 8 Formulas that tonify deficiency (**35 types**)
 - Section 1 Formulas that tonify Qi (8 types)
 - Section 2 Formulas that tonify blood (4 types)
 - Section 3 Formulas that tonify Qi and blood (6 types)
 - Section 4 Formulas that tonify Yin (10 types)
 - Section 5 Formulas that tonify Yang (7 types)
- Chapter 9 Formulas that regulate Qi (**12 types**)
 - Section 1 Formulas that move Qi (7 types)
 - Section 2 Formulas that descend Qi (5 types)
- 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)

2

Contents in Herbal Formulas II

- Chapter 11 Formulas that stabilize & bind (14 types)
 - Section 1 Formulas that stabilize exterior & lung (3 types)
 - Section 2 Formulas that astringe LI & stop diarrhea (3 types)
 - Section 3 Formulas that stabilize kidney (3 types)
 - Section 4 Formulas that stabilize womb & stop uterine bleeding (5 types)
- Chapter 12 Formulas that calm the Shen (6 types)
 - Section 1 Formulas that nourish HT & calm spirit (4 types)
 - Section 2 Formulas that sedate and calm the spirit (2 types)
- Chapter 13 Formulas that expel wind (9 types)
 - Section 1 Formulas that release wind from skin & channels (4 types)
 - Section 2 Formulas that extinguish internal wind (5 types)
- Chapter 14 Formulas that open orifices (5 types)
 - Section 1 Formulas that open heat closed disorder (3 types)
 - Section 2 Formulas that open cold closed disorder (1 type)
 - Section 3 Formulas that scour phlegm & open orifices (1 type)

3

Contents in Herbal Formulas II

- Chapter 15 Formulas that dissolve phlegm (11 types)
 - Section 1 Formulas that dry damp & transform phlegm (2 types)
 - Section 2 Formulas that clear heat & transform phlegm (2 types)
 - Section 3 Formulas that transform cold phlegm (3 types)
 - Section 4 Formulas that moisten dryness & transform phlegm (1 type)
 - Section 5 Formulas that extinguish wind & transform phlegm (2 type)
 - Section 6 Formulas that induce vomiting to discharge phlegm (1 type)
- Chapter 16 Formulas that reduce food stagnation (4 types)
- Chapter 17 Formulas that expel parasites (1 type)

4

Chapter 11 Formulas that stabilize & bind

Dr. Li, Dongcheng
Office: 954 -763 -9840
E-mail: dcljdl@yahoo.com

5

Formulas that stabilize & bind

- In Chinese medicine, the Qi, blood, essence, and body fluids are regarded as treasures that nourish and sustain the human body.
- Under normal conditions, the body maintains physiologically appropriate levels of these substances by regulating production and discharge.
- Some leakage of substances (including sweat, sputum, blood, urine, stool, sperm, vaginal discharge) and Qi is thus a normal aspect of healthy physiological function.
- There are two common causes for the improper discharge or leakage of Qi and substances from the body.
 - First, they can be forced out by conditions of excess involving heat, hot blood, or damp-heat in the lower Jiao.
 - Second, the deficiency or weakening of those processes that normally hold in the fluids and other substances causes instability. (The chapter focuses on this.)

6

Formulas that stabilize & bind

- The most common strategy underlying these formulas is to combine tonifying substances that stabilize or “firm up” the physiological functions of holding and restraining and thereby prevent abnormal leakage and discharge.
- Among the ten types of traditional formulas, those in this chapter are said to stabilize and bind (固澀, Gu Se).
- This strategy was first mentioned in Basic Questions, “For problem of dispersion, retain”, “Astringent substances can stabilize cases of abandonment.”
- The abandonment (脱, Tuo) refers to a condition in which there is an external draining of the body’s fundamental substances. This is serious condition that requires immediate and strong intervention.
- Generally, this is done by tonifying the primal Qi by administering Ren Shen as a stand-alone herb. If there are signs of cold, indicating loss of Yang Qi, Ren Shen is often combined with Zhi Fu Zi.

7

Formulas that stabilize & bind

- There are four categories of formulas that stabilize and bind
 - Formulas that stabilize exterior & lung and stop sweating
 - Formulas that astringe LI & stop diarrhea
 - Formulas that stabilize kidney, secure the essence and stop enuresis
 - Formulas that stabilize womb & stop vaginal discharge and uterine bleeding
- It is important to bear in mind that they primarily focus on the symptoms or branch. To effect a long-term cure, once the symptoms are resolved, one should continue treatment with formulas that address the root or underlying cause.

8

Formulas that stabilize & bind

- It is imperative that these formulas not be used in treating conditions of excess, such as profuse sweating from acute febrile disease, spontaneous emission emissions due to fire from excess, acute dysenteric disorders, diarrhea from food stagnation, or uterine bleeding from the reckless movement of hot blood.
- If these formulas are used in cases with lingering, externally-contracted pathogenic influences, those influences will remain in the body for a long time.

9

- **Chapter 11 Formulas that stabilize & bind (14 types)**

- Section 1 Formulas that stabilize exterior & lung (3 types)
- Section 2 Formulas that astringe LI & stop diarrhea (3 types)
- Section 3 Formulas that stabilize kidney (3 types)
- Section 4 Formulas that stabilize womb & stop uterine bleeding (5 types)

10

Section 1 Formulas that stabilize exterior & lung and stop sweating

11

Formulas that stabilize exterior & lung and stop sweating

- Sweating is an important sign in Chinese medicine, providing information about the movement of Yang Qi and fluids toward the exterior of the body and in the exterior itself.
- Abnormal sweating can be due to a wide variety of pathologies and is treated with a large number of formulas.
- The formulas in these section only treat sweating that does not involve either a condition of excess (of wind, heat, dampness) or pronounced deficiency (of Qi, Yin, or Yang).
- This usually results from a disharmony between the nutritive and protective Qi due to internal rather than external causes.

12

Formulas that stabilize exterior & lung and stop sweating

- It may manifest as spontaneous sweating or night sweats, and is frequently accompanied by symptoms such as a pallid complexion, shortness of breath, palpitations, a pale tongue, and a thin, deficient, or frail pulse.
- The treatment strategy here is to tonify the Qi so as to stabilize or “firm up” the protective Qi, while enriching and unblocking constraint in the movement of the nutritive Qi.

13

Formulas that stabilize exterior & lung and stop sweating

- In clinical practice, deficiency of protective Qi in the exterior invariably means that the body is having difficulty expelling pathogens or that it is easier for them to invade the exterior in the first place.
- Such deficiency, furthermore, is often complicated by deficiency of Qi at deeper functional levels in the body.
- For this reason, Yu Ping Feng San, Modified Gui Zhi Tang, Modified Zhen Wu Tang, are also commonly used to stop this type of sweating.
- The core ingredients of these formulas are those that directly stabilize the exterior and stop sweating, such as Mu Li and Huang Qi.

14

Formulas that stabilize exterior & lung and stop sweating

- Because the exterior is stronger when the Qi in general is stronger, herbs that strengthen the Spleen and augment the Qi, such as Bai Zhu, are often added.
- When Heart heat is part of the clinical picture, sweet, cooling herbs that enter the Heart, such as Xiao Mai, are added.
- Often these patients harbor some slight wind in the exterior. Should that occur, one should add herbs that dispel wind from the exterior, such as Fang Feng.

15

Formulas that stabilize exterior & lung and stop sweating

- Section 1 Formulas that stabilize exterior & lung (3 types)
 - **Dang Gui Liu Huang Tang** (Tangkuei and Six-Yellow Decoction)
 - **Mu Li San** (Oyster Shell Powder)
 - **Yu Ping Feng San** (Jade Windscreen Powder)

16

Dang Gui Liu Huang Tang (Tangkuei and Six-Yellow Decoction)
当归六黄汤

- **Source:** Secrets from the Orchid Chamber (1336)
- **Actions:** Enriches the Yin, drains fire, stabilizes the exterior, and stops sweating;
- **Indications:**
 - Night sweats due to raging fire in the interior with deficiency of blood and Yin manifested by fever, night sweats, red face, dry mouth and parched lips, irritability, dry stools, dark and scanty urine, a red, dry tongue, and a rapid pulse.

17

Dang Gui Liu Huang Tang (Tangkuei and Six-Yellow Decoction)
当归六黄汤

- **Pathological analysis**
 - The Heart is Yang in that it is situated in the upper part of the trunk and is associated with fire.
 - The Kidneys are Yin in that they are situated in the lower part of the trunk and are associated with water.
 - Normally, there is a give-and-take between these organs such that one regulates the other.
 - In this disorder, however, there is an insufficiency of Yin (water) which renders it incapable of properly controlling Yang (fire), while raging fire above consumes water below.
 - During sleep, protective Yang enters the nutritive Yin; when the Yin itself is deficient, it is unable to restrain the Yang. This leads to instability of the exterior, especially at night.

18

Dang Gui Liu Huang Tang (Tangkuei and Six-Yellow Decoction)
当归六黄汤

- The unrestrained Yang and the internal fire push the fluids out of the body in the form of sweat, which the deficient Yin is unable to restrain. Fever and night sweats ensue.
- When the patient awakes, the protective Yang leaves the nutritive Yin and returns to the exterior so that the sweating stops.
- Ascending fire causes a red face, dry mouth, and parched lips.
- Because sweat is the fluid of the Heart, prolonged sweating injures the Heart Yin, which manifests as irritability.
- Dry stools, dark and scanty urine, a red and dry tongue, and a rapid pulse are all characteristic of fire from deficiency.

19

Dang Gui Liu Huang Tang (Tangkuei and Six-Yellow Decoction)
当归六黄汤

• **Composition**

– **Chief**

- Dang Gui (Angelicae sinensis Radix) 6-9g
- Sheng Di Huang (Rehmanniae Radix) 9-15g
- Shu Di Huang (Rehmanniae Radix preparata) 9-15g

– **Deputy**

- Huang Lian (Coptidis Rhizoma) 3-6g
- Huang Qin (Scutellariae Radix) 6-12g
- Huang Bai (Phellodendri Cortex) 6-12g

– **Assistant**

- Huang Qi (Astragali Radix) 12-24g

20

Dang Gui Liu Huang Tang (Tangkuei and Six-Yellow Decoction)

当归六黄汤

• **Analysis of Formula**

- This formula enriches the Yin and drains excess fire, but also stabilizes the exterior in order to control sweating.
- The chief
 - Dang Gui nourishes the blood and increases the fluids, which are then able to lubricate the Intestines and moisten the dry stools.
 - Sheng Di Huang and Shu Di Huang enrich and nourish the Yin fluids, blood, and essence. Sheng Di Huang is also particularly useful in treating heat from deficiency.
 - Together, these herbs nourish water, which enables it to control the fire.
- The deputy
 - Huang Lian drains fire from the Heart. In concert with the other deputies, Huang Qin and Huang Bai, it relieves irritability and drains fire to remove the cause of damage to the Yin. When the fire is drained, internal agitation will subside; and when the Yin is fortified, the external draining of sweat will cease.
- The assistant
 - Huang Qi is used to augment the Qi and stabilize the exterior. This prevents excessive sweating from causing further injury to the Yin and Yang. It also protects the Stomach Qi from the actions of the other herbs. In concert with Dang Gui and Shu Di Huang, it makes a powerful combination for nourishing the Qi and blood. When the Qi and blood nourish, the interstices and pores tighten, and it is more difficult for²¹ sweat to improperly escape.

