

Herbal Formulas II

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Chapter 15 Formulas that dissolve phlegm

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Formulas that dissolve phlegm

- Phlegm is a disorder of the body fluids that have become thick, dense, and turbid, and interfere with the proper flow of Qi in the channels, collaterals, San Jiao, and organ systems.
- Like static or noxious blood, phlegm is thus both the result of pathological processes and a cause of further pathology.
- It can be caused by externally-contracted pathogens as well as internal damage, and it may affect all parts of the body.
- Its manifestations are diverse and include coughing and wheezing, nausea, dizziness or vertigo, nodules or lumps, and seizures.
- As a result, phlegm is implicated in all kinds of disorders, especially those that are difficult to diagnose and difficult to cure.

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Formulas that dissolve phlegm

- Like blood, the body fluids are essential to life, and some degree of phlegm will therefore invariably be present in most people.
- Health thus does not denote the complete absence of phlegm, but rather the ability of the body to transform or, if necessary, eliminate it.
- Illness only arises if the body fails in this task, as explained by the Qing-dynasty physician Shen Jin-Ao in Wondrous Lantern for Peering into the Origin and Development of Miscellaneous Diseases:
 - When the Nei Jing talks about phlegm and thin mucus, it always cites damp earth as its cause. Thus, from birth to death a human being always has phlegm. It is all generated by the SP and collects in the ST, so that one can say that the absence of phlegm in the body cannot enrich and moisten its physiological processes. It is only when it materializes to such an extent that its movement can no longer be fathomed that it becomes harmful.

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Formulas that dissolve phlegm

- The same idea is found throughout the classical literature and explains why strategies for the treatment of phlegm do not, on the whole, focus on draining excess but rather on regulating the Qi dynamic.
- These principles were concisely summarized by the Ming dynasty writer Wang Ken-Tang in Indispensable Tools for Pattern Treatment: “Those who are best at treating phlegm treat the Qi instead of directly treating phlegm. When the Qi flows smoothly, all the body’s fluids will then flow smoothly.”
- Accordingly, the primary strategy for treating phlegm is to smooth the flow of Qi and keep the passageways of Qi, blood, and body fluids open.
- This is known as “transform phlegm” (化痰, Hua Tan), which implies an effort to change pathological phlegm back into physiological fluids.

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Formulas that dissolve phlegm

- The most important formula used for this purpose is Er Chen Tang. Many of the formulas discussed in this chapter are direct modifications or contain key ingredients of this formula, or apply its principles of composition.
- Those formula that are not built on Er Chen Tang invariably use other Qi-regulating herbs as Key ingredients.
- Although there may be other contributing factors, the basis of all phlegm is disruption of the transforming and transporting functions of the Spleen.

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Formulas that dissolve phlegm

- The second most important strategy for treating phlegm is tonification of the root. This means tonifying the transforming and transporting functions of the Spleen and Stomach.
- For this reason, herbs that strengthen the Spleen are included in almost all of the formulas discussed in this chapter.
- Some, such as Zhang Jie-Bin cited above, considered the Kidneys to be even more important because of their key role in regulating the fluids.
- Warming herbs that tonify the ministerial fire at the gate of vitality and thereby augment the Spleen Yang thus also sometimes used to treat phlegm directly, while a more indirect strategy is to tonify the Kidneys with formulas such as Liu Wei Di Huang Wan and Shen Qi Wan.
- Other organ systems that are important in the treatment of phlegm are the San Jiao and the Lungs; this is because of their role in the regulation of water metabolism.

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Formulas that dissolve phlegm

Pathogenesis

- When Spleen deficiency leads to an accumulation of dampness that transforms into phlegm, the appropriate strategy is to strengthen the Spleen, dry the dampness, and expel the phlegm.
- When heat from excess scorches the fluids and transforms them into phlegm, one should clear the heat and transform the phlegm.
- When the Lungs are dry and the Yin is deficient and fire from deficiency transforms the depleted fluids into phlegm, one should moisten the Lungs and transform the phlegm.
- When fire burns up the fluids in the channels and precipitates the formation of rubbery nodules or masses, one should cool the fire and transform the phlegm.
- When cold injures the upper or middle Jiao and causes the fluids to congeal, one should warm the cold and transform the phlegm.
- And when phlegm so severe that it disturbs the Qi mechanisms such that tremors or seizures ensue, the proper strategy is to transform the phlegm and extinguish the wind.

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Formulas that dissolve phlegm

- The difference between phlegm and thin mucus
 - If the pulse is more wiry, it indicates phlegm; floating and thin means thin mucus (According 7th-century text *Discussion of the origins of the symptoms of Disease*).
 - Phlegm is a more dense, thick, and turbid substance produced by excess dryness and warmth, and thin mucus as more clear and thin, produced by excess cold and dampness. (According to Song dynasty work *Straight Directions from Yang Ren*)
 - Thin mucus is perceived to be a more localized phenomenon, while phlegm is often viewed as neither fixed in form nor location. (According to Lin Pei-Qin in *Treatment Decisions Categorized According to Pattern*: “As a rule, clear and thin is thin mucus, thick and turbid is phlegm. Thin mucus accumulates only in the ST and Intestines, while phlegm can follow the rise and fall of Qi to reach anywhere in the body.)

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Formulas that dissolve phlegm

- Although these distinctions remain current today, they are less easily made in actual clinical practice.
- Throughout the classical period, the two terms were thus frequently used interchangeably (sometimes within the same sentence or paragraph), and the realities of the clinic continue to defy today's more stringent efforts at systematization.
- Dampness, for instance, is a major cause not only of thin mucus but also of phlegm, and thin mucus often manifests with symptoms such as dizziness, insomnia, palpitations, or headache.
- For all of these reasons, formulas that are used in the treatment of phlegm disorders are found in many other chapters.

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Formulas that dissolve phlegm

- 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)
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Section 1 Formulas that dry damp & transform phlegm

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Formulas that dry damp & transform phlegm

- The formulas in this section are used in treating disorders of phlegm-dampness.
- The most common manifestations are coughing with copious, clear, or white sputum that is easy to expectorate, focal distention, nausea, weakness of the extremities, headache, and palpitations with anxiety. The tongue usually has a white coating that is slippery or greasy, and the pulse is moderate or wiry.
- The etiology of this disorder is generally attributed to a weakening of the middle Jiao's transporting and transforming functions that impedes the circulation of fluids, which thereupon accumulate and form phlegm.

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Formulas that dry damp & transform phlegm

- The Spleen, moreover, prefers dryness and has an aversion to dampness.
- Excess external dampness or an inappropriate diet contributes to the formation of dampness, and thereby of phlegm.
- As noted in Red Water and Dark Pearls: “Dampness in the SP channel becomes phlegm-dampness.”
- Drying the dampness serves to strengthen the transportive function of the SP, which in turn will reduce the phlegm.

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Formulas that dry damp & transform phlegm

- Thus, the chief herbs used in the formulas discussed in this section are those that dry dampness and transform phlegm such as Zhi Ban Xia, Zhi Tian Nan Xing, Bai Jie Zi, and Bai Qian. These usually combined with herbs from one or more of the following groups:
 - Herbs that regulate the Qi such as Chen Pi, Xiang Fu, Zhi Ke, or Zhi Shi. This is because that if Qi is smooth, the fluids can flow openly, with no chance of a phlegm and thin mucus disorder.
 - Herbs that strengthen the SP and promote water metabolism such as Fu Ling, Bai Zhu, or Gan Cao. This is necessary because of the close relationship between SP physiology and water metabolism.
 - Herbs that preserve the fluids, moisten, and tonify the blood such as Wu Mei, Wu Wei Zi, Ren Shen, Dang Gui, or even Shu Di Huang. This is necessary because the presence of phlegm obstructs the circulation of physiological fluids and, inasmuch as phlegm represents a failure of fluid transformation, reduces their amount. Adding such herbs addresses this crucial but often neglected aspect of phlegm disorders and increases the efficacy of these formulas.

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Formulas that dry damp & transform phlegm

- Section 1 Formulas that dry damp & transform phlegm (2 types)
 - Er Chen Tang (Two-Cured Decoction)
 - Di Tan Tang (Scour Phlegm Decoction)

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Er Chen Tang (Two-Cured Decoction)

二陈汤

- **Source:** Formulary of the Pharmacy Service for Benefiting the People in the Taiping Era (1148)
- **Actions:** Dries dampness, transforms phlegm, regulates the Qi, and harmonizes the middle Jiao;
- **Indications:**
 - **Phlegm-dampness pattern**, usually caused when the SP and LU fail to transform and transport the fluids, which thereupon accumulate and form phlegm, manifested **coughing with copious, white sputum that is easily expectorated, focal distention and a stifling sensation in the chest and diaphragm**, palpitations, **nausea or vomiting**, dizziness, a white, **moist or greasy tongue coating**, and a **slippery pulse**.

