

Herbal Formulas II

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Chapter 12 Formulas that calm the Shen

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Formulas that calm the Shen

- Shen in Chinese medicine denotes the nonphysical aspects of a person's being.
- Unlike in the West, these are not seen as being separated and qualitatively different from the body.
- Shen disorder can be sorted into two major types: deficiency and excess.
 - Deficiency manifestations include palpitations with anxiety, forgetfulness, disorientation, and insomnia. Generally, such patterns are due to deficiency or constraint of Qi and blood.
 - Excess manifestations include a feeling of being, manic behavior, bad temper, and agitation. Such patterns are due to excess heat, uncontrolled Yang, blood stasis, phlegm, and severe Qi stagnation.

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Formulas that calm the Shen

- In practice, the manner in which disturbances of the spirit present clinically tends to be complex and often involves aspects of both deficiency and excess.
- A combination of treatment strategies is therefore utilized in most cases.
- The following reasons can cause disturbances of the spirit.
 - Imbalance of Qi and blood;
 - Yang Ming heat can cause manic behavior;
 - Phlegm can veil the orifices;
 - Rebellious Qi can present with severe irritability and insomnia;
 - Blood stasis can lead to insanity and forgetfulness;
 - Deficiency of various types can result in palpitations, disorientation, or insomnia.

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Formulas that calm the Shen

- Historically, the formulas in this chapter come from many different periods in the history of Chinese medicine, reflecting the different preoccupations of their authors regarding the spirit and its treatment.
 - Han-dynasty formulas from Shan Han Lun and Jin Gui Yao Lue generally emphasize regulating the nutritive and protective Qi, be it by draining fire, harmonizing the middle Jiao, or enriching blood.
 - From Tang dynasty onward, and especially during the Jin-Yuan period, fire become a main concern of Chinese physicians, and this is reflected in their attempts to calm the spirit.
 - A greater focus on organ systems (rather than Qi and blood) led to formulas being designed to specifically treat the Heart as the organ most closely associated with both fire and the spirit.

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Formulas that calm the Shen

- Phlegm disorders also attracted closer attention, while discussion of the ministerial fire and its interaction with the Heart or sovereign fire brought into play the relationship between the HT and KD.
- These trends continued throughout the Ming and into the Qing epoch. Intertwined with the emergence of warm pathogen disorders as a major concern for physicians during this time, Yin deficiency was accorded great attention, and so was the Liver, which many physicians now viewed as the most important organ in treating all kinds of internal medicine disorders.
- From the Republican period onward, and well into the present, concepts borrowed from Western medicine, such as neurasthenia or nervous exhaustion, became tremendously important in China and Chinese medicine.

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Formulas that calm the Shen

- Many of the formulas in this chapter contain metals or other heavy substances that are toxic or which readily injure the digestive system.
- Proper precautions must therefore be taken.
- Substitutes should be used for toxic substances like Zhu Sha.
- Heavy substances should be broken up; when used in decoctions, they are generally cooked for 30-60 minutes before adding the other ingredients.

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- Chapter 12 Formulas that calm the Shen
(14 types)

- Section 1 Formulas that nourish HT & calm spirit (4 types)
- Section 2 Formulas that sedate and calm the spirit (2 types)

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Section 1 Formulas that nourish HT & calm spirit

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Formulas that nourish HT & calm spirit

- Disturbances of the spirit due to deficiency of the Qi, blood, and Yin usually manifest as palpitations, irritability, and insomnia.
- The Heart and Liver are the organs systems most often involved in such pathologies, although the Spleen, Stomach, and Kidneys also often require attention.
- The proper strategy is to tonify and regulate the Qi, enrich the Yin, and nourish the blood.
- Typical herbs used for this purpose are Suan Zao Ren, Bai Zi Ren, and Yuan Zhi.

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Formulas that nourish HT & calm spirit

- These are usually combined with three other types of ingredients, depending on the precise nature of the pattern to be treated:
 - Those that enrich the Yin and nourish the blood more generally, such as Mai Men Dong, Sheng Di Huang, Shu Di Huang, E Jiao, and Gou Qi Zi, where such deficiency is the root of a spirit disorder.
 - Those that augment the Qi, such as Ren Shen and Gan Cao, in order to enable the HT to direct the Qi and blood downward and thereby control the spirit.
 - Those that clear fire and drain heat, such as Bei Mu, Huang Lian, and Zhi Mu, when deficiency of blood and Yin is accompanied by Yang excess.
- Note that while the formulas in this group can be taken over a longer period of time than those that settle and sedate, they are not intended to replace tranquilizers, and must also be adjusted regularly should the pattern change as the result of treatment.

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Formulas that nourish HT & calm spirit

- Section 1 Formulas that nourish HT & calm spirit (4 types)
 - Suan Zao Ren Tang (Sour Jujube Decoction)
 - Tian Wang Bu Xin Dan (Emperor of Heaven's Special Pill to Tonify the Heart)
 - Gan Mai Da Zao Tang (Licorice, Wheat, and Jujube Decoction)
 - Huang Lian E Jiao Tang (Coptis and Ass-Hide Gelatin Decoction)

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Suan Zao Ren Tang (Sour Jujube Decoction)

酸枣仁汤

- **Source:** Essentials from the Golden Cabinet (c. 220)
- **Actions:** Nourishes the blood, calms the spirit, clears heat, and eliminates irritability;
- **Indications:**
 - Deficiency overwork (虚劳, Xu Lao) and deficiency irritability (虚烦, Xu Fan) manifested by irritability, inability to sleep, palpitations, night sweats, dizziness and vertigo, dry throat and mouth, a dry tongue, and a wiry or thin, rapid pulse.

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Suan Zao Ren Tang (Sour Jujube Decoction)

酸枣仁汤

- **Pathological analysis**

- Deficiency irritability refers to a subjective sensation of irritability although the surface of the body does not feel hot.
- All symptoms indicate the presence of heat and thus of excess. However, unlike cases of irritability defined as excess, the heat has not taken on any form by way of causing fluids or substances such as phlegm or stools to congeal.
- Such a disorder often occurs in the wake of overwork, exhaustion, old age, or illness, hence the name “deficiency overwork”.
- In the present pattern, it is the result of Liver deficiency reflected in blood deficiency, constraint, and internal fire.
- The Liver stores the blood and carries the ministerial fire. When the Liver is deficient, it leads to blood deficiency and stasis.
- This can manifest as a failure in its function to store the spirit and regulate the coming and going of the ethereal soul.

