

Herbal Formulas II

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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 13 Formulas that expel wind

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5

Formulas that expel wind

- Formulas that expel wind are used to treat patterns dominated by wind-type symptoms.
- Basic Questions and Divine Pivot
 - Wind likes to move and frequently changes its manifestations;
 - Wind is the leader of all diseases;
 - When the flesh is not firm and the interstices and pores are sparse, one is prone to wind disorders;
 - This type of wind can attack any level of the body including the skin, the muscle layer, the channels, the sinews, the bones, and the organs. It is usually accompanied by another pathogenic influence such as cold, heat, dryness, or dampness.
 - The formulas for external wind in this chapter treat disorders in which wind is the primary pathogenic influence and whose manifestations are characteristic of wind: rapid in onset, changeable, or affecting movement.
 - Because wind is a Yang pathogen, it often causes problems that affect the upper part of the body, particularly the head.
 - Symptoms that are characteristic of external wind include itching, numbness of the skin and flesh, headaches, deep source nasal congestion, muscular spasms, difficulty in moving the joints, and asymmetrical appearance or strength.

6

Formulas that expel wind

- Internally-generated wind arises when the internal organs, primarily the Liver and Kidneys, lose the ability to exercise control over the Yang Qi, which by its nature is wild and readily transforms into pathogenic wind.
- Basic questions
 - The various wind manifestations such loss of consciousness and dizziness are all attributed to the Liver.
- Internal stirring of wind may arise from Kidney or Liver Yin deficiency, ascendant Liver Yang, blood deficiency, or heat excess.
- Its most common presentations include dizziness, vertigo, tremors, loss of muscle tone, and, in severe cases, convulsions, difficulty in speaking, and sudden loss of consciousness with facial asymmetry or hemiplegia.

7

Formulas that expel wind

- External and internal wind can mutually produce or combine with each other, making the boundary between the categories somewhat fuzzy.
- For instance, external wind may penetrate into the organs or provoke the stirring of internal wind. Internal wind, on the other hand, may disrupt the protective Yang, which then leads to the contraction of external wind.
- The terminology, moreover, is not always precise.
- Facial asymmetry and hemiplegia, for instance, are regarded as indications of wind-stroke (中风, Zhong Feng).
- Initially, physicians generally believed that this was caused by external wind penetrating into the channels in patients with deficient blood and Qi.

8

Formulas that expel wind

- From the Song dynasty onward, the same symptoms were increasingly understood to arise from internal causes involving fire, phlegm, Yin deficiency, and ascendant Yang.
- To avoid confusion, the latter condition is often referred to as wind-type stroke (类中风, Lei Zhong Feng), although some writers have tried to reconcile the two views into a single doctrine.
- Wind-stroke may also refer, however, to exterior conditions characterized by fever, headache, sweating, and a floating, moderate pulse.

9

Formulas that expel wind

- For the sake of clarity, in this text, 中风, *Zhong Feng* in these situations is translated as wind attack; see, for example, the discussion of Gui Zhi Tang.
- Today, the term wind-stroke usually refers to conditions with loss of muscle control or paralysis, and is divided into channel-stroke (a relatively mild condition with no loss of consciousness) and organ-stroke (with loss of consciousness). Some of the formulas that treat acute, severe wind-stroke are discussed in the formulas that open the sensory orifices.

10

Formulas that expel wind

- External wind is generally treated by dispersion with the goal of dispelling it externally.
- Internal wind, on the other hand, is treated with herbs that calm, extinguish, and sedate, as well as those that tonify the Yin and regulate the Liver.
- Accurate diagnosis is essential to avoid complications resulting from the use of inappropriate formulas.
- Some conditions may involve both external and internal wind, in which case the treatment must deal with both aspects.
- However, because herbs that scatter and disperse wind are usually warm and dry in nature and can readily injure the fluids or generate fire, they must be used with great care in cases of Yin deficiency or ascendant Yang.

11

Formulas that expel wind

- If necessary, they must be combined with sweet, cooling herbs that enrich the fluids.
- In addition, since it is unusual for wind to invade the body alone — more commonly, it is accompanied by other pathogenic influences such as cold or dryness — proper treatment requires that each pathogenic influence be addressed.
- Because wind is sometimes a secondary rather than a primary factor in a pattern, therefore, not all of the formulas that treat wind are found in this chapter.

12

Formulas that expel wind

- 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)

13

Section 1 Formulas that release wind from skin & channels

14

Formulas that release wind from skin & channels

- External wind invades the body when the normal Qi is deficient, the interstices and pores are open, or the protective Qi is weak.
- Manifestations will vary according to the strength of the pathogenic influence, the combination of pathogenic influences involved, and the individual constitution of the patient.
- Some of the formulas in this section are used for treating external wind that enters the flesh, channels, sinews, joints, and bones, and is characterized by rashes, dizziness, numbness, difficulty in movement, and joint pain.
- Other formulas treat disorders in which external wind induces internal stirring of wind.
- In such cases, the pathogenic wind first attacks the head and face and then progresses into the channels where it gives rise to muscular tetany with clenched jaw, spasms of the lips, stiffness, opisthotonus, facial paralysis, and other disturbances involving muscle spasms.

15

Formulas that release wind from skin & channels

- Formulas for treating internal stirring of Liver wind due to heat entering the channels and collaterals, are also discussed in this chapter.
- Exterior conditions develop when externally-contracted wind settles in the exterior and muscle layer.
- Formulas that dredge and disperse external wind are composed primarily of acrid ingredients that expel the pathogen to the exterior. Such as Jing Jie, Fang Feng, Ma Huang, Chuan Xiong, Bai Zhi, Bo He, Zhi Wu Tou. Depending on the presentation and the underlying pathodynamic, they are typically combined with four other types of ingredients in the formulas discussed below. They are:

16

Formulas that release wind from skin & channels

- 1. Substances that drain heat and clear fire such as Huang Qin, Shi Gao, Zhi Mu, or Sheng Di Huang. These herbs are added both to moderate the effect of the acrid wind-dispersing herbs on the body's own Yang Qi, preventing them from stirring up internal wind, and to treat symptoms that arise because wind itself readily transforms into heat.
- 2. Substances that eliminate wind-phlegm from the channels such as Zhi Tian Nan Xing, Bai Jie Zi, and Bai Jiang Can. These herbs are added when external wind penetrating into the channels and collaterals impairs their fluid metabolism to produce phlegm, or where preexisting phlegm combines with external wind.
- 3. Substances that invigorate the blood and eliminate stasis such as Mo Yao, Ru Xiang, or Di Long. Like phlegm, blood stasis can be a product of wind entering the vessels and collaterals, or, by impeding the normal circulation of Qi and blood, blood stasis can facilitate the penetration of wind from the exterior.
- 4. Herbs that nourish the blood such as Dang Gui, Shu Di Huang, Bai Shao, or Huo Ma Ren. Wind, a Yang pathogenic factor, readily generates dryness and damages the blood. On the other hand, deficient blood in the vessels and collaterals creates a space into which wind can enter. In both cases, tonifying the blood is an essential aspect of treatment.

17

Formulas that release wind from skin & channels

- Section 1 Formulas that release wind from skin & channels (4 types)
 - **Xiao Feng San** (Eliminate Wind Powder from True Lineage)
 - Xiao Huo Luo Dan (Minor Invigorate the Collaterals Special Pill)
 - Qian Zheng San (Lead to Symmetry Powder)
 - Yu Zhen San (True Jade Powder)

18

Xiao Feng San (Eliminate Wind Powder from True Lineage)
消风散

- **Source:** Orthodox Lineage of External Medicine (1617)
- **Actions:** Disperses wind, eliminates dampness, clears heat, and cools the blood;
- **Indications:**
 - Wind rash (风疹, Feng Zhen) or damp rash (湿疹, Shi Zhen) manifested by weepy, itchy, red skin lesions over a large part of the body, a yellow or white tongue coating, and a forceful, floating, and rapid pulse.