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Er Chen Tang (Two-Cured Decoction)

二陈汤

- **Pathological analysis**

- The accumulation of the phlegm-dampness in turn encumbers the SP, which further impedes the transportation of fluids.
- Phlegm obstructs the Qi mechanisms of the middle Jiao, which manifests as focal distention and a stifling sensation in the chest and diaphragm, and palpitations.
- Phlegm follows the flow of Qi upward to the Lungs, where it interferes with its Qi mechanisms and produces coughing.
- Because the process that generates the phlegm is one caused by excess dampness, the sputum is copious, white and easily expectorated.
- Phlegm also interferes with the normal descent of the ST Qi, which leads to nausea or vomiting.
- The presence of phlegm in the middle Jiao obstructs the ascent of the clear Yang and causes dizziness.
- The slippery pulse and the white, moist or greasy tongue coating are indicative of phlegm-dampness.

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Er Chen Tang (Two-Cured Decoction)

二陈汤

- **Composition**

- **Chief**

- Zhi Ban Xia (Pinelliae Rhizoma preparatum) 15g
- Ju Hong (Citri reticulatae Exocarpium rubrum) 15g

- **Deputy**

- Fu Ling (Poria) 9g

- **Assistant**

- Zhi Gan Cao (Glycyrrhizae Radix preparata) 4.5g

- **Envoy**

- Sheng Jiang (Zingiberis Rhizoma recens) 7 pcs
- Wu Mei (Mume Fructus) 1pc

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Er Chen Tang (Two-Cured Decoction)

二陈汤

- **Analysis of Formula**

- The preferred strategy for treating phlegm is to strengthen the transportive functions of the SP, ST, and LU by regulating the Qi and drying the dampness.
- The chief
 - Zhi Ban Xia dries dampness, expels phlegm, and causes the rebellious ST Qi to descend. It thereby provides most of the actions required in treating this disorder. In addition, it is useful in controlling nausea and vomiting.
 - Ju Hong or Chen Pi revives the SP and facilitates the flow of Qi in the middle Jiao. Its acrid flavor disperses clumped Qi, while its bitter warmth disperses cold and dries dampness. By removing the obstruction to the flow of Qi, the functions of the SP and ST are assisted; by dispelling cold dampness, phlegm is eliminated. The restored movement of Qi induced by Chen Pi promotes the spontaneous resolution of phlegm.
 - The transformation of phlegm by Zhi Ban Xia facilitates the smooth flow of Qi. Once this occurs, the transportive and transformative functions of the SP and ST will be restored, and the middle Jiao will no longer produce phlegm.

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Er Chen Tang (Two-Cured Decoction)

二陈汤

- **The deputy**
 - Fu Ling supports the actions of the chief ingredients by leaching out dampness from the middle Jiao and strengthening the SP. It also resolves the palpitations and dizziness caused by the upward-rising phlegm-dampness. In this manner, it treats the root of the disorder.
- **The assistant**
 - Zhi Gan Cao is used here to tonify the SP.
- **The envoy**
 - Sheng Jiang may be added to reinforce the actions of the chief herbs in moving the Qi and eliminating the phlegm, harmonizing the ST, and controlling the nausea.
 - Wu Mei counterbalances the dispersing tendencies of the chief ingredients and thereby prevents the dissipation of LU Qi. Its astringent nature also acts to collect the phlegm together before it can be eliminated. It also prevents injury to the fluids and, as expectorant, symptomatically assists in the treatment of coughing.

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Er Chen Tang (Two-Cured Decoction)

二陈汤

- **Key Point of diagnosis**
 - Coughing with copious, white sputum that is easily expectorated, focal distention and a stifling sensation in the chest and diaphragm, palpitations, nausea or vomiting, dizziness, a white, moist or greasy tongue coating, and a slippery pulse.
- **Caution and contraindication**
 - The improper use of this formula can lead to excessive thirst and a dry throat. Without modification, it is contraindicated for cases with cough associated with Lung Yin deficiency.
- **Modification**
 - For damp-heat in the upper Jiao: + Huang Qin, Zhi Zi, Xing Ren, Jie Geng;
 - For damp-heat in the middle Jiao: + Huang Lian, Huo Xiang, Hou Po, Yi Yi Ren;
 - For damp-heat in the lower Jiao: + Ku Shen, Huang Bai, Hua Shi;
 - For wind-dampness: + Wei Ling Xian, Qin Jiao, Cang Er Zi, Gui Zhi;
 - For cough with copious sputum due to phlegm-dampness in the interior complicated by the presence of pathogenic Qi in the exterior: + Zi Su Ye, Xing Ren;

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Er Chen Tang (Two-Cured Decoction)

二陈汤

- For cough with copious sputum due to externally-contracted cold in the LU: + Zi Su Ye, Xing Ren;
- For vomiting due to cold in the ST: + Gan Jiang, Sha Ren;
- For vomiting of clear fluids: + Cang Zhu, Bai Zhu;
- For chronic phlegm in the channels and flesh leading to rubbery nodules: + Mu Li, Xuan Shen, Kun Bu, Hai Dai;
- For SP and KD Yang deficiency characterized by coughing of thin, watery sputum, a submerged pulse, and urinary difficulty: + Rou Gui, Zhi Fu Zi;
- For insomnia and a desire to sleep during the day that worsens after meals: + Bai Zhu, Shi Chang Pu;
- For severe coughing at night due to a combination of phlegm and blood deficiency: + Dang Gui;
- For phlegm-dampness obstructing the womb with irregular menstruation and copious leukorrhea: + Chuan Xiong, Dang Gui;
- For concurrent dryness: substitute Gua Lou, Chuan Bei Mu for Zhi Ban Xia;
- **Clinic use**
 - Upper respiratory tract infection, chronic bronchitis, emphysema, goiter, chronic gastritis, peptic ulcer, morning sickness, and Meniere's disease.

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Di Tan Tang (Scour Phlegm Decoction)

涤痰汤

- **Source:** Fine Formulas of Wonderful Efficacy (1470)
- **Actions:** Scours out phlegm, opens the sensory orifices, and tonifies the Qi;
- **Indications:** Cardinal symptoms of this pattern of internal obstruction due to severe phlegm in which the smooth movement of the fluids has been impaired and fluids have accumulated and formed phlegm that veils the orifices of the Heart. Manifested by stiffness of the tongue and speech impairment.

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Di Tan Tang (Scour Phlegm Decoction)

涤痰汤

- **Pathological analysis**
 - The Heart connects to the tongue.
 - When phlegm veils the Heart orifices, it also obstructs the collaterals of the tongue, leading to stiffness and inability to speak.
 - This generally occurs as a symptom or consequence of wind-stroke when phlegm moves upward under the influence of internal wind.
 - It can also result from excessive accumulation of phlegm that spreads throughout the body.

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Di Tan Tang (Scour Phlegm Decoction)

涤痰汤

- **Composition**
 - **Chief**
 - Zhi Tian Nan Xing (Arisaematis Rhizoma preparatum) 7.5g
 - **Deputy**
 - Zhi Ban Xia (Pinelliae Rhizoma preparatum) 7.5g
 - **Assistant**
 - Fu Ling (Poria) 6g
 - Zhi Shi (Aurantii Fructus immaturus) 6g
 - Ju Hong (Citri reticulatae Exocarpium rubrum) 4.5g
 - Shi Chang Pu (Acori tatarinowii Rhizoma) 3g
 - Ren Shen (Ginseng Radix) 3g
 - Zhu Ru (Bambusae Caulis in taeniam) 2.1g
 - Sheng Jiang (Zingiberis Rhizoma recens) 5 pcs
 - **Envoy**
 - Gan Cao (Glycyrrhizae Radix) 2.1g

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Di Tan Tang (Scour Phlegm Decoction)

涤痰汤

- **Analysis of Formula**
 - This formula focuses on scouring phlegm from the collaterals and orifices of the HT, while also resolving stiffness, relaxing excessive contraction, and supporting the normal Qi.
 - The chief
 - Zhi Tian Nan Xing, acrid, warm, and very drying, expels phlegm-dampness and thus removes the root of this disorder. It is also able to disperse wind and thereby treat phlegm turbidity clogging the vessels and collaterals.
 - The deputy
 - Zhi Ban Xia, acrid and warm, excels at drying dampness and transforms phlegm, directs the rebellious Qi downward, and harmonizes the ST.
 - The assistant
 - Ju Hong regulates the Qi and dries dampness;
 - Zhi Shi breaks up stagnation and transforms phlegm.
 - To restore the Qi dynamic, this combination embodies the principle of smoothing the flow of Qi in order to treat phlegm.

