

Herbal Formulas II

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Chapter 14 Formulas that open orifices

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Formulas that open orifices

- The formulas in this chapter aromatically open the sensory orifices associated with the spirit or Heart, which in Chinese medicine are said to be closed when there is a loss of consciousness or coma.
- Basic Questions: The heart holds the office of emperor and is the issuer of spirit clarity (神明, Shen Ming).
- In Chinese medicine, “spirit clarity” corresponds to consciousness, so loss of consciousness can occur whenever a pathogen penetrates into the Pericardium, which envelops and protects the Heart, resulting in a veiling of the sensory orifices, which are referred to as the orifices of the Heart (心窍, Xin Qiao).
- Loss of consciousness may be due to either to excess or deficiency.
 - When the problem is one of excess, it is known as a “closed disorder” (闭证, Bi Zheng) in which pathogens obstruct and veil the sensory orifices. It is the treatment of these disorders that is the subject of this chapter.

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Formulas that open orifices

- When the problem is one of deficiency, it is called an abandoned disorder (脱证, Tuo Zheng), which manifests as loss of consciousness with excessive sweating, cold extremities, bowel and urinary incontinence, flaccidity, open mouth and eyes, and a frail or faint pulse.
- Closed disorders are of two types, hot and cold.
 - The hot type closed disorder is due to pathogenic heat or heat toxin sinking into the Pericardium, and is treated by clearing the heat to open the sensory orifices.
 - The cold type closed disorder is due to pathogenic cold and constrained Qi generating turbid phlegm, which veils the orifices of the Heart. It is treated by warming the cold and unblock the Qi to open the sensory orifices.
- Before using these formulas to open the sensory, one should first determine whether the disorder is deficiency or excessive in nature.

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Formulas that open orifices

- If the pathogenic influences predominate and are excessive in nature, with such manifestations as clenched jaw, clenched fists, rigid limbs, and a forceful pulse in addition to loss of consciousness or mental confusion, one may proceed to use these formulas.
- For Yang Ming Organ disorders with delirious speech and partial or complete loss of consciousness, the strategy of draining the accumulation of heat should be used instead of opening the orifices.
- For Yang Ming Organ disorders that also involve pathogenic heat sinking into the Pericardium, one may elect between first opening the orifices or draining the accumulation of heat, or proceeding with both methods simultaneously.

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Formulas that open orifices

- Even when the clinical presentation is appropriate for these formulas, they should only be used short-term for treating the acute symptoms. If used long-term, their dispersing properties can readily injury the normal Qi.
- This category of formulas is generally prepared in the form of pills, powders, or injectable concentrates, for two reasons.
 - First, they must be immediately available in emergencies when there is no time to prepare a decoction.
 - Second, they cannot tolerate the heat of decoction because their constituents are quite volatile, and the heat will diminish their protency.

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Formulas that open orifices

- The treatment of unconscious patients requires special means of administration.
- Traditionally, the pills were placed in the mouth to dissolve or powders were insufflated through the nose.
- In modern times, other methods have been devised, namely, administering through a nasogastric tube directly into the stomach or preparing the medicine in such a way that it can be given intravenously.

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Formulas that open orifices

- **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)

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Section 1 Formulas that open heat closed disorder

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Formulas that open heat closed disorder

- The formulas in this section are used for hot-type closed disorders in which the pathogenic heat or heat toxin sinks into the Pericardium causing high fever, irritability and restlessness, a red face, a yellow tongue coating, heavy breathing, delirious speech, spasms, convulsions, and loss of consciousness.
- These formulas are appropriate for treating wind-stroke, the accumulation of phlegm, and other disorders presenting with these manifestations.
- The core ingredients of these formulas are those that aromatically clear heat and open the sensory orifices such as Niu Huang, She Xiang, and Bing Pian.
- Given the importance of heat in these disorders, along with the acidity or the aromatic ingredients (which can be drying), it is important to include medicinals that clear heat.
- These can be bitter and cold to resolve toxicity such as Huang Lian and Huang Qin; acrid and cold to treat blazing fire without drying the fluids such as Shi Gao and Han Shui Shi; or cooling purgatives to treat any excess in the Yang organs such as Da Huang and Mang Xiao.