Dang Gui Liu Huang Tang (Tangkuei and Six-Yellow Decoction)

当归六黄汤

• **Key Point of diagnosis**

- Fever, night sweats, red face, irritability, dark and scanty urine, a red, dry tongue, and a rapid pulse.

• **Caution and contraindication**

- The formula should be used with caution and in modified form, if at all, in cases with Spleen and Stomach deficiency.

• **Modification**

- For especially severe sweating: + Ma Huang Gen; Fu Xiao Mai;
- For Yin deficiency without fire: – Huang Lian, Huang Qin, and Huang Bai; + Xuan Shen; Mai Men Dong;
- For tidal fever, dry mouth, a strong pulse at the rear position, and other signs of Kidney fire: + Gui Ban; Zhi Mu;

• **Clinic use**

- Tuberculosis, diabetes, hyperthyroidism, perimenopausal syndrome, and nervous exhaustion.

Dang Gui Liu Huang Tang (Tangkuei and Six-Yellow Decoction)
当归六黄汤

- Vs. Dang Gui Bu Xue Tang (Tangkuei Decoction to tonify the Blood)
 - Both formulas treat flushing and feverishness and contain the synergistic combination of Huang Qi and Dang Gui;
 - Dang Gui Liu Huang Tang focuses on **enriching the Yin and draining excess fire** while the function of **stabilizing the exterior** in order to control sweating is secondary. It is therefore used to treat **fever and night sweats** accompanied by a dry mouth and parched lips, irritability, dry stools, dark and scanty urine, a red, dry tongue, and a rapid pulse.
 - Dang Gui Bu Xue Tang, on the other hand, focuses on **tonifying deficient Qi in the interior**. For this reason, it uses a **very large dosage of Huang Qi**, but **none of the bitter, cooling, or Yin – tonifying herbs** used in it.

23

Mu Li San (Oyster Shell Powder)
牡蛎散

- **Source:** Formulary of the Pharmacy Service for Benefiting the People in the Taiping Era (1107)
- **Actions:** Inhibits sweating and stabilizes the exterior;
- **Indications:**
 - **Spontaneous sweating (neither due to exertion nor occurs at night, is associated with deficient Qi)** manifested by **spontaneous sweating** that worsens at night, **palpitations**, easily startled, **shortness of breath**, irritability, general debility, lethargy, **a pale-red tongue, and a thin, frail pulse.**

24

Mu Li San (Oyster Shell Powder)

牡蛎散

• **Pathological analysis**

- Sweat is the fluid of the Heart. Prolonged sweating thus can reflect physiological disturbances at the level of Heart Qi or Yin and, in turn, can exacerbate such disorders.
- When deficient nutritive Qi (Yin) is unable to properly anchor the protective Qi (Yang), it begins to float, becomes more deficient, and aggravates the sweating until it becomes most pronounced at night.
- This type of sweating, a combination of spontaneous and night sweats, is a manifestation of both deficient Qi and Yin, albeit at the Yin level of Qi, rather than that of the essences.
- Injury to the Heart Qi also manifests as palpitations, anxiety, being easily startled, shortness of breath, and general debility.
- The combination of irritability and lethargy is often a sign of deficient Qi with concurrent heat from constraint.
- The pale-red tongue and thin, frail pulse are also characteristic of deficiency of both Qi and constrained heat. ²⁵

Mu Li San (Oyster Shell Powder)

牡蛎散

• **Composition**

– **Chief**

- Duan Mu Li (Calcined Ostreae Concha) 30g (15-30g)

– **Deputy**

- Huang Qi (Astragali Radix) 30g (9-15g)

– **Assistant**

- Ma Huang Gen (Ephedrae Radix) 30g (3-9g)
- Fu Xiao Mai (Tritici Fructus levis) 30g (15-30g)

Mu Li San (Oyster Shell Powder)
牡蛎散

• **Analysis of Formula**

- The chief
 - Duan Mu Li restrains the Yin, anchors the floating Yang, inhibits sweating, and relieves irritability;
- The deputy
 - Huang Qi strongly tonifies the Lung Qi and is of particular benefit to the superficial protective Qi. It strengthens the protective Qi and stabilizes the exterior. Huang Qi is also very helpful in treating the symptoms associated with deficient Qi, including shortness of breath and general debility.
 - The combination of Mu Li and Huang Qi, one of which benefits the nutritive level and the other the protective level, is especially effective in treating this condition.

27

Mu Li San (Oyster Shell Powder)
牡蛎散

- The assistant
 - Ma Huang Gen assists the chief ingredients in augmenting the Heart Qi, restraining sweating, and stabilizing the exterior. Its nature is to move to the exterior of the body, but its action is to direct the Qi downward. It thereby complements the action of Mu Li, which anchors the Yang, while focusing the tonifying actions of Huang Qi on the exterior.
 - Fu Xiao Mai, sweet, salty, and slightly cooling, mildly nourishes the Heart Qi and clears heat from constraint by venting it to the surface, thereby removing one of the causes of sweating in this pattern.
 - When this is accomplished, the normal Qi will be restored, the sweating will cease, and the symptoms of Heart Qi distress will abate.

28

Mu Li San (Oyster Shell Powder)
牡蛎散

- **Key Point of diagnosis**
 - Spontaneous sweating, palpitations, shortness of breath, a pale-red tongue, and a thin, frail pulse.
- **Caution and contraindication**
 - This formula is inappropriate for treating the profuse, oily sweat associated with exhaustion of the Yin or Yang.
- **Modification**
 - To strengthen the formula: + Wu Wei Zi;
 - To increase tonification of the nutritive Qi: + Bai Zhu; Ren Shen;
 - To increase tonification of the Yin fluids: + Bai Shao or Sheng Di Huang;
 - For Yang deficiency: + Bai Zhu; Zhi Fu Zi;
 - For blood deficiency: + He Shou Wu; Shu Di Huang;
 - For pronounced Yin deficiency: + Sheng Di Huang; Bai Shao;
 - For insomnia: + Suan Zao Ren; Bai Zi Ren;
- **Clinic use**
 - Excessive sweating postpartum or post-surgery, autonomic dystonia, and pulmonary tuberculosis.

29

Mu Li San (Oyster Shell Powder)
牡蛎散

- **Vs. Dang Gui Liu Huang Tang (Tangkuei and Six-Yellow Decoction)**
 - Both formulas stabilize the exterior, stop sweating, and enrich the Yin.
 - Mu Li San has a rather **weak Yin-enrich the action and does not clear heat**. It is nonetheless effective at **restraining sweating**. It is therefore commonly used for **excessive sweating in weak patients**, but should be avoided in treating night sweats due to raging fire from deficiency.
 - Dang Gui Liu Huang Tang is precisely for **night sweats due to raging fire from deficiency**.

30

Yu Ping Feng San (Jade Windscreen Powder)
玉屏风散

- **Source:** Researching Original Formulas (1213)
- **Actions:** Augments the Qi, stabilizes the exterior, and stops sweating.
- **Indications:**
 - Deficiency of the exterior with weak and unstable protective Qi manifested by aversion to drafts, spontaneous sweating, recurrent colds, a shiny, pale complexion, a pale tongue with a white coating, and a floating, deficient, and soft pulse.

31

Yu Ping Feng San (Jade Windscreen Powder)
玉屏风散

- **Pathological analysis**
 - The Lungs govern the Qi, skin, and body hair.
 - By virtue of their control of the protective Qi, they guard the exterior of the body and ward off pathogenic influences.
 - Part of this mechanism is regulating the opening and closing of the interstices and pores.
 - When the Qi is weak and cannot stabilize the superficial aspects of the body, the interstices and pores will not properly close.
 - Not only does this give rise to spontaneous sweating and aversion to drafts, it also increases one's susceptibility to invasion by external pathogenic influences, and thus to recurrent colds.
 - The shiny, pale complexion and pale tongue reflect deficiency of Qi, while the floating, deficient, and soft pulse reflects weakness in the superficial level of the body's energies.

32

Yu Ping Feng San (Jade Windscreen Powder)
玉屏风散

- **Composition**

- **Chief**

- Mi Zhi Huang Qi (Honey-prepared Astragali Radix) 60g

- **Assistant**

- Bai Zhu (Atractylodis macrocephalae Rhizoma) 60g

- **Envoy**

- Fang Feng (Saposhnikoviae Radix) 30g

33

Yu Ping Feng San (Jade Windscreen Powder)
玉屏风散

- **Analysis of Formula**

- The chief

- Huang Qi, is an extremely powerful substance for strengthening the Qi and stabilizing the exterior. It tonifies the superficial or exterior aspects of the Lungs and Spleen, and is well-suited to this pattern.

- The deputy

- Bai Zhu strengthens the Spleen and augments the Qi. It reinforces the actions of the chief herb and strengthens the metal (Lungs) by cultivating the earth (Spleen). The combination of chief and deputy generates Qi from tonifying the Spleen, which is the source of Qi and blood. The exterior is thereby stabilized, and sweat will no longer leak from the interstices and pores. This also prevents pathogenic influences from easily penetrating the outer defenses of the body.

- The assistant

- Fang Feng circulates in the exterior of the body where it expels wind, the major pathogenic influence at this level on which the others ride to invade the body. It does not damage the fluids and thereby further injure the Lungs, the “tender organ”. In concert with the chief herb, it stabilizes the exterior without causing the pathogenic influences to linger, and expels pathogenic influences without harming the normal Qi.

34

Yu Ping Feng San (Jade Windscreen Powder)
玉屏风散

- **Key Point of diagnosis**
 - Aversion to drafts, spontaneous sweating, pale complexion, a pale tongue with a white coating, and a floating, deficient, and soft pulse.
- **Caution and Contraindication**
 - Although the formula disperses pathogenic wind-dampness, it is unsuitable for treating excess patterns. Its focus is on preventing pathogenic Qi from entering the body, not on dispersing pathogenic Qi from the body. Unless significantly modified, it is thus unsuited for releasing pathogenic Qi from the exterior in patterns of excess, even where such excess occurs against a background of Qi deficiency.
- **Modifications**
 - For externally-contracted disorders with aversion to wind, sweating, and a moderate pulse: + Gui Zhi;

35

Yu Ping Feng San (Jade Windscreen Powder)
玉屏风散

- For persistent sweating: + Mu Li, Fu Xiao Mai, and Wu Wei Zi;
- For chronic or allergic rhinitis with the appropriate presentation: + Xin Yi Hua, Cang Er Zi, Bai Zhu;
- For bronchitis in children: + Shan Yao, Chen Pi, Da Zao;
- For night sweats where Qi deficiency in the exterior is a major factor in the loss of Yin fluids: + Wu Wei Zi, Fu Xiao Mai, Bai Shao;
- For hypotension: combine with Sheng Mai San;
- For allergic rhinitis: combine with Cang Er Zi San;
- **Clinical Use**
 - Recurrent upper respiratory infections, glomerulonephritis, allergic rhinitis, chronic urticaria, and bronchial asthma.