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Di Tan Tang (Scour Phlegm Decoction)

涤痰汤

- Fu Ling strengthens the SP by leaching out dampness;
- Ren Shen supports the normal Qi to strengthen the SP. The SP is widely considered to be the source of phlegm pathologies so that supporting its normal function prevents the disorder from recurring.
- The combination of Zhi Ban Xia, Ju Hong, Fu Ling, and Gan Cao makes up Er Chen Tang, the main formula for treating phlegm-dampness.
- Zhu Ru transforms phlegm and is slightly cooling in nature to counteract the warming properties of most of the other ingredients.
- Shi Chang Pu not only transforms phlegm-dampness, but also aromatically opens up the orifices, directing the formula into the HT channel to unblock the collaterals of the tongue.
- Sheng Jiang counteracts the toxicity of the chief and deputy ingredients as well as promoting dispersion of Qi throughout the San Jiao.
- Envoy
 - Gan Cao harmonizes the actions of the other ingredients and the functions of the middle Jiao.
 - Together with Fu Ling and Ren Shen, it makes up Si Jun Zi Tang.

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Di Tan Tang (Scour Phlegm Decoction)

涤痰汤

- **Key Point of diagnosis**
 - Stiffness of the tongue and speech impairment.
- **Caution and contraindication**
 - Contraindicated during pregnancy. Use with caution in weak patients.
- **Modification**
 - For phlegm that is not hot: — Zhu Ru; and replace Dan Nan Xing with Zhi Tian Nan Xing;
 - For severe heat: + Huang Qin, Huang Lian, Jiang Zhi, Zhu Li;
- **Clinic use**
 - Cerebrovascular accident, seizure disorder, motor aphasia, bronchial asthma, chronic obstructive pulmonary disease, acute and chronic bronchitis, bronchiectasis, multiple sclerosis, and motor aphasia.

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Formulas that dry damp & transform phlegm

- Section 1 Formulas that dry damp & transform phlegm (2 types)
 - Er Chen Tang (Two-Cured Decoction)
 - Di Tan Tang (Scour Phlegm Decoction)

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Study guideline

- 1. Er Chen Tang's ingredients and indications;
- 2. Di Tan Tang's indications;

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Section 2 Formulas that clear heat & transform phlegm

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Formulas that clear heat & transform phlegm

- Section 2 Formulas that clear heat & transform phlegm (2 types)
 - **Wen Dan Tang** (Warm the Gallbladder Decoction)
 - **Qing Qi Hua Tan Wan** (Clear the Qi and Transform Phlegm Pill)

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Wen Dan Tang (Warm the Gallbladder Decoction)

温胆汤

- **Source:** Discussion of Illnesses, Patterns, and Formulas Related to the Unification of the Three Etiologies (1174)
- **Actions:** Regulates the Qi, transforms phlegm, clears the Gallbladder, and harmonizes the Stomach;
- **Indications:**
 - Disharmony between the Gallbladder and Stomach with phlegm heat obstructing the Qi dynamic manifested by dizziness, vertigo, nausea or vomiting, insomnia, dream-disturbed sleep with strange or unusual dreams, palpitations, anxiety, indeterminate gnawing hunger, or seizures accompanied by copious sputum, focal distention of the chest, a bitter taste in the mouth, slight thirst, a greasy, yellow tongue coating, and a rapid pulse that is either slippery or wiry.

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Wen Dan Tang (Warm the Gallbladder Decoction)

温胆汤

- **Pathological analysis**
 - Phlegm in the ST leads to focal distention, copious sputum, a greasy tongue coating, and a slippery pulse.
 - Heat in the GB gives rise to a bitter taste in the mouth, a yellow tongue coating, and either a rapid, slippery or a rapid, wiry pulse.
 - Phlegm-heat in these organs causes constraint that interferes with the rising of the clear Yang and manifests as dizziness or vertigo.
 - At the same time, the turbid Yin rises in rebellion and manifests as nausea or vomiting.
 - Phlegm-heat disturbs the chest and HT and causes irritability, insomnia, palpitations, and anxiety.
 - In very severe cases, this can lead to seizures.
 - The obstruction of the Qi dynamic in the Stomach by phlegm-heat may also lead to indeterminate gnawing hunger.

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Wen Dan Tang (Warm the Gallbladder Decoction)

温胆汤

- **Composition**
 - **Chief**
 - Zhi Ban Xia (Pinelliae Rhizoma preparatum) 6g
 - **Deputy**
 - Zhu Ru (Bambusae Caulis in taeniam) 6g
 - **Assistant**
 - Zhi Shi (Aurantii Fructus immaturus) 6g
 - Chen Pi (Citri reticulatae Pericarpium) 9g
 - Fu Ling (Poria) 4.5g
 - Zhi Gan Cao (Glycyrrhizae Radix preparata) 3g
 - **Envoy**
 - Sheng Jiang (Zingiberis Rhizoma recens) 5pcs
 - Da Zao (Jujubae Fructus) 1 pc

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Wen Dan Tang (Warm the Gallbladder Decoction)

温胆汤

- **Analysis of Formula**
 - To treat disharmony between the ST and GB with phlegm-heat obstructing the Qi dynamic, this formula employs a strategy of dispelling the phlegm, regulating the Qi, and clearing the heat.
 - The chief
 - Zhi Ban Xia, acrid, slippery and bitter. Acrid for opening, slippery for directing rebellious Qi downward, and bitter for drying dampness. It is the principal substance in the materia medica for transforming phlegm and regulating the ST Qi.
 - The deputy
 - Zhu Ru, sweet and slightly cold, enters the ST to expel heat and stop nausea, and the GB to calm the spirit, release constraint, and alleviate irritability.

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Wen Dan Tang (Warm the Gallbladder Decoction)

温胆汤

- **The assistant**
 - Zhi Shi, bitter and cooling, focuses on reversing the flow of rebellious Qi and is particularly effective in treating focal distention.
 - Chen Pi, acrid and warming, dries dampness and expels phlegm while regulating the Qi and harmonizing its circulation in the ST.
 - Together with the chief and deputy ingredients, these four herbs make an effective combination to treat patterns where phlegm and heat have combined to obstruct the flow of Qi in the ST, leading to focal distention in the chest and epigastrium, as well as in the GB, where it causes palpitations, irritability, insomnia, and emotional lability.
 - Fu Ling (bland) and Zhi Gan Cao (sweet and warming) strengthen the SP, leach out dampness, and harmonize the functions of the middle Jiao. These herbs also calm the spirit.
- **The envoy**
 - Sheng Jiang regulates the relationship between the GB and ST and assist the other herbs in stopping the vomiting, is particularly astute. Although it acts to clear heat and transform phlegm, it is not overly cold in nature but is well-balanced for treating the obstruction of the Qi dynamic as the core pathology leading to the various patterns treated by this formula.

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Wen Dan Tang (Warm the Gallbladder Decoction)

温胆汤

- **Key Point of diagnosis**
 - Insomnia, dream-disturbed sleep with strange or unusual dreams, palpitations, anxiety, a greasy, yellow tongue coating, and a rapid pulse that is either slippery or wiry.
- **Caution and contraindication**
 - Not suitable for damp-cold.
- **Modification**
 - For severe vertigo: + Bai Shao, Dai Zhe Shi, Huang Qin;
 - For insomnia: + Hou Po, Suan Zao Ren, Mu Li;
 - For a dry mouth and tongue: — Zhi Ban Xia; + Mai Men Dong; Tian Hua Fen;
 - For tinnitus and hearing loss due to retention of damp-heat in the GB: + Chai Hu; Gou Teng; Ju Hua; Shi Chang Pu; Tong Cao;
 - For severe insomnia due to HT and GB deficiency (high pillow or no pillow disorder): + Ren Shen; Shi Gao; Mai Men Dong; Long Yan Rou; Suan Zao Ren;

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Wen Dan Tang (Warm the Gallbladder Decoction)

温胆汤

- **Clinic use**

- Cardiovascular diseases such as hypertension, angina, myocarditis, premature atrial contractions, and pericarditis;
- Digestive disorders such as chronic gastritis, peptic ulcer, cholecystitis, morning sickness, and chronic hepatitis;
- Respiratory disorders such as asthma and chronic bronchitis;
- Neuropsychiatric disorders such as depression, severe insomnia, early stage schizophrenia, psychosis, autonomic dystonia, and the sequelae of stroke;
- Alopecia, male menopause, tinnitus, and Meniere's disease.

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Wen Dan Tang (Warm the Gallbladder Decoction)

温胆汤

- Vs. Zhu Ye Shi Gao Tang (Lophatherum and Gypsum Decoction) and Zhi Zi Chi Tang (Gardenia and Prepared Soybean Decoction)
 - Wen Dan Tang is particularly useful in treating the irritability, insomnia, depression, and loss of appetite that results from relatively mild constraint of the Qi dynamic in the chest and epigastrium. It treats **deficiency irritability due to constraint from phlegm-heat**. This is characterized by the absence of fever, nausea, focal distention, a dry mouth but no thirst, and a greasy tongue coating.
 - Zhu Ye Shi Gao Tang also treats irritability and insomnia from Qi constraint, it addresses patterns characterized by **Qi and Yin deficiency as well as phlegm and fire**. The cardinal symptoms of that pattern include lassitude, low fever, a dry mouth, thirst, a dark red tongue with little coating, and a deficient, rapid pulse.
 - Zhi Zi Chi Tang treats **constraint due to heat, but without deficiency or phlegm**. Besides fever, irritability, insomnia with tossing and turning in bed, a stifling sensation in the chest with a soft epigastrium, hunger with no desire to eat, there will be a slightly yellow tongue coating and a slightly rapid pulse, or a strong, floating pulse at the distal position.