Urticaria



Eczema



Psoriasis

Xiao Feng San (Eliminate Wind Powder from True Lineage)
消风散

- **Pathological analysis**
 - Wind rash or damp rash is caused by wind-heat or wind-dampness that invades the body and contends with preexisting damp-heat.
 - It then becomes trapped between the flesh, skin, interstices, and pores, and settles in the blood vessels. Unable to drain internally or vent externally, it transforms into wind toxin.
 - The presence of wind, the primary pathogenic influence, is reflected in the itchiness and the floating pulse.
 - Bleeding that occurs after excoriation is called “seepage of blood pearls” and is an indication of heat in the blood.
 - This type of seepage is caused by damp-heat trapped between the flesh and the interstices and pores.
 - The combination of heat in the blood and damp-heat gives rise to toxin.

20

Xiao Feng San (Eliminate Wind Powder from True Lineage)
消风散

- The tongue coating varies according to the level of penetration of the heat: when the heat is superficial, the tongue coating will remain white; a slightly deeper level of penetration produces a yellow coating.
- The forceful, rapid pulse indicates internal heat and toxin.
- Disorders of this nature, where the pathogenic influence is trapped between layers of the body, are often difficult to treat.

21

Xiao Feng San (Eliminate Wind Powder from True Lineage)
消风散

• **Composition**

– **Chief**

- Jing Jie (Schizonepetae Herba) 3g
- Fang Feng (Saposhnikoviae Radix) 3g
- Niu Bang Zi (Arctii Fructus) 3g
- Chan Tui (Cicadae Periostracum) 3g

– **Deputy**

- Cang Zhu (Atractylodis Rhizoma) 3g
- Ku Shen (Sophorae flavescens Radix) 3g
- Mu Tong (Alkebiae Caulis) 1.5g
- Shi Gao (Gypsum fibrosum) 3g
- Zhi Mu (Anemarrhenae Rhizoma) 3g

– **Assistant**

- Sheng Di Huang (Rehmanniae Radix) 3g
- Dang Gui (Angelicae sinensis Radix) 3g
- Hei Zhi Ma (Sesami Semen nigrum) 3g

– **Envoy**

- Gan Cao (Glycyrrhizae Radix) 1.5g

22

Xiao Feng San (Eliminate Wind Powder from True Lineage)

消风散

- **Analysis of Formula**

- The formula disperses wind, eliminates dampness, and clears heat. “To treat wind, first treat the blood; when the blood moves, the wind will naturally be extinguishes”. “Itching, a sign of wind, is relieved by dispersing the wind.”
- The chief
 - Jing Jie, Fang Feng, Niu Bang Zi, and Chan Tui, unblock the interstices and pores and disperse external wind.
- The deputy
 - The first group treats the seepage of fluids;
 - Cang Zhu dries dampness;
 - Ku Shen clears damp-heat; kills parasites and resolves toxicity, and is effective remedy for itchiness from damp-heat.
 - Mu Tong drains damp-heat through the urine;
 - The second group clear heat;
 - Shi Gao and Zhi Mu clear Qi-aspect fire, which help drain the heat from the interior and prevent the condition from advancing to a deeper level.

23

Xiao Feng San (Eliminate Wind Powder from True Lineage)

消风散

- **The assistant**
 - Sheng Di Huang cools the blood;
 - Dang Gui nourishes and invigorates the blood;
 - Hei Zhi Ma nourishes the blood and moistens;
 - The assistants address the blood aspects of this disorder as a means of extinguishing the wind.
- **The envoy**
 - Gan Cao clears heat, resolves toxicity, and harmonizes the actions of the other herbs.

24

Xiao Feng San (Eliminate Wind Powder from True Lineage)
消风散

- **Key Point of diagnosis**
 - Weepy, itchy, red skin lesions over a large part of the body, a yellow or white tongue coating, and a forceful, floating, and rapid pulse.
- **Caution and contraindication**
 - Because this formula is primarily dispersing in nature, it should not be used in cases with marked Qi or blood deficiency.
- **Modification**
 - For severe wind-heat and toxin: + Jin Yin Hua, Lian Qiao, Pu Gong Ying, and Ye Ju Hua;
 - For severe heat in the blood: + Mu Dan Pi, Chi Shao, and Zi Cao;
 - For severe dampness: + Yi Yi Ren, Bai Xian Pi, and Di Fu Zi;
 - For severe wind: + Bai Hua She, Quan Xie, Fu Ping;
- **Clinic use**
 - Urticaria, eczema, psoriasis, drug rash, contact dermatitis, Schonlein-Henoch purpura, tinea infection, and diaper rash.

25

Xiao Huo Luo Dan (Minor Invigorate the Collaterals Special Pill)
小活络丹

- **Source:** Formulary of the Pharmacy Service for Benefiting the People in the Taiping Era (1107)
- **Actions:** Dispels wind, eliminates dampness, transforms phlegm, invigorates the blood, unblocks the collaterals, and alleviates pain;
- **Indications:** After the onset of wind-stroke, wind, dampness, phlegm, and lifeless blood obstruct the channels and collaterals manifested by chronic pain, weakness, and numbness (especially in the lower extremities) due to wind-stroke. Also for fixed or migrating pain in the bones and joints with reduced range of motion due to wind-cold-damp painful obstruction. In both conditions, the symptoms are aggravated by cold. The tongue coating is white and moist.

26

Xiao Huo Luo Dan (Minor Invigorate the Collaterals Special Pill)

小活络丹

- **Pathological analysis**

- After the onset of wind-stroke, wind, dampness, phlegm, and lifeless blood obstruct the channels and collaterals.
- This leads to persistent numbness and weakness in the extremities.
- In severe cases, the obstruction causes severe pain.
- Although its pathogenesis is quite different, wind-cold-damp painful obstruction presents with similar symptoms.
- The white, moist tongue coating reflects the presence of interior cold.

27

Xiao Huo Luo Dan (Minor Invigorate the Collaterals Special Pill)

小活络丹

- **Composition**

- **Chief**

- Zhi Cao Wu (Aconiti kusnezoffi Radix preparata) 180g
- Zhi Chuan Wu (Aconiti Radix preparata) 180g

- **Deputy**

- Zhi Tian Nan Xing (Arisaematis Rhizoma preparatum) 180g

- **Assistant**

- Mo Yao (Myrrha) 66g
- Ru Xiang (Olibanum) 66g
- Di Long (Pheretima) 180g
- Jing Jie Decoction (Schizonepetae Herba)

- **Envoy**

- Wine

28

Xiao Huo Luo Dan (Minor Invigorate the Collaterals Special Pill)
小活络丹

• **Analysis of Formula**

- This formula employs strategies that removes the obstruction of the channels and collaterals by wind-cold-damp pathogens, blood stasis, and phlegm.
- The chief
 - Zhi Cao Wu and Zhi Chuan Wu are among the strongest herbs in the Chinese herbal medicine for warming the channels and dispersing wind, cold, and dampness.
 - Zhi Cao Wu searches out wind, overcomes dampness, disperses cold, stops pain, and unbinds areas constrained by phlegm.
 - Zhi Chuan Wu quickly and powerfully warms and unblocks the channels and drives out wind, dampness, and cold.
 - Together, these two potent herbs are particularly effective in treating this type of disorder.

29

Xiao Huo Luo Dan (Minor Invigorate the Collaterals Special Pill)
小活络丹

- The deputy
 - Zhi Tian Nan Xing is a strongly warming and intensely acrid substance. It also enters the Liver channel, and this special quality enables it to move within the channels and collaterals. Thus, it is particularly good at eliminating wind-phlegm.
- The assistant
 - Mo Yao and Ru Xiang invigorate the blood and increase the flow in the channels.
 - Di Long, salty and cooling, clears heat, unblocks, and promotes movement in the channels and collaterals. Although this is cooling substance, the many warming herbs in this formula allow its piercing nature too be exploited here to treat cold painful obstruction.
- Envoy
 - Wine serves as the envoy by strengthening the blood-invigorating action of the formula. This is preferred when cold is the main pathogen.
 - Alternatively, if wind symptoms are predominant, a decoction of Jing Jie is used to take the pills, which focuses the formula on dispersing wind.