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Suan Zao Ren Tang (Sour Jujube Decoction)

酸枣仁汤

- This causes inability to sleep along with palpitations.
- Inability to sleep is more serious than simple insomnia and is characterized by both failure to fall asleep and early waking.
- This lack of nourishment is accompanied by fire from constraint, which moves upward into the chest and disturbs the HT, thereby exacerbating the symptoms.
- Pathogenic fire in combination with blood deficiency causes night sweats, a dry mouth and throat, and a dry tongue.
- However, because the body does not feel hot, deficiency irritability cannot be explained by pathogenic heat alone.
- Rather, it is the subjective experience of constraint reflecting the disorganized Qi distribution within the San Jiao resulting from LV deficiency.
- Moreover, the deficient LV cannot restrain the Yang, which rises and manifests as dizziness and vertigo.
- The wiry or thin, rapid pulse is typical of LV blood deficiency with constraint and internal fire.

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Suan Zao Ren Tang (Sour Jujube Decoction)
酸枣仁汤

• **Composition**

– **Chief**

- Suan Zao Ren (Ziziphi spinosae Semen) 12-18g

– **Deputy**

- Chuan Xiong (Chuanxiong Rhizoma) 6g

– **Assistant**

- Fu Ling (Poria) 6g
- Zhi Mu (Anemarrhenae Rhizoma) 6g

– **Envoy**

- Gan Cao (Glycyrrhizae Radix) 3g

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Suan Zao Ren Tang (Sour Jujube Decoction)
酸枣仁汤

• **Analysis of Formula**

- This type of deficiency irritability treated by this formula is a complex pattern combining LV deficiency with blood stasis, Qi constraint, and pathogenic fire.
- The chief
 - Suan Zao Ren, sweet, sour, and bland, nourishes the LV while calming the spirit. It calms the LV to regulate the Qi, moistens the LV to nourish the Yin, warms the middle to facilitate water metabolism, restrains the Qi to stop sweating, strengthens the resolve to settle angry outbursts, enhances the hearing and brightens the eyes.
- The deputy
 - Chuan Xiong, acrid, warming, and aromatic, regulates the LV blood by encouraging it to flow freely, calming the spirit by providing them with their natural abode.
 - Shen/Spirit (fish)
 - Fish become restless when the temperature of the water (abode) rises or water becomes too turbid or too stagnant, requiring the use of an opening or unblocking rather than a cooling or calming strategy.

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Suan Zao Ren Tang (Sour Jujube Decoction)

酸枣仁汤

- This is the herb for treating the Qi within the blood. When the LV suffers from hypertonicity (急, Ji), use acrid herbs to tonify it. Hence, it is appropriate for cases of blood deficiency. Acrid herbs are used for dispersion. Hence, it is also appropriate for cases of constraint.
- The combination of one astringent and one dispersing herb is very effective in nourishing and regulating the LV while calming the spirit.
- The assistant
 - Fu Ling calms the spirit and tonifies the SP and ST.
 - Zhi Mu, drains heat to preserve the Yin and thus, by protecting the ST from dryness, indirectly enriches the fluids.
- The envoy
 - Gan Cao complements the action of Fu Ling, it tonifies the middle Jiao and augments the Qi too ensure the harmonious dispersion of Qi and blood; it (sweet) relaxes hypertonicity of the LV. When used together with Suan Zao Ren, it follows the principle of combining “sour and sweet flavors to transform the effect of a formula toward the generation or protection of Yin”. It regulates the actions of the other herbs and harmonizes the middle Jiao.

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Suan Zao Ren Tang (Sour Jujube Decoction)

酸枣仁汤

- **Key Point of diagnosis**
 - Irritability, inability to sleep, dry throat and mouth, a dry tongue, and a wiry or thin, rapid pulse.
- **Caution and contraindication**
 - Use with caution in cases with loose stools.
- **Modification**
 - For deficient HT and GB Qi manifesting as dream-disturbed sleep, waking up at night terrified, palpitations, a pale tongue body, and a wiry, thin pulse: + Dang Shen; Long Gu;
 - For night sweats: + Mu Li; Wu Wei Zi;
 - For more pronounced irritability and heat: + Zhi Zi; Lian Qiao;
 - For severe fire from deficiency:— Chuan Xiong; + Mo Han Lian; Nv Zhen Zi; Bai Shao;
 - For night sweats due to constraint: + Sang Ye; Mu Dan Pi; Hua Shi; Mu Li;
 - For dizziness due to more pronounced phlegm-dampness: + Ban Xia; Zhu Ru;
 - For Qi deficiency: + Ren Shen; Mai Men Dong; Wu Wei Zi;
 - For insomnia associated with pain: + Shao Yao; Dang Gui;

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Suan Zao Ren Tang (Sour Jujube Decoction)
酸枣仁汤

- **Clinic use**

- Disorders marked primarily by an increase in sympathetic tone or other neurological imbalances such as insomnia, hypersomnia, sleep walking, nervous exhaustion, paroxysmal tachycardia, hypertension, perimenopausal syndrome, general anxiety disorder, depression, schizophrenia, and hepatolenticular degeneration.
- Disorders marked by pain, including trigeminal neuralgia, migraine, and angina pectoris.
- Chronic hepatitis.

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Suan Zao Ren Tang (Sour Jujube Decoction)
酸枣仁汤

- **Vs. Restore the Spleen Decoction (Gui Pi Tang)**

- Both formulas can be used for treating conditions marked by insomnia, palpitations, and irritability.
- Gui Pi Tang **focuses on tonifying the Heart and Spleen** by strengthening the functions of the **middle Jiao** in order to generate blood. When the blood is sufficient, the Heart is nourished and the spirit is calmed. For this reason, it is most appropriate for treating patterns where **insomnia is accompanied by symptoms of middle Jiao Qi and blood deficiency** such as **fatigue, particularly after eating, loose stools, bloating, forgetfulness, and palpitations.**
- Suan Zao Ren Tang also has **blood-tonifying properties**, these are **rather mild**. Its strength lies in **harmonizing the LV Qi and blood** when that organ has become debilitated through illness or overwork. It is thus particularly suitable for **insomnia accompanied by fatigue, irritability, and impatience, as well as excessive sweating.**

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Tian Wang Bu Xin Dan (Emperor of Heaven's Special Pill to Tonify the Heart)
天王补心丹

- **Source:** Fine Formulas for Women with Annotations and Commentary (Ming dynasty, 16th century)
- **Actions:** Enriches the Yin, nourishes the blood, clears heat, and calms the spirit;
- **Indications:** Yin and blood deficiency leading to a restless state of mind manifested irritability, palpitations with anxiety, fatigue, insomnia with very restless sleep, inability to think or concentrate for even short period of time, nocturnal emissions, forgetfulness, dry stools, a red tongue with little coating, and a thin, rapid pulse. There may also be sores of the mouth and tongue, low-grade fever, and night sweats.

