

Herbal Formulas I

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Chapter 1 Formulas that Release the Exterior

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Background

- Exterior syndrome
 - When external pathogenic factors invade the body, they first attack its superficial, exterior aspects through mouth, nose, skin pores, and cause a disorder of the exterior.
 - Skin and muscles are perfused by the body's protective Qi, which is fierce and hot in nature and whose task it is to warm and defend against penetration into the body by external pathogens.
 - If a pathogenic influence lodges in this aspect of the body, it not only obstructs the normal physiological diffusion of Qi and fluids there, but encourages the body to move more protective Qi toward the exterior in an attempt to push out the invading pathogen.
 - For this reason, exterior disorders are characterized by fever and chills (indicating obstruction of normal physiological warming, even as protective yang in the exterior tends toward excess), head and body aches (indicating obstruction of Qi and fluids in the most yang, i.e., exterior, portions of the body), and a floating pulse (indicating the movement of protective yang toward the exterior).
 - The symptoms associated with an exterior disorder indicate that the body is actively trying to overcome obstruction of the Qi dynamic by one or more of the six pathogenic influences.

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Background

- The following are also regarded exterior disorders: early-stage measles and incompletely expressed rashes, the initial stage of carbuncles and sores accompanied by fever and chills, and acute, superficial edema. Since wind is the vehicle by which other external pathogenic influences enter the body via the exterior, it is involved in most exterior disorders, especially those involving cold and heat. Thus, it is said that “wind is the leader of the hundred diseases”
- Treatment in TCM seeks to support these physiological reactions through strategies that release the pathogenic influence from the exterior.
 - Basic Questions: “If a person harbors a pathogen the body becomes soaked as the movement of protective Qi to the exterior transforms fluid into sweat. Hence, when it is at the level of the skin, use sweating to discharge it.”
- For this purpose, one deploys light, acrid, moving herbs that unblock obstruction, diffuse the protective Qi, and disseminate fluids to vent pathogenic influences back toward the outside.

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Background

- Releasing (sweating) strategy will prevent the pathogenic influence from penetrating more deeply into the body.
- Often, but not always, this result in sweating.
- This type of sweating indicates that an obstruction has been overcome and that the Qi and fluids can once again stream to the surface of the body.
- Like the flow of water that breaks through a dam, the sweating may initially be pronounced, especially if a very acrid and warming formula is used.
- The first known text to list herbal formulas that embody this strategy is the early 3rd century work *Shang Han Lun* (Discussion of Cold Damage), which provides some of the most influential formulas in this category such as *Ma Huang Tang* (Ephedra Decoction), *Gui Zhi Tang* (Cinnamon Twig Decoction) and their variants.
- Its focus on acrid, warming herbs to overcome obstruction from wind, cold and dampness dominated medical practice until the Jin-Yuan dynasties of the 12th to 14th centuries.

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Background

- Innovation, this changed in the 12th century with Liu Wansu's focus on heat pathogens, which led to the idea that heat in the exterior can occur there directly, rather than being due to constraint caused by cold.
- Venting such heat requires the use of acrid, cooling substances, which do not necessarily promote noticeable sweating.
- The treatment strategies and formulas composed by 17th and 18th century physicians like Ye Tianshi and Wu Jutong who are associated with the warm pathogen current, are most emblematic of this approach.
- Other innovations stemming from the Jin-Yuan era are the combination of exterior venting with tonifying herbs to treat exterior excess combined with deficiency of Qi, blood, or fluids in the interior, and the use of herbs to dispel pathogens from specific channels and their associated surface regions.

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Background

- The category of formulas are divided into four sections.
 - Section 1 Formulas that release exterior wind-cold
 - Section 2 Formulas that release exterior wind-heat
 - Section 3 Formulas that release exterior disorders with interior deficiency
 - Section 4 Formulas that release exterior disorders with interior disorders
- Sweating is the first of the eight methods of treatment formulated by the 18th century physician Cheng Guopeng underlining its importance in clinical practice. Yet many practitioners continue to underrate this method. This is unfortunate, because the odds of preventing the development of a serious condition are always better when intervention occurs at the early stage of an illness.

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Background

- Basic Questions, Chapter 5
 - *It is best to treat (disease at the level of) the skin and hair; the next best is to treat the muscles and flesh; the next best is to treat the sinews and vessels; the next best to treat the six Yang organs; the next best is to treat the five Yin organs; when treating the five Yin organs, half the patients die and the other half survive.*

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Background

- Successful use of the formulas discussed in this chapter will be aided by paying attention to the following principles:
 - First, accurate diagnosis is essential.
 - Treating exterior or exterior and interior simultaneously when interior disorder develops before the exterior has been released;
 - Inappropriate for treating disorders solely of the interior, expressed rashes, or edema due to deficiency;
 - Be clear about the precise nature of the pathogenic influence to be released as this determines the choice of formula.
 - Second, most of these formulas should be cooked briefly because they contain substances that are light and volatile in nature, which, if subjected to too much heat, lose their efficacy.
 - Third, formulas taken hot after meals will provide the best results.
 - Sweating is further encouraged by instructing the patient to bundle up after taking the medicine.
 - The goal of sweating is not sweating itself but to assist the function of the protective Qi, only a slight sweat over the entire body is needed to release the exterior. Excessive sweating dissipates the Qi and fluids.
 - Fourth, the formula and dosage should be adjusted to the individual's constitution, local climate, and season.
 - Mild treatment for a person who sweats easily, lives in a warm climate and contracts an illness during the spring or summer.
 - Vice versa

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- Chapter 1 Formulas that release the exterior (**28 types**)
 - Section 1 Formulas that release exterior wind-cold (17 types)
 - Section 2 Formulas that release exterior wind-heat (4 types)
 - Section 3 Formulas that release exterior disorders with interior deficiency (5 types)
 - Section 4 Formulas that release exterior disorders with interior disorders (2 type)

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Section 1 Formulas that release exterior wind-cold

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Wind-cold

Wind-cold disorders are marked by fever and chills (chills predominant), head and body aches, clear or white secretions (nasal discharge, sputum), and a floating pulse.