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Formulas that open heat closed disorder

- Because these patients are often very irritable and their spirits are somewhat unmoored, it is important to use medicinals that sedate and calm such as Hu Po, Ci Shi, and Zhen Zhu Mu;
- Because these conditions often have an aspect of internally-generated wind, medicinals are often added to extinguish wind and stop tremors. These include Ling Yang Jiao, Tian Ma, and Gou Teng.
- When the sensory orifices are veiled by phlegm, one should add medicinals that clear heat and transform phlegm such as Dan Nan Xing; Chuan Bei Mu;

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Formulas that open heat closed disorder

- Section 1 Formulas that open heat closed disorder (3 types)
 - An Gong Niu Huang Wan (Calm the Palace Pill with Cattle Gallstone)
 - Zhi Bao Dan (Greatest Treasure Special Pill)
 - Zi Xue Dan (Purple Snow Special Pill)

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An Gong Niu Huang Wan (Calm the Palace Pill with Cattle Gallstone)
安宫牛黄丸

- **Source:** Systematic Differentiation of Warm Pathogen Disease (1978)
- **Actions:** Clears heat, resolves toxicity, dislodges phlegm, opens the sensory orifices and calms the spirit;
- **Indications:**
 - Serious abnormal progression of a warm-febrile disease manifested by high fever, irritability and restless, delirious speech, impaired consciousness, the sound of phlegm in the throat, a dry mouth, a parched tongue that is red or scarlet, and a rapid pulse. Also for coma due to wind-stroke or childhood convulsions with a similar presentation, and for stiffness of the tongue and frigid extremities.

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An Gong Niu Huang Wan (Calm the Palace Pill with Cattle Gallstone)
安宫牛黄丸

• **Pathological analysis**

- The pathogenic heat sinks into the Pericardium and disturbs the spirit causing high fever, irritability and restlessness, delirious speech, impaired consciousness or coma.
- The blazing heat in the interior scorches and condenses the fluids, which leads not only to a red or scarlet tongue and a rapid pulse, but also to phlegm that can be heard in the throat, veils the sensory orifices, and impairs the consciousness.
- The turbid phlegm aggravates the impaired consciousness due to heat. This is one type of serious phlegm-heat and can lead to a loss of consciousness.
- This pattern may also be viewed as a hot-type closed disorder due to phlegm-heat obstructing the orifices of the Heart.
- This often occurs in cases of childhood convulsions or coma due to wind-stroke.

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An Gong Niu Huang Wan (Calm the Palace Pill with Cattle Gallstone)
安宫牛黄丸

- Because the Heart “open” through the tongue, the tongue may become stiff, making speech difficult.
- The internal obstruction from pathogenic heat sinking deep into the body may confine the Yang Qi in the interior.
- When the Yang Qi is unable to reach the extremities, they become very cold.
- This combination of impaired consciousness, stiff tongue, and very cold extremities (distal to the elbow) is called “limb collapse” (肢厥, Zhi Jue).

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An Gong Niu Huang Wan (Calm the Palace Pill with Cattle Gallstone)
安宫牛黄丸

• **Composition**

– **Chief**

- Niu Huang (Bovis Calculus) 30g
- She Xiang (Moschus) 7.5g

– **Deputy**

- Shui Niu Jiao (Bubali Cornus) 60g
- Huang Lian (Coptidis Rhizoma) 30g
- Huang Qin (Scutellariae Radix) 30g
- Zhi Zi (Gardeniae Fructus) 30g
- Bing Pian (Borneolum) 7.5g
- Yu Jin (Curcumae Radix) 30g

– **Assistant**

- Xiong Huang (Realgar) 30g
- Zhu Sha (Cinnabaris) 30g
- Zhen Zhu (Margarita) 15g

– **Envoy**

- Honey

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An Gong Niu Huang Wan (Calm the Palace Pill with Cattle Gallstone)
安宫牛黄丸

• **Analysis of Formula**

- This formula is designed to clear heat and resolve toxicity in the Pericardium. Its focus is on aromatically opening the orifices, while secondarily dislodging phlegm and calming the spirit. This will result in clearing of the heat toxin, opening of the sensory orifices, transforming of the turbid phlegm, and calming of the spirit.
- The chief
 - Niu Huang, bitter, cool, and aromatic, is very effective in clearing heat from both the HT and LV channels. Its aromatic properties vent heat to the exterior by way of the collaterals of the PC. In addition, this ingredient resolves toxicity and dislodges phlegm to open the sensory orifices, extinguish wind, and stop the spasms, tremors, or convulsions. It thereby addresses all the major aspects of this condition.
 - She Xiang aromatically opens up the orifices and revives the spirit as it penetrates all twelve channels of the body. Its strong aromatic nature is essential in treating a disorder in which the sensory orifices are veiled by phlegm.
 - The two chief ingredients are a strong combination for clearing the HT and opening up the orifices.