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Tian Wang Bu Xin Dan (Emperor of Heaven's Special Pill to Tonify the Heart)
天王补心丹

- **Pathological analysis**
 - From an organ systems perspective, this pattern can also be viewed as HT and KD failing to properly communicate.
 - The HT governs the blood and stores the spirit, and its fire normally descends to meet with the KD.
 - The KD store the essence and will, and KD water normally rises to meet with the HT.
 - When the HT and KD communicate harmoniously, fire and water balance each other, and the essence and HT are sufficient.
 - Under such circumstances, the spirit and will are calm and settled.
 - Basic Questions: “ When the Yin Qi is quiet, the spirit is stored. When it is restless, it withers away.”
 - Excessive thinking or deliberation stirs the ministerial fire.
 - In addition, chronic Yang excess depletes the blood and Yin, and deficient blood deprives the HT of nourishment, which causes palpitations with anxiety and forgetfulness.

Tian Wang Bu Xin Dan (Emperor of Heaven's Special Pill to Tonify the Heart)
天王补心丹

- As the Yin becomes deficient, it is no longer able to balance and control the Yang.
- This turns into fire, ascends to the HT, and causes irritability, insomnia with very restless sleep, and an inability to think or concentrate for even short periods of time.
- Night sweats and nocturnal emissions occur when the spirit rushes upward and the essence is lost downward.
- Disorders of the HT are manifested in the tongue; HT fire may therefore manifest as stores in the mouth and tongue.
- Dry stools, a red tongue with little coating, and a thin, rapid pulse are common signs of Yin and blood deficiency.
- The irritability, restlessness, and insomnia prevent the patient from getting enough sleep, which over time leads to fatigue.

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Tian Wang Bu Xin Dan (Emperor of Heaven's Special Pill to Tonify the Heart)
天王补心丹

• **Composition**

- **Chief**

- Sheng Di Huang (Rehmanniae Radix) 120g

- **Deputy**

- Tian Men Dong (Asparagi Radix) 30g
- Mai Men Dong (Ophiopogonis Radix) 30g
- Xuan Shen (Scrophulariae Radix) 15g

- **Assistant**

- Dan Shen (Salviae miltiorrhizae Radix) 15g
- Ren Shen (Ginseng Radix) 15g
- Fu Ling (Poria) 15g
- Yuan Zhi (Polygalae Radix) 15g
- Jiu Xi Dang Gui (wine-washed Angelicae sinensis Radix) 30g
- Wu Wei Zi (Schisandrae Fructus) 30g
- Bai Zi Ren (Platycladi Semen) 30g
- Chao Suan Zao Ren (dry-fried Ziziphi spinosae Semen) 30g

- **Envoy**

- Jie Geng (Platycodi Radix) 15g
- Zhu Sha (Cinnabaris) 15g

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Tian Wang Bu Xin Dan (Emperor of Heaven's Special Pill to Tonify the Heart)
天王补心丹

• **Analysis of Formula**

- This formula primarily focuses on enriching the Yin and nourishing the blood, while secondarily calming the spirit and clearing heat.
- The chief
 - Sheng Di Huang nourishes the Yin and clears heat; It enriches the KD Yin (water), which is then able to control the disturbance of the spirit due to fire. It is also effective in nourishing the blood.
- The deputy
 - Tian Men Dong, Mai Men Dong, and Xuan Shen, all of which enrich the Yin and clear heat from deficiency. They are efficacy in calming the spirit.

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Tian Wang Bu Xin Dan (Emperor of Heaven's Special Pill to Tonify the Heart)
天王补心丹

- The assistant
 - Dan Shen and Dang Gui tonify the blood to nourish the HT without causing stasis;
 - Bai Zi Ren and Yuan Zhi calm the spirit;
 - Ren Shen and Fu Ling assist the HT Qi;
 - Suan Zao Ren and Wu Wei Zi prevent the leakage of HT Qi and Yin fluids.
 - Working together, these eight assistants support those functions of the HT that have been damaged by worry, thinking, and mental exertion.
- Envoy
 - Jie Geng conducts the actions of the other herbs upward toward the upper Jiao, the abode of the spirit.
 - Zhu Sha anchors and calms the wayward spirit.

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Tian Wang Bu Xin Dan (Emperor of Heaven's Special Pill to Tonify the Heart)
天王补心丹

- **Key Point of diagnosis**
 - Irritability, palpitations with anxiety, insomnia with very restless sleep, a red tongue with little coating, and a thin, rapid pulse.
- **Caution and contraindication**
 - Because the ingredients in this formula are cold and rich, it should be used with caution in those with a weak and deficient SP and ST.
- **Modification**
 - For severe palpitations and restless sleep due to blood deficiency: + Long Yan Rou; Ye Jiao Teng;
 - For more severe insomnia due to floating Yang: + Long Chi; Ci Shi;
 - For severe dry mouth and throat: + Shi Hu;
 - For mouth and tongue sores: + Lian Zi Xin;
 - For seminal emissions or premature ejaculation: + Jin Ying Zi; Qian Shi; Mu Li;
 - For bedwetting, enuresis, and premature ejaculation: + Sang Piao Xiao;
 - For mouth ulcers: + Huang Lian; Mu Dan Pi;
 - For toothache: + Qing Wei Tang;
 - For dizziness, and vertigo: + Chuan Xiong; Bai Zhi;

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Tian Wang Bu Xin Dan (Emperor of Heaven's Special Pill to Tonify the Heart)
天王补心丹

- **Clinic use**
 - Perimenopausal syndrome, chronic urticaria, aphthous ulcers, cardiac disease, and nervous exhaustion. It is especially useful for patients who have taken tranquilizers or sleeping pills for so long that they have ceased to have any effect.