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Wind-cold

Cold damage (Shan Han, 伤寒) and wind attack (Zhong Feng, 中风)

- Cold damage: characterized by a strong defensive reaction to a strong pathogen.
 - **No sweating** – cold blocks the circulation of protective Qi and fluids in the outer layers of the body, and closes up the interstices and pores, which prevents sweating.
 - High fever and severe body aches – constraint of protective and nutritive Qi.
- Wind attack: characterized by disorder and disruption rather than complete obstruction.
 - **Sweating** – although there is sweating, the condition does not improve because the protective Qi is unable to expel the pathogen.
 - Treatment still requires sweating and harmonization of relationship between the protective Qi and nutritive Qi.

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Wind-cold

- The formulas for wind-cold
 - Pungent and warm herbs that release the exterior, such as Ma Huang; Gui Zhi; Qiang Huo; Fang Feng; Jing Jie;
 - Herbs that help the Lungs disseminate and direct Qi downward, such as Xing Ren;
 - Invigorating the blood and unblock the vessels, such as Chuan Xiong;
 - Herbs that dry dampness and transform phlegm, such as Ban Xia; Chen Pi; Zi Su Zi;

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Formulas that release exterior wind-cold

- Section I Formulas that release exterior wind-cold (17 types)
 - **Ma Huang Tang** (Ephedra Decoction)
 - Da Qing Long Tang (Major Bluegreen Dragon Decoction)
 - Ma Huang Jia Zhu Tang (Ephedra Decoction plus Atractylodis)
 - Ma Xing Yi Gan Tang (Ephedra, Apricot Kernel, Coicis, and Licorice Decoction)
 - San Ao Tang (Three-Unbinding Decoction)
 - Hua Gai San (Canopy Powder)
 - **Gui Zhi Tang** (Cinnamon Twig Decoction)
 - Gui Zhi Jia Ge Gen Tang (Cinnamon Twig Decoction plus Kudzu)
 - Gui Zhi Jia Hou Po Xing Zi Tang (Cinnamon Twig Decoction plus Magnolia)
 - Gui Zhi Jia Shao Yao Tang (Cinnamon Twig Decoction plus Peony)
 - **Ge Gen Tang** (Kudzu Decoction)
 - **Xiao Qing Long Tang** (Minor Blue-Green Dragon Decoction)
 - **Cang Er Zi San** (Xanthium Powder)
 - **Chuan Xiong Cha Tiao San** (Ligusticum Chuanxiong Powder to be Taken with Green Tea)
 - **Xing Su San** (Apricot Kernel and Perilla Leaf Powder)
 - **Xiang Su San** (Cyperus And Perilla Leaf Powder)
 - Jiu Wei Qiang Huo Tang (Nine Herb Decoction with Notopterygium)

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Ma Huang Tang (Ephedra Decoction) 麻黄汤



- **Source:** Discussion of Cold Damage (C. 220)
- **Actions:** releases exterior cold and arrests wheezing
- **Indications:** wind-cold syndrome of excess type manifested by fever and chills (chills predominant) without sweating, headache, generalized body aches, wheezing, a thin, white tongue coating, and a floating, tight pulse.

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Ma Huang Tang (Ephedra Decoction)

麻黄汤

- **Pathological analysis**

- Wind-cold attacking the exterior where it constrains the protective Qi.
- Cold inhibits the flow of the Yang Qi in the exterior, which produces chills.
- The struggle between external pathogenic influence and normal Qi causes fever and makes the skin warm to the touch.
- The head is the meeting place of the yang channels; the attack of wind-cold gives rise to headache.
- No sweating is due to cold causing interstices and pores to close.
- Cold interferes with the flow of nutritive Qi in the muscle layer and channels which produces generalized body aches.
- Disorder of normal dissemination of Lung qi results in rebellious Lung qi that manifests as a harsh, barking cough or wheezing.
- Tongue is not yet affected due to the exterior condition only.
- Floating pulse indicates that the pathogenic influence is in the exterior; the tight pulse indicates the presence of cold;

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Ma Huang Tang (Ephedra Decoction)

麻黄汤

- **Composition**

- **Chief**

- Ma Huang (Ephedrae Herba) 9g

- **Deputy**

- Gui Zhi (Cinnamomi Ramulus) 6g

- **Assistant**

- Xing Ren (Armeniaca Semen) 70 pcs (9-12g)

- **Envoy**

- Zhi Gan Cao (Glycyrrhizae Radix Preparata) 3g



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Ma Huang Tang (Ephedra Decoction)

麻黄汤

- **Analysis of Formula**

- Ma Huang, warm and pungent, strong diaphoretic that also disseminates the Lung qi and treats wheezing, which plays chief herb role.
- The deputy, Gui Zhi, is also a diaphoretic that releases the exterior (especially the muscle layer) and warms and facilitates the flow in the channels. When combined with Ma Huang, it strengthens the diaphoretic effect of the formula.
- The assistant, Xing Ren, bitter and sl. Warm, directs Lung qi downward to help Ma Huang arrest wheezing and expel the pathogenic influence. Its oily nature moderates the pungent quality of Ma Huang and Gui Zhi; (corrective assistant)
- The envoy, Zhi Gan Cao, harmonizes the actions of the other herbs, moderates the diaphoretic action of Ma Huang, and protects against the sl. toxicity of Xing Ren;

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Ma Huang Tang (Ephedra Decoction)

麻黄汤

- **Key Point of diagnosis**
 - Chilly and no sweating.
- **Caution and contraindication in Use**
 - Contraindicate in case of spontaneous sweating due to external contracted exterior cold, or Yin and blood deficiency. Caution in cases of hypertension; Only use for very short periods of time.
- **Modification**
 - Mild wind-cold: - Gui Zi, + Su Ye and Jing Jie.
 - Exterior cold with interior heat: + Shi Gao, Zhi Mu or Huang Qin.
 - For concurrent qi and blood deficiency: + Huang Qi, Ren Shen, Dang Gui, Shu Di Huang;
 - For sore throat: - Gui Zhi; + Tian Hua Fen, She Gan;
 - For external wind-cold accompanied by dampness: + Fang Feng, Qiang Huo, Bai Zhu.
 - Severe cough and profuse phlegm, remove Gui Zi and add Sang Bai Pi (Cortex Mori Radicis), Zi Su Zi (Fructus Perillae), Chen Pi (Pericarpium Citri Reticulatae) and Fu Ling (Poria) to resolve the phlegm and stop the cough.
 - Where trauma is accompanied by contraction of wind-cold: + Tao Ren, Hong Hua
- **Clinic Use**
 - Common Cold, Flu, Bronchitis, Bronchial asthma, Pneumonia, Urticaria and Psoriasis caused by wind-cold.