36

Yu Ping Feng San (Jade Windscreen Powder)
玉屏风散

- Vs. Gui Zhi Tang (Cinnamon Twig Decoction)
 - Both formulas treat conditions known as exterior deficiency.
 - Gui Zhi Tang is designed for **relatively acute conditions with fever and aversion to cold, where sweating does not resolve the problem**. In such cases, although the exterior can be considered deficient, the pathogenic influence is strong.
 - Yu Ping San is designed for **ongoing, chronic problems marked by spontaneous sweating together with aversion to drafts and recurrent colds**. In this case, the deficiency of the normal Qi is not strong enough to prevent wind pathogens from reentering once they have been dispersed. Yu Ping Feng San is **also used in special circumstances for acute attacks of wind-cold**, that is, in cases where patients are **so deficient** that they are unable to tolerate even the weakest dispersing formula, yet still require some exterior-releasing action.

37

Yu Ping Feng San (Jade Windscreen Powder)
玉屏风散

- Vs. Bu Fei Tang (Tonify the Lungs Decoction)
 - Both formulas not only tonify the Lungs and Qi, but also stabilize the exterior.
 - Yu Ping Feng San focuses primarily on relieving the **spontaneous sweating and recurrent colds**.
 - Bu Fei Tang focuses on **tonifying the Lungs to relieve the persistent coughing**.

38

Yu Ping Feng San (Jade Windscreen Powder)
玉屏风散

- Vs. Mu Li San (Oyster Shell Powder)
 - Both formulas treat sweating from Qi deficiency.
 - Yu Ping Feng San is for deficiency of protective Qi at the level of the Lungs with recurrent penetration of wind into the exterior. This is characterized by spontaneous sweating accompanied by aversion to wind or drafts, as well as recurrent infections or allergies.
 - Mu Li San, on the other hand, also treats deficiency of protective Qi, but this is complicated here by constraint from deficiency at the level of the nutritive Qi. Because the nutritive Qi is associated with the Heart, there are symptoms of Heart Qi deficiency such as anxiety and palpitations. Because of the presence of heat from constraint, there will be irritability and restlessness, and the sweating tends to worsen at night.

39

Formulas that stabilize exterior & lung and stop sweating

- Section 1 Formulas that stabilize exterior & lung (3 types)
 - Dang Gui Liu Huang Tang (Tangkuei and Six-Yellow Decoction)
 - Mu Li San (Oyster Shell Powder)
 - Yu Ping Feng San (Jade Windscreen Powder)

40

Study guideline

- 1. The indications and ingredients of Dang Gui Liu Huang Tang.
- 2. The difference between Dang Gui Liu Huang Tang and Dang Gui Bu Xue Tang.
- 3. The indications of Mu Li San;
- 4. The difference between Mu Li San and Dang Gui Liu Huang Tang;
- 5. The indications and ingredients of Yu Ping Feng San;
- 6. The difference between Yu Ping Feng San and Gui Zhi Tang;
- 7. The difference between Yu Ping Feng San and Bu Fei Tang;
- 8. The difference between Yu Ping Feng San and Mu Li San;

41

Section 2 Formulas that astringe LI & stop diarrhea

42

Formulas that astringe LI & stop diarrhea

- Section 2 Formulas that astringe LI & stop diarrhea (3 types)
 - Si Shen Wan (Four-Miracle Pill)
 - Zhen Ren Yang Zang Tang (True Man's Decoction to Nourish the Organs)
 - Tao Hua Tang (Peach Blossom Decoction)

43

Si Shen Wan (Four-Miracle Pill)

四神丸

- **Source:** Summary of Internal Medicine (Ming dynasty)
- **Actions:** Warms and tonifies the Spleen and Kidneys, binds up the Intestines, and stops diarrhea;
- **Indications:**
 - Daybreak diarrhea (五更泄, Wu Geng Xie), also called “cock-crow diarrhea” because it occurs every day just before sunrise manifested by diarrhea that occurs daily just before sunrise, lack of interest in food and inability to digest what is eaten, soreness of the lower back with cold limbs, fatigue and lethargy, a pale tongue with a thin, white coating, and a submerged, slow, and forceless pulse. There may also be abdominal pain.

44

Si Shen Wan (Four-Miracle Pill)
四神丸

• **Pathological analysis**

- Every day just before sunrise is the time of day when the Yin is at its peak and the Yang is starting to rise;
- Because this is the Yang within the Yin, diarrhea occurring at this time reflects a problem of Yin transforming into Yang, or Yang rising out of the Yin;
- Yang also refers to fire, and Yin to water. If the fire at the gate of vitality (source Yang) is weak, the Yang will not properly rise and the Yin will suddenly descend, causing diarrhea at this time;
- The pathodynamic that leads to this manifestation involves the Kidney's governance of opening and closing, the Spleen functions of transportation and transformation, and the Liver's ability to control the spreading of ministerial fire throughout the body.

45

Si Shen Wan (Four-Miracle Pill)
四神丸

- When the Yang of the Spleen and Kidneys is deficient, there is a lack of interest in food, and because the deficient, there is a lack of interest in food, and because the deficient Spleen Yang is unable to “cook” or decompose food, what is eaten is not digested..
- Pain results from cold contracting the abdomen as a result of the Liver being unable to disseminate fire.
- The Spleen governs the limbs, and the lower back is the province of the Kidneys; Yang deficiency of these organs leads to soreness of the lower back and cold limbs.
- When the Yang is deficient, the spirit cannot become fully animated. This lack of animation is manifested in fatigue, lethargy, and a “dispirited” demeanor.
- A pale tongue with a thin, white coating and a submerged, slow, and forceless pulse are characteristic of cold from deficiency. 46

Si Shen Wan (Four-Miracle Pill)
四神丸

- **Composition**

- **Chief**

- Bu Gu Zhi (Psoraleae Fructus) 120g

- **Deputy**

- Rou Dou Kou (Myristicae Semen) 60g

- **Assistant**

- Chao Wu Zhu Yu (Dry-fried Evodiae Fructus) 30g
- Wu Wei Zi (Schisandrae Fructus) 60g

- **Envoy**

- Sheng Jiang (Rhizoma recens) 240g
- Da Zao (Jujubae Fructus) 100 pcs

47

Si Shen Wan (Four-Miracle Pill)
四神丸

- **Analysis of Formula**

- This formula treats patterns due to insufficient fire at the gate of vitality, which is unable to supply the Kidneys and Spleen with the warmth they require to carry out their transformative processes. To treat the ensuing diarrhea, this formula employs a dual strategy of warming and binding to deal with both the root and branch.
- The chief
 - Bu Gu Zhi, acrid, bitter, and warm, directly tonifies the gate of vitality and benefits earth (Spleen) by fortifying this aspect of fire. It also has an astringent nature that acts on the Kidneys to secure the primal Yang, and on the Spleen to stop the diarrhea.
- The deputy
 - Rou Dou Kou warms the Spleen and Kidneys and binds up the Intestines. It works synergistically with the chief herb by focusing its actions on the Intestines. It is often used to treat lack of appetite due to cold from deficiency.

48

Si Shen Wan (Four-Miracle Pill)

四神丸

- The assistant
 - Wu Zhu Yu disperses cold in the middle Jiao (SP & ST) and thereby complements the action of the chief herb (which warms the source of the prenatal Qi) by warming the source of the postnatal Qi. Entering the Liver channel, it dredges Liver constraint, promoting the movement of Qi and stopping pain, all of which are aspects of this pattern.
 - Wu Wei Zi is a strong, warm, and astringent herb that strengthens the deputy's ability to bind up the Intestines. It also works synergistically with Wu Zhu yu, one herb being warm, acrid, drying, and strongly dispersing, the other sour, sweet, and astringent.
- The envoy
 - Sheng Jiang disperses cold and activates the metabolism of water;
 - Da Zao nourishes the Spleen and Stomach.

49

Si Shen Wan (Four-Miracle Pill)

四神丸

- **Key Point of diagnosis**
 - Diarrhea that occurs daily just before sunrise, lack of interest in food and inability to digest what is eaten, soreness of the lower back with cold limbs, fatigue and lethargy, a pale tongue with a thin, white coating, and a submerged, slow, and forceless pulse.
- **Caution and contraindication**
 - Without modification, this formula should not be used if there is accumulation or stagnation in the Stomach or Intestines. One should also avoid raw or cooling foods while taking this formula.
- **Modification**
 - For prolapsed rectum: + Dang Shen; Sheng Ma;
 - For uncontrolled diarrhea: + Ying Su Ke; He Zi;
 - For more severe Yang deficiency with backache and cold extremities: + Zhi Fu Zi; Rou Gui;
 - For interior cold with abdominal pain and nausea: combine with Li Zhong Wan;
- **Clinic use**
 - Chronic colitis, chronic dysentery, irritable bowel syndrome, tuberculosis of the colon, allergic colitis, and lower back pain.

50

Si Shen Wan (Four-Miracle Pill)
四神丸

- Vs. Shen Ling Bai Zhu San (Ginseng, Poria, and White Atractylodes Powder)
 - Both formulas are important for treating diarrhea, but they can be differentiated in terms of their focus on Qi versus Yang deficiency.
 - Shen Ling Bai Zhu San treats patterns of **deficiency where Spleen earth is encumbered by phlegm-dampness**. Here the stools will be **soft or may even contain phlegm**, and symptoms worsen in relation to dietary irregularities or exhaustion. Systemic symptoms include fatigue, poor appetite, and weak muscles.
 - Si Shen Wan augments the **fire at the gate of vitality in order to treat the diarrhea associated with Kidney and Spleen Yang deficiency**. Diarrhea in these cases is **often watery and contains undigested food**. The patient will be cold and tired.

51

Zhen Ren Yang Zang Tang (True Man's Decoction to Nourish the Organs)
真人养脏汤

- **Source:** Formulary of the Pharmacy Service for Benefiting the People in the Taiping Era (1107)
- **Actions:** Warms the middle, tonifies deficiency, restrains leakage from the Intestines, and stops diarrhea;
- **Indications:** **Chronic or dysenteric disorder causing a leaking type of abandonment (滑脱, Hua Tuo), which indicates that the body is no longer able to contain the contents of the Intestines manifested by chronic diarrhea or dysenteric disorders with unremitting diarrhea to the point of incontinence**, and, in severe cases, prolapsed rectum. The diarrhea may contain pus and blood, and there may also be tenesmus. Accompanying symptoms include mild, **persistent abdominal pain that responds favorably to local pressure or warmth, lethargy, a wan complexion, reduced appetite, soreness of the lower back, lack of strength in the legs, a pale tongue with a white coating, and a slow, thin pulse.**

52

Zhen Ren Yang Zang Tang (True Man's Decoction to Nourish the Organs)
真人养脏汤

• **Pathological analysis**

- The Spleen Qi has become deficient and the Intestines have lost their stability and capacity to absorb.
- This result in unremitting diarrhea to the point of incontinence.
- When severe, there may be sinking of the Spleen (or middle) Qi, which manifests as prolapse of the rectum.
- Long-term diarrhea not only leads to deficiency of the Spleen Qi and Yang, but also invariably involves the Kidneys.
- This aggravates the diarrhea, which further injures the Spleen and Kidneys, which in turn worsens the diarrhea, and so on in a vicious circle.
- When the Spleen and Kidneys are deficient and cold, there is fatigue and lethargy as well as mild, persistent abdominal pain that responds favorably to local pressure or warmth.