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An Gong Niu Huang Wan (Calm the Palace Pill with Cattle Gallstone)

安宫牛黄丸

- The deputy
 - Shui Niu Jiao, salty and cold, enters the nutritive and blood levels and plays an important role in clearing fire and heat from the HT, LV, and ST channels. It clears heat from the HT, calms spirit, cools the blood, and resolves toxicity. Its cool, aromatic properties quickly vent pathogenic heat from the PC.
 - Huang Lian focuses on HT fire.
 - Huang Qin focuses on clearing heat from the GB and LU.
 - Zhi Zi clears and disperses heat from constraint in the HT and San Jiao.
 - All work together to conduct the heat downward, assisting Niu Huang in clearing and draining heat toxin from the PC.
 - Bing Pian is acrid, bitter, and highly aromatic, scurries everywhere, and is good at unblocking the orifices. It helps She Xiang in aromatically clearing away turbidity.
 - Yu Jin opens up and directs downward; its aromatic nature allows it to disseminate and thrust out as a means of moving the Qi and releasing areas of constraint.
 - These deputies unblock the orifices and disperse the heat from constraint, thereby helping the chief ingredients vent heat through the collaterals of the PC.
- The assistant
 - Zhen Zhu clears heat from both the HT and LV channels and is effective at sedating and moving phlegm downward.
 - Xiong Huang dislodges phlegm and resolves toxicity, thus helping to open the sensory orifices by draining the turbid phlegm.
 - Zhu Sha clears heat from the HT.
- The envoy
 - Honey serves as an envoy by harmonizing the ST and regulating the middle Jiao.

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An Gong Niu Huang Wan (Calm the Palace Pill with Cattle Gallstone)

安宫牛黄丸

- **Key Point of diagnosis**
 - High fever, irritability and restless, delirious speech, a parched tongue that is red or scarlet, and a rapid pulse.
- **Caution and contraindication**
 - Contraindicated during pregnancy. This formula should only be used for hot-type closed disorders. Because it is extremely cold and aromatic, its use should be discontinued once the desired effect occurs and should not be taken long-term.
- **Modification**
 - For patients with a deficient pulse: take with a decoction of Ren Shen;
 - For patients with an excessive pulse: take with a decoction of Jin Yin Hua and Bo He;
 - For patients with high fevers: take with Zi Xue Dan;

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An Gong Niu Huang Wan (Calm the Palace Pill with Cattle Gallstone) 安宫牛黄丸

- **Clinic use**

- Acute infections of the central nervous system such as viral encephalitis (including type B) and viral meningitis;
- Other central nervous system disorders such as cerebrovascular accidents, schizomphrenia, epilepsy, or hepatic encephalopathy;
- Acute infections such as upper respiratory tract diseases, tonsillitis, sinusitis, otitis media, pneumonia, asthma, acute icteric hepatitis, acute pancreatitis, toxic dysentery, acute nephritis, and epidemic hemorrhagic fevers;
- Hepatic cancer, uremia, leukemia, septicemia, and Kawasaki disease.

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Zhi Bao Dan (Greatest Treasure Special Pill) 至宝丹

- **Source:** Fine Formulas by Su and Shen (1075)
- **Actions:** Clears heat, opens the sensory orifices, transforms turbidity, and resolves toxicity;
- **Indications:** Closed disorder from phlegm-heat manifested by fever, irritability and fever, irritability and restlessness, delirious speech, impaired consciousness to the point of coma, copious sputum with labored and raspy breathing, spasms, convulsions, a red or deep-red tongue with a foul, greasy, yellow coating, and a slippery, rapid pulse.

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Zhi Bao Dan (Greatest Treasure Special Pill)

至宝丹

- **Pathological analysis**

- This disorder is usually associated with summerheat-stroke, wind-stroke, or the advanced stage of a warm-febrile disease when heat sinks into the PC and turbid phlegm veils the orifices of the HT.
- When heat sinks into the PC, it causes disorientation by disturbing the spirit and gives rise to fever, irritability and restlessness, delirious speech, or partial loss of consciousness.
- The vigorous, blazing heat scorches the fluids and causes them to condense into phlegm.
- Heat and phlegm accentuate each other and completely veil the orifices of the HT, further disturbing the spirit and impairing the consciousness.
- As the phlegm increases, the impairment of consciousness becomes even more severe with such manifestations as loss of consciousness or coma.

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Zhi Bao Dan (Greatest Treasure Special Pill)

至宝丹

- Phlegm also obstructs the pathways of Qi, giving rise to copious sputum and rough breathing accompanied by raspy sounds due to sputum in the throat.
- Extreme heat may generate internal wind, which manifests as spasms or convulsions.
- The tongue is the sprout of the HT; when heat enters the HT and the nutritive level, the tongue becomes red or deep red.
- The foul, greasy, yellow tongue coating and slippery, rapid pulse are indicative of phlegm-heat.