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Tian Wang Bu Xin Dan (Emperor of Heaven's Special Pill to Tonify the Heart)
天王补心丹

- Vs. Gui Pi Tang (Restore the Spleen Decoction)
 - Both formulas are designed for treating conditions marked by insomnia, palpitations, and forgetfulness. Both types of patient will tend to think and worry a lot.
 - Gui Pi Tang is indicated for **concurrent Qi and blood deficiency** marked by reduced appetite, loose stools, a pale tongue, and a thin, frail pulse. Patient will tend to think and worry a lot. **SP/HT deficiency tend to have thoughts that turn around in one's mind but do not necessarily lead to action.** In addition, Gui Pi Tang can be used to treat **patterns of bleeding** associated with the SP failing to contain the blood.
 - Tian Wang Bu Xin Dan, on the other hand, is for **blood and Yin deficiency with irritability**, a red tongue with little coating, and a thin, rapid pulse. Patient will tend to think and worry a lot. **Yin deficiency tend to be more agitated, resulting in much activity that is not, however, completed.** Note that the symptom of loose stools by itself is not enough to differentiate these two patterns, as some patients with blood and Yin deficiency will also present with loose stools.

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Tian Wang Bu Xin Dan (Emperor of Heaven's Special Pill to Tonify the Heart)
天王补心丹

- Vs. Zhi Gan Cao Tang (Prepared Licorice Decoction)
 - Both of these formulas tonify the Yin and blood to treat patterns manifesting with palpitations, anxiety, insomnia, and dry stools.
 - Tian Wang Bu Xin Tang **focuses on tonifying the fluids as well as the blood in patterns** where **HT Yang flares upward due to deficiency.** This causes the spirit to lose its anchoring in the blood, leading to **insomnia, dream-disturbed sleep, anxiety, and restlessness** as the main symptoms. The pulse will be thin and perhaps rapid. These problems are addressed by the inclusion of herbs that calm the spirit such as Suan Zao Ren, Bai Zi Ren, and Yuan Zhi.
 - Zhi Gan Cao Tang, on the other hand, **focuses on nourishing the blood and the Yang functions of the HT in addition to enriching the fluids.** The main symptom is an **irregular pulse.** To address these issues, warming and Qi-tonifying herbs like Ren Shen, Gan Cao, and Gui Zhi are the key ingredients of that formula.

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Gan Mai Da Zao Tang (Licorice, Wheat, and Jujube Decoction)
甘麦大枣汤

- **Source:** Essentials from the Golden Cabinet (c. 220)
- **Actions:** Nourishes the Heart, calms the spirit, harmonizes the middle Jiao, and relaxes hypertonicity.
- **Indications:**
 - Restless organ disorder (脏躁, Zang Zao), an emotional condition that is generally due to excessive worry, anxiety, or pensiveness manifested by disorientation, frequent attacks of melancholy and crying spells, inability to control oneself, restless sleep (sometimes with night sweats), and frequent bouts of yawning. In severe cases, the behavior and speech become abnormal.

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Gan Mai Da Zao Tang (Licorice, Wheat, and Jujube Decoction)
甘麦大枣汤

- **Pathological analysis**
 - This injures the Heart spirit and unsettles the ethereal and corporeal souls.
 - Patients who have suffered recent or recurring blood loss, which can further injure the blood and Qi, such as women who have recently given birth, also can suffer from this condition.
 - It is therefore listed in the source text under “miscellaneous disorders of women.”
 - Not only is the cause of this disorder primarily emotional, its manifestations are also of an emotional nature.
 - As explained above, this is due to the ethereal and corporeal souls losing their mooring and the spirit being lost.

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Gan Mai Da Zao Tang (Licorice, Wheat, and Jujube Decoction)
甘麦大枣汤

- The souls are literally “lost”, implying that they become detached from the conventions of normal behavior and are no longer controlled by the rules and etiquette that govern ordinary human interaction.
- In the early stages of such a disorder, the patient is mentally disoriented, anxious, impulsive, and suffers from fitful sleep.
- During attacks, they often feel extremely upset or depressed to the point of uncontrollable crying, manic behavior, or severe disorientation.
- More severe cases will present with frequent attacks of unusual behavior, especially those relating to a loss of self-control (crying, yawning, etc.). One explanation for the yawning is that it reflects the frustrated attempt of the Yang (which has been almost extruded from the body due to deficiency of the Yin) to reintegrate with the body.

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Gan Mai Da Zao Tang (Licorice, Wheat, and Jujube Decoction)
甘麦大枣汤

- Note that while the source text mentions attacks of yawning as one of the indications for this formula, many modern practitioners believe that attacks of moaning or deep sighing occur more frequently in this type of patient.
- The insomnia and night sweats (sweat, like blood, being associated with the Heart) reflect that this condition is primarily one of Heart deficiency.

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Gan Mai Da Zao Tang (Licorice, Wheat, and Jujube Decoction)
甘麦大枣汤

- **Composition**
 - **Chief**
 - Xiao Mai (Tritici Fructus) 9-15g
 - **Deputy**
 - Gan Cao (Glycyrrhizae Radix) 9g
 - Da Zao (Jujubae Fructus) 10pcs

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Gan Mai Da Zao Tang (Licorice, Wheat, and Jujube Decoction)
甘麦大枣汤

- **Analysis of Formula**
 - The formula focuses on tonifying the nutritive Qi with sweet substances while simultaneously inhibiting the unrestrained dispersal of the souls.
 - The chief
 - Xiao Mai, sweet, salty, light in weight, reaching outward to the exterior, yet also enters the Heart channel where it conserves the fluids of the Heart. According to the Inner Classic, wheat is the cereal associated with the Heart; Sun Si-Miao thought that it nourishes sweating and night sweats, is utilized here to control the dispersal of the ethereal and corporeal souls.
 - The deputy
 - Gan Cao nourishes the Heart, tonifies the Qi, and harmonizes the middle Jiao.
 - Da Zao augments the Qi and moistens internal dryness.
 - Both also clear heat.

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Gan Mai Da Zao Tang (Licorice, Wheat, and Jujube Decoction)
甘麦大枣汤

- **Key Point of diagnosis**
 - Disorientation, frequent attacks of melancholy and crying spells, inability to control oneself, restless sleep (sometimes with night sweats), and frequent bouts of yawning.
- **Caution and Contraindication**
 - Contraindicated in case of turbid-dampness, Heart fire; Should not use excessive dosage or longer term with small dosage because Gan Cao includes adrenal cortical hormone like causing edema and hypertension.
- **Modifications**
 - For irritability with a sensation of heat in the chest and other signs of more severe Heart Yin deficiency: + Bai He; Bai Zi Ren;
 - For insomnia with a thin, wiry pulse from Liver blood deficiency: + Suan Zao Ren;
 - For constipation: + Hei Zhi Ma; He Shou Wu;
 - For enuresis: + Sang Piao Xiao; Yi Zhi Ren; Tu Si Zi;
 - For palpitations, shortness of breath, loss of appetite, a swollen, tooth-marked tongue, and a thin, frail pulse: combine with Gui Pi Tang;

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Gan Mai Da Zao Tang (Licorice, Wheat, and Jujube Decoction)
甘麦大枣汤

- For sinus arrhythmias and a choppy pulse: + Dang Shen; Zi Shi Ying;
- For mild cases of schizophrenia: + Gui Zhi; Long Gu; Mu Li;
- **Clinic use**
 - Neuropsychiatric disorders including general anxiety disorder, hysteria, schizophrenia, epilepsy, night terrors in children, attention deficit hyperactivity disorder, sleep walking, and nervous exhaustion;
 - Spasmodic disorder including spasmodic coughs, Parkinson's disease, gastric spasms, spasms of the extremities, and migraines;
 - Disorders of the electrical system of the Heart such as sinus tachycardia and ectopic heartbeats.
 - Premenstrual tension and perimenopausal syndrome.