Ma Huang Tang's variation

- Ma Huang Tang's variation
 - Da Qing Long Tang (Major Bluegreen Dragon Decoction)
 - Ma Huang Jia Zhu Tang (Ephedra Decoction plus Atractylodis)
 - Ma Xing Yi Gan Tang (Ephedra, Apricot Kernel, Coicis, and Licorice Decoction)
 - San Ao Tang (Three-Unbinding Decoction)
 - Hua Gai San (Canopy Powder)

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Da Qing Long Tang (Major Bluegreen Dragon Decoction)

大青龙汤

- **Source:** Discussion of Cold Damage (C. 220)
- **Actions:** promotes sweating, releases the exterior, and clears interior heat;
- **Indications:** wind-cold in the exterior complicated by constrained heat in the interior characterized by severe fever and chills without sweating, body aches, thirst, irritability, and a floating, tight pulse.



Da Qing Long Tang (Major Bluegreen Dragon Decoction)
大青龙汤

• **Composition**

– **Chief**

- Ma Huang (Ephedrae Herba) 18g

– **Deputy**

- Shi Gao (Gypsum fibrosum) 1 piece the size of an egg (12-30g)

– **Assistant**

- Gui Zhi (Cinnamomi Ramulus) 6g
- Xing Ren (Armeniaca Semen) 60 pcs (6-9g)
- Sheng Jiang (Zingiberis Rhizoma recens) 9g
- Da Zao (Jujubae Fructus) 12 pcs

– **Envoy**

- Zhi Gan Cao (Glycyrrhizae Radix Preparata) 6g



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Da Qing Long Tang (Major Bluegreen Dragon Decoction)
大青龙汤

• **Analysis of Formula**

- Ma Huang – increased dosage, remains the chief herb.
- Shi Gao --- acrid, sweet and cold, clears internal heat without inhibiting the dispersing action of the diaphoretics or further damaging the yin fluids.
- Ma Huang, Gui Zhi and Sheng Jiang ----strongly open the pores, induce sweating and disperse wind-cold;
- Da Zao, Zhi Gan Cao ---tonify the Middle Jiao and replenish the body fluid; moderate the drying action of Ma Huang and Gui Zhi;
- Sheng Jiang, Da Zao --- tonify the SP & ST; harmonize the nutritive and protective qi;
- Xing Ren ---- dosage reduced, stops cough and wheezing; moderates the damage to the Lungs by Ma Huang's drying.

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Da Qing Long Tang (Major Bluegreen Dragon Decoction) 大青龙汤

- **Key Point of diagnosis**
 - Chilly, no sweating, dysphoria, floating pulse.
- **Caution and contraindication in Use**
 - Strongly diaphoretic; stop once sweating has been induced.
 - All exterior deficiency syndrome with sweating and dysphoria should be contraindicated.
 - Exterior was constricted by wind cold with severe accumulation of fluids in the interior, should not use this formula.
 - The formula is contraindicated in Shao Yin patterns, in case of yang def.
- **Modification**
 - For less severe cold in the exterior: - dosage of Ma Huang
 - For more pronounced signs of heat in the interior with severe irritability and restlessness and pronounced thirst: + dosage of Shi Gao
 - For cough and wheezing with thin mucus: + dosage of Xing Ren, + Ban Xia, Su Zi, Sang Bai Pi;
 - For superficial edema with reduced urination: + Fu Ling, Zhu Ling, Sang Bai Pi, Ting Ling Zi;
- **Clinic Use**
 - Upper respiratory tract infections, influenza, suppurative keratitis, acute infectious conjunctivitis, sinusitis, bronchial asthma, viral pneumonia, lobar pneumonia, pulmonary gangrene, septicemia, scarlet fever, and erispelas; contact dermatitis;

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Ma Huang Jia Zhu Tang (Ephedra Decoction plus Atractylodis) 麻黄加术汤

- **Source:** Essential from the Golden Cabinet (c. 220)
- **Composition:** Ma Huang Tang + Bai Zhu (Atractylodis macrocephalae Rhizoma)
- **Indications:** For pronounced **body aches with irritability** due to damp-cold in the exterior or invasion of wind-dampness in patients with chronic dampness, usually due to Sp deficiency.

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Ma Xing Yi Gan Tang (Ephedra, Apricot Kernel, Coicis, and Licorice Decoction) 麻杏苒甘汤

- **Source:** Essential from the Golden Cabinet (c. 220)
- **Composition:**
 - Ma Huang (Ephedrae Herba) 1.5g;
 - Xing Ren (Armeniaca Semen) 3g;
 - Yi Yi Ren (Coicis Semen) 1.5g;
 - Gan Cao (Glycyrrhizae Radix) 3g;
- **Actions:** releases the exterior and dispels wind-dampness.
- **Indications:** For **externally contracted wind-dampness** characterized by mild, generalized body aches, slight aversion to wind, and fever that worsens in the afternoon.



San Ao Tang (Three-Unbinding Decoction)

三拗汤

- **Source:** Formulary of the Pharmacy Service for Benefiting the People in the Taiping Era (1107)
- **Composition:**
 - Ma Huang Tang — Gui Zhi
- **Actions:** disseminates the Lung qi and releases the exterior.
- **Indications:** For **externally-contracted wind-cold** characterized by head and body aches, nasal congestion, **coughing, wheezing, copious white, thin sputum, and a sensation of fullness in the chest.** May also be used for coughing and loss of voice due to wind-cold;

Hua Gai San (Canopy Powder)

华盖散



- **Source:** Formulary of the Pharmacy Service for Benefiting the People in the Taiping Era (1107)
- **Composition:**
 - Ma Huang (30g); Sang Bai Pi (30g); Zi Su Zi (30g); Xing Ren (30g); Chi Fu Ling (30g); Chen Pi (30g); Gan Cao (15g);
- **Actions:** disseminates the Lung qi and releases the exterior; expels phlegm and stops coughing;
- **Indications:** For **wind-cold attacking the Lungs** characterized by **coughing with copious sputum and a stifling sensation in the chest**. This is often seen in patients who have phlegm and then suffer an attack of wind-cold; it is especially effective for the treatment of chronic bronchitis and bronchial asthma where wind-cold often presents as a lurking pathogen.