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Zhi Bao Dan (Greatest Treasure Special Pill)
至宝丹

- **Composition**

- **Chief**

- Shui Niu Jiao (Bubali Conus) 300g
- She Xiang (Moschus) 0.3g

- **Deputy**

- An Xi Xiang (Benzoinum) 45g
- Niu Huang (Bovis Calculus) 0.3g
- Dai Mao (Eremochelydis Carapax) 30g
- Bing Pian (Borneolum) 0.3g

- **Assistant**

- Xiong Huang (Realgar) 30g
- Hu Po (Succinum)
- Zhu Sha (Cinnabaris) 30g

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Zhi Bao Dan (Greatest Treasure Special Pill)
至宝丹

- **Analysis of Formula**

- This formula focuses on clearing heat and resolving toxicity affecting the PC and aromatically opening the sensory orifices, while also dislodging phlegm and draining turbidity.
- The chief
 - Shui Niu Jiao clears heat from the nutritive level and cools the blood. Its cool, aromatic properties make it useful for treating heat that affects the collaterals of the PC.
 - She Xiang is highly aromatic and scurries everywhere, penetrating all the channels; it is good for unblocking all the orifices of the body.
 - These two medicinals work well together to clear heat and open the sensory orifices.

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Zhi Bao Dan (Greatest Treasure Special Pill)
至宝丹

- The deputy
 - An Xi Xiang is highly aromatic and penetrates the sensory orifices, clears away filth, and transforms turbidity. Together with Bing Pian, which is likewise highly aromatic, opens the sensory orifices, and clears away filth, they comprise a pair of deputies that assist She Xiang.
 - Niu Huang and Dai Mao assist Shui Niu Jiao by entering the HT and LV channels to sedate the HT, calm the spirit, clear heat, resolve toxicity, extinguish wind, and settle spasms and convulsions. The concealed aroma of Niu Huang is particularly helpful in dislodging phlegm and opening the sensory orifices.
- The assistant
 - Xiong Huang eliminates phlegms and resolves toxicity. It acts as an assistant to Niu Huang in breaking up phlegm and opening the orifices.
 - Hu Po, along with Zhu Sha and gold and silver leaf in the original formulation, sedate the HT and calm the spirit, resolving the irritability and impairment of speech and consciousness.

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Zhi Bao Dan (Greatest Treasure Special Pill)
至宝丹

- **Key Point of diagnosis**
 - Fever, irritability and fever, irritability and restlessness, delirious speech, copious sputum with labored and raspy breathing, a red or deep-red tongue with a foul, greasy, yellow coating, and a slippery, rapid pulse.
- **Caution and contraindication**
 - Contraindicated during pregnancy. This formula contains many drying, aromatic ingredients that have a tendency to consume the Yin and fluids. It should therefore not be used in treating cases with significant Yin deficiency.
- **Modification**
 - For serious cases with deficiency of normal Qi: take with a decoction of Ren Shen;
 - For intense phlegm-heat: take with Tong Zi Bian; Jiang Zhi;
 - To increase the effects of the formula: take with a decoction made of Shi Chang Pu; Jin Yin Hua;
- **Clinic use**
 - Acute encephalitis, acute meningitis, cerebrovascular accident, pediatric and adult seizure disorders, hepatic coma, toxic dysentery, and heat-stroke.

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Zi Xue Dan (Purple Snow Special Pill)
紫雪丹

- **Source:** Arcane Essentials from the Imperial Library (752)
- **Actions:** Clears heat, opens the sensory orifices, controls spasms and convulsions, and extinguishes wind.
- **Indications:**
 - Blazing heat sinking into the Pericardium and generating internal movement of Liver wind manifested by high fever, irritability and restlessness, delirious speech, impaired consciousness, muscle twitches, spasms, convulsions, thirst, parched lips, dark urine, constipation, a scarlet red tongue with a dry, yellow coat, and a forceful, wiry, and rapid pulse. Also used for febrile convulsions in children.

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Zi Xue Dan (Purple Snow Special Pill)
紫雪丹

- **Pathological analysis**
 - The pattern usually occurs in the advanced stage of a warm-febrile disease.
 - The heat sinks into the interior of the body where it disturbs the Heart's spirit and impairs consciousness.
 - In relatively mild cases, the changes in consciousness can be limited to irritability, restlessness, a sense of unease, an ongoing desire to sleep, and delirious speech.
 - If more severe, there can be a loss of consciousness and an inability to be aroused.
 - The blazing heat injures the fluids and leads to high fever, thirst, parched lips, dark urine, and constipation.
 - The blazing heat can stir Liver wind which, in turn, can further fan the flames of the heat. This leads to twitches, spasms, and, particularly in children, convulsions.
 - These symptoms, combined with the disturbance of consciousness, are known as “tetanic collapse” (痉厥, Jing Jue).