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Qing Qi Hua Tan Wan (Clear the Qi and Transform Phlegm Pill)

清气化痰丸

- **Source:** Investigations of Medical Formulas (1584)
- **Actions:** Clears heat, transforms phlegm, directs rebellious Qi downward, and stops coughing;
- **Indications:** **Internal clumping of phlegm-heat** that occurs when fire “brews’ the fluids that have become stagnant due to a relative deficiency in the transporting function of the Spleen. In other words, the SP is unable to move the fluids because they are excessive, rather than because the SP itself is organically weak. Manifested by **coughing of yellow, viscous sputum that is difficult to expectorate**, focal distention and a feeling of fullness in the chest and diaphragm, nausea, **a red tongue with a greasy, yellow coating, and a slippery, rapid pulse**. In severe cases, there may also be difficulty breathing.

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Qing Qi Hua Tan Wan (Clear the Qi and Transform Phlegm Pill)

清气化痰丸

- **Pathological analysis**
 - The fire and phlegm interfere with the descending function of the Lung Qi, which leads to coughing with sputum that is yellow, viscous, and difficult to expectorate.
 - They also obstruct the Qi of the middle Jiao, which manifests as focal distention and a feeling of fullness in the chest and diaphragm, and perhaps nausea.
 - The tongue and pulse signs reflect the presence of heat and phlegm.
 - If the problem is severe, the obstruction will be so intense that the patient may have difficulty breathing.

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Qing Qi Hua Tan Wan (Clear the Qi and Transform Phlegm Pill)

清气化痰丸

• **Composition**

– **Chief**

- Dan Nan Xing (Arisaema cum Bile) 45g

– **Deputy**

- Gua Lou Ren (Trichosanthis Semen) 30g
- Huang Qin (Scutellariae Radix) 30g

– **Assistant**

- Zhi Ban Xia (Pinelliae Rhizoma preparatum) 45g
- Chen Pi (Citri reticulatae Pericarpium) 30g
- Xing Ren (Armeniacae Semen) 30g
- Zhi Shi (Aurantii Fructus immaturus) 30g
- Fu Ling (Poria) 30g

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Qing Qi Hua Tan Wan (Clear the Qi and Transform Phlegm Pill)

清气化痰丸

• **Analysis of Formula**

- This formula combines a strategy of draining heat and transforming phlegm, supporting the clearing of fire with the regulation of Qi in order to drain heat from the body and smooth the movement of Qi.
- The chief
 - Dan Nan Xing is a powerful substance used for treating blockage caused by a combination of fire and phlegm.
- The deputy
 - Huang Qin and Gua Lou work together to drain Lung fire while transforming and clearing phlegm-heat. They markedly reinforce the actions of the chief ingredient.

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Qing Qi Hua Tan Wan (Clear the Qi and Transform Phlegm Pill)
清气化痰丸

- The assistant
 - Zhi Shi and Chen Pi both regulate the Qi; combined, they are particularly effective in dispelling the focal distention and dissipating the clumps of phlegm.
 - Fu Ling and Zhi Ban Xia address the source of phlegm (the SP)
 - Xing Ren facilitates the flow of Qi in the receptacle of phlegm (the LU).
 - Zhi Ban Xia also strongly assists the chief ingredient in expelling the phlegm that has already formed.

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Qing Qi Hua Tan Wan (Clear the Qi and Transform Phlegm Pill)
清气化痰丸

- **Key Point of diagnosis**
 - Coughing of yellow, viscous sputum that is difficult to expectorate, a red tongue with a greasy, yellow coating, and a slippery, rapid pulse.
- **Caution and contraindication**
 - Should not use for coughing due to damp-cold.
- **Modification**
 - For high fever: + Shi Gao; Zhi Mu;
 - For copious sputum: + Yu Xing Cao; Tian Hua Fen;
 - For gummy sputum: — Zhi Ban Xia; + Dong Gua Zi;
 - For more severe heat: + Qing Dai; Ge Qiao;
 - For nausea and vomiting: replace Gua Lou with Zhu Ru;
 - For palpitations and insomnia: + Hu Po; Mu Li; Suan Zao Ren;
- **Clinic use**
 - Pneumonia, acute exacerbations of chronic bronchitis, and bronchiectasis.

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Formulas that clear heat & transform phlegm

- Section 2 Formulas that clear heat & transform phlegm (2 types)
 - **Wen Dan Tang** (Warm the Gallbladder Decoction)
 - **Qing Qi Hua Tan Wan** (Clear the Qi and Transform Phlegm Pill)

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Study guideline

- 1. Wen Dan Tang's indications;
- 2. The difference between Wen Dan Tang, Zhu Ye Shi Gao Tang and Zhi Zi Chi Tang;
- 3. Qing Qi Hua Tan Tang's indications;

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Section 3 Formulas that transform cold phlegm

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Formulas that transform cold phlegm

- Section 3 Formulas that transform cold phlegm (3 types)
 - **Ling Gui Zhu Gan Tang** (Poria, Cinnamon Twig, Atractylodis Macrocephalae and Licorice Decoction)
 - **San Zi Yang Qin Tang** (Three-Seed Decoction to Nourish One's Parents)
 - **Ling Gan Wu Wei Jiang Xin Tang** (Poria, Licorice, Schisandra, Ginger, and Asarum Decoc.)

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Ling Gui Zhu Gan Tang (Poria, Cinnamon Twig, Atractylodis Macrocephalae and Licorice Decoction) 苓桂术甘汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Warms and transforms phlegm and thin mucus, strengthens the Spleen, and resolves dampness;
- **Indications:**
 - Thin mucus in the epigastrium manifested by fullness in the chest and hypochondria, palpitations, shortness of breath, coughing up clear and watery sputum, and dizziness or vertigo. The tongue is pale and swollen with a white and slippery or greasy coating, and the pulse is usually slippery and either wiry or soggy.

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Ling Gui Zhu Gan Tang (Poria, Cinnamon Twig, Atractylodis Macrocephalae and Licorice Decoction) 苓桂术甘汤

- **Pathological analysis**
 - When the SP Yang is weak it is unable to transform the fluids.
 - This results in thin mucus, which gathers in the area around the diaphragm and obstructs the Qi dynamic, causing a sensation of fullness in the chest and hypochondria, shortness of breath, and sometimes the coughing up of clear, watery sputum.
 - The thin mucus blocks the rise of the clear Yang and the descent of the turbid Yin, which results in dizziness or vertigo.
 - A pale, swollen tongue with a white coating and a soggy pulse reflects Spleen deficiency, while a slippery or greasy coating and a slippery or wiry pulse are signs of thin mucus.

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Ling Gui Zhu Gan Tang (Poria, Cinnamon Twig, Atractylodis Macrocephalae and Licorice Decoction) 苓桂术甘汤

- **Composition**

- **Chief**

- Fu Ling (Poria) 12g

- **Deputy**

- Gui Zhi (Cinnamomi Ramulus) 9g

- **Assistant**

- Bai Zhu (Atractylodis macrocephalae Rhizoma) 6g

- **Envoy**

- Zhi Gan Cao (Glycyrrhizae Radix preparata) 6g

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Ling Gui Zhu Gan Tang (Poria, Cinnamon Twig, Atractylodis Macrocephalae and Licorice Decoction) 苓桂术甘汤

- **Analysis of Formula**

- “Disorders characterized by thin mucus should be treated by harmonization with warming herbs”.

- The chief

- Fu Ling strengthens the SP and leaches out dampness. It thereby transforms the thin mucus by addressing the root of this disorder: the metabolism of fluids.

- The deputy

- Gui Zhi warms the Yang and improves the transforming power of the Qi, which resolves the thin mucus. Improving the functioning of the Qi also assists in directing the rebellious Qi downward.
- The combination of these two herbs — one increasing the circulation of the fluids, the other warming the flow of Qi — is an exquisite way of dealing with the lingering of thin mucus due to cold.

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Ling Gui Zhu Gan Tang (Poria, Cinnamon Twig, Atractylodis Macrocephalae and Licorice Decoction) 苓桂术甘汤

- **The assistant**
 - Bai Zhu strengthens the transforming and transportive functions of the SP, and dries dampness.
 - Together with Gui Zhi, it even more strongly promotes the SP Yang so that the excess dampness is more easily resolved.
- **The envoy**
 - Zhi Gan Cao augments the Qi of the middle Jiao. It has a mild tendency to cause stagnation, but this effectively counteracted by Fu Ling. Gui Zhi, when combined with Gan Cao, transforms its sweetness into Yang through its own acrid, moving nature, while the combination of Fu Ling, Bai Zhu, and Gan Cao strengthens the SP to dispel dampness.