53

Zhen Ren Yang Zang Tang (True Man's Decoction to Nourish the Organs)
真人养脏汤

- When the Spleen is weak, the appetite declines, food intake is reduced, and the complexion becomes wan.
- Kidney Yang deficiency is further expressed in the sore lower back and lack of strength in the legs.
- The pale tongue with a white coating and the slow, thin pulse are indicative of Yang deficiency of the Spleen and Kidneys.

54

Zhen Ren Yang Zang Tang (True Man's Decoction to Nourish the Organs)
真人养脏汤

- **Composition**

- **Chief**

- Mi Zhi Ying Su Ke (honey-prepared Papaveris Pericarpium) 108g (6-20g)

- **Deputy**

- Wei Rou Dou Kou (Roasted Myristicae Semen) 15g (9-15g)
- He Zi (Chebulae Fructus) 36g (6-15g)

- **Assistant**

- Ren Shen (Ginseng Radix) 18g (3-6g)
- Chao Bai Zhu (Dry-fried Atractylodis macrocephalae Rhizoma) 18g (9-12g)
- Rou Gui (Cinnamomi Cortex) 24g (3-4.5g)
- Bai Shao (Paeoniae Radix alba) 48g (9-15g)
- Dang Gui (Angelicae sinensis Radix) 18g (6-12g)

- **Envoy**

- Mu Xiang (Aucklandiae Radix) 42g (6-9g)
- Zhi Gan Cao (Glycyrrhizae Radix preparata) 24g (3-9g)

55

Zhen Ren Yang Zang Tang (True Man's Decoction to Nourish the Organs)
真人养脏汤

- **Analysis of Formula**

- The focus of this formula is on binding up the Intestines to secure abandoned conditions, while also warming the middle and tonifying deficiency.
- The chief
 - Zhi Ying Su Ke is an astringent that can be used to treat both cough and severe diarrhea or dysenteric disorders. Its painkilling properties address the tenesmus that is part of the presentation;
- The deputy
 - He Zi, bitter, sour, neutral, and astringent supports the actions of the chief herb while also warming the Spleen Yang.
 - Wei Rou Dou Kou, acrid, warming, and astringent supports the actions of the chief herb while also warming the Spleen Yang.

56

Zhen Ren Yang Zang Tang (True Man's Decoction to Nourish the Organs)
真人养脏汤

- The assistant
 - Ren Shen and Bai Zhu, especially when combined, are very effective in strengthening the Spleen and augmenting the middle Qi.
 - Rou Gui warms the Kidney Yang and Spleen to dispel cold, and helps the chief herb strengthen the Spleen.
 - Bai Shao and Dang Gui tonify the Yin and blood because chronic diarrhea depletes the fluids, which exhausts the Yin and blood.
- The envoy
 - Mu Xiang revives the Spleen and regulates the Qi, thereby helping with digestion and abdominal pain. Its specific ability is to alleviate tenesmus. Although its use may appear to be contraindicated in a condition of excessive movement, it actually prevents the astringent, binding properties of the other herbs from causing stagnation.
 - Zhi Gan Cao helps the chief herb tonify the middle Jiao, works with Bai Shao to alleviate abdominal pain, and harmonizes the actions of the other herbs.

57

Zhen Ren Yang Zang Tang (True Man's Decoction to Nourish the Organs)
真人养脏汤

- **Key Point of diagnosis**
 - Chronic diarrhea or dysenteric disorders with unremitting diarrhea to the point of incontinence, persistent abdominal pain that responds favorably to local pressure or warmth, lethargy, reduced appetite, a pale tongue with a white coating, and a slow, thin pulse.
- **Caution and contraindication**
 - This formula should never be used in treating disorders of excess or when stagnation or damp-heat is present. Patients taking this formula should avoid alcohol, wheat, cold or raw foods, fish, and greasy foods.
- **Modification**
 - For diarrhea with undigested food particles, cold extremities, and a submerged faint pulse: + Gan Jiang; Zhi Fu Zi;
 - For prolapsed rectum: + Huang Qi; Sheng Ma;
 - For severe abdominal pain: + Bing Lang;
- **Clinic use**
 - Chronic colitis, chronic diarrhea in children, ulcerative colitis, Crohn's disease, chronic dysentery, and recalcitrant diarrhea as a result of diabetes. It is also used for rectal prolapse accompanying any of these conditions.

58

Zhen Ren Yang Zang Tang (True Man's Decoction to Nourish the Organs)
真人养脏汤

• **Vs. Si Shen Wan (Four-Miracle Pill)**

- Both formulas are warming and are used to treat chronic diarrhea associated with cold and deficiency of the Spleen and Kidneys. They differ in their focus on the middle and lower Jiao, respectively, and also in the relative weight placed on binding and warming properties.
- Zhen Ren Yang Zang Tang focuses **primarily on stopping excessive bowel movements. Secondly, it tonifies and warms the middle Jiao Qi and also tonifies the blood.** It is therefore the formula of choice for **uncontrollable bowel movements** associated with deficiency, irrespective of when they occur.
- Si Shen Wan is **primarily a warming formula that augments the fire at the gate of vitality and its dissemination to the middle Jiao.** Astringent herbs are used only as assistants. The formula is thus used primarily for **early morning diarrhea**, but also for other types of leakage due to insufficient fire at the gate of vitality.

59

Tao Hua Tang (Peach Blossom Decoction)
桃花汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Warms the middle, dispels cold, binds up the bowels, and stops dysenteric disorders.
- **Indications:**
 - **The first stages of a dysenteric disorder are usually due to damp-heat, but over time the Spleen and Stomach are injured and the condition transforms into one of cold from deficiency and the loss of fluids manifested by chronic dysenteric disorders with dark blood and pus in the stool, abdominal pain that responds favorably to local pressure or warmth, a pale tongue, and a pulse that is slow and frail or faint, and thin.**

Tao Hua Tang (Peach Blossom Decoction)

桃花汤

- **Pathological analysis**

- Deficiency of the middle Jiao (Spleen and Stomach) Yang combined with weak fire in the lower Jiao prevents food from being digested, transformed, or transported, and inhibits the metabolism of water.
- This leads to internal obstruction of damp-cold, which disrupts the Qi mechanism of the large Intestine.
- The obstruction and disruption injury the collaterals of the Intestines, and dark blood and pus appear in the stool.
- The lack of bright color in the blood, the presence of pus, and the absence of a strong odor distinguishes this disorder from that caused by damp-heat.
- Abdominal pain that responds favorably to local pressure or warmth is a classic symptom of Spleen and Kidney Yang deficiency.
- The pale tongue, and the pulse that is slow and frail or faint and thin, also reflect weakness of the Spleen and Kidney Yang.

61

Tao Hua Tang (Peach Blossom Decoction)

桃花汤

- **Composition**

- **Chief**
 - Chi Shi Zhi (*Halloysitum rubrum*) 48g (30g)
- **Deputy**
 - Gan Jiang (*Zingiberis Rahizoma*) 3g (9g)
- **Assistant**
 - Jing Mi (Nonglutinous rice) 30g

62

Tao Hua Tang (Peach Blossom Decoction)

桃花汤

- **Analysis of Formula**
- This formula employs three strategies-- bind that which is dispersing, warm that which is cold, and tonify which is deficient-- in order to treat unremitting diarrhea or dysentery due to Yang deficiency.
 - The chief
 - Chi Shi Zhi binds up the Intestines and stabilizes the abandoned disorder. Due to its warming nature, it is particularly useful for treating blood and pus in the stool due to cold from deficiency. Half of the formula is taken as a powder so that the substance itself reaches the Intestines; this will increase its absorptive action.
 - The deputy
 - Gan Jiang calms the Middle Jiao and expels cold. Assisting the original Yang, it revitalizes the Spleen's transportive and transformative functions so that it is able once more to contain essence.
 - The assistant
 - Jing Mi nourishes the Stomach and harmonizes the Middle Jiao. It helps the other ingredients improve the⁶³ function of the Stomach and Intestines.

Tao Hua Tang (Peach Blossom Decoction)

桃花汤

- **Key Point of diagnosis**
 - Chronic dysenteric disorders with dark blood and pus in the stool, abdominal pain that responds favorably to local pressure or warmth, a pale tongue, and a pulse that is slow and frail or faint and thin.
- **Caution and Contraindication**
 - This formula is astringent and warming in nature and therefore contraindicated for dysenteric disorders due to damp-heat. Such patterns are treated by formulas like Shao Yao Tang, Huang Qin Tang, or Bai Tou Weng Tang.
- **Modifications**
 - For more severe abandoned disorders with incontinence of stool: + Dang Shen; Wei Rou Dou Kou;
 - For more severe abdominal pain: + Bai Shao; Gui Zhi;
 - For icy-cold hands and feet and a submerged, faint pulse: + Zhi Fu Zi;
 - For chronic Intestinal wind with bleeding: substitute Pao Jiang for Gan Jiang;
 - For chronic leukorrhea from Spleen and Kidney deficiency: combine with Si Shen Wan;
 - For chronic amebic dysentery: remove Jing Mi; + Shan Yao, Long Gu, Mu Li, Di Yu, Qin Pi;

Tao Hua Tang (Peach Blossom Decoction)
桃花汤

- Vs. Huai Hua Tang (Sophora Japonica Flower Powder)
 - Both formulas can be used to treat blood in the stools associated with Yang deficiency. They are very similar in terms of their composition in that each uses a mineral substance to bind up the Intestines and stop bleeding, Chi Shi Zhi versus Zao Xin Tu; a warming, acrid herb to assist the original Yang, Gan Jiang versus Zhi Fu Zi; and a sweet herb to tonify the middle, Jing Mi versus Gan Cao.
 - Tao Hua Tang treats **Shao Yin patterns where the blood congeals due to excess cold**, characterized by **dark-colored blood and pus**;
 - Huai Hua Tang treats **bleeding due to damp-heat penetrating into the blood aspect**, characterized by **fresh-looking blood**. For this reason it also includes bitter, cold Huang Qin in order to drain damp-heat, as well as Shu Di Huang and E Jiao to harmonize the blood.

65

Tao Hua Tang (Peach Blossom Decoction)
桃花汤

- Vs. Zhen Ren Yang Zang Tang (True Man's Decoction to Nourish the Organs)
 - Both formulas warm and tonify the Spleen Yang in order to treat unremitting diarrhea and dysentery, but they differ in their focus and composition.
 - Zhen Ren Yang Zang Tang uses **a very large dose of Ying Su Ke** as its **chief ingredient** and thus **focuses primarily on stopping excessive bowel movements. Secondly, it tonifies and warms the middle Jiao Qi and also tonifies the blood**. It is thus indicated primarily for Spleen Qi and Yang deficiency leading to severe diarrhea.
 - Tao Hua Tang, on the other hand, **focuses on warming and binding the Large Intestine, employing Chi Shi Zhi to bind up the Intestines and stop the bleeding**. Although the pattern it treats often results from Yang deficiency of the middle Jiao, its **focus on treating the manifestation**. Clinically, the use of this formula should be followed by one that treats the root once the acute symptoms have been relieved.