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Zi Xue Dan (Purple Snow Special Pill)

紫雪丹

• **Composition**– **Chief**

- Shui Niu Jiao (Bubali Cornus) 500g
- Ling Yang Jiao (Saigae tataricae Cornu) 150g
- She Xiang (Moschus) 37.5g

– **Deputy**

- Shi Gao (Gypsum fibrosum) 1500g
- Han Shui Shi (Glauberitum) 1500g
- Hua Shi (Talcum) 1500g
- Xuan Shen (Scrophulariae Radix) 500g
- Sheng Ma (Cimicifugae Rhizoma) 250-300g

– **Assistant**

- Ci Shi (Magnetitum) 1500g
- Zhi Gan Cao (Glycyrrhizae Radix preparata) 240g
- Mu Xiang (Aucklandiae Radix) 150g
- Chen Xiang (Aquilariae Lignum resinatum) 150g
- Ding Xiang (Caryophylli Flos) 30g
- Zhu Sha (Cinnabaris) 90g
- Mang Xiao (Natrii Sulfas) 5000g
- Xiao Shi (Nitrum) 96g

– **Envoy**

- Zhi Gan Cao (Glycyrrhizae Radix preparata)
- Huang Jin (Gold) 3000g

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Zi Xue Dan (Purple Snow Special Pill)

紫雪丹

• **Analysis of Formula**

– The chief

- Shui Niu Jiao, cool and aromatic, enters the nutritive and blood levels, and is an important substance for clearing fire and heat from the HT and LV channel. It clears heat from the nutritive level, cools the blood, and resolves toxicity. Because of its active nature, it can be cold without retarding movement, making it useful for venting heat through the collaterals of the Pericardium.
- Ling Yang Jiao is particularly useful for draining LV fire and is an important substance for cooling the LV and extinguishing wind.
- Together, these two animal horns treat the heat in the HT and LV channels and effectively resolve the spasms, convulsions, and impaired consciousness.
- She Xiang enable it to open the orifices of the HT and restore consciousness.
- As these three ingredients together clear heat, open the sensory orifices, and extinguish wind.

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Zi Xue Dan (Purple Snow Special Pill)

紫雪丹

- The deputy
 - Shi Gao clears fire and heat from the Qi level, causing the heat to recede and encouraging the generation of fluids. It thereby eliminates irritability and alleviates thirst.
 - Han Shui Shi clears heat and drains fire to eliminate irritability and alleviate thirst.
 - Hua Shi, slippery quality, enables it to conduct heat downward so that it can be eliminated through the urine.
 - Together, these three minerals clear and drain heat from the Qi level.
 - Xuan Shen, sweet, bitter, and slightly cold, conducts fire downward, enriches the Yin, and cools the blood.
 - Sheng Ma, sweet, acrid, and slightly cold, clears heat and resolves toxicity while also venting the pathogen.
- The assistant
 - Mu Xiang, Chen Xiang, and Ding Xiang promote the movement of Qi and assist She Xiang in opening the orifices.
 - Ci Shi sedates the HT and calms the spirit, which strengthens the formula's action in eliminating irritability.
 - Mang Xiao and Xiao Shi also drain heat and dissipate clumps, especially when combined with Xuan Shen. This strong, heat-clearing action is called "removing the firewood from under the cauldron".
- The envoy
 - Zhi Gan Cao helps resolve toxicity, harmonize the ST, and protect it from injury by the heavy mineral ingredients.
 - Huang Jin weighs upon and sedates the spirit.

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Zi Xue Dan (Purple Snow Special Pill)

紫雪丹

- **Key Point of diagnosis**
 - High fever, irritability and restlessness, delirious speech, impaired consciousness, muscle twitches, spasms, convulsions, constipation, a scarlet red tongue with a dry, yellow coat, and a forceful, wiry, and rapid pulse.
- **Caution and Contraindication**
 - Contraindicated during pregnancy and used with caution in the weak and debilitated. The use of this formula should be discontinued as soon as the symptoms of impaired consciousness improve. Overuse of the formula can easily injure the source Qi and exhaust the Yin, which, in severe cases may lead to marked sweating, nausea and vomiting, cold extremities, a frozen affect, dyspnea, palpitations, dizziness, and vertigo. While taking this formula, spicy, rich, or grease foods should be avoided.
- **Modifications**
 - For dysenteric disorders with high fever, muscle twiches, and impaired consciousness: take with Bai Tou Weng Tang;
 - For septicemia with furuncles: take with Wu Wei Xiao Du Yin;
 - For acute encephalitis or meningitis with high fever, irritability and restlessness, and neck stiffness:

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Zi Xue Dan (Purple Snow Special Pill)

紫雪丹

- take with Bai Hu Tang;
 - For acute encephalitis or meningitis with repeated attacks of nausea and vomiting: take with Xiao Xian Xiong Tang;
 - For acute encephalitis or meningitis with delirious speech, follow this formula with Qing Wen Bai Du Yin;
 - For acute encephalitis or meningitis with pronounced muscle twitches and spasms of the extremities, follow this formula with Ling Jiao Gou Teng Tang;
 - For measles with high fever, thirst, and a dark-purple rash, take with Xi Jiao Di Huang Tang;
 - For insanity: take with Qing Gong Tang;
 - For tetanic collapse: take with San Jia Fu Mai Tang.
- **Clinic use**
 - Acute encephalitis, acute meningitis, severe pneumonia, measles, scarlet fever, diphtheria, acute tonsillitis, febrile convulsion, folliculitis, furuncles, and epilepsy.