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Gan Mai Da Zao Tang (Licorice, Wheat, and Jujube Decoction)
甘麦大枣汤

- Vs. Suan Zao Ren Tang (Sour Jujube Decoction)
 - Both formulas are used in treating irritability and insomnia occurring in deficient patients and both have an astringent effect that is also used to treat excessive sweating;
 - Suan Zao Ren Tang **focuses on tonifying and regulating the Liver, specifically Liver blood**. To this end, it combines sour and sweet tonification with acrid, moving, and cold draining herbs.
 - Gan Mai Da Zao Tang is altogether **more mild**. It **focuses on tonifying the nutritive Yin associated with the Spleen and the Heart** by means of sweet herbs that are also cooling. Because sweet herbs fill up or soften the Yin, they are able to control the Yang, extending their action from the Spleen and the Heart to the Liver.

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Huang Lian E Jiao Tang (Coptis and Ass-Hide Gelatin Decoction)
黄连阿胶汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Enriches the Yin, causes fire to descend, eliminates irritability, and calms the spirit.
- **Indications:**
 - Heat transformation (热化, Re Hua) pattern in the Shao Yin pattern of a cold damage disorder manifested by irritability with a sensation of heat in the chest, insomnia, palpitations with anxiety, a red tongue with a dry, yellow coating, and a thin, rapid pulse. There may also be sores on the tongue or in the mouth.

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Huang Lian E Jiao Tang (Coptis and Ass-Hide Gelatin Decoction)
黄连阿胶汤

• **Pathological analysis**

- The Shao Yin corresponds to the KD, which govern the fluids and store the essence, and the HT, which govern the blood vessels.
- When pathogenic heat enters the Shao Yin, it consumes the Yin fluids, blood, and essence.
- This results in a pattern characterized by excess heat at the Qi level (the heat pathogen usually enters via the ST or Intestines) combined with deficiency of Yin and blood.
- The presence of Qi-aspect pathogenic heat is reflected in the red tongue with a dry, yellow coating, while the thin, rapid pulse indicates that the Yin has already been damaged.
- Shao Yin water (the Kidneys) is no longer able to properly control Shao Yin fire (the Heart).
- This leads to a sensation of heat in the chest and symptoms of a disturbed spirit: palpitations with anxiety, irritability, and insomnia characterized by an inability of the patient to calmly lie down. Sores in the mouth and on the tongue are also a sign of pathogenic heat in the Heart.

Huang Lian E Jiao Tang (Coptis and Ass-Hide Gelatin Decoction)
黄连阿胶汤

• **Composition**

– **Chief**

- Huang Lian (Coptidis Rhizoma) 12g
- E Jiao (Asini Corii Colla) 9g (dissolve in strained decoction)

– **Deputy**

- Huang Qin (Scutellariae Radix) 6g
- Shao Yao (Paeoniae Radix) 6g

– **Assistant & Envoy**

- Ji Zi Huang (Egg yolk) 2 yolks (stir into strained decoction)

Huang Lian E Jiao Tang (Coptis and Ass-Hide Gelatin Decoction)
黄连阿胶汤

• **Analysis of Formula**

- To treat a pattern characterized by heat excess and blood deficiency whose symptoms predominantly manifest in the HT lesser Yin, this formula utilizes a strategy of directing fire downward by means of bitter, cooling herbs while simultaneously nourishing the Yin and blood with sweet, salty, and sour substances.
- The chief
 - Huang Lian, bitter and cooling, directly clears fire from the HT and thereby calms the spirit.
 - E Jiao, sweet and neutral, indirectly controls the HT fire by enriching the Yin and nourishing the blood.
 - Together, they facilitate interaction between water and fire to effectively treat the root and branch of this pattern.
- The deputy
 - Huang Qin, bitter and cooling, drains heat from the upper Jiao and the Intestines to assist Huang Lian in directing fire downward.
 - Bai Shao, sour and cooling, assists E Jiao in enriching and retaining the Yin to harmonize the functions of the Qi and also both of the heat-draining herbs in controlling the Yang.
- The assistant
 - Ji Zi Huang, sweet, enters the HT and KD, tonifies the Yin and blood, and resolves heat toxicity. It assists the heat-draining herbs in eliminating the pathogen while protecting against their drying properties, but also acts in concert with the blood-tonifying substances to enrich the Yin.

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Huang Lian E Jiao Tang (Coptis and Ass-Hide Gelatin Decoction)
黄连阿胶汤

• **Key Point of diagnosis**

- Irritability with a sensation of heat in the chest, a red tongue with a dry, yellow coating, and a thin, rapid pulse.

• **Caution and Contraindication**

- Should use with red tongue, thin and rapid pulse, dry skin and bleeding or tendency to bleed indicating heat with Yin def. and reckless blood.

• **Modifications**

- For severe Yin def. with injured fluids and a dry throat: + Xuan Shen; Mai Men Dong; Shi Hu;
- For heat in the five centers: + Zhi Zi; Dan Zhu Ye;
- For feverishness with dark urine: + Deng Xin Cao; Tong Cao; Bai Mao Gen;
- For purpura or bleeding of the gums: + Nv Zhen Zi; Mo Han Lian; Mu Dan Pi; Sheng Di Huang;
- For dysenteric disorders with abdominal pain and pus and blood in the stool: — Ji Zi Huang;

• **Clinic use**

- Nervous exhaustion, the recuperative stage of an infectious disease, autonomic dystonia, erectile dysfunction, aphthous ulcers, and hypertension.