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Ling Gui Zhu Gan Tang (Poria, Cinnamon Twig, Atractylodis Macrocephalae and Licorice Decoction) 苓桂术甘汤

- **Key Point of diagnosis**
 - Fullness in the chest and hypochondria, palpitations, shortness of breath, dizziness or vertigo. The tongue is pale and swollen with a white and slippery or greasy coating, and the pulse is usually slippery and either wiry or soggy.
- **Caution and contraindication**
 - This formula is acrid and warming, and is therefore contraindicated for thin mucus occurring as the result of damp-heat or in patterns characterized by Yin deficiency and hyperactive Liver Yang.
- **Modification**
 - For vomiting: + Zhi Ban Xia;
 - For severe belching and vomiting: + Shi Di; Sha Ren;
 - For fatigue and lethargy: + Dang Shen;
 - For focal distention and pain in the epigastrium: + Zhi Ke; Hou Po;
 - For Meniere's disease or vertigo from hypotension: take with Zhen Wu Tang;

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Ling Gui Zhu Gan Tang (Poria, Cinnamon Twig, Atractylodis Macrocephalae and Licorice Decoction) 苓桂术甘汤

- **Clinic use**

- Disorders affecting the head such as Meniere's disease and basilar insufficiency;
- Cardiovascular disorders such as coronary heart disease, hypertension, hypotension, cor pulmonale, mitral valve prolapse, myocarditis, and pericardial effusion;
- Gastrointestinal disorders such as gastroparesis, peptic ulcers, chronic gastritis, and functional stomach disorders;
- Respiratory disorders such as bronchitis, asthma, pertussis, and pleurisy;
- Ophthalmologic disorders such as cataracts, viral conjunctivitis, optic nerve atrophy, and central serous retinopathy;
- Nephritis, renal calculus, ascites, pediatric inguinal hernia, hydrocele, and pediatric rhinitis.

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Ling Gui Zhu Gan Tang (Poria, Cinnamon Twig, Atractylodis Macrocephalae and Licorice Decoction) 苓桂术甘汤

- **Vs. Wu Ling San (Five-Ingredient Powder with Poria)**

- Both formulas warm the Yang and promote urination via the combination of Fu Ling, Bai Zhu, and Gui Zhi.
- Wu Ling San also contains Ze Xie and Zhu Ling, and is thus a **more powerful diuretic formula**. Its action is **focused on the lower Jiao where it treats water buildup and urinary difficulty**. Although symptoms in the upper and middle Jiao may also be observed, these are usually relieved by urination.
- By contrast, Ling Gui Zhu Gan Tang contains Zhi Gan Cao and thus focuses **on tonifying Spleen earth in addition to harmonizing thin mucus away**. It is specific for thin mucus in the epigastrium that insults the HT, leading to a variety of vasomotor symptoms.

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Ling Gui Zhu Gan Tang (Poria, Cinnamon Twig, Atractylodis Macrocephalae and Licorice Decoction) 苓桂术甘汤

- Vs. Zhen Wu Tang (True Warrior Decoction)
 - Both formulas warm the Yang, promote water metabolism, include Fu Ling and Bai Zhu, and are used for internal stoppage of water and Qi in patients with Yang deficiency, which can lead to a wide variety of problems, including dizziness.
 - Zhen Wu Tang is for a **problem focused on the lower Jiao and Kidneys**, marked by more significant urinary difficulty, edema, a tongue that is swollen, pale, or dark with tooth marks and a white, slippery coating, and a pulse that is submerged, thin, and forceless.
 - Ling Gui Zhu Gan Tang is for problems **that focus more on the middle Jiao or Spleen**, marked by fullness in the chest and hypochondria, shortness of breath, a tongue that is pale and swollen with a white, greasy coating, and a pulse that is slippery and may be wiry.

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San Zi Yang Qin Tang (Three-Seed Decoction to Nourish One's Parents)
三子养亲汤

- **Source:** Extensive Essentials of Miscellaneous Disease (1856)
- **Actions:** Directs the Qi downward, transforms phlegm, and reduces harbored food;
- **Indications:** **Phlegm clogging the Lungs with Qi stagnation** marked by **coughing and wheezing, copious sputum, focal distention in the chest, loss of appetite, digestive difficulties, a white, greasy tongue coating, and a slippery pulse.**

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San Zi Yang Qin Tang (Three-Seed Decoction to Nourish One's Parents)
三子养亲汤

• **Pathological analysis**

- This pattern is caused by harbored food and often occurs in the elderly whose digestive systems are becoming weaker.
- Harbored food is both a cause and an effect of SP deficiency and can lead to Qi stagnation and the production of phlegm.
- Phlegm clogging the Lungs disturbs the Lung Qi, which manifests as coughing and wheezing.
- This disturbance, together with the obstruction caused by phlegm and harbored food, gives rise to focal distention in the chest.
- The harbored food and deficiency of the SP suppresses the appetite and causes digestive difficulties.
- The white tongue coating reflects the presence of cold, and the greasy tongue coating and slippery pulse are signs of harbored food and phlegm.

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San Zi Yang Qin Tang (Three-Seed Decoction to Nourish One's Parents)
三子养亲汤

• **Composition**

– **Chief**

- Bai Jie Zi (Sinapis Semen) 6-9g
- Zi Su Zi (Perillae Fructus) 6-9g
- Lai Fu Zi (Raphani Semen) 6-9g

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San Zi Yang Qin Tang (Three-Seed Decoction to Nourish One's Parents)
三子养亲汤

• **Analysis of Formula**

- Although the symptoms of the pattern treated by this formula are often caused by a weak digestive system, it focuses entirely on the manifestations of wheezing and coughing. For this purpose, it warms and transforms phlegm-cold and moves the Qi, following the adage that, in treating phlegm, one must regulate the Qi.
- Bai Jie Zi is intensely acrid and warm, with the distinctive ability to penetrate the Yin and restore movement to the Yang. It enters and warms the Lungs, regulates the Qi, and expels phlegm.
- Zi Su Zi directs the Lung Qi downward and thereby stops the coughing and wheezing. It excels at directing rebellious Qi downward. This action disperses phlegm and calms wheezing, while moistening and facilitating Intestinal movement.
- Lai Fu Zi is acrid, sweet, and neutral. It enters the Lung channel to direct the Qi downward and transform phlegm, and mobilizes the Spleen channel to promote the flow of Spleen Qi and reduce harbored food.

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San Zi Yang Qin Tang (Three-Seed Decoction to Nourish One's Parents)
三子养亲汤

• **Key Point of diagnosis**

- Coughing and wheezing, copious sputum, focal distention in the chest, loss of appetite, digestive difficulties, a white, greasy tongue coating, and a slippery pulse.

• **Caution and contraindication**

- This formula is for elderly patients with much phlegm and Qi excess in the upper Jiao.

• **Modification**

- For severe cold: increase the dosage of Bai Jie Zi;
- For severe coughing and wheezing: increase the dosage of Zi Su Zi;
- For severe harbored food: increase the dosage of Lai Fu Zi;
- For hard, firm stools: + honey to the strained decoction;
- For copious, watery sputum and nausea and vomiting due to SP Yang deficiency: + Zhi Ban Xia, Gan Jiang, and Sha Ren;
- For severe wheezing with a stifling sensation in the chest and difficulty in expectorating: + Xing Ren; Hou Po;
- For concurrent wind-cold: + Qian Hu; Zi Su Ye;
- For phlegm-cold: + Rou Gui; Fu Zi;

• **Clinic use**

- Acute and chronic bronchitis, bronchial asthma, emphysema, pediatric asthma, and spasms of the diaphragm.

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Ling Gan Wu Wei Jiang Xin Tang (Poria, Licorice, Schisandra, Ginger, and Asarum Decoc.) 苓甘五味姜辛汤

- **Source:** Essentials from the Golden Cabinet (c. 220)
- **Actions:** Warms the Lungs and transforms congested fluids;
- **Indications:** Cold, thin mucus due to Yang deficiency and ascendant Yin manifested by coughing with profuse sputum that is thin, watery, and white accompanied by a feeling of discomfort in the chest and diaphragm, a white, slippery tongue coating, and a wiry, slippery pulse.