66

Formulas that astringe LI & stop diarrhea

- Si Section 2 Formulas that astringe LI & stop diarrhea (3 types)
 - Si Shen Wan (Four-Miracle Pill)
 - Zhen Ren Yang Zang Tang (True Man's Decoction to Nourish the Organs)
 - Tao Hua Tang (Peach Blossom Decoction)

67

Study guideline

- 1. The indications of Si Shen Wan;
- 2. The difference between Si Shen Wan and Shen Ling Bai Zhu San;
- 3. The indications of Zhen Ren Yang Zang Tang;
- 4. The difference between Zhen Ren Yang Zang Tang and Si Shen Wan;
- 5. The indications of Tao Hua Tang;
- 6. The difference between Tao Hua Tang and Huai Hua Tang;
- 7. The difference between Tao Hua Tang and Zhen Ren Yang Zang Tang;

68

Section 3 Formulas that stabilize kidney

69

Formulas that stabilize kidney

- The formulas in this section are used for deficient Kidneys that have lost their ability to store, causing instability in the lower Jiao.
- This, in turn, can destabilize the gate of essence (leading to spermatorrhea of various types) and the Bladder (leading to loss of bladder control), or deprive the fetus of nourishment and stability (leading to restless fetus disorder or miscarriage).
- Accompanying signs and symptoms include weakness and soreness of the lower back, tinnitus, forgetfulness, a pale tongue with a white coating, and a pulse that is instability include Long Gu, Mu Li, Sang Piao Xiao, Lian Xu, Sha Yuan Zi.
- Because of the close relationship among the Kidneys, Heart, and Spleen, formulas that secure the essence and stop enuresis also include herbs that calm the spirit and settle the emotions, such as Fu Shen or Shi Chang Pu, herbs that tonify and augment the Qi of the Spleen and Kidneys, such as Shan Yao, or herbs that warm and regulate the Kidney Qi, such as Wu Yao.

70

Formulas that stabilize kidney

- Section 3 Formulas that stabilize kidney (3 types)
 - Jin Suo Gu Jing Wan (Metal Lock Pill to Stabilize the Essence)
 - Sang Piao Xiao San (Mantis Egg-Case Powder)
 - Suo Quan Wan (Shut the Sluice pill)

71

Jin Suo Gu Jing Wan (Metal Lock Pill to Stabilize the Essence)
金锁固精丸

- **Source:** Medical Formulas Collected and Analyzed (1682)
- **Actions:** Stabilizes the Kidneys and binds up the semen;
- **Indications:**
 - Dysfunction of the Kidneys and Liver manifested by chronic spermatorrhea, impotence, fatigue and weakness, sore and weak limbs, lower back pain, tinnitus, a pale tongue with a white coating, and a thin, frail pulse.

72

Jin Suo Gu Jing Wan (Metal Lock Pill to Stabilize the Essence)
金锁固精丸

• **Pathological analysis**

- The Kidneys store the essence (of which semen is a material manifestation) of all the organs, and the Liver governs the free-flowing or spreading functions of the body.
- The Liver (wood) depends on the Kidneys (water) for nourishment, and the gate of essence in the Kidneys requires a calm Liver to be stable.
- When the Kidneys are deficient, they cannot store the essence (or semen); accordingly, the gate of essence becomes destabilized, and spermatorrhea (usually chronic) results.
- Blazing fire at the gate of vitality (often associated with Kidney deficiency or Liver Yang excess) disturbing the chamber of the essence, which leads to an intemperate spreading of essence, is the other main cause of spermatorrhea.

73

Jin Suo Gu Jing Wan (Metal Lock Pill to Stabilize the Essence)
金锁固精丸

- By and large, wet dreams are due to blazing fire, while spontaneous emissions (spermatorrhea that occurs without dreams) are caused by instability at the gate of essence.
- This formula is designed primarily for the latter problem, although it can be modified to treat the former.
- Kidney deficiency and shortage of essence leads to weakness of the Qi, which manifests as fatigue, weakness, and sore and weak limbs.
- The lower back is the dwelling of the Kidneys; lower back pain is a classic symptom of Kidney deficiency.
- The sensory organ most closely associated with the Kidneys is the ears; Kidney deficiency manifests as tinnitus.
- The pale tongue with a white coating and the thin, frail pulse are also characteristic of Kidney deficiency.

74

Jin Suo Gu Jing Wan (Metal Lock Pill to Stabilize the Essence)
金锁固精丸

• **Composition**

– **Chief**

- Chao Sha Yuan Zi (Dry-fried Astragali complanati Semen) 60g

– **Deputy**

- Qian Shi (Euryales Semen) 60g
- Lian Xu (Nelumbinis Stamen) 60g

– **Assistant**

- Duan Long Gu (Calcined Fossilia Osis Mastodi) 30g
- Duan Mu Li (Calcined Ostreae Concha) 30g

75

Jin Suo Gu Jing Wan (Metal Lock Pill to Stabilize the Essence)
金锁固精丸

• **Analysis of Formula**

- This formula employs two strategies first outlined in Basic Questions—tonify what is deficient, and restrain what is dispersed—to secure the leakage due to Kidney deficiency.
- The chief
 - Sha Yuan Zi tonifies the Kidneys and benefits the essence, and stops the leakage of semen by stabilizing the gate of essence.
- The deputy
 - Lian Zi, Lian Xu, and Qian Shi, sweet and astringent in action, but moist by nature, assist the chief ingredient in stabilizing the gate of essence and stopping the leakage of semen.
 - Lian Xu and Qian Shi also nourish the Heart to calm the spirit.
 - A calm Heart guards against excessive stirring of the ministerial fire at the gate of vitality.
- The assistant
 - Duan Long Gu and Duan Mu Li are powerful restraining substances that bind the semen and prevent it from leaking. Heavy in nature, they also calm the Liver and subdue the Yang, assisting in the prevention of spermatorrhea from yet another direction.

76

Jin Suo Gu Jing Wan (Metal Lock Pill to Stabilize the Essence)

金锁固精丸

• **Key Point of diagnosis**

- Chronic spermatorrhea, impotence, fatigue and weakness, sore and weak limbs, lower back pain, tinnitus, a pale tongue with a white coating, and a thin, frail pulse.

• **Caution and contraindication**

- The herbs in this formula are primarily astringent, restraining substances. The formula is contraindicated in cases of damp-heat in the lower Jiao and should be modified if used for spermatorrhea at night due to blazing fire from deficiency. In case of fever from externally-contracted pathogens, use of the formula should be discontinued to avoid retention of the pathogen. Acrid, spicy, and hot foods as well as sexual intercourse should be avoided while taking this formula.

• **Modification**

- For Kidney Yang deficiency with frequent urination and a submerged, frail pulse: + Bu Gu Zhi; Shan Zhu Yu;
- For blazing fire from Yin deficiency with wet dreams, irritability, insomnia, a dry, red tongue, and a thin, rapid pulse: + Gui Ban; Nv Zhen Zi;
- For constipation: + Rou Cong Rong; Dang Gui;

77

Jin Suo Gu Jing Wan (Metal Lock Pill to Stabilize the Essence)

金锁固精丸

- For diarrhea: + Bu Gu Zhi; Tu Si Zi; Wu Wei Zi;
- For impotence from Kidney Yang deficiency: + Suo Yang; Yin Yang Huo; Ba Ji Tian; Xian Mao;
- For deficiency of Kidney essence: + Shu Di Huang; Zi He Che;
- For hyperactive Liver Yang: + Shi Jue Ming; Dai Zhe Shi; Bai Shao;
- For blazing Heart fire: + Huang Lian; Mai Men Dong;
- For Spleen deficiency: + Dang Shen; Bai Zhu; Shan Yao;

• **Clinic use**

- Sexual dysfunction, chyluria, chronic prostatitis, spermocystitis, postpartum incontinence, nervous exhaustion, diabetes, and myasthenia gravis.

78

Sang Piao Xiao San (Mantis Egg-Case Powder)

桑螵蛸散

- **Source:** Extension of the Materia Medica (1116)
- **Actions:** Regulates and tonifies the Heart and Kidneys, stabilizes the essence, and stops leakage;
- **Indications:** Frequent urination to the point of incontinence and spermatorrhea marked by urine the color of rice water (gray and cloudy), sometimes accompanied by spermatorrhea. Other signs and symptoms include disorientation, forgetfulness, a pale tongue with a white coating, and a thin, slow, and frail pulse.

79

Sang Piao Xiao San (Mantis Egg-Case Powder)

桑螵蛸散

- **Pathological analysis**
 - Frequent urination and spermatorrhea may represent either a condition of excess (vigorous fire in the lower Jiao) or deficiency (most commonly, Kidney and Heart deficiency, or weakness of the Spleen and Kidney Qi).
 - The condition for which this formula is indicated is Kidney and Heart Qi deficiency.
 - Sometimes this disorder is referred to as the “Bladder losing its restraint” (膀胱失约, Pang Guang Shi Yue), as the Bladder depends on the Kidneys both to transform the Qi that gives it power and to restraint it.
 - The etiology of this disorder is often related to problems in the relationship between the spirit (Heart) and will (Kidneys).
 - When the Kidneys are deficient, they are unable to properly store, and frequent urination and spermatorrhea ensue.

80

Sang Piao Xiao San (Mantis Egg-Case Powder)

桑螵蛸散

- The incontinence is characterized by the patient being aware of the urge to urinate but is unable to suppress it.
- Gray, cloudy urine is another symptom that is peculiar to this condition and linked by some commentators to the Small Intestine (the Yang complement of the Heart) failing in its function of separating the clear from the turbid.
- The deficiency of Heart Qi causes disorientation and forgetfulness.
- The pale tongue with a white coating and the thin, slow, and frail pulse also reflect deficiency of both the Heart and Kidneys.

81

Sang Piao Xiao San (Mantis Egg-Case Powder)

桑螵蛸散

• **Composition**

– **Chief**

- Sang Piao Xiao (Mantidis Ootheca) 30g (9-12g)

– **Deputy**

- Long Gu (Fossilia Ovis Mastodi) 30g (12-30g)
- Zhi Gui Ban (Prepared Testudinis Plastrum) 30g (9-15g)

– **Assistant**

- Ren Shen (Ginseng Radix) 30g (9-12g)
- Fu Shen (Poriae Sclerotium paradoxica) 30g (9-12g)
- Yuan Zhi (Polygalae Radix) 30g (3-6g)
- Shi Chang Pu (Acori tatarinowii Rhizoma) 30g (6-9g)
- Dang Gui (Angelicae sinensis Radix) 30g (6-9g)

82

Sang Piao Xiao San (Mantis Egg-Case Powder)

桑嫫蛸散

- **Analysis of Formula**

- This formula employs a strategy of treating both the root and branch, tonifying the Heart and Kidneys as well as stopping the leakage.
- The chief
 - Sang Piao Xiao, sweet, salty, and neutral, tonifies the Kidneys and gate of vitality, stabilizes the essence, and stops leakage. It attacks both the root and branch of this disorder and is a specific medicinal for both enuresis in children and cloudy urine;
- The deputy
 - Long Gu, sweet and astringent, helps the chief ingredient in binding up the essence, calms the spirit, and steadies the will.
 - Gui Ban, sweet and salty, enriches the Yin, subdues the Yang, and tonifies the Kidneys.
 - As a synergistic pairing the two deputies facilitate communication between Heart and Kidneys by augmenting⁸³ the Yin and directing the Yang downward.