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Gui Zhi Tang (Cinnamon Twig Decoction)

桂枝汤



- **Source:** Discussion of Cold Damage (C. 220)
- **Actions:** releases pathogenic influences from the muscle layer and regulates the nutritive and protective qi
- **Indications:** **Externally-contracted wind-cold or wind attack characterized by disharmony between the nutritive and protective qi**. Fever and **chills unrelieved by sweating**, headache, **aversion to wind**, stiff neck, nasal congestion, dry heaves, no particular thirst, a thin, white, and moist tongue coating, and a floating pulse that is either lax or frail. May also be used for a similar presentation in patients not suffering from an external invasion.
 - It is representative formula of “regulating nutritive qi and protective qi”

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Gui Zhi Tang (Cinnamon Twig Decoction)

桂枝汤

- Nutritive and protective Qi
 - Physiological status:
 - The two regulate and support each other. The protective Qi (associated with yang) guards the exterior and prevents leakage of nutritive Qi to the outside. The nutritive Qi (associated with yin) nourishes and stabilizes the interior, regulating the function of protective Qi as well as constituting a reservoir for it.
 - Pathological status:
 - The mutual regulation and support is lost.
 - When the protective Qi rises to the surface to fend off the invading pathogenic Qi, fever and chills are produced.
 - Agitated by the externally-contracted wind, it is unable to adequately perform its other functions, such as guarding the nutritive Qi.
 - The nutritive Qi therefore becomes unstable and is unable to contain the fluids.
 - The resulting sweating does not have the full force of protective Qi behind it, and thus does not lead to any improvement in the condition.

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Gui Zhi Tang (Cinnamon Twig Decoction)

桂枝汤

- Pathological analysis
 - The opening of the interstices and pores (during sweating) makes one more sensitive to the environment, which leads to an aversion or sensitivity to wind.
 - When wind-cold invades the muscles and the exterior, it impedes the flow of Qi in the channels (especially Tai Yang channels), which leads to headache and stiff neck.
 - The Lungs control the Qi and are associated with the skin, body hair, and nose. Wind-cold, which fetters or “bottles up” the exterior, also impairs the Qi mechanism of the Lungs, which causes nasal congestion.
 - The impaired Qi mechanism of the Lungs and the loss of mutual regulation between the nutritive and protective Qi disrupts the Stomach Qi, which leads to dry heaves.
 - As is typical of fever due to exterior cold, there is no particular thirst. The thin, white tongue coating and floating pulse are also characteristic of exterior wind-cold. Sweating “opens up” the superficial levels of the body, which is reflected in a relaxation of the pulse. The pulse is lax in that it is not as tight as the tight pulse associated with exterior cold excess; this reflects the general state of the exterior.

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Gui Zhi Tang (Cinnamon Twig Decoction)
桂枝汤

• **Composition**

– **Chief**

- Gui Zhi (Cinnamomi Ramulus) 9g

– **Deputy**

- Bai Shao (Paeoniae Radix) 9g

– **Assistant**

- Sheng Jiang (Zingiberis Rhizoma recens) 9g
- Da Zao (Jujubae Fructus) 12 pcs

– **Envoy**

- Zhi Gan Cao (Glycyrrhizae Radix Preparata) 6g

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Gui Zhi Tang (Cinnamon Twig Decoction)
桂枝汤

• **Analysis of Formula**

- Gui Zhi, warm and acrid, releases externally-contracted wind-cold from the muscle layer.
- Bai Shao benefits the yin and contains the weak nutritive Qi. Combined with Gui Zhi, simultaneously enhance the ability of the protective Qi to dispel pathogenic influences while strengthening the nutritive Qi.
- Sheng Jiang, helps Gui Zhi release the exterior while also treating the nausea and vomiting by warming the middle and directing Qi downward.
- Da Zao, helps the sour deputy nourish and harmonize the nutritive Qi and the blood. Combined with Sheng Jiang, benefit the middle Qi, which rises to regulate the nutritive and protective Qi.
- Zhi Gan Cao, harmonizes the actions of the other ingredients, combining with Gui Zhi and Sheng Jiang to transform the yang aspects of the condition and with Bai Shao & Da Zao to transform the Yin.

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Gui Zhi Tang (Cinnamon Twig Decoction)

桂枝汤

- **Key Point of diagnosis**
 - Fever, chilly and sweating.
- **Caution and contraindication in Use**
 - Contraindicate in case of exterior cold and interior heat. Should not be given to patients with internal heat, as nosebleeds may result. Contraindicated in patients with internal damp-heat. Should be used with caution during the summer or hot weather.
- **Modification**
 - For marked nasal congestion with sneezing: + Fang Feng, Xin Yi Hua;
 - For shortness of breath and rough breathing or other signs of Qi stagnation: + Hou Po, Zhi Ke, or Chen Pi;
 - For a swollen, heavy sensation in the head indicating the presence of heat that prevents the yang from directing downward: + Ju Hua, Chan Tui;
 - For simultaneous presence of internal heat: + Shi Gao, Zhi Mu, Huang Qin or Sheng Ma
 - For profuse sweating: + the dosage of Bai Shao; —1/3 of Gui Zhi, Sheng Jiang, Zhi Gan Cao; + Huang Qi, Fang Feng;
 - For severe headache: —Bai Shao; + Chi Shao, Gao Ben;
 - For severe vomiting: + dosage of Bai Shao, +Sheng Jiang, Chen Pi, Hou Po
 - For joint pain in the extremities accompanied by fatigue: + Qiang Huo, Fang Feng
 - For diarrhea due to wind-cold accompanied by summer heat-dampness: + Fu Ling, Ze Xie
 - For wind attack in women, menstrual pain, or ulcers and sores indicating blood stasis: —Bai Shao; + Chi Shao, Tao Ren, Hong Hua or Dang Gui
 - For Spleen yang def. reducing the spleen's ability to control the blood: + Zao Xin Tu, E Jiao
 - For low grade fever of unknown etiology: + Qing Hao, Bai Wei
- **Clinic Use**
 - Common cold, influenza, upper respiratory tract infection, or fever of unknown, spontaneous sweating, urticaria, pruritus cutaneous, and erythema multiforme etc.