30

Xiao Huo Luo Dan (Minor Invigorate the Collaterals Special Pill)
小活络丹

- **Key Point of diagnosis**
 - Chronic pain, weakness, and numbness (especially in the lower extremities) due to wind-stroke. Also for fixed or migrating pain in the bones and joints.
- **Caution and contraindication**
 - Because this formula is quite harsh, warming, and drying, it should only be prescribed for individuals with a relatively strong constitution. It is contraindicated in those with Yin deficiency or during pregnancy.
- **Modification**
 - For damp-predominant disorders: + Cang Zhu; Han Feng Teng; Yi Yi Ren;
 - For wind-predominant disorders: + Qin Jiao; Fang Feng;
 - For severe cold: increase the dosage of Zhi Chuan Wu and Zhi Cao Wu;
 - For disabling pain: increase the dosage of Ru Xiang and Mo Yao;
 - For Liver and Kidney deficiency combine with Du Huo Ji Sheng Tang;
- **Clinic use**
 - Hemiplegia after cerebrovascular accident, rheumatoid arthritis, osteoarthritis, bone spurs, and peripheral nervous disorders.

31

Qian Zheng San (Lead to Symmetry Powder)
牵正散

- **Source:** Yang Family Formulas (1178)
- **Actions:** Dispels wind, transforms phlegm, and stops spasms.
- **Indications:**
 - Sequelae of channel-stroke with symptoms confined to the head and face, a condition that occurs when deficient normal Qi and unstable protective Qi allow pathogenic wind to invade the channels and collaterals manifested by sudden facial paralysis with deviation of the eyes and mouth and facial muscle twitch.

32

Qian Zheng San (Lead to Symmetry Powder)
牵正散

• **Pathological analysis**

- This causes movement of turbid phlegm that, in concert with the pathogenic wind, results in wind-phlegm obstructing the channels and collaterals of the head and face.
- Wind-phlegm obstructing the channels and collaterals of the head and face interferes with the supply of nourishment to the muscles, which causes a loss of muscle function manifested as muscle flaccidity and a flat, expressionless demeanor.
- Those areas that are unaffected (i.e., where the Qi and blood circulate freely) will have relatively healthy muscle tone.
- The imbalance in muscle tone causes the face to draw to one side, with deviation around the eyes and mouth (facial paralysis). Wind may also cause facial muscle twitch. ³³

Qian Zheng San (Lead to Symmetry Powder)
牵正散

• **Composition**

- **Chief**
 - Bai Fu Zi (Typhonii Rhizoma) 6g
- **Deputy**
 - Bai Jiang Can (Bombyx batryticatus) 6g
- **Assistant**
 - Quan Xie (Scorpio) 6g
- **Envoy**
 - Hot wine

Qian Zheng San (Lead to Symmetry Powder)

牵正散

- **Analysis of Formula**

- The formula dispels the wind, transforms the phlegm, and unblocks the collaterals.
- The chief
 - Bai Fu Zi dispels wind and transforms phlegm. It thereby stops the spasms, and is particularly effective in eliminating wind from the head and face.
- The deputy
 - Bai Jiang Can extinguishes internal wind, dispels external wind, and transforms phlegm. It also eliminates wind-phlegm and unblocks the collaterals.
- The assistant
 - Quan Xie extinguishes wind and stops spasms, and is especially effective in unblocking the collaterals, arresting wind, and thereby alleviating the facial paralysis. When combined with Bai Jiang Can, the actions of both ingredients are markedly strengthened.
- The envoy
 - Hot wine focuses the actions of the other ingredients on the head and face.

35

Qian Zheng San (Lead to Symmetry Powder)

牵正散

- **Key Point of diagnosis**

- Sudden facial paralysis with deviation of the eyes and mouth and facial muscle twitch.

- **Caution and Contraindication**

- This formula contains toxic substances and should therefore not be taken in large doses, long-term, or during pregnancy. Because the formula is composed primarily of acid and warm ingredients, it is most appropriate for treating wind-phlegm disorders due primarily to damp-cold. It is contraindicated for paralysis due to internal Liver wind or Qi deficiency and blood stasis.

- **Modifications**

- For facial paralysis due to rheumatic disorder, facial neuritis, or simply to strengthen the effect of the formula: + Wu Gong; Tian Ma;
- For Bell's palsy: + powdered Zhi Chuan Wu; Zhi Cao Wu; Zhi Ban Xia; Wei Ling Xian; Bai Ji; Chen Pi; Ginger juice. Apply topically to the affected area.

- **Clinic use**

- Facial spasms, migraines, sequelae of cerebrovascular accident, Bell's palsy, trigeminal neuralgia, and peripheral neuritis.

36

Yu Zhen San (True Jade Powder)
玉真散

- **Source:** Orthodox Lineage of External Medicine (1617)
- **Actions:** Dispels wind, transforms phlegm, relieves muscular tetany, and alleviates pain.
- **Indications:**
 - A type of muscular tetany, (a disorder marked by a stiff and tense neck and jaw, spasms of the extremities, and possibly opisthotonus) marked by stiffness and spasms of the jaw, closed mouth, lip spasms, deviation of the eyes, rigidity of the entire body to the point of opisthotonus, and a wiry, tight pulse.

37

Yu Zhen San (True Jade Powder)
玉真散

- **Pathological analysis**
 - Here the muscular tetany is due to wind and toxin invading the body through a wound or ulceration, a disorder known as “wind due to incised wounds” (破伤风, Po Shang Feng).
 - Wind that results from incised wounds is classified as a condition due to external wind.
 - Wind moves and changes rapidly.
 - Once it reaches the mouth, it advances through the channels and causes stiffness and spasms of the jaw, closed mouth, lip spasms, deviation of the eyes, and rigidity of the entire body to the point of opisthotonus.
 - The wiry, tight pulse reflects the obstruction from wind.

38

Yu Zhen San (True Jade Powder)
玉真散

- **Composition**

- **Chief**

- Bai Fu Zi (Typhonii Rhizoma)
- Zhi Tian Nan Xing (Arisaematis Rhizoma preparatum)

- **Deputy**

- Qiang Huo (Notopterygii Rhizoma seu Radix)
- Bai Zhi (Angelicae dahuricae Radix)
- Fang Feng (Saposhnikoviae Radix)

- **Assistant**

- Tian Ma (Gastrodiae Rhizoma)

- **Envoy**

- Hot wine

39

Yu Zhen San (True Jade Powder)
玉真散

- **Analysis of Formula**

- The appropriate strategy for treating wind that has entered the body from outside is to expel it, while also treating the spasms that are the main manifestations of the pattern. For this purpose, the formula uses herbs that disperse wind and unblock the channels and collaterals with those that extinguish internal wind.
- The chief
 - Bai Fu Zi dries dampness, transforms phlegm, dispels wind, and stops spasms, especially those of muscular tetany. It also enters the Liver and Stomach channels, and is thus very effective in dispelling wind from the head and face.
 - Zhi Tian Nan Xing, acrid and warm, eliminates wind-phlegm from the channels and collaterals, arrests muscle twitches, and stops spasm.
- The deputy
 - Qiang Huo, Bai Zhi, and Fang Feng, disperse wind and dispel the pathogenic influences. In concert with the chief ingredients, they dispel wind from the channels and collaterals and vent the pathogenic influences through the exterior.
- The assistant
 - Tian Ma, sweet and slightly warm, enters the Liver channel to extinguish Liver wind and relieve spasms. This is important, as externally-contracted wind can easily stir up internal wind.
- The envoy, hot wine, unblocks the channels and collaterals.