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Huang Lian E Jiao Tang (Coptis and Ass-Hide Gelatin Decoction)
黄连阿胶汤

- Vs. Suan Zao Ren Tang (Sour Jujube Decoction)
 - Both formulas treat irritability and insomnia.
 - Huang Lian E Jiao Tang is for **irritability** when the patient is **unable to lie in bed**. This is due to the Yang failing to enter the Yin, and the treatment strategy focuses on **draining fire from the HT** and **enriching the Yin and blood**.
 - Suan Zao Ren Tang is for **irritability with insomnia** in which the patient is **able to lie in bed, but cannot sleep**. This occurs when **deficient Liver blood is unable to nourish the Heart**, and the treatment strategy focuses on **tonifying and harmonizing the Liver**.

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Huang Lian E Jiao Tang (Coptis and Ass-Hide Gelatin Decoction)
黄连阿胶汤

- Vs. Zhu Ling Tang (Polyporus Decoction)
 - Both formulas treat patterns characterized by irritability and insomnia due to heat damaging the Yin and use E Jiao to address this deficiency.
 - Huang Lian E Jiao Tang **focuses on patterns where both the pathogenic heat and the Yin deficiency are relatively pronounced** with such symptoms as **focal distention in the epigastrium, abdominal pain, irritability and thirst, and palpitations**.
 - Zhu Ling Tang, on the other hand, treats **patterns where the momentum of the heat and damage to the Yin are less severe**, but instead **clump with the water in the lower Jiao** leading to the main symptom of **obstructed urination**.

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Formulas that nourish HT & calm spirit

- Section 1 Formulas that nourish HT & calm spirit (4 types)
 - Suan Zao Ren Tang (Sour Jujube Decoction)
 - Tian Wang Bu Xin Dan (Emperor of Heaven's Special Pill to Tonify the Heart)
 - Gan Mai Da Zao Tang (Licorice, Wheat, and Jujube Decoction)
 - Huang Lian E Jiao Tang (Coptis and Ass-Hide Gelatin Decoction)

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Study Guideline

- 1. Suan Zao Ren Tang's indications;
- 2. The difference between Suan Zao Ren Tang and Gui Pi Tang;
- 3. Tian Wang Bu Xin Dan's indications;
- 4. The difference between Tian Wang Bu Xin Dan and Gui Pi Tang;
- 5. The difference between Tian Wang Bu Xin Dan and Zhi Gan Cao Tang;
- 6. Gan Mai Da Zao Tang's indication and ingredients;
- 7. The difference between Gan Mai Da Zao Tang and Suan Zao Ren Tang;
- 8. Huang Lian E Jiao Tang's indications;
- 9. The difference between Huang Lian E Jiao Tang and Suan Zao Ren Tang;
- 10. The difference between Huang Lian E Jiao Tang and Zhu Ling Tang;

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Section 2 Formulas that sedate and calm the spirit

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Formulas that sedate and calm the spirit

- The formulas in this section are used for patients who have suffered sudden, terrifying experiences that disturb their spirits, in whom the Heart Yang is ascendant with upward-blazing of Heart fire or the Liver Yang becomes hyperactive.
- This results in such disturbances of the spirit as severe anxiety or phobia, restlessness, and uncontrolled emotions (usually manifested in bouts of laughter or crying).
- Because these are relatively excessive conditions, a strategy that sedates is appropriate.

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Formulas that sedate and calm the spirit

- The chief ingredients in these formulas are usually heavy minerals that are said to “weigh down” or anchor the ascendant Heart Yang such as Ci Shi, Zhen Zhu Mu. Depending on the precise pattern, four other types of ingredients are commonly added:
 - When fire is an important root cause: + herbs that drain heat and clear fire such as Huang Lian, Huang Qin, or Lian Qiao;
 - For the deficiency that almost invariably accompanies by hyperactive Yang: +herbs that enrich the Yin and nourish the blood such as Sheng Di Huang, Shu Di Huang, or Dang Gui;
 - To restore normal consciousness: + herbs that regulate the Qi, transform phlegm, and open the orifices such as Chen Pi, Bei Mu, Yuan Zhi, or Shi Chang Pu;
 - To facilitate digestion of the heavy minerals used as chief ingredients: + herbs that guide out food stagnation.

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Formulas that sedate and calm the spirit

- It is important to remember that some of the minerals originally used in these formulas may contain unacceptably high levels of heavy metals.
- From a traditional perspective, these should not be taken for long periods of time, not only because of their toxicity, but because they also readily injure the Stomach Qi.
- At present, especially in the West, these ingredients are illegal and appropriate substitutions must be made.

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Formulas that sedate and calm the spirit

- Section 2 Formulas that sedate and calm the spirit (2 types)
 - Zhu Sha An Shen Wan (Cinnabar Pill to Calm the Spirit)
 - Chai Hu Jia Long Gu Mu Li Tang (Bupleurum Plus Dragon Bone and Oyster Shell Decoction)

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Zhu Sha An Shen Wan (Cinnabar Pill to Calm the Spirit)

朱砂安神丸

- **Source:** Clarifying Doubts about Injury from Internal and External Cause (1247)
- **Actions:** Sedates the Heart, calms the spirit, drains fire, and nourishes the Yin;
- **Indications:**
 - Vigorous Heart fire injuring the blood and Yin manifested by insomnia, continuous palpitations, a sensation of irritability and heat in the chest, a desire to vomit without result, dream-disturbed sleep, a tongue that is red at the tip, and a thin, rapid pulse. In some cases, the patient also develops a rancorous disposition.

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Zhu Sha An Shen Wan (Cinnabar Pill to Calm the Spirit)
朱砂安神丸

• **Pathological analysis**

- The scorching from Heart fire depletes the blood and Yin, which in turn deprives the Heart of nourishment.
- The combination of heat and deficiency disturbs the serenity of the spirit, which manifests as insomnia and continuous palpitations.
- Another way of looking at this is that the uprising of Heart fire prevents the Heart from rooting in the Kidneys, which is necessary to house the spirit.
- The spirit therefore has no place to reside during the Yin time of the day (the night time), and insomnia results.

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Zhu Sha An Shen Wan (Cinnabar Pill to Calm the Spirit)
朱砂安神丸

- The internal movement of fire in the Heart not only aggravates the palpitations, but also gives rise to a sensation of heat and irritability in the chest, a desire to vomit without result, and a tongue with a red tip.
- This process of heat disturbing the spirit and disrupting the flow of Qi in the chest may lead to the development of a rancorous disposition.
- The combination of heat and deficiency is clearly reflected in the thin, rapid pulse.