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Zi Xue Dan (Purple Snow Special Pill)

紫雪丹

- Vs. An Gong Niu Huang Wan (Calm the Palace Pill with Cattle Gallstone) and Zhi Bao Dan (Greatest Treasure Special Pill)
 - These three are most commonly used formulas for clearing heat and opening the sensory orifices. They are referred to as the “three treasures of warm pathogen diseases” (温病三宝, Wen Bing San Bao).

Formulas Ranked in order of coldness	Strengthens	Most Appropriate Presentation
1. An Gong Niu Huang Wan	Clears heat and resolves toxicity	Very intense pathogenic heat with high fever and impaired consciousness
2. Zi Xue Dan	Extinguishes wind and stops spasms	High fevers with spasms and convulsions
3. Zhi Bao Dan	Aromatically opens the sensory orifices	Impaired consciousness with a fever, abundant phlegm, labored breathing

Formulas that open heat closed disorder

- Section 1 Formulas that open heat closed disorder (3 types)
 - An Gong Niu Huang Wan (Calm the Palace Pill with Cattle Gallstone)
 - Zhi Bao Dan (Greatest Treasure Special Pill)
 - Zi Xue Dan (Purple Snow Special Pill)

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Study guideline

- 1. An Gong Niu Huang Wan's indications;
- 2. Zhi Bao Dan's indications;
- 3. Zi Xue Dan's indications;
- 4. The difference among An Gong Niu Huang Wan, Zhi Bao Dan and Zi Xue Dan;

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Section 2 Formulas that open cold closed disorder

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Formulas that open cold closed disorder

- The formulas in this section are used for cold-type closed disorders associated with wind-stroke, cold-stroke, or loss of consciousness due to the accumulation of phlegm.
- These conditions manifest in such signs and symptoms as sudden collapse, clenched jaw, loss of consciousness, ashen face, cold body, a white tongue coating, and a slow pulse.
- The core ingredients in these formulas are intensely acrid, aromatic, and warm substances that open the sensory orifices such as Su He Xiang, She Xiang, and An Xi Xiang.
- Given the importance of internal cold in these disorders, it is often important to add aromatic substances that disperse internal cold such as Ding Xiang; Bi Bo;
- For these disorders, the Qi dynamic is often disrupted, requiring the use of substances that regulate the Qi such as Mu Xiang, Xiang Fu, and Chen Xiang;
- In part to avoid further damage to the Qi from the harsh medicinals, and in part to assist in the transformation of turbid phlegm, herbs that strengthen the Qi and dry dampness are often used, such as Bai Zhu.

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Formulas that open cold closed disorder

- Section 2 Formulas that open cold closed disorder (1 types)
 - Su He Xiang Wan (Liquid Styrax Pill)

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Su He Xiang Wan (Liquid Styrax Pill) 苏合香丸

- **Source:** Arcane Essentials from the Imperial Library (752)
- **Actions:** Warms and aromatically opens the sensory orifices, promotes the movement of Qi, and transforms turbidity;
- **Indications:**
 - Various acute closed disorders due to excessive cold manifested by three group indications:
 - 1. Sudden collapse, loss of consciousness, and clenched jaw;
 - 2. Fullness, pain, and a sensation of cold in the chest and abdomen, which may signal the impending sudden loss of consciousness or coma;
 - 3. Abdominal pain and focal distention in the chest, an urge to vomit and defecate without doing either, which, in severe cases, can lead to sudden loss of consciousness or coma;

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Su He Xiang Wan (Liquid Styrax Pill)

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- **Pathological analysis**

- The first group of indications represents wind-stroke from damp-cold and turbid phlegm or some sort of miasmatic pestilence (瘴疠, Zhang Li) veiling the sensory orifices and disturbing the spirit with sudden collapse, loss of consciousness, clenching of the jaw, and, in severe cases, coma.
- The second group of indications represents acute disorders involving constrained Qi leading to sudden collapse or a crippling attack of damp-cold obstruction. The former is known as Qi-stroke (中气, Zhong Qi) and the latter as cold-stroke (中寒, Zhong Han). Both manifest with fullness, pain, and a sensation of cold in the chest and abdomen, sudden loss of consciousness, and coma.
- The third group of indications represents the fierce Qi of epidemic sudden turmoil disorder, which obstructs and stagnates the Qi mechanisms. This leads to abdominal pain and focal distention in the chest, and an urge to vomit and defecate without being able to do either. When severe, the Qi mechanisms become rebellious and disordered, which disturbs the spirit and leads to sudden loss of consciousness and coma.