Sang Piao Xiao San (Mantis Egg-Case Powder)

桑嫫蛸散

- The assistant
 - Ren Shen strongly tonifies the source Qi. Strong source Qi is a prerequisite for a healthy mind. It also tonifies the Heart.
 - Fu Shen, Yuan Zhi, and Shi Chang Pu, calm the spirit and steady the will.
 - Fu Shen facilitates communication between the Heart Qi and the Kidneys;
 - Yuan Zhi facilitates communication between the Kidney Qi and the Heart;
 - Shi Chang Pu opens up the sensory orifices of the Heart and spirit.
 - Dang Gui nourishes the blood and Yin.
 - Together with the other ingredients in the formula, it regulates and tonifies the Qi and blood, which is essential for revitalization to occur.

Sang Piao Xiao San (Mantis Egg-Case Powder)

桑螵蛸散

- **Key Point of diagnosis**
 - Urine the color of rice water (gray and cloudy), spermatorrhea, disorientation, forgetfulness, a pale tongue with a white coating, and a thin, slow, and frail pulse.
- **Caution and contraindication**
 - This formula is contraindicated for incontinence due to either vigorous fire in the lower Jiao or damp-heat. Patients with these disorders usually present with painful urination.
- **Modification**
 - For palpitations and insomnia: + Wu Wei Zi; Suan Zao Ren;
 - For severe Kidney Yang deficiency with a sensation of coldness: + Ba Ji Tian; Rou Gui; Zhi Fu Zi;
 - For unremitting incontinence: combine with Suo Quan Wan;
 - For severe spermatorrhea: combine with Shui Lu Er Xian Dan;
 - For severe, long-term uterine prolapse with frequent urination and discharge from the uterus: + Huang Qi; Sheng Ma; Chai Hu; This can both be taken orally and applied externally to the prolapsed uterus.
- **Clinic use**
 - Pediatric enuresis, diabetes, neurosis, prolapsed uterus, and ⁸⁵ autonomic dystonia.

Sang Piao Xiao San (Mantis Egg-Case Powder)

桑螵蛸散

- **Vs. Jin Suo Gu Jing Wan (Metal Lock Pill To Stabilize the Essence)**
 - Both formulas treat patterns characterized by urinary incontinence and spermatorrhea due to failure of communication between the Heart and Kidneys.
 - Jin Suo Gu Jing Wan **focuses on tonifying the Kidneys and securing the essence** to treat patterns of **Kidney deficiency**. In practice, it is often associated with **premature ejaculation or nocturnal emissions without dreams**.
 - Sang Piao Xiao San **focuses on tonifying the Heart while securing the essence and stopping urination to treat patterns of Heart deficiency**. In practice, it is often associated with **heightened sexual arousal and nocturnal emissions with dreams**.

Suo Quan Wan (Shut the Sluice pill)
缩泉丸

- **Source:** Formulas Kept by the Wei Family (1227)
- **Actions:** Warms the Kidneys, dispel cold, shuts off urinary frequency, and stops leakage.
- **Indications:**
 - Frequent urination due to Kidney Yang deficiency marked by frequent, clear, and prolonged urination or enuresis accompanied by a pale tongue with a white coating and a submerged, frail pulse.

87

Suo Quan Wan (Shut the Sluice pill)
缩泉丸

- **Pathological analysis**
 - The Bladder stores and discharges urine, but its functions are most totally dependent on the Kidneys.
 - When the Kidney Qi is deficient, it fails to transform the Bladder Qi, and diminished Bladder function ensues.
 - This condition is due to cold from deficiency of the Kidneys in which the Bladder loses its restraint, which manifests as frequent, clear, and prolonged urination or enuresis.
 - The pale tongue with a white coating and the submerged, frail pulse are indicative of cold from deficiency of the Kidneys.

88

Suo Quan Wan (Shut the Sluice pill)
缩泉丸

- **Composition**
 - **Chief**
 - Yan Chao Yi Zhi Ren (Alpiniae oxyphyllae Fructu) 9-12g
 - **Deputy**
 - Wu Yao (Linderae Radix) 6-12g
 - **Assistant**
 - Chao Shan Yao (Dry-fried Dioscoreae Rhizoma) 9-15g

89

Suo Quan Wan (Shut the Sluice pill)
缩泉丸

- **Analysis of Formula**
- The formula focuses on tonifying the lower Jiao and warming the Kidneys in order to disperse cold.
- The chief
 - Yi Zhi Ren warms the Kidneys and helps them grasp the Qi. (The term “grasp the Qi” refers here to control over urination—the Qi of the Bladder---rather than to breathing). It also warms the Spleen, which assists in governing the fluids by way of the control cycle of the five phases. Tonifying the postnatal Qi, it also indirectly strengthens the prenatal Qi. These functions, together with its direct action in stabilizing and binding up the urine, make it the chief herb in the formula.
- The deputy
 - Wu Yao disperses cold (either excessive or deficient) in the lower Jiao and thereby helps transform the Bladder Qi and restrain urination. It is particularly effective in dispersing the cold Qi between the Kidneys and Bladder.
- The assistant
 - Shan Yao strengthens the Spleen, tonifies the Kidneys, and binds up the essence. It thereby supports the actions of the chief herb.

90

Suo Quan Wan (Shut the Sluice pill)

缩泉丸

- **Key Point of diagnosis**
 - Frequent, clear, and prolonged urination or enuresis accompanied by a pale tongue with a white coating and a submerged, frail pulse.
- **Caution and Contraindication**
 - Spicy and other stimulating types of food should not be eaten while taking this formula.
- **Modifications**
 - For a stronger effect: + Zhi Fu Zi; Fu Pen Zi; Wu Wei Zi;
 - For Kidney Yang deficiency: + Ba Ji Tian; Bu Gu Zhi; Tu Si Zi;
 - For enuresis associated with emotional instability: + Suan Zao Ren; Wu Wei Zi;
- **Clinic use**
 - Stress incontinence and overactive bladder.

91

Suo Quan Wan (Shut the Sluice pill)

缩泉丸

- Vs. Sang Piao Xiao San (Mantis Egg-Case Powder)
 - Both formulas treat increased urination, urinary incontinence, and bedwetting as well as spermatorrhea.
 - Sang Piao Xiao San treats **patterns due to failure of the Heart and Kidneys to communicate where Heart Qi deficiency is the root**. It is indicated for symptoms such as **forgetfulness**, a pale tongue with a white coating, and a thin, slow, and frail pulse. The **urine** may be **turbid** due to failure of the Small Intestine to separate the clear from the turbid
 - Suo Quan Wan, on the other hand, treats **patterns due to cold from deficiency of the Kidneys leading to the inability of the Kidneys to control the fluids**. This manifests with **symptoms of cold** such as a pale tongue with a white coating, a submerged and frail pulse, and frequent, clear, and prolonged urination or enuresis.

92

Formulas that stabilize kidney

- Section 3 Formulas that stabilize kidney (3 types)
 - Jin Suo Gu Jing Wan (Metal Lock Pill to Stabilize the Essence)
 - Sang Piao Xiao San (Mantis Egg-Case Powder)
 - Suo Quan Wan (Shut the Sluice pill)

93

Study guideline

- 1. The indications of Jin Suo Gu Jing Wan;
- 2. The indications of Sang Piao Xiao San;
- 3. The difference between Sang Piao Xiao San and Jin Suo Gu Jing Wan;
- 4. The indications and ingredients of Suo Quan Wan;
- 5. The difference between Suo Quan Wan and Sang Piao Xiao San;

94

Section 4 Formulas that stabilize womb & stop uterine bleeding

95

Formulas that stabilize womb & stop uterine bleeding

- Section 4 Formulas that stabilize womb & stop uterine bleeding (5 types)
 - **Shou Tai Wan** (Fetus Longevity Pill)
 - **Wan Dai Tang** (End Discharge Decoction)
 - Gu Jing Wan (Stabilize the Menses Pill)
 - Gu Chong Tang (Stabilize Gushing Decoction)
 - Yi Huang Tang (Change Yellow Decoction)

96

Shou Tai Wan (Fetus Longevity Pill)
寿胎丸

- **Source:** Essays on Medicine Esteeming the Chinese and Respecting the Western (1918-1934)
- **Actions:** Stabilizes the Kidneys and calms the fetus;
- **Indications:**
 - Restless fetus due to Kidney deficiency manifested by soreness and distention of the lower back, a sensation of collapse in the lower abdomen, and vaginal bleeding during pregnancy. Other signs and symptoms include dizziness, tinnitus, weak legs, frequent urination to the point of incontinence, a pale tongue with a white, slippery coating, and a submerged, frail pulse at the rear position.

97

Shou Tai Wan (Fetus Longevity Pill)
寿胎丸

- **Pathological analysis**
 - When the Kidneys are deficient, the Penetrating and Conception vessels become unstable, which deprives the fetus of proper nourishment.
 - This leads to restless fetus disorder, which in severe cases can manifest as vaginal bleeding, a sensation of collapse in the lower abdomen, and even miscarriage.
 - The Kidneys govern the bones and produce the marrow, and the brain is the “sea” of marrow. When the Kidneys are weak, the patient may therefore experience dizziness, tinnitus, and weakness in the legs.
 - The Kidneys (associated with water) also govern the fluids. Kidney deficiency is manifested in a lack of control over the fluids, specifically frequent urination to the point of incontinence.
 - The pale tongue with a white, slippery coating and the submerged, frail pulse at the rear position are also characteristic of weakness of the Kidneys.

Shou Tai Wan (Fetus Longevity Pill)

寿胎丸

- **Composition**

- **Chief**

- Tu Si Zi (Cuscutae Semen) 120g

- **Deputy**

- Sang Ji Sheng (Taxilli Herba) 60g
- Xu Duan (Dipsaci Radix) 60g
- E Jiao (Asini Corii Colla) 60g

99

Shou Tai Wan (Fetus Longevity Pill)

寿胎丸

- **Analysis of Formula**

- This formula focuses on tonifying the Kidneys' ability to control opening and closing and thus safeguard pregnancy.
- The chief
 - Tu Si Zi tonifies and stabilizes the Kidneys. It can prevent the miscarriage.
- The deputy
 - Sang Ji Sheng nourishes the blood, strengthens the bones, and strengthens the fetal Qi.
 - Xu Duan tonifies the Kidneys and Liver and strengthens the bones.
 - E Jiao enriches the Yin and nourishes the blood, stops bleeding, and calms the fetus.