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Zhu Sha An Shen Wan (Cinnabar Pill to Calm the Spirit)
朱砂安神丸

- **Composition**

- **Chief**

- Shui Fei Zhu Sha (Aqueous trituration of Cinnabaris) 15g

- **Deputy**

- Huang Lian (Coptidis Rhizoma) 18g

- **Assistant**

- Dang Gui (Angelicae sinensis Radix) 7.5g
- Sheng Di Huang (Rehmanniae Radix) 7.5g

- **Envoy**

- Zhi Gan Cao (Glycyrrhizae Radix preparata) 16.5g

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Zhu Sha An Shen Wan (Cinnabar Pill to Calm the Spirit)
朱砂安神丸

- **Analysis of Formula**

- This formula calms the spirit primarily by clearing heat from the Heart, but also tonifies the deficiency of Yin and blood that is the secondary aspect of this pattern.

- The chief

- Zhu Sha, sweet and slightly cooling, enters the Heart channel and can sedate excessive Yang activity by way of its heavy nature. It calms the spirit and also clears fire from the Heart.

- The deputy

- Huang Lian strongly drains excess heat from the Heart and works synergistically with the chief ingredient to reinforce both of its actions.
- Together, they address both the branch and root of this disorder.

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Zhu Sha An Shen Wan (Cinnabar Pill to Calm the Spirit)
朱砂安神丸

- **The assistant**
 - Dang Gui, acrid, sweet, and warming, enters the Heart, Liver, and Spleen channels, nourishes the blood.
 - Sheng Di Huang, sweet, bitter, and strongly cooling, nourishes the Kidneys. It also helps clear fire from the nutritive and blood aspects.
 - Together, they nourish the blood and replenish the Yin to tonify those aspects of the body that have been injured by the Heart fire and prevent further injury.
- **The envoy**
 - Zhi Gan Cao harmonizes the actions of the other ingredients while protecting the Stomach from the harsh effects of the chief and deputy ingredients.

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Zhu Sha An Shen Wan (Cinnabar Pill to Calm the Spirit)
朱砂安神丸

- **Key Point of diagnosis**
 - Insomnia, continuous palpitations, a tongue that is red at the tip, and a thin, rapid pulse.
- **Caution and contraindication**
 - Note that Zhu Sha is no longer used and that appropriate substances must be made. Even though this formula contains Yin-enriching herbs it is not indicated for patients where Yin deficiency is the primary problem. It is cooling in nature and thus, to avoid damaging the middle Jiao Yang, should not be taken for long periods of time.
- **Modification**
 - For severe insomnia: + Lian Zi Xin; Yuan Zhi; Fu Shen;
 - For controlling the up-flaring of Heart Yang: + Ci Shi, Long Gu, or Mu Li;
 - For severe irritability with a sensation of heat in the chest: + Zhi Zi, Dan Dou Chi;
 - For a sensation of heat and pressure in the chest with nausea, and perhaps some difficulty in swallowing: + Gua Lou, Zhu Ru;
 - For a redder tongue tip and dark, scanty urine: + Dan Zhu Ye, Deng Xin Cao;
- **Clinic use**
 - Neurasthenia, depression, anxiety neurosis, panic attacks, and mitral valve prolapse.

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Chai Hu Jia Long Gu Mu Li Tang (Bupleurum Plus Dragon Bone and Oyster Shell Decoction) 柴胡加龙骨牡蛎汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Unblocks the three Yang patterns, and sedates and calms the spirit;
- **Indications:** This condition is due to problems in all three of the Yang channels. In the source text, this is attributed to the premature application of purgatives, which were used before the disease entered the Yang Ming pattern. The externally-contracted pathogenic influence takes advantage of the weakness caused by the purgatives and invades the interior, where it obstructs the Qi dynamic to cause a complicated pattern characterized by excess as well as deficiency with symptoms in all three Jiao and in all organs, manifested by fullness in the chest, irritability with occasional attacks of fright palpitations, urinary difficulty, constipation, delirious speech, inability to rotate the trunk, a sensation of extreme heaviness throughout the body, a red tongue with a slippery coating, and a wiry, rapid pulse.

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Chai Hu Jia Long Gu Mu Li Tang (Bupleurum Plus Dragon Bone and Oyster Shell Decoction) 柴胡加龙骨牡蛎汤

- **Pathological analysis**
 - Difficulty in rotating the trunk and the wiry pulse indicate that constraint in the Shao Yang channel is the fulcrum around which this pattern turns.
 - This suggests that the original pattern was, in fact, a Shao Yang pattern was mistaken for a Yang Ming pattern because it had persisted for a long period of time, or that the Shao Yang is the pathway by which the pathogen is entering the interior.
 - Fullness in the chest and irritability with occasional attacks of right palpitations are due to the constraint of Yang Qi in the Shao Yang flaring upward to attack the Heart.
 - The red tongue and rapid pulse also reflect the presence of this heat.
 - Clumping of heat and stools in the Intestines causes constipation, while heat in the Yang Ming pattern leads to the characteristic symptom of delirious speech.

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Chai Hu Jia Long Gu Mu Li Tang (Bupleurum Plus Dragon Bone and Oyster Shell Decoction) 柴胡加龙骨牡蛎汤

- At the level of the San Jiao and Bladder, which regulate the movement and transformation of fluids, constraint is reflected in urinary difficulty.
- Meanwhile, the improper treatment that gave rise to this disorder leaves a remnant of the pathogenic influence in the channels, a relatively superficial level of the body.
- At the same time, the Yang Qi is confined to the interior and cannot spread to the exterior.
- This causes a feeling of extreme heaviness throughout the body.