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- The Yin (cold) nature of these disorders is manifested in the pale complexion, purple lips, excessive mucus and saliva, cold extremities, pale tongue with a slippery, greasy coating, and a submerged, slippery pulse.
- The pathogenic influences interrupt the proper functioning of the organs, “closing” them up.
- Alternatively, sudden anger may induce the Qi to rebel upward, as anger causes the Qi to ascend.
- Because Qi is the commander of the blood, when Qi ascends, so too will the blood.
- Qi and blood may both become rebellious and disturb the spirit. This leads to sudden loss of consciousness and coma, as phlegm follows the upward movement of Qi and veils the sensory orifices.

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Su He Xiang Wan (Liquid Styrax Pill)

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• **Composition**– **Chief**

- Su He Xiang (Styrax) 15gubali Cornu
- She Xiang (Moschus) 30g
- Bing Pian (Borneolum) 15g
- An Xi Xiang (Benzoinum) 30g

– **Deputy**

- Mu Xiang (Aucklandiae Radix) 30g
- Tan Xiang (Santali albi Lignum) 30g
- Chen Xiang (Aquilariae Lignum resinatum) 30g
- Ru Xiang (Olibanum) 15g
- Ding Xiang (Carophylli Flos) 30g
- Xiang Fu (Cyperi Rhizoma) 30g

– **Assistant**

- Bi Bo (Piperis longi Fructus) 30g
- Shui Niu Jiao (Bubali Cornu) 200g
- Bai Zhu (Atractylodis macrocephalae Rhizoma) 30g
- He Zi (Chebulae Fructus) 30g
- Zhu Sha (Cinnabaris) 30g

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Su He Xiang Wan (Liquid Styrax Pill)

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• **Analysis of Formula**

- This formula is indicated the presence of damp-cold leads to constrained Qi and turbid phlegm. This requires a strategy that combines substances which aromatically open the sensory orifices with those that dispel cold, regulate the Qi, and penetrate through and transform turbidity.
- The chief
 - Su He Xiang vents the various orifices and organs and clears away all abnormal Qi
 - An Xi Xiang is especially useful for penetrating through the turbidity surrounding the sensory orifices, opening closed disorders, and restoring consciousness.
 - She Xiang and Bing Pian break up turbidity, open the sensory orifices, and unblock the channels and collaterals throughout the body.
- The deputy
 - Mu Xiang, Tan Xiang, Chen Xiang, Ru Xiang, Ding Xiang, and Xiang Fu, are acrid, dispersing, warm, and moving in nature. Together, they promote the movement of Qi, direct rebellious Qi downward, open up areas of constraint, dispel cold, and transform turbidity.

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Su He Xiang Wan (Liquid Styrax Pill)

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- Tan Xiang specially treats both chest and abdominal pain as well as sudden turmoil disorder. Because directing the Qi downward will case the phlegm to descend, restoring the orderly flow of Qi will help resolve the symptoms of phlegm disturbing the spirit.
- The strong, aromatic properties of the chief and deputy ingredients release and eliminate the constraint and stagnation affecting the Qi and blood.
- Ru Xiang promotes the movement of Qi and invigorates the blood, which facilitates the unimpeded circulation of Qi and blood, and thereby helps alleviate pain.
- Bi Bo reinforces the ations of warming the middle Jiao, dispelling cold, arresting pain, and opening up areas of constraint.
- The assistant
 - Shui Niu Jiao resolves toxicity. Although cold in nature, its clear, aromatic properties enable it to penetrate the turbidity without causing stagnation.
 - Bai Zhu tonifies the Qi, strengthens the Spleen, dries dampness, and transforms turbidity. Together with He Zi, which restrains the leakage of Qi, it prevents the acrid, aromatic properties of the other ingredients from consuming or dispersing the normal Qi.
 - Originally, Zhu Sha sedates the HT and calms the spirit.
- The envoy
 - Gan Cao clears heat, resolves toxicity, and harmonizes the actions of the other herbs.

Su He Xiang Wan (Liquid Styrax Pill)

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- **Key Point of diagnosis**
 - Sudden collapse, loss of consciousness, and clenched jaw.
- **Caution and contraindication**
 - Contraindicated during pregnancy or for hot closed disorders. Because the formula is very acrid and aromatic and thus has a very dispersing effect, the dosage should be carefully monitored.
- **Modification**
 - For those who are weak or debilitated: take with a decoction of Ren Shen;
 - For those with very pronounced signs of phlegm: take with Jiang Zhi; Zhu Li;
 - For changes in the sensory orifices due to epilepsy: take with a decoction of Shi Chang Pu; Yu Jin;
 - For angina pectoris due to Qi stagnation, blood stasis, or the congealing of cold, either reduce the dosage or remove Shui Niu Jiao, She Xiang, and Zhu Sha; + a very small amount (0.3g) of Chan Su; and increase the dosage of Bi Ba;
- **Clinic use**
 - Cerebrovascular accident, encephalitis, hysteria, epilepsy, hepatic coma, postconcussion syndrome, angina pectoris, and⁵⁰ allergic rhinitis.