100

Shou Tai Wan (Fetus Longevity Pill)

寿胎丸

- **Key Point of diagnosis**
 - Soreness and distention of the lower back, a sensation of collapse in the lower abdomen, and vaginal bleeding during pregnancy, a pale tongue with a white, slippery coating, and a submerged, frail pulse at the rear position.
- **Caution and contraindication**
 - This formula focuses on tonifying deficiency. It is unsuitable where threatened miscarriage is due to heat or stagnation.
- **Modification**
 - For Qi deficiency: + Ren Shen;
 - For collapse of the gathering Qi: + Huang Qi;
 - For reduced appetite: + Chao Bai Zhu;
 - For a generalized sensation of cold: + Bu Gu Zhi;
 - For feverishness: + Sheng Di Huang;
 - To strengthen the effect of the formula: + Du Zhong;
 - For vaginal bleeding: + Jiao Ai Ye;
 - For incontinence of urine: + Yi Zhi Ren; Hai Piao Xiao;
- **Clinic use**
 - Threaten miscarriage, infertility, and hypertension.

101

Wan Dai Tang (End Discharge Decoction)

完带汤

- **Source:** Fu Qing-zhu's Women's Disorders (1826)
- **Actions:** Tonifies the Middle Jiao, strengthens the Spleen, transforms dampness, and stops vaginal discharge;
- **Indications:** Profuse vaginal discharge associated with Liver, Spleen, and Girdle vessel manifested by profuse vaginal discharge that is white or pale yellow in color, thin in consistency, not particularly foul-smelling, and usually continuous. Accompanying signs and symptoms include fatigue, lethargy, a shiny, pale complexion, loose stools, a pale tongue with a white coating, and a soggy and frail or moderate pulse.

102

Wan Dai Tang (End Discharge Decoction)

完带汤

- **Pathological analysis**

- In the opinion of the formula's author, vaginal discharge (白带, Bai Dai) is particularly associated with the functions of the Liver, Spleen, and Girdle vessel.
- The Girdle vessel wraps around the lower trunk like a belt, securing all the channels that traverse the area.
- It has a particularly close relationship with the Spleen and Liver. When there is dysfunction of the Girdle vessel, it is unable to secure the channels and there is a discharge from the lowest part of the trunk in women, the vagina.
- The Spleen governs transformation and transportation. When the Spleen Qi is deficient, these processes are inhibited and the fluids accumulate internally in the form of dampness.
- The dampness gradually becomes turbid, which obstructs and thereby further weakens the Spleen. The turbid dampness seeps downward and is discharged through the vagina.

103

Wan Dai Tang (End Discharge Decoction)

完带汤

- The Liver governs the free-flowing or spreading functions of the body. When the flow of Liver Qi is impaired, it fails to distribute ministerial fire to the middle Jiao, which further weakens the Spleen, thereby increasing the dampness.
- Vaginal discharge due to Spleen deficiency and dampness is profuse, white or pale yellow in color, and thin in consistency.
- Because there is no heat, the discharge will not be foul-smelling.
- When the Spleen Qi is deficient, it cannot provide the body with proper nourishment and there is fatigue and lethargy.
- Too little Qi and blood rise to the face, which gives it a shiny, pale appearance.
- Loose stools are a classic sign of Spleen Qi deficiency compounded by dampness, which impedes the Spleen's ability to raise the Qi and fluids upward.
- The tongue and pulse signs also reflect Spleen deficiency with dampness.

104

Wan Dai Tang (End Discharge Decoction)

完带汤

- **Composition**

- **Chief**

- Tu Chao Bai Zhu (Earth-fried *Atractylodis macrocephalae* Rhizoma) 30g
- Chao Shan Yao (Dry-fried *Dioscoreae* Rhizoma) 30g

- **Deputy**

- Ren Shen (Ginseng Radix) 6g
- Zhi Cang Zhu (Prepared *Atractylodis* Rhizoma) 9g
- Jiu Chao Che Qian Zi (wine-fried *Plantaginis* Semen) 9g
- Jiu Chao Bai Shao (Wine-fried *Paeoniae Radix alba*) 15g

- **Assistant**

- Chen Pi (*Citri reticulatae* Pericarpium) 1.5g
- Chai Hu (*Bupleuri* Radix) 1.8g
- Jing Jie Sui Tan (Charred *Schizonepetae* Spica) 1.5g

- **Envoy**

- Gan Cao (*Glycyrrhizae* Radix) 3g

105

Wan Dai Tang (End Discharge Decoction)

完带汤

- **Analysis of Formula**

- This formula is based on the idea that this type of vaginal discharge will cease when the Spleen is strong and the dampness diminishes.

- The chief

- Bai Zhu and Shan Yao, working synergistically, strengthen the Spleen, augment the Qi, drain dampness, and bind up the essence. Both herbs enter the extraordinary vessels, allowing them to support the Girdle vessel in its task of securing the channels;

- The deputy

- Ren Shen strongly tonifies the source Qi and strengthens the Spleen.
- Cang Zhu is very effective in drying dampness.
- Jiu Chao Che Qian Zi leaches out dampness through the urine;
- Bai Shao softens the Liver and regulates the Spleen, allowing the Liver Qi to spread in such a manner that it strengthens rather than constrains Spleen function.

106

Wan Dai Tang (End Discharge Decoction)

完带汤

- The assistant
 - Chen Pi moves and regulates the Spleen Qi to ensure that the tonifying will not cause stagnation.
 - Chai Hu opens areas of constraint and, in concert with the herbs that augment the Qi, facilitates the ascent of the clear Yang. This assists Spleen physiology but also balances the downward-moving nature of those herbs that leach out dampness.
 - Jing Jie Sui Tan smoothes the interpenetration of Qi and blood, and thereby the harmonious interaction of Liver and Spleen.
- Envoy
 - Gan Cao assists the chief herbs in tonifying the middle Jiao and harmonizes the actions of the other ingredients.

107

Wan Dai Tang (End Discharge Decoction)

完带汤

- **Key Point of diagnosis**
 - Profuse vaginal discharge that is white or pale yellow in color, a pale tongue with a white coating, and a soggy and frail or moderate pulse.
- **Caution and contraindication**
 - This formula should not be used if the discharge is dark yellow, contains blood, and is thick, sticky, and foul-smelling, and the patient has a yellow tongue coating and a wiry pulse. This pattern is one of Liver constraint that has transformed into heat or damp-heat. The use of this formula in treating that disorder will only make it worse.
- **Modification**
 - To strengthen the effect of the formula: + Duan Long Gu; Duan Mu Li;
 - For chronic problems with very thin discharge: + Lu Jiao Shuang; Ba Ji Tian;
 - For soreness of the lower back: + Sang Ji Sheng; Du Zhong; Gou Ji;
 - For lower abdominal and hypochondriac pain: + Yan Hu Suo; Xiang Fu;

108

Wan Dai Tang (End Discharge Decoction) 完带汤

- For pain and a feeling of cold in the lower abdomen: + Wu Yao; Xiao Hui Xiang; Pao Jiang;
- **Clinic use**
 - Preeclampsia, otitis media, tinnitus, impotence, and subdural hematoma. It is also used for many kinds of inflammatory disorders such as rhinitis, chronic gastritis, hepatitis, colitis, chronic bacillary dysentery, chronic pyelonephritis, and nephritis with proteinuria.

109

Gu Jing Wan (Stabilize the Menses Pill) 固经丸

- **Source:** Essential Teachings of Zhu Dan-Xi (1481)
- **Actions:** Enriches the Yin, clears heat, stops bleeding, and stabilizes the menses.
- **Indications:**
 - Heat that enters the Penetrating and Conception vessels, causing the blood to become hot and move recklessly manifested by continuous menstruation or uterine bleeding that alternates between trickling and gushing of blood. The blood is very red and may contain dark-purple clots. Accompanying signs and symptoms include a sensation of heat and irritability in the chest, abdominal pain, dark urine, a red tongue, and a rapid, wiry pulse.

110

Gu Jing Wan (Stabilize the Menses Pill)

固经丸

• **Pathological analysis**

- This can be due to Liver Qi constraint and is usually accompanied by Yin deficiency.
- Such patterns are characterized by continuous menstruation or uterine bleeding that alternates between trickling and gushing of blood.
- When the bleeding is due to the reckless movement of hot blood, its color is very red.
- Heat from constraint tends to congeal the blood, so there may also be dark-purple clots.
- Liver heat disturbs the flow in the Penetrating and Conception vessels, which produces a sensation of heat and irritability in the chest, and abdominal pain.
- The dark urine, red tongue, and rapid, wiry pulse are characteristic of heat in the Liver.
- Yin deficiency usually precedes this disorder and is aggravated by the loss of blood.

111

Gu Jing Wan (Stabilize the Menses Pill)

固经丸

• **Composition**

- **Chief**
 - Zhi Gui Ban (prepared Testudinis Plastrum) 30g
 - Chao Bai Shao (Dry-fried Paeoniae Radix alba) 30g
- **Deputy**
 - Chao Huang Qin (Dry-fried Scutellariae Radix) 30g
 - Chao Huang Bai (Dry-fried Phellodendri Cortex) 9g
- **Assistant**
 - Chun Pi (Ailanthi Cortex) 22.5g
 - Xiang Fu (Cyperis Rhizoma) 7.5g
- **Envoy**
 - Wine

112

Gu Jing Wan (Stabilize the Menses Pill)

固经丸

- **Analysis of Formula**

- The chief

- Gui Ban, salty, sweet and cooling, tonifies the Yin essence and directs the fire downward;
- Bai Shao, sour, bitter, and cooling, preserves the Yin and nourishes the blood.

- The deputy

- Huang Qin, bitter and cooling, drains heat from the upper Jiao and blood to stop the bleeding;
- Huang Bai drains damp-heat from the lower Jiao.
- Together with the chief ingredients, they control the fire (Yang) by directing it downward, as well as by fortifying the water (Yin).

- The assistant

- Xiang Fu regulates the Qi and relieves Liver constraint. Using only a small amount ensures that its warming nature does not add to the fire.
- Chun Pi, bitter and astringent, binds up the blood and prevents an abandoned disorder from developing, which is otherwise likely with long-term blood loss.

- The envoy

- Wine leads the other substances into the blood and prevents the astringent nature of the sour ingredients from causing blood stasis.¹¹³

Gu Jing Wan (Stabilize the Menses Pill)

固经丸

- **Key Point of diagnosis**

- Continuous menstruation or uterine bleeding that alternates between trickling and gushing of blood. The blood is very red and may contain dark-purple clots. Accompanying signs and symptoms include a sensation of heat and irritability in the chest, abdominal pain, dark urine, a red tongue, and a rapid, wiry pulse.

- **Caution and Contraindication**

- This formula is astringent in nature. It is contraindicated in patterns characterized by heat due to blood stasis.

- **Modifications**

- For more severe Yin deficiency characterized by menstruation that lingers on with scanty, red blood, malar flush, hot palms and soles, dry throat and mouth, a red tongue with little coating, and a thin, fast pulse: — Huang Qin, Xiang Fu; + Di Gu Pi; Shu Di Huang;
- For severe bleeding: + Di Yu; Xian He Cao; or Hai Piao Xiao; Qian Cao Gen; Long Gu; Mu Li;

- **Clinic use**

- Dysfunctional uterine bleeding and chronic pelvic inflammatory disease.