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Gui Zhi Tang (Cinnamon Twig Decoction)

桂枝汤

- The famous Shanghai physician Zhang Yaoqing, cited in *Contemporary Explanations of Classical Formulas*, sums up the many uses of this formulas under twelve headings:
 - 1. Harmonization of nutritive and protective Qi
 - 2. Releasing the muscle layer to promote sweating
 - 3. Yang deficiency with spontaneous sweating
 - 4. Insufficiency of ST yang
 - 5. Running pigleg Qi with wheezing
 - 6. Deficiency cold pain in the lower abdomen, causing cramping pains
 - 7. Wind-dampness painful obstruction
 - 8. Deficiency wheezing
 - 9. Chronic Spleen wind in children
 - 10. Enriching yin and harmonizing yang
 - 11. Frostbite
 - 12. Yin-type patterns in external medicine

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Gui Zhi Tang's variation

- Gui Zhi Tang (Cinnamon Twig Decoction)
 - Gui Zhi Jia Ge Gen Tang (Cinnamon Twig Decoction plus Kudzu)
 - Gui Zhi Jia Hou Po Xing Zi Tang (Cinnamon Twig Decoction plus Magnolia)
 - Gui Zhi Jia Shao Yao Tang (Cinnamon Twig Decoction plus Peony)

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Gui Zhi Jia Ge Gen Tang (Cinnamon Twig Decoction plus Kudzu)
桂枝加葛根汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Composition:**
 - Gui Zhi Tang + Ge Gen (Puerariae Radix)
- **Actions:** releases the muscle layer and relaxes moisten the sinews.
- **Indications:** For **Tai Yang disorders** characterized by **stiff neck and upper back, sweating, and sensitivity to wind.**

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Gui Zhi Jia Hou Po Xing Zi Tang (Cinnamon Twig
Decoction plus Magnolia)
桂枝加厚朴杏子汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Composition:**
 - Gui Zhi Tang + Hou Po (*Magnoliae officinalis* Cortex); Xing Ren (*Armeniaca Semen*)
- **Actions:** release exterior disorder, stop wheezing.
- **Indications:** Gui Zhi Tang presentation + **wheezing**

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Gui Zhi Jia Shao Yao Tang (Cinnamon Twig
Decoction plus Peony)
桂枝加芍药汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Composition:**
 - Gui Zhi Tang + Double the dosage of Bai Shao (*Paeoniae Radix*)
- **Actions:** releases exterior disorder, stops abdominal pain.
- **Indications:** **Tai Yang disorders** that have been improperly treated with purgatives and thus advanced to the **Tai Yin**, characterized by abdominal fullness and occasional pain.

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Ge Gen Tang (Kudzu Decoction) 葛根汤

- **Source:** Discussion of Cold Damage (C. 220)
- **Actions:** releases the exterior and muscle layer, and generates fluids
- **Indications:** Externally-contracted wind-cold affecting the Tai Yang channel manifested by fever and chills without sweating, stiff and rigid neck and upper back, a thin, white tongue coating, and a floating, tight pulse.
 - “A small bird that strains its neck and upper back in an attempt to fly.” This is caused by wind-cold, which binds the upper portion of the Tai Yang channel and prevents the fluids from reaching the area.



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Ge Gen Tang (Kudzu Decoction) 葛根汤

- **Composition**
 - **Chief**
 - Ge Gen (Puerariae Radix) 12g
 - **Deputy**
 - Ma Huang (Ephedrae Herba) 9g
 - Gui Zhi (Cinnamomi Ramulus) 6g
 - **Assistant**
 - Bai Shao (Paeoniae Radix) 6g
 - Sheng Jiang (Zingiberis Rhizoma recens) 9g
 - Da Zao (Jujubae Fructus) 12 pcs
 - **Envoy**
 - Zhi Gan Cao (Glycyrrhizae Radix Preparata) 6g

44

Ge Gen Tang (Kudzu Decoction)

葛根汤

- **Analysis of Formula**

- The chief herb, Ge Gen, releases the **muscle layer (especially of the upper back and neck)** by drawing fluids to the affected area, and releases the exterior.
- Ma Huang, the deputy herb, induces sweating. It is one of powerful herb for releasing excess cold from the exterior.
- Gui Zhi, another deputy, helps Ge Gen and Ma Huang release the exterior and muscle layer.
- Bai Shao, the assistant herb, preserves the Yin by preventing the exterior-releasing herbs from causing excessive sweating. Combined with Gui Zhi, regulates the protective Qi and nutritive Qi and assists in the expulsion of the pathogenic influences.
- Sheng Jiang and Da Zao, regulate the protective and nutritive Qi and harmonize the ST, protecting that organ from injury.
- Zhi Gan Cao, the envoy, harmonizes the actions of the other herbs. Combined with Bai Shao, relieves muscle spasms for neck and back stiffness.

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Ge Gen Tang (Kudzu Decoction)

葛根汤

- **Key Point of diagnosis**

- Fever, chilly, no sweating, stiff neck and upper back.

- **Caution and contraindication in Use**

- Contraindicate in case of exterior cold def.; Should not be given to patients due to wind heat. Contraindicated in patients with internal damp-heat. Should be used with caution during the summer or hot weather.

- **Modification**

- For severe nasal blockage: + Chuan Xiong, Huang Qin, Xin Yi Hua, Jie Geng;
- For urticaria: + Chan Tui;
- For sever facial pain: + Du Huo; Tao He Cheng Qi Tang

- **Clinic Use**

- Problems characterized by neck and back pain including common cold, cervical spine disease, torticollis, periarthritis of the shoulder, lumbar disc disease, lumbar strain;
- Problems affecting the head, including trigeminal neuralgia, cerebral vascular insufficiency, hypertension, cerebrovascular disease, otitis media, gingivitis, sinusitis, allergic rhinitis, tonsillitis, and iritis.
- Acute digestive problems, including acute enteritis and bacillary dysentery.

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Ge Gen Tang (Kudzu Decoction) 葛根汤

- Comparisons

- Ma Huang Tang and Ge Gen Tang

- Common points: Both formulas treat Tai Yang pattern caused by wind-cold obstructing protective Yang in the exterior.
- Difference
 - Ma Huang Tang treats patterns where wind-cold is affecting the dispersion and downward-directing of Lung Qi, leading to **coughing and wheezing**.
 - Ge Gen Tang treats patterns where wind-cold is affecting the dispersion of Qi and blood in the Yang Ming channel, manifesting as **stiff and rigid neck**.