40

Yu Zhen San (True Jade Powder)
玉真散

- **Key Point of diagnosis**
 - Stiffness and spasms of the jaw, closed mouth, lip spasms, deviation of the eyes, rigidity of the entire body to the point of opisthotonus, and a wiry, tight pulse.
- **Caution and Contraindication**
 - This formula usually contains the untreated forms of Bai Fu Zi and Zhi Tian Nan Xing, both of which are very toxic. Dosage should therefore be carefully monitored and the formula should not be taken long-term or during pregnancy. The acrid, drying ingredients in this formula readily injure the fluids and exhaust the Qi, and should not be used for advanced-stage muscular tetany. Severe hemorrhaging due to trauma may lead to blood deficiency, which prevents the blood from nourishing the sinews, and then to spasms. In such cases, the formula should be modified to focus on nourishing the blood and relaxing the sinews, rather than on dispelling wind.
- **Modifications**
 - To strengthen the wind-dispelling action of the formula and to stop spasms: prepare as a decoction and + Chan Tui and Jing Jie;
 - For the symptoms associated with tetanus: + Quan Xie; Wu Gong; Bai Jiang Can;
- **Clinic use**
 - Neurotoxic clostridial disease, including tetanus and botulism, as well as posttraumatic pain.

41

Formulas that release wind from skin & channels

- Section 1 Formulas that release wind from skin & channels (4 types)
 - **Xiao Feng San** (Eliminate Wind Powder from True Lineage)
 - Xiao Huo Luo Dan (Minor Invigorate the Collaterals Special Pill)
 - Qian Zheng San (Lead to Symmetry Powder)
 - Yu Zhen San (True Jade Powder)

42

Study guideline

- 1. Xiao Feng San's indications;
- 2. Xiao Huo Luo Dan's indications;
- 3. Qian Zheng San's indications;
- 4. Yu Zhen San's indications;

43

Section 2 Formulas that extinguish internal wind

44

Formulas that extinguish internal wind

- The formulas in this section are used for treating conditions with internal stirring of Liver wind.
- Such disorders are most commonly due to Liver and Kidney Yin deficiency, or ascendant Liver Yang.
- They are typically characterized by headache, dizziness, blurred vision, and tinnitus, and, in more severe case, by irritability, vomiting, palpitations with anxiety, and muscle twitches.
- Further progression of these patterns may lead to wind-stroke with tremors, muscular tetany, sudden loss of consciousness, facial paralysis, hemiplegia, and aphasia.
- Wind due to extreme heat is characterized by convulsions, opisthotonus, or febrile convulsions in children.
- Wind generated by blood deficiency is characterized by dizziness, blurred vision, tinnitus, numbness in the extremities, and, in severe cases, by loss of consciousness or convulsions.

45

Formulas that extinguish internal wind

- To treat these patterns, the formulas in this section rely on herbs that calm the Liver and extinguish wind such as Ling Yang Jiao, Gou Teng, Tian Ma, Dai Zhe Shi, Long Gu, and Mu Li.
- Depending on the pathodynamic, these are combined with ingredients from one or more of the following groups:
 - Substances that clear fire and drain heat such as Zhi Zi, Shi Gao, Huang Qin, Han Shui Shi, or Hua Shi. This is important where blazing fire stirs up internal wind.
 - Substances that enrich Yin and nourish blood such as Sheng Di Huang, Bai Shao, Xuan Shen, Gui Ban, or E Jiao. This is necessary in cases where external or internal fire has depleted the essence, leading to Yin deficiency with Yang excess, or where internal wind is associated with blood deficiency.
 - Substances that calm the spirit such as Fu Shen, Ye Jiao Teng, Long Gu, or Mu Li. Whether viewed in terms of the close relationship between the ethereal soul and the spirit, or from a five-phase perspective where wood excess invariably damages fire, disorders of the spirit such as irritability, agitation, or even loss of consciousness are common consequences of wind disorders and must be addressed. For this purpose, but also in order to control the upward-rushing of Liver Yang, substances that extinguish wind are frequently either themselves heavy in nature, for example, Shi Jue Ming, Dai Zhe Shi, or Mu Li; or they are combined with substances that can anchor the aberrant Yang, such as Gui Ban and Bie Jia;

46

Formulas that extinguish internal wind

- Section 2 Formulas that extinguish internal wind (5 types)
 - Tian Ma Gou Teng Yin (Gastrodia and Uncaria Decoction)
 - Ling Jiao Gou Teng Tang (Antelope Horn and Uncaria Decoction)
 - Zhen Gan Xi Feng Tang (Sedate the Liver and Extinguish Wind Decoction)
 - Da Ding Feng Zhu (Major Arrest Wind Pearls)
 - Di Huang Yin Zi (Rehmannia Decoction)

47

Tian Ma Gou Teng Yin (Gastrodia and Uncaria Decoction) 天麻钩藤饮

- **Source:** Deriving New Treatments for Patterns of Miscellaneous Disorders in Chinese Internal Medicine (1958)
- **Actions:** Calms the Liver, extinguishes wind, clears, invigorates the blood, and tonifies the Liver and Kidneys;
- **Indications:**
 - Hyperactive Liver Yang leading to internal stirring of Liver wind manifested by headache, dizziness, vertigo, tinnitus, blurred vision, a sensation of heat rushing to the head, insomnia with dream-disturbed sleep, a red tongue, and a wiry, rapid pulse. In severe cases, there may also be numbness, twitching and spasms in the extremities, or hemiplegia.

48

Tian Ma Gou Teng Yin (Gastrodia and Uncaria Decoction)
天麻钩藤饮

• **Pathological analysis**

- The Liver pertains to wood and therefore resonates with wind in nature.
- Its physiological function is to carry the ministerial fire, the body's Yang Qi.
- The nature of Yang is to ascend, and to move freely. Hence, the Liver is firm and vigorous.
- This is counterbalanced by its other function, the storage of blood, which provides the Liver with softness and flexibility.
- Thus, it is said that its essence is Yin while its function is Yang.
- Pent-up emotions, Qi constraint, constitutional Yang excess, heating foods, and excessive habits all can cause the Liver Yang to become hyperactive, and indeed often combine to this end.

49

Tian Ma Gou Teng Yin (Gastrodia and Uncaria Decoction)
天麻钩藤饮

- When Yang ascends uncontrolled, it eventually loses its connection with Yin blood. This is called “internal wind”.
- Wind and hyperactive Yang disturb the upper body, causing headache, dizziness, vertigo, tinnitus, blurred vision, and a sensation of heat rushing to the head.
- Ascendant Liver Yang affecting the spirit causes insomnia and dream-disturbed sleep.
- A red tongue and a wiry, rapid pulse are also indicative of ministerial fire excess.
- At a more advanced stage, wind and hyperactive Yang may cause numbness and spasms in the extremities, or hemiplegia.

50

Tian Ma Gou Teng Yin (Gastrodia and Uncaria Decoction)
天麻钩藤饮

- **Composition**

- **Chief**

- Tian Ma (Gastrodiae Rhizoma) 9g
- Gou Teng (Uncariae Ramulus cum Uncis) 12-15g

- **Deputy**

- Shi Jue Ming (Haliotidis Concha) 18-24g

- **Assistant**

- Zhi Zi (Gardeniae Fructus) 9g
- Huang Qin (Scutellariae Radix) 9g
- Yi Mu Cao (Leonuri Herba) 9-12g
- Chuan Niu Xi (Cyathulae Radix) 12g
- Du Zhong (Eucommiae Cortex) 9-12g
- Sang Ji Sheng (Taxilli Herba) 9-24g
- Ye Jiao Teng (Polygoni multiflori Caulis) 9-30g
- Fu Shen (Poriae Sclerotium paradiscis) 9-15g

51

Tian Ma Gou Teng Yin (Gastrodia and Uncaria Decoction)
天麻钩藤饮

- **Analysis of Formula**

- To control hyperactive Yang causing the stirring of internal wind, this formula focuses on calming the LV and directing the rebellious Qi downward.
- The chief
 - Tian Ma (sweet and balanced) and Gou Teng (sweet and cooling) are frequently used herbs in the treatment of internal wind. Their calming and cooling action is complemented by that of the deputy.
- The deputy
 - Shi Jue Ming, heavy and salty, is able to anchor the errant Yang and calm the LV. It is specific for headaches and dizziness due to hyperactive LV Yang because, through its action on the Yang Qi, it guides blood downward from the head.