Gu Chong Tang (Stabilize Gushing Decoction)
固冲汤

- **Source:** Essays on Medicine Esteeming the Chinese and Respecting the Western (1918-1934)
- **Actions:** Augments the Qi, strengthens the Spleen, stabilizes the Penetrating vessel, and stops bleeding.
- **Indications:**
 - Uterine bleeding or profuse menstrual bleeding due to deficiency or instability of the Penetrating vessel or “sea of blood ” manifested by uterine bleeding or profuse menstrual bleeding in which the blood is thin and pale that either gushes out or continuously trickles out. Accompanying signs and symptoms include palpitations, shortness of breath, a pale tongue, and a deficient and big or thin and frail pulse.

115

Gu Chong Tang (Stabilize Gushing Decoction)
固冲汤

- **Pathological analysis**
 - Deficiency or instability of the Penetrating vessel involves many different physiological systems, it is usually a chronic disorder implicating the Kidney, Spleen, Stomach and blood deficiency.
 - In such cases, the blood will be thin and pale, and will either suddenly gush out or continuously trickle out.
 - In both cases, the bleeding is incessant and uncontrolled.
 - Loss of blood leads to Qi and blood deficiency, which is reflected in the palpitations, shortness of breath, pale tongue, and deficient, big or thin, and frail pulse.

116

Gu Chong Tang (Stabilize Gushing Decoction)

固冲汤

- **Composition**

- **Chief**

- Shan Zhu Yu (Corni Fructus) 18g
- Hai Piao Xiao (Sepiae Endoconcha) 12g

- **Deputy**

- Huang Qi (Astragali Radix) 30g
- Chao Bai Zhu (dry-fried Atractylodis macrocephalae Rhizoma) 30g
- Duan Long Gu (calcined Fossilia Ossis Mastodi) 24g
- Duan Mu Li (Calcined Ostreae Concha) 24g

- **Assistant**

- Bai Shao (Paeoniae Radix alba) 24g
- Zong Lu Tan (Charred Trachycarpi Petiolus) 6g
- Wu Bei Zi (Galla chinensis) 1.5g
- Qian Cao Gen (Rubiae Radix) 9g

117

Gu Chong Tang (Stabilize Gushing Decoction)

固冲汤

- **Analysis of Formula**

- The chief

- Shan Zhu Yu, sweet, sour and warming, tonifies the KD and benefits the LV but also has a binding action on the Penetrating and Conception vessels.

- The deputy

- Duan Long Gu and Duan Mu Li secure leakage, focus on stabilizing the Penetrating vessel.
- Huang Qi and Bai Zhu augment the Qi and strengthen the Spleen. This combination is particularly effective in helping the Spleen govern the blood and stabilize the Penetrating vessel, especially with the rather large dosage used here.

- The assistant

- Bai Shao with Shan Zhu Yu, nourishes the Yin and blood of the LV and KD and exerts an astringe, binding effect on the blood.
- Hai Piao Xiao, Zong Lu Tan, and Wu Bei Zi, restrain leakage and stop bleeding.
- Qian Cao Gen stops bleeding and invigorates the blood, and is therefore able to prevent the formation of blood stasis.

118

Gu Chong Tang (Stabilize Gushing Decoction)
固冲汤

- **Key Point of diagnosis**
 - Uterine bleeding or profuse menstrual bleeding in which the blood is thin and pale that either gushes out or continuously trickles out, a pale tongue, and a deficient and big or thin and frail pulse.
- **Caution and Contraindication**
 - This formula is inappropriate for cases in which the bleeding is so severe that it leads to an abandoned disorder characterized by profuse sweating, cold limbs, and a pulse that is faint to the point of being imperceptible. In such cases, either modify the formula or prescribe unaccompanied Du Shen Tang until the condition has stabilized.
- **Modifications**
 - For relatively hot conditions: + Sheng Di Huang;
 - For relatively cold conditions: + Zhi Fu Zi;
 - Where the condition arises following a fit of anger: + Chai Hu;
 - If the problem has not improved significantly after two days: substitute E Jiao for Zong Lu Tan;
 - For severe blood loss with cold extremities, a faint pulse, and other signs of imminent abandonment: increase the dosage of Huang Qi; + Ren Shen; Zhi Fu Zi;
- **Clinic use**
 - Dysfunctional uterine bleeding, excessive bleeding postpartum, and bleeding peptic ulcer.

119

Gu Chong Tang (Stabilize Gushing Decoction)
固冲汤

- **Vs. Gu Jing Wan (Stabilize the Menses Pill)**
 - Both formulas treat excessive uterine bleeding.
 - Gu Jing Wan is indicated for **bleeding due to Yang excess against a background of Yin deficiency**. Typically, the blood is **dark red and contains clots**. There will also be other signs of heat such as **irritability, restlessness, or heat in the five centers**.
 - Gu Chong Tang, on the other hand, is indicated for **sudden and profuse uterine bleeding** accompanied by signs of **Qi and blood deficiency**, such as **pallor and palpitations**. Although with appropriate modification this formula can also treat heat-type patterns, its **focus is on securing blood loss by binding and tonifying the source Qi in the lower Jiao**.

120

Gu Chong Tang (Stabilize Gushing Decoction)
固冲汤

- Vs. Gui Pi Tang (Restore the Spleen Decoction)
 - Both formulas are used in treating excessive menstruation from deficient Spleen Qi failing to govern the blood.
 - Gu Chong Tang is used when the **condition requires an astringent, binding effects, as in critical conditions** characterized by **severe, acute blood loss that exhausts the lower Jiao primal Qi**, as well as in **more chronic disorders where the Kidneys and Liver have become severely depleted**. Once the bleeding has stopped, a formula that targets the root cause should be used.
 - Gui Pi Tang is used for **chronic but less severe bleeding with signs of Heart blood deficiency**.

121

Yi Huang Tang (Change Yellow Decoction)
易黄汤

- **Source:** Fu Qing-Zhu's Women's Disorders (1826)
- **Actions:** Strengthens the Spleen, dries dampness, clears heat, and stops vaginal discharge.
- **Indications:**
 - **Damp-heat of the Conception vessel** manifested by **long-term, unremitting vaginal discharge that is yellowish-white in color, viscous, and fishy-smelling**. Accompanying signs and symptoms include a pale-yellow complexion, dizziness, a sensation of heaviness in the head, reduced appetite, occasional loose stools, delayed menstruation with pale blood, **a pale tongue with a thin, white coating, and a soft, slippery pulse that may be submerged**.

122

Yi Huang Tang (Change Yellow Decoction)

易黄汤

• **Pathological analysis**

- This is Spleen or Kidneys Qi deficiency with dampness in which the dampness becomes constrained, transforms into damp-heat, and pours downward.
- This manifests as a pale-yellow complexion, dizziness, a sensation of heaviness in the head, reduced appetite, and occasional loose stools.
- When the blood is deficient (whether due to Spleen, Kidney, or Penetrating vessel deficiency), the complexion becomes pale yellow, and the periods are late and with pale blood.
- The tongue and pulse signs reflect the combination of deficiency (pale tongue and soft and submerged pulse) and dampness (slippery pulse). Because the heat is mild and due to constraint, it is manifested only in the color and odor of the discharge.

123

Yi Huang Tang (Change Yellow Decoction)

易黄汤

• **Composition**

– **Chief**

- Chao Shan Yao (dry-fried Dioscoreae Rhizoma) 30g
- Chao Qian Shi (dry-fried Euryales Semen) 30g

– **Deputy**

- Bai Guo (Gingko Semen) 10 pcs (crush)

– **Assistant**

- Huang Bai (Phellodendri Cortex) 6g
- Che Qian Zi (Plantaginis Semen) 3g

124

Yi Huang Tang (Change Yellow Decoction)
易黄汤

• **Analysis of Formula**

- The chief
 - Chao Shan Yao strengthens the Spleen and stabilizes the Penetrating vessel and the essence;
 - Chao Qian Shi tonifies the KD and SP, as well as binding up the discharge;
- The deputy
 - Bai Guo helps to stabilize the lower Jiao and restrain the discharge;
- The assistant
 - Huang Bai, bitter and cooling, enters the KD and drains damp-heat excess from the lower Jiao.
 - Che Qian Zi, sweet and cooling, leaches dampness primarily through the urine. As the damp-heat is dissipated, the discharge will stop.

125

Yi Huang Tang (Change Yellow Decoction)
易黄汤

• **Key Point of diagnosis**

- Long-term, unremitting vaginal discharge that is yellowish-white in color, viscous, and fishy-smelling, a pale tongue with a thin, white coating, and a soft, slippery pulse that may be submerged.

• **Caution and Contraindication**

- If the presentation does not closely match that described above, this formula may be inappropriate. Nor should it be used in cases without damp-heat, or in those with severe damp-heat.

• **Modifications**

- For darker (almost tea-like in color) and more profuse discharge: + Ku Shen; Huang Lian; Hai Piao Xiao;
- For severe Spleen Qi: + Huang Qi; Ren Shen; Sheng Ma;

• **Clinic use**

- Cervicitis, cervical erosion, vaginitis, trichomoniasis, and chronic pelvic inflammatory disease.

126

Yi Huang Tang (Change Yellow Decoction)
易黄汤

- Vs. Long Dan Xie Gan Tang (Gentian Decoction to Drain the Liver)
 - Both formulas treat abnormal vaginal discharge.
 - Long Dan Xie Gan Tang treats **yellow discharge** that may have light color or be thick like cottage cheese. In any case, these discharges tend to have an **offensive odor** and are usually accompanied by **itching with a burning sensation**.
 - Yi Huang Tang treats **long-term, unremitting vaginal discharge that is yellowish-white in color, viscous, and fishy-smelling**. Accompanying signs and symptoms include a pale-yellow complexion, dizziness, a sensation of heaviness in the head, reduced appetite, occasional loose stools, delayed menstruation with pale blood, **a pale tongue with a thin, white coating, and a soft, slippery pulse that may be submerged**.

127

Formulas that stabilize womb & stop uterine bleeding

- Section 4 Formulas that stabilize womb & stop uterine bleeding (**5 types**)
 - **Shou Tai Wan** (Fetus Longevity Pill)
 - **Wan Dai Tang** (End Discharge Decoction)
 - Gu Jing Wan (Stabilize the Menses Pill)
 - Gu Chong Tang (Stabilize Gushing Decoction)
 - Yi Huang Tang (Change Yellow Decoction)

128

Study guideline

- 1. The indications of Shou Tai Wan;
- 2. The indications of Wan Dai Tang;
- 3. The indications of Gu Jing Wan;
- 4. The indications of Gu Chong Tang;
- 5. The difference between Gu Jing Wan and Gu Chong Tang;
- 6. The difference between Gu Chong Tang and Gui Pi Tang;
- 7. The indications of Yi Huang Tang;
- 8. The difference between Yi Huang Tang and Long Dan Xie Gan Tang;