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Ling Gan Wu Wei Jiang Xin Tang (Poria, Licorice, Schisandra, Ginger, and Asarum Decoc.) 苓甘五味姜辛汤

- **Pathological analysis**
 - The presence of cold, thin mucus in the upper Jiao may be due to Yang deficiency of the SP, which impairs the transporting and transforming functions of the middle Jiao.
 - This leads to stagnation of fluids that ascend and manifest as thin mucus.
 - It may also be due to external cold penetrating into the Lungs and impeding their ability to disseminate the fluids, which collect and form thin mucus.
 - Cold, thin mucus disrupts the directional mechanisms of the Lung Qi, which results in wheezing and coughing with profuse, thin, and watery sputum.
 - The thin mucus and rebellious Qi in the Lungs causes a feeling of discomfort in the chest and diaphragm.
 - The tongue coating is white because of the presence of cold, and slippery because of the collection of fluids.
 - The pulse is slippery for the same reason, and wiry because of the stagnant Qi.

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Ling Gan Wu Wei Jiang Xin Tang (Poria, Licorice, Schisandra, Ginger, and Asarum Decoc.) 苓甘五味姜辛汤

- **Composition**

- **Chief**

- Gan Cao (Glycyrrhizae Radix) 9g

- **Deputy**

- Xi Xin (Asari Herba) 9g

- **Assistant**

- Fu Ling (Poria) 12g
- Wu Wei Zi (Schisandrae Fructus) 6-12g

- **Envoy**

- Gan Jiang (Zingiberis Rhizoma) 9g

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Ling Gan Wu Wei Jiang Xin Tang (Poria, Licorice, Schisandra, Ginger, and Asarum Decoc.) 苓甘五味姜辛汤

- **Analysis of Formula**

- This formula treats cold, thin mucus by means of the core strategy for treating such patterns set out in *Essentials from Golden Cabinet*: “For phlegm and thin mucus disorders, one should employ warming herbs to harmonize the imbalance.” However, it adjusts this strategy to the specific location of the pathogen in the Lungs by attending to that organ’s regulation of opening and closing.
- The chief
 - .Gan Jiang, acrid and warming, warms the Lungs, disperses cold, and transforms thin mucus. It also warms the SP Yang to eliminate dampness.
- The deputy
 - Xi Xin focuses on thin mucus. Aromatic and piercing, it successfully opens up the clumped Qi, thereby assisting the chief herb in unblocking constraint to facilitate the normal dissemination of Lung Qi and the dispelling of pathogenic cold and thin mucus.

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Ling Gan Wu Wei Jiang Xin Tang (Poria, Licorice, Schisandra, Ginger, and Asarum Decoc.) 苓甘五味姜辛汤

– The assistant

- Fu Ling, bland and neutral, strengthens the SP and leaches out dampness and thereby treats the problem at its source;
- Wu Wei Zi, sour and binding, restrains the leakage of Lung Qi and prevents its depletion by the dispersing actions of the other herbs.
- A similar synergism also applies to the combination of Wu Wei Zi and Gan Jiang.

– The envoy

- Gan Cao harmonizes the middle Jiao and the actions of the herbs in the formula.

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Ling Gan Wu Wei Jiang Xin Tang (Poria, Licorice, Schisandra, Ginger, and Asarum Decoc.) 苓甘五味姜辛汤

- **Key Point of diagnosis**
 - Coughing with profuse sputum that is thin, a white, slippery tongue coating, and a wiry, slippery pulse.
- **Caution and contraindication**
 - This formula is prescribed for patients suffering from coughing and congestion of the chest who, after taking Xiao Qing Long Tang, react with rebellious Qi ascending from the lower Jiao, urinary difficulty, and more severe congestion of fluids in the head, extremities and upper Jiao.
- **Modification**
 - For profuse sputum with nausea: + Zhi Ban Xia;
 - For abdominal distention: + Chen Pi; Zhi Ke;
 - For debilitated patients: + Dong Chong Xia Cao;
 - For severe coughing with facial edema: + Xing Ren;
 - For persistent coughing: + Zi Wan; Kuan Dong Hua;
 - For facial flushing due to heat in the Yang Mang pattern: Da Huang;
- **Clinic use**
 - Chronic bronchitis, chronic asthma, and chronic obstructive pulmonary disease;

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Formulas that transform cold phlegm

- Section 3 Formulas that transform cold phlegm (3 types)
 - **Ling Gui Zhu Gan Tang** (Poria, Cinnamon Twig, Atractylodis Macrocephalae and Licorice Decoction)
 - **San Zi Yang Qin Tang** (Three-Seed Decoction to Nourish One's Parents)
 - **Ling Gan Wu Wei Jiang Xin Tang** (Poria, Licorice, Schisandra, Ginger, and Asarum Decoc.)

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Study guideline

- 1. Ling Gui Zhu Gan Tang's indications and ingredients;
- 2. The difference between Ling Gui Zhu Gan Tang and Wu Ling San;
- 3. The difference between Ling Gui Zhu Gan Tang and Zhen Wu Tang;
- 4. San Zi Yang Qin Tang's indications and ingredients;
- 5. Ling Gan Wu Wei Jiang Xin Tang's indications and ingredients;

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Section 4 Formulas that moisten dryness & transform phlegm

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Formulas that moisten dryness & transform phlegm

- Section 4 Formulas that moisten dryness & transform phlegm (1 type)
 - Bei Mu Gua Lou San (Fritillaria and Trichosanthes Fruit Powder)

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Bei Mu Gua Lou San (Fritillaria and Trichosanthes Fruit Powder)
贝母瓜蒌散

- **Source:** Awakening of the Mind in Medical Studies (1732)
- **Actions:** Moistens the Lungs, clears heat, regulates the Qi, and transforms phlegm;
- **Indications:**
 - Dryness in the Lungs that injures the fluids and causes phlegm marked by cough with deep-seated sputum that is difficult to expectorate, wheezing, a dry and sore throat, a red and dry tongue with white coating, and a rapid and thin but strong or slippery pulse.

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Bei Mu Gua Lou San (Fritillaria and Trichosanthes Fruit Powder)
贝母瓜蒌散

- **Pathological analysis**
 - This type of phlegm is referred to as “phlegm-dryness” and is manifested as coughing with deep-seated sputum that is difficult to expectorate.
 - The phlegm interrupts the flow of Lung Qi, which results in coughing and wheezing.
 - The dry pathogenic influence attacking the Lungs also causes a dry, sore throat.
 - The red and dry tongue with white coating and the rapid and thin but strong or slippery pulse reflect the presence of dryness and phlegm in the Lungs.

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Bei Mu Gua Lou San (Fritillaria and Trichosanthes Fruit Powder)

贝母瓜蒌散

- **Composition**

- **Chief**

- Bei Mu (Fritillariae Bulbus) 4.5g

- **Deputy**

- Gua Lou (Trichosanthis Fructus) 3g

- **Assistant**

- Tian Hua Fen (Trichosanthis Radix) 2.4g
- Fu Ling (Poria) 2.4g
- Ju Hong (Citri reticulatae Exocarpium rubrum) 2.4g
- Jie Geng (Platycodi Radix) 2.4g

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Bei Mu Gua Lou San (Fritillaria and Trichosanthes Fruit Powder)

贝母瓜蒌散

- **Analysis of Formula**

- The formula focuses on moistening the Lungs to unblock constraint, transform phlegm, and clear heat. It also adds herbs that strengthen the SP, because all disorders of phlegm are rooted in the dysfunction of fluid metabolism and are therefore helped by supporting the transporting and transforming functions of the SP.
- The chief
 - Bei Mu moistens the Lungs, opens constraint, transforms phlegm, and stops the coughing. It also clears heat and directs HT fire downward. “Phlegm-dryness is due to fire scorching Lung metal when the scorched fluids become phlegm”.
- The deputy
 - Gua Lou clears heat, moistens dryness, regulates the obstruction from the chest and diaphragm.

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Bei Mu Gua Lou San (Fritillaria and Trichosanthes Fruit Powder)

贝母瓜蒌散

- **The assistant**
 - Tian Hua Fen clears heat, generates fluids, and transforms phlegm. It thus tonifies the physiological body fluids without generating more phlegm.
 - The combination of Fu Ling, which strengthens the SP, and Ju Hong, which regulates the Qi, is used here to support the SP's functions of transportation and transformation.
 - This is important in treating phlegm-dryness because a healthy SP will transport physiological fluids to the Lungs to ensure their moistening, while assisting in the transformation of pathological dampness and phlegm.