Formulas that open cold closed disorder

- Section 2 Formulas that open cold closed disorder (1 types)
 - Su He Xiang Wan (Liquid Styrax Pill)

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Study guideline

- Su He Xiang Wan's indications;

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Section 3 Formulas that scour phlegm & open orifices

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Formulas that scour phlegm & open orifices

- Section 3 Formulas that scour phlegm & open orifices (1 types)
 - Tong Guan San (Open the Gate Powder)

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Tong Guan San (Open the Gate Powder)
通关散

- **Source:** Important Formulas Worth a Thousand Gold Pieces (650)
- **Actions:** Unblocks the gate (jaw) and opens the sensory orifices;
- **Indications:**
 - Phlegm collapse caused by abundant phlegm blocking the Qi and causing collapse manifested by sudden collapse, loss of consciousness, clenched jaw, extreme difficulty in breathing, a pale, ashen complexion, and obstruction by abundant phlegm and spittle.

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Tong Guan San (Open the Gate Powder)
通关散

- **Pathological analysis**
 - The pattern usually occurs after an irregular and overindulgent diet or overwork that damages the SP, leading to the collection of dampness and the production of phlegm.
 - This particular type is an excessive, closed disorder that occurs when a sudden attack of turbid Qi, usually from exposure to extremely foul smells or a violent emotional outburst, causes the Qi mechanisms to become rebellious and disordered.
 - This in turn disrupts the spirit and results in sudden constraint and a “closing” of the functional activities of Qi known as “noxious-stroke” (中恶, Zhong E).
 - Turbid phlegm follows the rebellious Qi upward, obstructing the sensory orifices and causing loss of consciousness, clenched jaw, and extreme difficulty in breathing.
 - The surfeit of phlegm in the sensory orifices may also manifest as foaming at the mouth.

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Tong Guan San (Open the Gate Powder)
通关散

- **Composition**

- Zhu Ya Zao (Gleditsiae Fructus abnormalis)
- Xi Xin (Asari Herba)

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Tong Guan San (Open the Gate Powder)
通关散

- **Analysis of Formula**

- The strategy here is to induce sneezing as an emergency measure to open the jaw and the sensory orifices by using herbs specifically targeted to this task.
- Zhu Ya Zao, warm, acrid, and scurrying, scours out phlegm, opens the sensory orifices, and revives the spirit (i.e., restores consciousness), is used for its strong irritating quality. As noted in Essentials of the Materia Medica, this herb “unblocks the gates of the orifices above and below and is able to cause vomiting up of phlegm and spittle. Once it stimulates the nose, there will immediately be a sneeze.”
- Xi Xin, warm, acrid, and dispersing, unblocks the channels and is particularly effective in unblocking the nose.
- Both ingredients unblock the jaw (“gate”) and open the sensory orifices.
- It is important to remember that the desired effect of the formula here is to induce sneezing; as such, any other functions that the ingredients might serve, such as transforming phlegm, are not relevant, particularly given the small dosages.

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Tong Guan San (Open the Gate Powder)
通关散

- **Key Point of diagnosis**

- Sudden collapse, loss of consciousness, clenched jaw, extreme difficulty in breathing, a pale, ashen complexion, and obstruction by abundant phlegm and spittle.

- **Caution and contraindication**

- Contraindicated during pregnancy and for loss of consciousness due to abandoned-type disorders. It is also contraindicated for loss of consciousness due to hypertensive crisis, cerebral hemorrhage, or traumatic cranial injuries, as it stimulates blood circulation in the head. Remember that this formula is intended only for temporary, emergency use in treating acute collapse. Once consciousness has been restored, or indeed once sneezing has been induced, use of this formula should be discontinued.

- **Modification**

- To increase the efficacy of opening the sensory orifices: + She Xiang; Bo He;
- For excessive sputum and saliva: + Ming Fan;
- To more quickly revive from loss of consciousness: combine with DU-26; LI-4;

- **Clinic use**

- Hysteria, psychosis, anaphylactic shock, chronic rhinitis, and sinusitis.

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Tong Guan San (Open the Gate Powder)
通关散

- **Vs. Su He Xiang Wan (Liquid Styrax Pill)**

- Both of these formulas can be used to treat such problems as Qi collapse, phlegm collapse, and noxious-stroke.
- Su He Xiang Wan is a **complex formula that can be orally ingested a few times a day**, and once absorbed, can **aromatically transform turbidity, warm and open up the sensory orifices, and promote movement of Qi to stop pain.**
- Tong Guan San, however, is insufflated and, while its ability to **open the orifices is immediate, should only be used once.**

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Formulas that scour phlegm & open orifices

- Section 3 Formulas that scour phlegm & open orifices (1 types)
 - Tong Guan San (Open the Gate Powder)

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Study guideline

- 1. Tong Guan San's indications;
- 2. The difference between Tong Guan San and Su He Xiang Wan;

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