52

Tian Ma Gou Teng Yin (Gastrodia and Uncaria Decoction)
天麻钩藤饮

- **The assistant**
 - Zhi Zi and Huang Qin, bitter and cooling, clear heat and drain fire, and prevent the Yang from rising in the LV channel.
 - Yi Mu Cao invigorates the blood to prevent it from rising to the head with the ascending LV Yang.
 - Chuan Niu Xi has a descending nature that conducts the blood downward.
 - Both herbs are also diuretic in nature, guide pathogenic Qi and fluid out via the urine.
 - Du Zhong and Sang Ji Sheng tonify and nourish the LV and KD in order to strengthen the root.
 - Ye Jiao Teng and Fu Shen calm the spirit and steady the will, and are symptomatically effective for the restlessness and insomnia that often characterizes patterns of LV Yang excess.

53

Tian Ma Gou Teng Yin (Gastrodia and Uncaria Decoction)
天麻钩藤饮

- **Key Point of diagnosis**
 - Headache, dizziness, vertigo, insomnia with dream-disturbed sleep, a red tongue, and a wiry, rapid pulse.
- **Caution and contraindication**
 - This formula should not be used for problems caused by Yin deficiency.
- **Modification**
 - For more severe symptoms: + Ling Yang Jiao;
 - For severe dizziness: + Dai Zhe Shi; Mu Li; Long Gu, or Ci Shi;
 - For LV fire: + Long Dan Cao; Xia Ku Cao; Mu Dan Pi;
 - For constipation: + Da Huang; Mang Xiao; or Dang Gui Lu Hui Wan;
 - For Liver and Kidney Yin deficiency: + Nv Zhen Zi; Gou Qi Zi; Bai Shao; Sheng Di Huang; or He Shou Wu;
- **Clinic use**
 - Cerebrovascular disease, transitory ischemic attacks, essential hypertension, renal hypertension, hypertensive encephalopathy, and focal disorders of the higher nervous functions such as aphasia and apraxia, epilepsy, and neurosis.

54

Ling Jiao Gou Teng Tang (Antelope Horn and Uncaria Decoction)
羚角钩藤汤

- **Source:** Revised Popular Guide to the Discussion of Cold Damage (Qing Dynasty)
- **Actions:** Cools the Liver, extinguishes wind, increases the fluids, and relaxes the sinews;
- **Indications:**
 - Heat excess in the Liver channel stirring up internal wind manifested by persistent high fever, irritability, restlessness, dizziness, vertigo, twitching and spasms of the extremities, a deep-red, dry, or burnt tongue with prickles, and a wiry, rapid pulse. In severe cases, there may also be impaired or actual loss of consciousness.

55

Ling Jiao Gou Teng Tang (Antelope Horn and Uncaria Decoction)
羚角钩藤汤

- **Pathological analysis**
 - When pathogenic heat enters the Jue Yin stage, it generates vigorous heat in the Liver channel that causes internal stirring of wind.
 - Heat excess in the interior causes persistent high fever. Heat harassing the spirit causes irritability and restlessness.
 - When heat causes internal stirring of wind, the wind and fire are joined in battle, which manifests as dizziness and vertigo.
 - Vigorous heat scorching the fluids generates phlegm and aggravates the symptoms of dizziness and vertigo.
 - The Liver governs the sinews; extreme heat in the Liver channel that injures the fluids and consumes the blood will deprive the sinews of nourishment, causing twitching and spasms in the extremities, which may progress to rigidity of the neck and jaw. This is called muscular “tetany”.

56

Ling Jiao Gou Teng Tang (Antelope Horn and Uncaria Decoction)
羚角钩藤汤

- In severe cases, the presence of phlegm may lead to a condition called “tetanic collapse” characterized by impaired or actual loss of consciousness.
- Severe heat injuring the fluids produces a burnt tongue with prickles, while heat in the Liver channel produces a wiry, rapid pulse.

57

Ling Jiao Gou Teng Tang (Antelope Horn and Uncaria Decoction)
羚角钩藤汤

• **Composition**

– **Chief**

- Ling Yang Jiao (Saigae tataricae Cornu) 4.5g
- Gou Teng (Uncariae Ramulus cum Uncis) 9g

– **Deputy**

- Sang Ye (Mori Folium) 6g
- Ju Hua (Chrysanthemi Flos) 9g

– **Assistant**

- Sheng Di Huang (Rehmanniae Radix) 15g
- Bai Shao (Paeoniae Radix alba) 9g
- Chuan Bei Mu (Fritillariae cirrhosae Bulbus) 12g
- Zhu Ru (Bambusae Caulis in taeniam) 15g
- Fu Shen (Poriae Sclerotium paradiscis) 9g

– **Envoy**

- Gan Cao (Glycyrrhizae Radix) 2.4g

58

Ling Jiao Gou Teng Tang (Antelope Horn and Uncaria Decoction)

羚羊钩藤汤

- **Analysis of Formula**

- This formula treats overabundance of heat in the Liver channel stirring wind, a pattern with a momentum that can quickly deteriorate and that requires urgent attention. For this reason, the formula focuses on treating the manifestations by calming the Liver and extinguishing wind, while secondarily enriching the Yin and clearing the heat.
- The chief
 - Ling Yang Jiao, salty and cold, enters the LV and HT channels where it pacifies the LV, extinguishes wind, and clears heat.
 - Gou Teng, bitter and slightly cold, enters the arm Jue Yin channel governs the ministerial fire; the leg Jue Yin channel governs wind. Spasms, convulsions, dizziness, and vertigo are all disorders caused by the interaction of wind (associated with wood) and fire. It also restores the proper relationship between the PC (fire) and LV (wood). By this means, the wind is extinguished and the fire is cleared.

59

Ling Jiao Gou Teng Tang (Antelope Horn and Uncaria Decoction)

羚羊钩藤汤

- The deputy
 - Sang Ye (bitter, sweet and cooling) and Ju Hua (sweet, bitter, and cooling) dispel wind and clear heat from the LV and LU. Light in nature, their intention is to vent the pathogen via the protective aspect, an important strategy in the treatment of damp-warm disorders. In doing so, they strengthen the wind-extinguishing action of the formula.
- The assistant
 - Win and fire readily provoke one another, which exhausts the Yin and scorches the fluids.
 - Bai Shao and Sheng Di Huang nourish the Yin and increase the fluids and thereby soften the LV and relax the sinews.
 - Chuan Bei Mu and Zhu Ru clear heat and transform phlegm.
 - Fu Shen addresses the irritability and restlessness caused by heat harassing the spirit.
- The envoy
 - Gan Cao regulates and harmonizes the actions of the other ingredients. The combination of sour Bai Shao and sweet Gan Cao strengthens the Yin, relaxes the sinews, and moderates the painful spasms.

60

Ling Jiao Gou Teng Tang (Antelope Horn and Uncaria Decoction)
羚角钩藤汤

- **Key Point of diagnosis**

- Persistent high fever, irritability, restlessness, dizziness, vertigo, twitching and spasms of the extremities, a deep-red, dry, or burnt tongue with prickles, and a wiry, rapid pulse.

- **Caution and contraindication**

- Contraindicated in cases with wind due to internal deficiency.