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Bei Mu Gua Lou San (Fritillaria and Trichosanthes Fruit Powder)

贝母瓜蒌散

- **Key Point of diagnosis**
 - Cough with deep-seated sputum that is difficult to expectorate, wheezing, a dry and sore throat, a red and dry tongue with white coating, and a rapid and thin but strong or slippery pulse.
- **Caution and contraindication**
 - Contraindicated for cough due to Yin deficiency.
- **Modification**
 - For severe coughing and wheezing: + Xing Ren; Pi Pa Ye; Kuan Dong Hua;
 - For a concurrent exterior condition: + Sang Ye; Xing Ren; Qian Hu; Niu Bang Zi;
 - For hoarseness and blood-streaked sputum: — Ju Hong; Sha Ren; Sha Shen; Mai Men Dong; Lu Gen; Xian He Cao;
 - For more severe dryness and sore throat: + Xuan Shen; Mai Men Dong; Zhi Mu;
- **Clinic use**
 - Pneumonia and pulmonary tuberculosis

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Bei Mu Gua Lou San (Fritillaria and Trichosanthes Fruit Powder)

贝母瓜蒌散

- Vs. Sang Xing Tang (Mulberry Leaf Apricot Kernel Decoction) and Qing Zao Jiu Fei Tang (Clear Dryness and Rescue the Lungs Decoction)
 - All these three formulas treat dryness patterns with herbs that moisten the Lungs and stop coughing.
 - Bei Mu Gua Lou San focuses on **phlegm obstructing the Lungs** and thus **equally emphasizes the transformation of phlegm and the moistening of dryness**. The other two formulas are indicated for warm pathogen dryness disorders, and thus combine the clearing of heat with the moistening of dryness.
 - Sang Xing Tang treats **patterns of dryness in the exterior that constrain the Lung Qi and coughing**. Accordingly, its **main focus is on venting the exterior**, and its ability to transform phlegm is not very pronounced.
 - Qing Zao Jiu Fei Tang treats **patterns of dryness that have penetrated deeper into the Lungs and damaged the fluids**. Thus, in addition to clearing heat and moistening dryness, it also enriches the fluids.

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Bei Mu Gua Lou San (Fritillaria and Trichosanthes Fruit Powder)

贝母瓜蒌散

- Vs. Bai He Gu Jin Tang (Lily Bulb Decoction to Preserve the Metal)
 - Both formulas treat Lung dryness with phlegm.
 - Bei Mu Gua Lou San **primarily transforms phlegm and is used when the phlegm is severe, the dryness is not intense, and the Yin is not yet deficient**.
 - Bai He Gu Jin Tang **focuses on moistening the Lungs and is used when the dryness is more severe than the phlegm and the Yin is already deficient**.

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Formulas that moisten dryness & transform phlegm

- Section 4 Formulas that moisten dryness & transform phlegm (1 type)
 - Bei Mu Gua Lou San (Fritillaria and Trichosanthes Fruit Powder)

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Study guideline

- 1. Bei Mu Gua Lou San's indications;
- 2. The difference between Bei Mu Gua Lou San and Sang Xing Tang;
- 3. The difference between Bei Mu Gua Lou San and Bai He Gu Jin Tang;

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Section 5 Formulas that extinguish wind & transform phlegm

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Formulas that extinguish wind & transform phlegm

- Section 5 Formulas that extinguish wind & transform phlegm (2 type)
 - **Zhi Sou San** (Stop Coughing Powder)
 - **Ban Xia Bai Zhu Tian Ma Tang** (Pinellia, Atractylodes Macrocephala, and Gastrodia Decoction)

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Zhi Sou San (Stop Coughing Powder)

止嗽散

- **Source:** Awakening of the Mind in Medical Studies (1732)
- **Actions:** Stops coughing, transforms phlegm, disperses the exterior, and disseminates the Lung Qi;
- **Indications:**
 - Cough that occurs as the sequela to externally-contracted wind-cold manifested by coughing with or without slight chills and fever, an itchy throat, phlegm that is difficult to expectorate, a thin, white tongue coating, and a moderate, floating pulse.

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Zhi Sou San (Stop Coughing Powder)

止嗽散

- **Pathological analysis**
 - The pathogen has largely been dispelled from the exterior but the cough persists.
 - The fact that the exterior has not yet been completely resolved is reflected in the itchy throat and the slight chills and fever.
 - The main pathodynamic, however, is now located in the Lungs, whose Qi has become constrained by the inward penetration of the wind-cold pathogen.
 - This is reflected in the coughing, which can be interpreted as an effort by the body to unblock the Qi constraint.
 - Constraint of Lung Qi inhibits the physiological spreading out of the body fluids, which then congeal to become phlegm that is difficult to expectorate.
 - The thin, white tongue coating and the moderate, floating pulse indicate that the pathogenic influence has not penetrated deeply.

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Zhi Sou San (Stop Coughing Powder)

止嗽散

- **Composition**
 - **Chief**
 - Zi Wan (Asteris Radix) 960g
 - Bai Bu (Stemonae Radix) 960g
 - **Deputy**
 - Bai Qian (Cynanchi stauntonii Rhizoma) 960g
 - Jie Geng (Platycodi Radix) 960g
 - **Assistant**
 - Chen Pi (Citri reticulatae Pericarpium) 480g
 - Jing Jie (Schizonepatae Herba) 960g
 - **Envoy**
 - Gan Cao (Glycyrrhizae Radix) 360g

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Zhi Sou San (Stop Coughing Powder)

止嗽散

- **Analysis of Formula**
 - To treat coughing due to Lung Qi constraint when the exterior has yet to be entirely resolved requires a strategy of transforming the phlegm and disseminating the Lungs assisted by mild dispersion of the exterior.
 - The chief
 - Zi Wan and Bai Bu, are both bitter substances said to be warming without causing heat as well as moistening without being cold, and are therefore effective in stopping coughs and transforming phlegm in both acute and chronic disorders.
 - The deputy
 - Bai Qian and Jie Geng focus on opening constraint of Lung Qi, the former by directing its Qi downward, the latter by facilitating its dissemination. In attending to the cause of the cough, these herbs effectively support the actions of the chief ingredients.

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Zhi Sou San (Stop Coughing Powder)

止嗽散

- **The assistant**
 - Chen Pi regulates the Qi to transform phlegm.
 - Jie Geng gives the formula a slight, exterior-releasing action that helps eliminate the lingering pathogenic influence.
- **The envoy**
 - Gan Cao harmonizes the actions of the other herbs, and together with Jing Jie and Jie Geng, is very effective in treating throat disorders due to externally-contracted wind.

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Zhi Sou San (Stop Coughing Powder)

止嗽散

- **Key Point of diagnosis**
 - Coughing with or without slight chills and fever, an itchy throat, phlegm that is difficult to expectorate, a thin, white tongue coating, and a moderate, floating pulse.
- **Caution and contraindication**
 - This formula has a tendency to dry and should therefore not be used in treating coughs associated with Yin deficiency. It was designed for treating wind-cold and should not be used, without modification, in treating coughs due to heat in the Lungs.
- **Modification**
 - For early stages of wind-cold: take a decoction of Sheng Jiang;
 - For headache, stuffy nose, chills, and fever due to wind-cold: + Fang Feng; Zi Su Ye; Sheng Jiang;
 - For thirst, irritability, and dark urine due to summerheat attacking the Lungs: + Huang Lian; Huang Qin; Tian Hua Fen;
 - For thick, sticky sputum from dampness transforming into phlegm: + Zhi Ban Xia; Fu Ling; Sang Bai Pi; Sheng Jiang; Da Zao;
 - For a dry, nonproductive cough: — Jing Jie; Chen Pi; + Gua Lou; Bei Mu; Zhi Mu; Bai Zi Ren;

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Zhi Sou San (Stop Coughing Powder)

止嗽散

- For sore throat, painful eyes, and more severe fever than chills due to wind-heat: + Ju Hua; Sang Ye; Bo He; Huang Qin; Niu Bang Zi;
- For copious sputum, reduced appetite, a stifling sensation in the chest, and a white, greasy tongue coating: take Er Chen Tang;
- **Clinic use**
 - Pneumonia and pulmonary tuberculosis

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Zhi Sou San (Stop Coughing Powder)

止嗽散

- Vs. Xing Su San (Apricot Kernel and Perilla Leaf Powder)
 - Both formulas treat coughing due to an externally-contracted pathogen and combine herbs that resolve the exterior with those that transform phlegm and regulate the Qi.
 - Xing Su San focuses on externally-contracted cold-dryness in the exterior, while Zhi Sou San focuses on wind-cold constraining the Lung Qi. The cold in the first pattern tends to be more severe, and the pathogen is still predominantly in the exterior. For this reason, Xing Su San combines the more acrid and warming Zi Su Ye with Er Chen Tang, a drying and Qi-regulating formula that powerfully transform phlegm.
 - Zhi Sou San is composed of lighter and less acrid herbs that are neither excessively warming nor cooling in order to gently promote the movement of Qi in the Lungs and dispel wind from the exterior. For this reason, it is more suitable for patterns of wind-cold, where coughing rather than chills and fever is the main symptom.

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Ban Xia Bai Zhu Tian Ma Tang (Pinellia, Atractylodes Macrocephala, and Gastrodia Decoction) 半夏白术天麻汤

- **Source:** Awakening of the Mind in Medical Studies (1732)
- **Actions:** Strengthens the Spleen, dispels dampness, transforms phlegm, and extinguishes wind;
- **Indications:**
 - Wind-phlegm, also known as an upward disturbance of wind-phlegm manifested by dizziness or vertigo (possibly severe), headache, a stifling sensation in the chest, nausea or vomiting, copious sputum, a white, greasy tongue coating, and a wiry, slippery pulse.