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Chai Hu Jia Long Gu Mu Li Tang (Bupleurum Plus Dragon Bone and Oyster Shell Decoction) 柴胡加龙骨牡蛎汤

• **Composition**

– **Chief**

- Chai Hu (Bupleuri Radix) 12g
- Huang Qin (Scutellariae Radix) 3g
- Gui Zhi (Cinnamomi Ramulus) 4.5g
- Da Huang (Rhei Radix et Rhizoma) 6g (add just before end)

– **Deputy**

- Long Gu (Fossilia Ovis Mastodi) 4.5g
- Mu Li (Ostreae Concha) 4.5g
- Qian Dan (Minium) 4.5g

– **Assistant**

- Ren Shen (Ginseng Radix) 4.5g
- Fu Ling (Poria) 4.5g
- Zhi Ban Xia (Pinelliae Rhizoma preparatum) 6-9g

– **Envoy**

- Sheng Jiang (Zingiberis Rhizoma recens) 4.5g
- Da Zao (Jujubae Fructus) 6pcs

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Chai Hu Jia Long Gu Mu Li Tang (Bupleurum Plus Dragon Bone and Oyster Shell Decoction) 柴胡加龙骨牡蛎汤

• **Analysis of Formula**

- Although this is a complicated pattern, the main problem is one of constraint. This is treated by unblocking the Qi dynamic in order to disperse and drain pathogenic Qi, while simultaneously supporting the middle Jiao as the fulcrum of this dynamic.
- The chief
 - Gui Zhi is a Tai Yang herb that is used here primarily to resolve the problems in the superficial levels and to promote the flow of Yang Qi in order to relieve the sensation of heaviness in the body;
 - Chai Hu and Huang Qin resolve Shao Yang disorders, and release constraint at this level;
 - The delirious speech and Yang Ming pattern symptoms are addressed by Da Huang, which flushes clumping of heat and stools from the Intestines.
- The deputy
 - Long Gu, Mu Li and Qian Dan are mineral substances that weigh down and calm the floating spirit. ⁶⁹

Chai Hu Jia Long Gu Mu Li Tang (Bupleurum Plus Dragon Bone and Oyster Shell Decoction) 柴胡加龙骨牡蛎汤

- The assistant
 - Ren Shen and Fu Ling strengthen the Qi of the middle Jiao, and ensure that it is not further damaged by the treatment. Fu Ling increases and promotes urination.
 - Together, they also have a mild calming effect.
 - Zhi Ban Xia causes the Qi to descend and works with Fu Ling to transform disturbances of the fluids and to open up the diaphragm. It also assists Chai Hu and Huang Qin in resolving the Shao Yang pattern aspect of this disorder.
- Envoy
 - Sheng Jiang and Da Zao work together to regulate the relationship between the protective Qi in the exterior and the nutritive Qi in the interior. This helps focus the action of the other ingredients on these critical aspects of the body.

Chai Hu Jia Long Gu Mu Li Tang (Bupleurum Plus Dragon Bone and Oyster Shell Decoction) 柴胡加龙骨牡蛎汤

• **Key Point of diagnosis**

- Fullness in the chest, irritability with occasional attacks of fright palpitations, urinary difficulty, constipation, a sensation of extreme heaviness throughout the body, a red tongue with a slippery coating, and a wiry, rapid pulse.

• **Caution and contraindication**

- Although this formula contains a small number of tonifying herbs, its focus is clearly on treating excess. It must not be used for conditions of deficiency. If prescribed inappropriately, symptoms such as anxiety, insomnia, irritability, or hypertension for which the formula may have been chosen will invariably get worse. In these cases, it is important to switch to a different formula immediately.

• **Modification**

- For nightmares, vertigo, fever, and other symptoms of vigorous Liver fire: + Long Dan Cao; Xia Ku Cao;
- For cases with regular bowel movements: — Da Huang;
- For more pronounced phlegm symptoms: + Shi Chang Pu; Yuan Zhi;
- For constipation and manic behavior: —Ren Shen; increase the dosage of Da Huang;
- For severe irritability and difficult sleep: + Hu Po; Suan Zao Ren; Ye Jiao Teng;

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Chai Hu Jia Long Gu Mu Li Tang (Bupleurum Plus Dragon Bone and Oyster Shell Decoction) 柴胡加龙骨牡蛎汤

- For periodic spasms of the hands and feet with lightheadedness, dry mouth, dry stools, a greasy and yellow tongue coating, and a submerged and forceless pulse: substitute Tai Zi Shen for Ren Shen; + a large dose of Dan Shen;
- For seizures: increase the dosage of Chai Hu; Dan Shen;
- For vertigo and headache after trauma to the head (postconcussion syndrome): replace Da Huang with Jiu Zhi Da Huang; + Gao Ben; Ju Hua;
- For stabbing pains in the chest, dark stools, and a dark purple tongue indicating Qi and blood stasis: + Hong Hua; Tao Ren; Chi Shao; Xiang Fu; Qing Pi;
- For bouts of severe anger, a red complexion, and red eyes indicating Liver fire: — Gui Zhi, Ren Shen, Sheng Jiang, Da Zao; + Long Dan Cao, Zhi Zi, Che Qian Zi, Ze Xie, Mu Tong, and Sheng Di Huang;
- For seizures or epilepsy characterized by phlegm with dizziness, disorientation, constipation, and a thick, greasy tongue coating: — Gui Zhi, Ren Shen, and Sheng Jiang; + Meng Shi, Chen Xiang, Sheng Tie Luo, and Shi Chang Pu;

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Chai Hu Jia Long Gu Mu Li Tang (Bupleurum Plus Dragon Bone and Oyster Shell Decoction) 柴胡加龙骨牡蛎汤

- **Clinic use**

- Neuropsychiatric problems such as neurosis, depression, general anxiety disorder, schizophrenia, Parkinson's disease, and epilepsy.
- Hypertension, first or second degree A-V block, supraventricular tachycardia, hyperthyroidism, Meniere's disease, spasm of the sternocleidomastoid muscle, gastritis, menopausal syndrome, erectile dysfunction, and postconcussion syndrome.

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Chai Hu Jia Long Gu Mu Li Tang (Bupleurum Plus Dragon Bone and Oyster Shell Decoction) 柴胡加龙骨牡蛎汤

- **Vs. Other Bupleurum-Based Formulas**

- This formula is similar to other harmonizing formulas that utilize Chai Hu as the chief ingredient, where distention of the chest and flanks and a bitter taste constitute key points in the diagnosis.
- Like these formulas, it can be used to treat disorders characterized by Shao Yang type symptoms such as headache, tinnitus, or constraint, and for conditions characterized by loss of normal cognitive functions involving speech, memory, concentration, or sensation.
- However, compared to formulas such as Xiao and Da Chai Hu Tang, Chai Hu Gui Zhi Tang, or Chai Hu Gui Jiang Tang, these symptoms will typically be much more pronounced where this formula is indicated.

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Formulas that sedate and calm the spirit

- Section 2 Formulas that sedate and calm the spirit (2 types)
 - Zhu Sha An Shen Wan (Cinnabar Pill to Calm the Spirit)
 - Chai Hu Jia Long Gu Mu Li Tang (Bupleurum Plus Dragon Bone and Oyster Shell Decoction)

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Study guideline

- 1. Zhu Sha An Shen Wan's indications;
- 2. Chai Hu Jia Long Gu Mu Li Tang's indications;
- 3. The difference among Bupleurum-Based Formulas;

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