- **Modification**

- For severe heat: + Da Qing Ye; Ban Lan Gen; Xia Ku Cao; Shi Jue Ming;
- For persistent, high fever with severe wasting and injury to the fluids: + Xuan Shen; Tian Men Dong; Mai Men Dong; Shi Hu; E Jiao;
- For impaired consciousness with gurgling sounds in the throat: + Tian Zhu Huang; Zhu Ru; Jiang Zhi;
- For severe tics or spasms: + Quan Xie; Wu Gong; Bai Jiang Can;
- For heat primarily in the Qi level: + Shi Gao;
- For heat primarily in the nutritive and blood levels: + Shui Niu Jiao; Mu Dan Pi;
- For heat trapped in the interior with impaired or loss of consciousness, take with Zi Xue Dan or An Gong Niu Huang Wan;
- For hypertension: + Niu Xi; Ci Ji Li;

61

Ling Jiao Gou Teng Tang (Antelope Horn and Uncaria Decoction)
羚角钩藤汤

- **Clinic use**

- Acute infectious diseases that affect the central nervous system such as encephalitis and meningitis as well as dysentery and pneumonia;
- Cardiovascular diseases that affect the central nervous system such as cerebrovascular disease, cerebrovascular accidents, and eclampsia;
- Facial spasms and hysterical psychosis;

62

Zhen Gan Xi Feng Tang (Sedate the Liver and Extinguish Wind Decoction) 镇肝熄风汤

- **Source:** Essays on Medicine Esteeming the Chinese and Respecting the Western (1918-1934)
- **Actions:** Sedates the Liver, extinguishes wind, nourishes the Yin, and anchors the Yang;
- **Indications:** **Wind-type stroke** caused by excessive gushing upward of Qi that, in turn, leads to congestion of blood in the brain manifested by **dizziness, vertigo, a feeling of distention in the eyes, tinnitus, feverish sensation in the head, headache, irritability, flushed face** (as if intoxicated), and **a wiry, long, and forceful pulse**. There may also be frequent belching, progressive motor dysfunction of the body or development of facial asymmetry that occurs over a period of a few hours to a few days, severe dizziness and vertigo, sudden loss of consciousness, mental confusion with moments of clarity, and an inability to fully recover after loss ⁶³ of consciousness.

Zhen Gan Xi Feng Tang (Sedate the Liver and Extinguish Wind Decoction) 镇肝熄风汤

- **Pathological analysis**
 - Though primarily due to ascendant Liver Yang, the underlying pathodynamic implies a more complex conjunction of factors.
 - This pathology is a common precursor to wind-stroke.
 - Wind and Liver Yang ascending to attack the head causes dizziness, vertigo, a distended sensation in the eyes, tinnitus, a feverish sensation in the head, headache, irritability, and flushed face.
 - Liver and Stomach disharmony may develop and cause the Stomach Qi to rebel, manifested as frequent belching.
 - Ascendant Liver Yang may cause the blood to follow the rebellious Qi upward.
 - Depending on the individual's constitution and other factors, this can lead to severe dizziness and vertigo, sudden loss of consciousness, and mental confusion, or a more gradual, progressive motor dysfunction that can lead to hemiplegia and other symptoms of wind-stroke.
 - The wiry, long, and forceful pulse reflects the vigorously ascending ⁶⁴ Qi and Yang.

Zhen Gan Xi Feng Tang (Sedate the Liver and Extinguish Wind Decoction) 镇肝熄风汤

• **Composition**

– **Chief**

- Niu Xi (Achyranthis bidentatae Radix) 30g

– **Deputy**

- Dai Zhe Shi (Haematitum) 30g
- Long Gu (Fossilia Osis Mastodi) 15g
- Mu Li (Ostreae Concha) 15g

– **Assistant**

- Gui Ban (Testudinis Plastrum) 15g
- Xuan Shen (Scrophulariae Radix) 15g
- Tian Men Dong (Asparagi Radix) 15g
- Bai Shao (Paeoniae Radix alba) 15g
- Yin Chen (Artemisiae scopariae Herba) 6g
- Chuan Lian Zi (Toosendan Fructus) 6g
- Mai Ya (Hordei Fructus germinatus) 6g

– **Envoy**

- Gan Cao (Glycyrrhizae Radix) 4.5g

65

Zhen Gan Xi Feng Tang (Sedate the Liver and Extinguish Wind Decoction) 镇肝熄风汤

• **Analysis of Formula**

- This formula is an excellent example of simultaneously treating both the manifestation and the root of a disorder. The chief and deputy ingredients directly sedate the Liver and anchor the Yang to extinguish the wind; the assistant ingredients nourish the Yin and the fluids, which soften and moistens the Liver so that the wind indirectly dries out of its own accord.
- The chief
 - Niu Xi conducts the circulation of blood downward, separating the blood from the ascendant Yang. Sweet, bitter and sour, it not only moves, but also tonifies nourishing the Liver and Kidneys to treat both the root and manifestations of this pattern.
- The deputy
 - Dai Zhe Shi, bitter and sweet, has a heavy nature that enables it to direct the Qi downward and control its rebelliousness. It calms the Liver, anchors the Yang, directs the Stomach Qi downward, and pacifies the rebellious Qi in⁶⁶ the Penetrating vessel.

Zhen Gan Xi Feng Tang (Sedate the Liver and Extinguish Wind Decoction) 镇肝熄风汤

- Long Gu and Mu Li are heavy. They are able to restrain fire and extinguish wind and are thus especially suitable for treating the sudden stirring of Liver fire and Liver wind.
- Together, the chief and deputy ingredients make a powerful combination for sedating the Liver, extinguishing the wind, anchoring the Yang, and directing the rebellious Qi downward.
- The assistant
 - Gui Ban, Xuan Shen, Tian Men Dong, and Bai Shao, clear heat, nourish the Yin, and enrich the fluids. This treats the ascendant Liver Yang at the root, which indirectly extinguishes the wind.
 - Xuan Shen and Mai Men Dong are used to clear the Lung Qi. If the clearing and clarifying Qi within the Lungs moves downward, it naturally sedates and controls Liver wood.
 - Yin Chen, Chuan Lian Zi, and Mai Ya, smooth the movement of Liver Qi and drain Liver Yang excess. This reinforces the actions of pacifying, controlling, and sedating the Liver Yang.
- Envoy
 - Gan Cao regulates and harmonizes the actions of the other ingredients. In concert with Mai Ya, it harmonizes the ST and adjusts the middle Jiao, thereby preventing the metals and minerals in the formula from adversely affecting the Stomach.

67

Zhen Gan Xi Feng Tang (Sedate the Liver and Extinguish Wind Decoction) 镇肝熄风汤

- **Key Point of diagnosis**
 - Dizziness, vertigo, a feeling of distention in the eyes, tinnitus, feverish sensation in the head, headache, irritability, flushed face (as if intoxicated), and a wiry, long, and forceful pulse.
- **Caution and contraindication**
 - Because this formula contains many enriching, cloying, heavy, and sedating substances that can injure the Spleen Yang, it should be used with caution and appropriate modification in cases with Spleen Qi deficiency.
- **Modification**
 - For a sensation of heat in the chest: + 30g of Shi Gao;
 - For profuse sputum: + Dan Nan Xing;
 - For a proximal pulse that is deficient when pressed hard: + 24g of Shu Di Huang; 15g of Shan Zhu Yu;
 - For stools that are not well-formed: — Dai Zhe Shi; Gui Ban; + Chi Shi Zhi;
 - For headache and dizziness: + Xia Ku Cao; Ju Hua;
 - For postpartum fever with vertigo, twitching and spasms of the extremities, a red tongue, and a wiry, rapid pulse: + Mu Gua; Gou Teng;
 - For hypertension: + Xia Ku Cao; Gou Teng; Ju Hua;
 - For cerebral vascular disease: + Shi Jue Ming; Cang Zhu; Chen Pi; Tao Ren; Huo Xiang;
 - For coronary artery disease: + Chi Shao; Dan Shen;

68

Zhen Gan Xi Feng Tang (Sedate the Liver and Extinguish Wind Decoction) 镇肝熄风汤

• **Clinic use**

- Essential hypertension, renal hypertension, hypertensive encephalopathy, focal disorders of the central nervous system such as aphasia and apraxia, epilepsy, Parkinson's disease, hysterical collapse, vascular headache, trigeminal neuralgia, postconcussion syndrome, recalcitrant hiccup, cerebral arteriosclerosis, coronary artery disease, acute nephritis, perimenopausal syndrome, and puerperal fever.