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Ban Xia Bai Zhu Tian Ma Tang (Pinellia, Atractylodes Macrocephala, and Gastrodia Decoction) 半夏白术天麻汤

- **Pathological analysis**
 - This condition develops more readily in those who overwork, overindulge in rich foods, or otherwise lead an irregular lifestyle.
 - These activities injure the SP and ST and impair their functions of transforming food, which in turn leads to an accumulation of dampness that often transforms into phlegm.
 - Because the clear Yang in such patients is weak, it is relatively easy for the phlegm to obstruct its rise.
 - When SP earth is deficient, LV wood becomes dominant. Its Qi ascends as wind, carrying the turbid phlegm along the course of the Shao Yang GB and San Jiao channels to the head.
 - Veiling the clear Yang and disturbing the sensory orifices, it manifests as dizziness, vertigo, or headache.

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Ban Xia Bai Zhu Tian Ma Tang (Pinellia, Atractylodes Macrocephala, and Gastrodia Decoction) 半夏白术天麻汤

- A distinctive feature of these head symptoms is that the head feels heavy and clouded.
- The stifling sensation in the chest and the nausea or vomiting are manifestations of phlegm obstructing the mechanisms of Qi in the chest and epigastrium. (The latter symptom is also a sign of rebelliously ascending Qi.)
- The copious sputum, white, greasy tongue coating, and wiry, slippery pulse all reflect the presence of phlegm, wind, and stagnation.

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Ban Xia Bai Zhu Tian Ma Tang (Pinellia, Atractylodes Macrocephala, and Gastrodia Decoction) 半夏白术天麻汤

- **Composition**

- **Chief**

- Zhi Ban Xia (Pinelliae Rhizoma preparatum) 4.5g
- Tian Ma (Gastrodiae Rhizoma) 3g

- **Deputy**

- Bai Zhu (Atractylodis macrocephalae Rhizoma) 9g

- **Assistant**

- Ju Hong (Citri reticulatae Exocarpium rubrum) 3g
- Fu Ling (Poria) 3g

- **Envoy**

- Gan Cao (Glycyrrhizae Radix) 1.5g
- Sheng Jiang (Zingiberis Rhizoma recens) 1 pc
- Da Zao (Jujubae Fructus) 2 pcs

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Ban Xia Bai Zhu Tian Ma Tang (Pinellia, Atractylodes Macrocephala, and Gastrodia Decoction) 半夏白术天麻汤

• **Analysis of Formula**

- To treat wind-phlegm this formula employs a strategy of strengthening the SP and drying dampness to treat the root, and of transforming phlegm and extinguishing wind to treat the branch.
- The chief
 - Zhi Ban Xia, acrid and warming, dries dampness, transforms phlegm, and directs rebellious Qi downward, to treat the nausea and vomiting;
 - Tian Ma, sweet, neutral, moist, and slightly tonifying, enters the LV channel to nourish the Yin fluids, calms the Liver, and extinguishes wind.
 - Together, these herbs constitute an ideal combination for treating the problem at hand. While Zhi Ban Xia is able to direct the turbid Yin downward and thereby control rebellious Qi, its acrid nature could easily stir up even move wind. This is compensated for by the moistening character of Tian Ma, which extinguishes wind but on its own would be insufficiently strong to settle the SP and ST..

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Ban Xia Bai Zhu Tian Ma Tang (Pinellia, Atractylodes Macrocephala, and Gastrodia Decoction) 半夏白术天麻汤

- The deputy
 - Bai Zhu reinforces the actions of the main ingredients in treating phlegm. Its sweet warmth tonifies the SP earth, its bitterness dries dampness, and its aromatic quality supports the transportive and transformative functions of the SP. It promotes water metabolism, yet also generates fluids and thereby addresses the fluid disharmony that is at the heart of this disorder.
- The assistant
 - Fu Ling strengthens the SP and leaches out dampness. Together with Bai Zhu, this gives the formula the capability of simultaneously treating the branch and the root.
 - Chen Pi regulates the Qi by directing excessive Qi downward, transforming and eliminating phlegm.
- The envoy
 - Gan Cao harmonizes the actions of the other herbs and mildly regulates the functions of the middle Jiao;
 - The combination of Sheng Jiang and Da Zao harmonize the SP and ST.

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Ban Xia Bai Zhu Tian Ma Tang (Pinellia, Atractylodes Macrocephala, and Gastrodia Decoction) 半夏白术天麻汤

- **Key Point of diagnosis**
 - Dizziness or vertigo (possibly severe), headache, a stifling sensation in the chest, nausea or vomiting, copious sputum, a white, greasy tongue coating, and a wiry, slippery pulse.
- **Caution and contraindication**
 - Contraindicated for vertigo from either ascendant Liver Yang or blood deficiency.
- **Modification**
 - For severe headache: + Man Jing Zi;
 - For severe vertigo: + Bai Jiang Can; Dan Nan Xing;
 - For ascendant Liver Yang: + Gou Teng; Dai Zhe Shi;
 - For more pronounced phlegm-dampness: + Ze Xie; Gui Zhi;
 - For weakness: + Dang Shen; Huang Qi;
 - For tubercular meningitis: + Quan Xie; Di Long; Bai Jiang Can. To be successful, the formula must be taken long-term, and for no less than 3 months.
- **Clinic use**
 - Meniere's disease, hypertension, tubercular meningitis, and benign positional vertigo.

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Formulas that extinguish wind & transform phlegm

- Section 5 Formulas that extinguish wind & transform phlegm (2 type)
 - **Zhi Sou San** (Stop Coughing Powder)
 - **Ban Xia Bai Zhu Tian Ma Tang** (Pinellia, Atractylodes Macrocephala, and Gastrodia Decoction)

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Study guideline

- 1. Zhi Sou San's indications;
- 2. The difference between Zhi Sou San and Xing Su San;
- 3. Ban Xia Bai Zhu Tian Ma Tang's indications;

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Section 6 Formulas that induce vomiting to discharge phlegm

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Formulas that induce vomiting to discharge phlegm

- Section 6 Formulas that induce vomiting to discharge phlegm (1 type)
 - Gua Di Wan (Melon Pedicle Powder)

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Gua Di Wan (Melon Pedicle Powder)

瓜蒂散

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Discharges phlegm or food stagnation through vomiting;
- **Indications:**
 - Firm areas of focal distention in the chest, anguish and vexation (懊憹, Ao Nao), difficult breathing due to a sensation of Qi rushing into the throat, and a slightly floating pulse at the distal position.

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Gua Di Wan (Melon Pedicle Powder)

瓜蒂散

- **Pathological analysis**

- This condition is due to either phlegm clogging the chest and diaphragm, or stagnant food lodging in the upper epigastrium.
- Either factor may severely obstruct the flow of Qi through this region and cause firm areas of focal distention in the chest, vexation, and difficult breathing due to a sensation of Qi rushing into the throat.
- The upward-rushing of Qi is also reflected in the slightly floating quality of the distal pulse.

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Gua Di Wan (Melon Pedicle Powder)

瓜蒂散

- **Composition**

- Gua Di (Melo Pedicellus)
- Chi Shao Dou (Phaseoli Semen)

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Gua Di Wan (Melon Pedicle Powder)

瓜蒂散

- **Analysis of Formula**
 - This type of obstruction in the chest cannot be treated with either diaphoretics or purgatives, but is only resolved through vomiting.
 - Gua Di is a bitter substance that effectively induces vomiting to eliminate the phlegm or stagnant food.
 - Chi Xiao Dou, another bitter substance, expels dampness and eliminates the irritability and fullness.
 - Together, these herbs discharge the obstruction from the body through vomiting.
 - The formula is often taken with a decoction of Dan Dou Chi. This herb has a light, clear nature that unbinds the constraint in the chest and helps resolve problems in the area.
 - Together with Chi Xiao Dou, it harmonizes the ST Qi and helps ameliorate the injury to the normal Qi caused by vomiting.

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Gua Di Wan (Melon Pedicle Powder)

瓜蒂散

- **Key Point of diagnosis**
 - Difficult breathing due to a sensation of Qi rushing into the throat, and a slightly floating pulse at the distal position.
- **Caution and contraindication**
 - Because Gua Di is a cold, bitter, and toxic substance that readily injures the ST Qi and normal Qi, this formula should be used with caution in weak patients. It is contraindicated when the phlegm is not lodged in the chest or when stagnant food has already passed into the intestines. If the formula causes unremitting vomiting, administer 0.3-0.6g of Ding Xiang, or one-tenth that amount of She Xiang.
- **Clinic use**
 - Oral ingestion of poisons, acute gastritis, and some types of neuroses.

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Formulas that induce vomiting to discharge phlegm

- Section 6 Formulas that induce vomiting to discharge phlegm (1 type)
 - Gua Di Wan (Melon Pedicle Powder)

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Study guideline

- 1. Gua Di San's indications;

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