47

Xiao Qing Long Tang (Minor Blue-Green Dragon Decoction) 小青龍湯

- **Source:** Discussion of Cold Damage (C. 220)
- **Actions:** releases the exterior, transforms thin mucus, warms the Lungs, and directs Qi downward.
- **Indications:** **acute attacks of wind-cold in cases with chronic thin mucus** manifested by fever and chills (**chills predominant**) **without sweating, cough, wheezing, sputum that is copious**, white, stringy, and difficult to expectorate, **stifling sensation in the chest**, generalized sensation of heaviness and body aches, no particular thirst, moist tongue coating, and a floating, tight pulse. In severe cases, there may be floating edema or considerable difficulty in breathing when lying down.



Xiao Qing Long Tang (Minor Blue-Green Dragon Decoction)

小青龙汤

• Pathogenic analysis

- From an organ systems perspective, chronic water metabolism problems and thin mucus are associated with a disposition toward weakness of the **Lungs, Spleen, and Kidneys**.
- When such persons contact external wind-cold, these problems are further exacerbated by closure of the interstices and pores at the surface.
 - Wind-cold fettering the exterior hinders the protective (yang) Qi and constrains the nutritive (yin) Qi, resulting in fever and chills without sweating.
 - The Lungs control the Qi and the exterior and facilitate flow in the water pathways. When Lungs Qi is constrained by wind-cold, the qi movement is further impeded. Thin mucus readily attacks the Lungs from the epigastric area, where it accumulates due to a failure of the Spleen's transportive and transformative functions. This process leads to coughing and wheezing (with copious, white, stringy sputum that is difficult to expectorate), a stifling sensation in the chest, and , in very severe cases, difficulty in breathing while lying down.
 - Fluids entering the superficial levels of the body can cause floating edema, a generalized sensation of heaviness, and body aches.
 - Thin mucus accumulating in the ST prevents its Qi from directing downward, leading to dry retching.
 - The absence of thirst and the moist tongue coating indicate a surfeit of fluids.
 - The floating nature of the pulse indicates an exterior condition, while tightness reflects the presence of cold.

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Xiao Qing Long Tang (Minor Blue-Green Dragon Decoction) 小青龙汤

• Composition

– Chief

- Ma Huang (Ephedrae Herba) 9g
- Gui Zhi (Cinnamomi Ramulus) 9g

– Deputy

- Gan Jiang (Zingiberis Rhizoma) 9g
- Xi Xin (Asari Radix et Rhizoma) 9g

– Assistant

- Wu Wei Zi (Schisandrae Fructus) 9g
- Bai Shao (Paeoniae Radix alba) 9g
- Zhi Ban Xia (Pinelliae Rhizoma preparatum) 9g

– Envoy

- Zhi Gan Cao (Glycyrrhizae Radix Preparata) 9g

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Xiao Qing Long Tang (Minor Blue-Green Dragon
Decoction)
小青龙汤

- **Analysis of Formula**

- The efficacy of this formula is attributed to its ability to **simultaneously** release wind-cold from the exterior and transform thin mucus in the interior. If the exterior is not resolved, the fluids can not be moved. If thin mucus constrains the interior, protective yang can not penetrate to the exterior. Only a strategy that **focuses on both** dispersing the protective yang and transforming the yin excess can overcome this vicious circle.

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Xiao Qing Long Tang (Minor Blue-Green Dragon
Decoction)
小青龙汤

- **Analysis of Formula**

- This formula is basically a combination of Ma Huang Tang, Gui Zhi Tang and Ling Gan Wu Wei Jiang Xin Tang.
- Ma Huang, the chief herb, releases the exterior, arrests wheezing and promotes urination. The other chief herb, Gui Zhi, opens the blood vessels and promotes Qi transformation. Together, the two herbs disperse wind-cold from the exterior, promote water metabolism to remove thin mucus, disseminate LU qi and open the vessels to treat wheezing and body aches.
- Gan Jiang and Xi Xin, the deputies, warm the interior, transform thin mucus and help the chief herbs release the exterior. Gan Jiang is particularly effective in warming the SP, the deficiency of which is the primary cause of the thin mucus. Xi Xin also stops the coughing by facilitating the flow of Qi throughout the body.
- Wu Wei Zi, the assistant herb, prevents the leakage of LU qi by warm, pungent herbs whose function is to scatter and dry might easily injure the Qi and fluids and adversely affect Lung function. Bai Shao, another assistant herb, nourishes the blood and nutritive Qi. Zhi Ban Xia, another assistant herb, transforms thin mucus and harmonizes the ST.
- The envoy, Zhi Gan Cao, augments the qi and harmonizes the interaction of the acrid and sour herbs.

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Xiao Qing Long Tang (Minor Blue-Green Dragon Decoction)

小青龙汤

- **Key Point of diagnosis**
 - Chilly, no sweating, asthma or cough, thin and profuse sputum.
- **Caution and contraindication in Use**
 - Should not be used long term, nor for conditions with heat, coughing of blood, or coughing due to yin deficiency. Use with caution in cases with hypertension (Zhi Ma Huang rather than Ma Huang).
- **Modification**
 - For severe exterior cold disorders: increase the dosage of Ma Huang and Gui Zhi;
 - For marked congestion, copious sputum, breathing difficulty while lying down, a slippery and wet tongue coating, and a wiry and tight or slippery pulse: increase the dosage of Xi Xin, Zhi Ban Xia, + Sheng Jiang;
 - For pronounced nasal congestion, runny nose, and headache: substitute Sheng Jiang for Gan Jiang, substitute Chi Shao for Bai Shao, + Fang Feng and Jing Jie;
- **Clinic Use**
 - Disorders marked by coughing and/or wheezing, including upper respiratory tract infections, acute and chronic bronchitis, bronchial asthma, emphysema, and cardiopulmonary disease;
 - Disorders marked by discharges from the nose and/or eyes, including hay fever, allergic rhinitis, viral conjunctivitis, and dacryoscleritis.
 - Disorders marked by hiccups or retching, including enteritis, peptic ulcer, atrophic gastritis, cirrhosis, and chronic bacillary dysentery.
 - Miscellaneous diseases such as nephritis, rheumatic heart disease, pleuritis, epilepsy, and periarthritis of the shoulder;

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Cang Er Zi San (Xanthium Powder)

苍耳子散

- **Source:** Formulas to Aid the Living (1253)
- **Actions:** disperses wind, alleviates pain, and unblocks the nose.
- **Indications:** deep-source nasal congestion (Bi Yuan) or seepage from the brain marked by copious, purulent, and even foul-smelling nasal discharge, nasal obstruction, dizziness, frontal headache, a normal or thin, white or greasy, white tongue coating;



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Cang Er Zi San (Xanthium Powder) 苍耳子散

• Pathogenic analysis

- Bi Yuan usually appears after an unsolved case of the common cold;
- Protective Qi obstruction readily manifests in its external orifice, the nose.
- Obstruction of the Yang Ming channel, which traverses the nose, causes frontal headache and dizziness;
- Heat engendered from constraint and fluids that are not directed downward by the Lungs combine to produce profuse, foul-smelling nasal discharge;
- A normal or white tongue coating indicates, however, that the heat constraint is not pronounced.