69

Zhen Gan Xi Feng Tang (Sedate the Liver and Extinguish Wind Decoction) 镇肝熄风汤

- Vs. Ling Jiao Gou Teng Tang (Antelope Horn and Uncaria Decoction) and Tian Ma Gou Teng Tang (Gastrodia and Uncaria Decoction)
 - All of these formulas treat patterns with Liver Yang excess and internal wind.
 - Ling Jiao Gou Teng Tang **focuses on clearing heat and extinguishing wind**. It is specific for **overabundant heat at the blood level** causing **Liver wind** characterized by **high fever** and **spasms**.
 - Zhen Gan Xi Feng Tang **focuses on directing rebellious Qi and blood downward, extinguishing wind, and anchoring errant Yang**. It is specific for **Liver Yang excess** that is accompanied by **deficiency of Liver and Kidney Yin** characterized by symptoms such as **dizziness, syncope, and gushing up of Qi and fire**.
 - Tian Ma Gou Teng Yin **focuses on calming the Liver and extinguishing wind**. Compared to the other two formulas, its action is **relatively mild** but it also **invigorates the blood, calms the spirit**, and promotes water metabolism. It is specific for **hypertensive headaches** that are accompanied by **dizziness and insomnia**.

70

Da Ding Feng Zhu (Major Arrest Wind Pearls)
大定风珠

- **Source:** Systematic Differentiation of Warm Pathogen Disease (1798)
- **Actions:** Nourishes the Yin and extinguishes wind.
- **Indications:**
 - **Internal stirring of wind due to Yin deficiency**, which may be caused by the long-standing retention of pathogenic heat from a warm pathogen disease or by improper treatment involving excessive sweating or purging, manifested by **weariness, muscle spasms with alternating flexion and extension of the extremities, a deficient or frail pulse, and a deep red tongue with a scanty or peeled coating**. Often the patient will appear as if about to go into shock.

71

Da Ding Feng Zhu (Major Arrest Wind Pearls)
大定风珠

- **Pathological analysis**
 - Either of the warm pathogen or improper treatment can severely injure the Yin.
 - Presently, most of the pathogenic Qi has left the body, and the pure Yin (Kidney water) is nearly exhausted.
 - The injury to the Qi and Yin from pathogenic heat causes weariness and a deficient or frail pulse.
 - When the Liver, which is the organ associated with wind, becomes malnourished due to injury to the Yin and fluids or essence deficiency, Liver wind may arise.
 - Twitches or spasms with alternating flexion and extension of the muscles of the extremities (typical of tonic-clonic spasms or convulsion) are likewise symptoms of wind.
 - The deep-red tongue with a scanty or peeled coating reflects severe injury to the Yin and fluids.
 - The severity of this injury is also reflected in the shock-like demeanor of the patient.

72

Da Ding Feng Zhu (Major Arrest Wind Pearls)
大定风珠

- **Composition**

- **Chief**

- Ji Zi Huang (Egg yolk) 2 yolks
- E Jiao (Asini Corii Colla) 9g

- **Deputy**

- Bai Shao (Paeoniae Radix alba) 18g
- Zhi Gan Cao (Glycyrrhizae Radix preparata) 12g
- Wu Wei Zi (Schisandrae Fructus) 6g

- **Assistant**

- Sheng Di Huang (Rehmanniae Radix) 18g
- Mai Men Dong (Ophiopogonis Radix) 18g
- Huo Ma Ren (Cannabis Semen) 6g
- Gui Ban (Testudinis Plastrum) 12g
- Bie Jia (Trionycis Carapax) 12g
- Mu Li (Ostreae Concha) 12g

73

Da Ding Feng Zhu (Major Arrest Wind Pearls)
大定风珠

- **Analysis of Formula**

- Wu Ju Tong, the author of this formula, described this pattern as characterized by “eighty to ninety percent of the pathogen having been expelled, but with only ten to twenty percent of the true Yin left.” In this situation, the primary focus of this formula must be to enrich and nourish the Yin and fluids.
- The chief
 - Ji Zi Huang nourishes the Yin and dispels wind. Wu Ju Tong attributed to it the function of tonifying the middle Jiao, connecting the HT and KD, and extinguishing internal wind, being impartial to either Yin or Yang and thereby able to connect with within a harmonious physiological relationship. It is often combined with the other chief ingredient, E Jiao.
 - E Jiao strongly tonifies the blood and nourishes the Yin.
 - Together, the two chief ingredients amplify each other’s action to powerfully nourish the Yin fluids and extinguish wind.

74

Da Ding Feng Zhu (Major Arrest Wind Pearls) 大定风珠

- The deputy
 - Bai Shao, Zhi Gan Cao, Wu Wei Zi, are a mix of sweet and sour substances that work in concert to nourishes the Yin and soften the Liver.
- The assistant
 - Sheng Di Huang nourishes the Yin and increases the fluids.
 - Mai Men Dong nourishes the Yin and moistens the Lungs.
 - Huo Ma Ren, greasy and cloying, nourishes the Yin and moistens dryness.
 - Gui Ban, Bie Jia, and Mu Li enrich the Yin to anchor the Yang.
 - Mu Li is especially effective in calming the Liver and sedating the Liver Yang.
 - Bie Jia more strongly tonifies the Yin, and is cooling at a deeper level, entering the Kidneys to enrich the Yin so as to anchor the Yang.
 - Gui Ban is particularly strong at nourishing the Yin to anchor the ascendant Liver Yang.

75

Da Ding Feng Zhu (Major Arrest Wind Pearls) 大定风珠

- **Key Point of diagnosis**
 - Weariness, muscle spasms with alternating flexion and extension of the extremities, a deficient or frail pulse, and a deep red tongue with a scanty or peeled coating.
- **Caution and Contraindication**
 - Because the formula contains many cloying and astringent ingredients that might otherwise trap the pathogen, it is contraindicated in cases of Yin and fluids deficiency with vigorous pathogenic Qi.
- **Modifications**
 - For wheezing and labored breathing with Qi deficiency: + Ren Shen;
 - For spontaneous sweating with Qi deficiency: + Long Gu; Ren Shen; Fu Xiao Mai;
 - For palpitations with Qi deficiency: + Fu Shen; Ren Shen; Fu Xiao Mai;
 - For muscle spasms in the extremities with phlegm: + Tian Zhu Huang; Chuan Bei Mu;
 - For concurrent, lingering low-grade fever: + Bai Wei; Di Gu Pi.

76

Da Ding Feng Zhu (Major Arrest Wind Pearls)
大定风珠

- **Clinic use**

- The sequelae of encephalitis and meningitis, Parkinson's disease, essential tremor, tongue atrophy after radiation treatment, hyperthyroidism, urticaria, coronary artery disease, and restless leg syndrome.

77

Da Ding Feng Zhu (Major Arrest Wind Pearls)
大定风珠

- Vs. Ling Jiao Gou Teng Tang (Antelope Horn and Uncaria Decoction)
 - Both formulas treat patterns of warm pathogen disorders where heat has penetrated to the blood aspect causing stirring of internal wind.
 - Ling Jiao Gou Teng Tang treats **excess patterns with heat in the blood generating wind**, characterized by high fever, irritability, restlessness, vertigo, twitching and spasms of the extremities, a deep-red, dry, or burnt tongue with prickles, and a wiry, rapid pulse.
 - Da Ding Feng Zhu treats **late-stage deficiency patterns with harm to the true Yin, and Yang separating from Yin**, characterized by weariness, muscle spasms with alternating flexion and extension of the extremities, a deficient or frail pulse, and a deep-red tongue with a scanty or peeled coating.