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Cang Er Zi San (Xanthium Powder) 苍耳子散

• Composition

– Chief

- Cang Er Zi (Xanthii Fructus) 6-9g
- Xin Yi Hua (Magnoliae Flos) 3-6g



– Deputy

- Bai Zhi (Angelicae Dahuricae Radix) 6-9g

– Assistant

- Bo He (Menthae haplocalycis Herba) 3-6g

– Envoy

- Cong Bai (Allii fistulosi Bulbus) 3-6g
 - Or green tea



Cang Er Zi San (Xanthium Powder)

苍耳子散

- **Analysis of Formula**

- In order to unblock deep-source nasal congestion, this formula employs a strategy of dispelling wind and unblocking the orifices.
- The chief herbs, Cang Er Zi and Xin Yi Hua, are acrid and warm, unblock the nasal passages, and are frequently used in treating profuse nasal discharge.
- The deputy herb, acrid, warm and aromatic Bai Zhi, releases the exterior and opens up the orifices, disperses wind-dampness, and promotes the discharge of pus.
- The assistant herb, acrid and cooling Bo He, releases wind-heat from the exterior and clears the eyes and head.
- The envoy herb, Cong Bai, guides the other herbs to the head; the other envoy, Green tea, clears the head and directs the Qi downward to balance the ascending and acrid nature of most of the other ingredients;

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Cang Er Zi San (Xanthium Powder)

苍耳子散

- **Key Point of diagnosis**

- Copious, purulent, even foul-smelling nasal discharge, nasal congestion, frontal headache, anosmia (loss of smell);

- **Caution and contraindication in Use**

- Caution with pregnancy or pediatric patients;

- **Modification**

- For severe nasal obstruction: + E Bu Shi Cao, Xi Xin;
- For concurrent fever and heat in the Lungs: + Huang Qin, Yu Xing Cao;
- For bloody nasal discharge or nosebleed: + Qian Cao Gen, Sheng Di Huang;
- For more severe dizziness and headache: + Ju Hua, Bai Ji Li;

- **Clinic Use**

- Acute or chronic sinusitis; acute, chronic, or allergic rhinitis;

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Chuan Xiong Cha Tiao San (Ligusticum Chuanxiong
Powder to be Taken with Green Tea)
川芎茶调散

- **Source:** Formulary of the Pharmacy Service for Benefiting the People in the Taiping Era (1107)
- **Actions:** disperses wind and alleviates pain.
- **Indications:** Externally-contracted wind causing headache in any part of the head which may be accompanied by fever and chills, dizziness, nasal congestion, a thin, white tongue coating, and a floating pulse;



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Chuan Xiong Cha Tiao San (Ligusticum Chuanxiong
Powder to be Taken with Green Tea)
川芎茶调散

- **Pathogenic analysis**
 - The head is the meeting place of the Yang channels.
 - When wind invades the body, it follows the course of the channels upward to the head and eyes, obstructing the clear Yang Qi, and causing headache and dizziness.
 - When wind attacks the exterior, the mutual regulation of the nutritive and protective Qi is impaired, which heads to chills.
 - When wind invades the exterior, it battles with the normal Qi, which produces fever.
 - The normal Qi forces the pathogenic influence outward, which is manifested as a floating pulse.
 - The Lungs are the most superficial of the organs and are therefore most easily affected by wind. Because the nose is governed by the Lungs, this lead to nasal congestion;

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Chuan Xiong Cha Tiao San (Ligusticum Chuanxiong
Powder to be Taken with Green Tea)

川芎茶调散

• **Composition**

– **Chief**

- Chuan Xiong (Chuanxiong Rhizoma) 120g
- Qiang Huo (Notopterygii Rhizoma seu Radix) 60g
- Bai Zhi (Angelicae dahuricae Radix) 60g

– **Deputy**

- Jing Jie (Schizonepetae Herba) 120g
- Fang Feng (Saposhnikoviae Radix) 45g
- Bo He (Menthae haplocalycis Herba) 240g
- Xi Xin (Asari Herba) 30g

– **Assistant**

- Green tea

– **Envoy**

- Zhi Gan Cao (Glycyrrhizae Radix preparata) 60g

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Chuan Xiong Cha Tiao San (Ligusticum Chuanxiong
Powder to be Taken with Green Tea)

川芎茶调散

• **Analysis of Formula**

- In order to dispel exterior wind from the head and stop pain, one should select so-called “wind herbs (Feng Yao, 风药)”. The so-called wind herbs are acrid, warm and ascending in nature and thereby embody the nature of wind within themselves.
- The three chief herbs:
 - Chuan Xiong alleviates headaches along the Shao Yang (temporal) and Jue Yin channels (vertex);
 - Qiang Huo alleviates headaches along the Tai Yang channel (occipital);
 - Bai Zhi alleviates headaches along the Yang Ming channel (frontal);
- In combination, these three herbs treat headache in any part of the head. If the pain is localized, the dosage of the corresponding herb can be increased accordingly.

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Chuan Xiong Cha Tiao San (Ligusticum Chuanxiong Powder to be Taken with Green Tea)

川芎茶调散

- Four deputies aid the chief herbs by dispersing wind from the head and releasing the exterior.
 - Jing Jie and Fang Feng comprise a frequently used synergistic combination that disperse wind from both the exterior and the channels.
 - Bo He (as chief herb in some books) disperses wind from the exterior, benefits the head and eyes, clears heat from constraint.
 - Xi Xin scatters cold, alleviates pain, and is especially effective in treating headaches along the Shao Yin channel (orbital headaches).
- The assistant herb, Green Tea, which is used to swallow the powder, bitter and cool, causes the clear yang to ascend and directs the turbid yin downward, helps to clear the head and eyes, and moderates the undesirable side effects caused by the warm, drying properties of some the other ingredients.
- Zhi Gan Cao, the envoy herb, cools, detoxifies, and harmonizes the actions of the other herbs in the formula.