78

Di Huang Yin Zi (Rehmannia Decoction)
地黄引子

- **Source:** Comprehensive Recording of Sagely Beneficence from the Zhenghe Era (1117)
- **Actions:** Enriches the Kidney Yin, tonifies the Kidney Yang, opens the orifices, and transforms phlegm.
- **Indications:**
 - **Mute paraplegia (暗瘵, Yin Fei)** due to deficiency and waning of the lower base (the Kidney Yin and Yang) together with an upward-flaring of deficient Yang that takes the turbid phlegm with it. Above, deficient Yang fire scorches the fluids of the throat, while turbid phlegm blocks the orifices. Manifested by **stiffness of the tongue with an inability to speak, disability or paralysis of the lower extremities, a dry mouth with an absence of thirst, a greasy, yellow tongue coating,** and a submerged, slow, thin, and frail pulse.

79

Di Huang Yin Zi (Rehmannia Decoction)
地黄引子

- **Pathological analysis**
 - Stiffness of the tongue and inability to speak is due to three processes.
 - The Kidney channel nourishes the root of the tongue.
 - When the lower base is deficient, the Kidneys are unable to send nourishment to the root of the tongue, leaving the voice without a “root”. Upward-flaring of fire from deficiency accompanied by turbid phlegm blocks the orifices and closes the “gate” of the voice.
 - Finally, because the tongue is the “sprout” of the Heart, when the Heart Qi is consumed by the fire of deficiency, it is unable to reach the tongue.
 - This leaves the voice without a “ruler”, hence the inability to speak.
 - The Kidneys govern the bones.
 - Deficiency and waning of the lower base weakens the sinews and bones, which leads to disability or paralysis of the lower extremities.

80

Di Huang Yin Zi (Rehmannia Decoction)

地黄引子

• **Composition**– **Chief**

- Shu Di Huang (Rehmanniae Radix preparata) 30g
- Shan Zhu Yu (Chaoshanzhuyu Corni Fructus) 30g
- Jiu Cong Rong (Wine-prepared Cistanches Herba) 30g
- Ba Ji Tian (Morindae officinalis Radix) 30g

– **Deputy**

- Bao Fu Zi (Baked Aconiti Radix lateralis) 30g
- Rou Gui (Cinnamomi Cortex) 30g
- Shi Hu (Dendrobii Herba) 30g
- Zhi Mai Men Dong (Prepared Ophiopogonis Radix) 15g
- Chao Wu Wei Zi (Dry-dried Schisandrae Fructus) 30g

– **Assistant**

- Fu Ling (Poria) 30g
- Shi Chang Pu (Acori tatarinowii Rhizoma) 15g
- Yuan Zhi (Polygalae Radix) 15g

– **Envoy**

- Sheng Jiang (Zingiberis Rhizoma recens) 3 pcs
- Da Zao (Jujubae Fructus) 2 pcs

81

Di Huang Yin Zi (Rehmannia Decoction)

地黄引子

• **Analysis of Formula**

- In order to treat a pattern characterized by deficiency below and turbid phlegm flooding the upper body, this formula combines a core strategy of warming and tonifying the lower source with a secondary strategy of opening the orifices and transforming the phlegm.
- The chief
 - Shu Di Huang and Shan Zhu Yu enrich and tonify the Kidneys, strengthen Kidney water, and augment the essence.
 - Rou Cong Rong and Ba Ji Tian, warm and tonify the Kidney Yang without being excessively drying, while also fortifying the sinews and strengthening the bones.
 - Together, these four herbs address the root of the disorder by tonifying the deficiency of the lower source in its various aspects.
- The deputy
 - Zhi Fu Zi and Rou Gui assist Rou Cong Rong and Ba Ji Tian in warming and nourishing the source Yang. Rou Gui is especially effective in guiding the errant fire from deficiency back to its source in the gate of vitality.
 - Shi Hu and Mai Men Dong enrich the Yin fluids and cool the fire from deficiency, while simultaneously moderating the drying actions of Zhi Fu Zi and Rou Gui. In combination with Shu Di Huang and Shan Zhu, they tonify the postnatal constitution in order to nourish the prenatal essences.

Di Huang Yin Zi (Rehmannia Decoction)

地黄引子

- Wu Wei Zi combines in its astringent action with Shan Zhu Yu to aid Rou Gui in restraining the floating Yang.
- Together, the five deputies assist the chief ingredients in enriching the Yin and warming the Yang, thereby regulating the functions of the lower Jiao.
- The assistant
 - Shi Chang Pu, Yuan Zhi, and Fu Ling, open the orifices, transform phlegm, and calm the spirit.
 - Yuan Zhi is ascending in nature, directing the Qi from the Kidneys to the Heart, while Shi Chang Pu directs the Qi from the Heart toward the Kidneys in the lower Jiao.
 - Fu Ling assists the function of the Spleen and Stomach as the fulcrum of the Qi dynamic.
 - The three assistants facilitate communication between the Heart and the Kidneys to adjust the relationship between water and fire to effectively treat the manifestation of the disorder.
- The envoy
 - Sheng Jiang and Da Zao adjust and harmonize the nutritive and protective Qi.

83

Di Huang Yin Zi (Rehmannia Decoction)

地黄引子

- **Key Point of diagnosis**
 - Stiffness of the tongue with an inability to speak, disability or paralysis of the lower extremities, a dry mouth with an absence of thirst, a greasy, yellow tongue coating, and a submerged, slow, thin, and frail pulse.
- **Caution and Contraindication**
 - This formula is indicated for conditions of severe deficiency and is contraindicated for disorders of excess, such as ascendant Liver Yang. Because it contains herbs that are very warm and dry in nature, it should not be taken long term. If it must be prescribed for as long as a few weeks, substitute Xian Mao and Yin Yang Huo for Zhi Fu Zi and Rou Guo.
- **Modifications**
 - For disability of the lower extremities, and irritated, hot joints associated with Kidney Yin deficiency: + Sang Ji Sheng, Di Gu Pi, and Bie Jia;
 - For severe Kidney Yang deficiency with cold affecting the lower back and knees: + Yin Yang Huo; Xian Mao;
 - For concurrent Qi deficiency: + Huang Qi; Dang Shen;
 - For disability of the lower extremities without aphasia: —Shi Chang Pu; Yuan Zhi; Bo He;
 - For Yin deficiency and vigorous phlegm-fire without Yang deficiency: — Rou Gui; Zhi Fu Zi; + Chuan Bei Mu; Zhu Li; Dan Nan Xing; Tian Zhu Huang;

84

Di Huang Yin Zi (Rehmannia Decoction)
地黄引子

- **Clinic use**

- End-stage hypertension, cerebrovascular disease, the sequelae of stroke, transverse myelitis, amyotrophic lateral sclerosis, sequelae of cerebrovascular accident, Parkinson's disease, and secondary hypertension associated with chronic glomerulonephritis and pyelonephritis.

85

Formulas that extinguish internal wind

- Section 2 Formulas that extinguish internal wind (5 types)
 - Tian Ma Gou Teng Yin (Gastrodia and Uncaria Decoction)
 - Ling Jiao Gou Teng Tang (Antelope Horn and Uncaria Decoction)
 - Zhen Gan Xi Feng Tang (Sedate the Liver and Extinguish Wind Decoction)
 - Da Ding Feng Zhu (Major Arrest Wind Pearls)
 - Di Huang Yin Zi (Rehmannia Decoction)

86

Study guideline

- 1. Tian Ma Gou Teng Yin's indications;
- 2. Ling Jiao Gou Teng Tang's indications;
- 3. Zhen Gan Xi Feng Tang's indications;
- 4. The difference between Zhen Gan Xi Feng Tang, Ling Jiao Gou Teng Tang and Tian Ma Gou Teng Tang;
- 5. Da Ding Feng Zhu's indications;
- 6. The difference between Da Ding Feng Zhu and Ling Jiao Gou Teng Tang;
- 7. Di Huang Yin Zi's indications;

87