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Chuan Xiong Cha Tiao San (Ligusticum Chuanxiong Powder to be Taken with Green Tea)

川芎茶调散

- **Key Point of diagnosis**
 - Headache, nasal congestion, white tongue coating and floating pulse;
- **Caution and contraindication in Use**
 - (large number of warm, acrid herbs) Inappropriate for treating headache from Liver yang rising due to LV & KD deficiency, and headache due to Qi and blood deficiency. Should be administered in small doses and cooked no more than 1-3 min when taken as a powder;
- **Modification**
 - For wind-cold headache: — Bo He; + Sheng Jiang, Zi Su Ye;
 - For wind-heat headache: — Qiang Huo, Xi Xin; + Ju Hua, Man Jing Zi;
 - For chronic headache: + Hong Hua, Tao Ren, Bai Jiang Can, Quan Xie;
 - To alter the focus of the formula in addressing headache along specific channels, add the following: Gao Ben for Tai Yang (occipital) headache; Chai Hu for Shao Yang (temporal) headache; Ge Gen for Yang Ming (frontal) headache; Wu Zhu Yu and Di Long for Jue Yin (vertex) headache;
- **Clinic Use**
 - Upper respiratory tract infection, migraine headache, tension headache, neurogenic headache, and acute and chronic rhinitis or sinusitis, postconcussion headache;

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Xing Su San (Apricot Kernel and Perilla Leaf Powder)
杏苏散



- **Source:** Systematic Differentiation of Warm Pathogen Diseases (1798)
- **Actions:** gently disperse cool-dryness, disseminates the Lung Qi, and transforms thin mucus.
- **Indications:** Externally-contracted cool-dryness interfering with the disseminating, clearing, and downward-directing functions of the Lungs marked by slight headache, chills without sweating, cough with watery sputum, stuffy nose, dry throat, a dry, white coating, and a wiry pulse;

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Xing Su San (Apricot Kernel and Perilla Leaf Powder)
杏苏散

- **Pathogenic analysis**
 - Headache and chills without sweating indicates cool-dryness attacking the exterior, where it constrains the movement of protective yang.
 - When cool-dryness attacks the Lungs, it disrupts their ability to facilitate the circulation of fluids. This results in the internal accumulation of fluids and produces a type of thin mucus characterized by cough with watery sputum.
 - The nose is the sensory orifice of the Lungs and the throat is part of the Lung system, dryness in the Lungs can lead to a stuffy nose and a dry throat.
 - The dry, white tongue coating indicates cool-dryness.
 - The wiry pulse indicates cool-dryness and thin mucus.

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Xing Su San (Apricot Kernel and Perilla Leaf Powder)
杏苏散

- **Composition**

- **Chief**

- Xing Ren (Armeniaca Semen) 6-9g
- Zi Su Ye (Perillae Folium) 6-9g

- **Deputy**

- Qian Hu (Peucedani Radix) 6-9g
- Jie Geng (Platycodi Radix) 6g
- Zhi Ke (Aurantii Fructus) 6g

- **Assistant**

- Chen Pi (Citri reticulatae Pericarpium) 6g
- Fu Ling (Poria) 6-9g
- Zhi Ban Xia (Pinelliae Rhizoma preparatum) 6-9g

- **Envoy**

- Sheng Jiang (Zingiberis Rhizoma recens) 2-3pcs
- Da Zao (Jujubae Fructus) 2-3pcs
- Zhi Gan Cao (Glycyrrhizae Radix) 3g

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Xing Su San (Apricot Kernel and Perilla Leaf Powder)
杏苏散

- **Analysis of Formula**

- Basic Questions: “ A dry pathogenic Qi is treated internally with bitter and warm (herbs), while sweet and acrid (herbs are used) adjunctively.”
- Because the pathogen is located in the upper Jiao and the exterior, the formula relies primarily on light, acrid, dispersing herbs. They are assisted by those that regulate the disturbed Qi dynamic.

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Xing Su San (Apricot Kernel and Perilla Leaf Powder) 杏苏散

- The chief herbs:
 - Xing Ren, bitter, disseminates the Lungs Qi and stops the coughing;
 - Zi Su Ye, acrid, releases the exterior cold by promoting moderate sweating.
- The three deputies:
 - Qian Hu, assists chief herbs by directing the Qi downward and releasing the exterior;
 - Jie Geng causes the Lung qi to descend and stops the coughing;
 - Zhi Ke moves the qi, expands the chest, and stops the coughing by regulating the qi.
- The assistant herbs:
 - Chen Pi, Fu Ling and Zhi Ban Xia, regulate the Qi of the Middle Jiao and transform the phlegm;
- The envoys, Sheng Jiang, Da Zao and Zhi Gan Cao, harmonize the actions of the other herbs and regulate the nutritive and protective Qi.

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Xing Su San (Apricot Kernel and Perilla Leaf Powder) 杏苏散

- **Key Point of diagnosis**
 - Chills without sweating, cough with watery sputum, stuffy nose, dry throat, white tongue coating and wiry pulse;
- **Caution and contraindication in Use**
 - Caution with warm-dryness, wind-heat or body fluid deficiency from febrile disease;
- **Modification**
 - For absence of sweating and a very wiry or tight pulse: + Qiang Huo
 - For diarrhea and a sensation of fullness in the abdomen: + Cang Zhu, Hou Po;
 - For headache involving the supraorbital ridge: + Bai Zhi;
 - For pronounced fever: + Huang Qin;
- **Clinic Use**
 - Upper respiratory tract infections, acute and chronic bronchitis, and emphysema.

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Xiang Su San (Cyperus and Perilla Leaf Powder)
香苏散

- **Source:** Formulary of the Pharmacy Service for Benefiting the People in the Taiping Era (1107)
- **Actions:** Regulate the Qi and Release the exterior.
- **Indications:** Exterior Wind-cold that occurs in conjunction with Qi constraint in the interior marked by fever and chills without sweating, headache, focal distention and a stifling sensation in the chest and epigastrium, poor appetite, belching, a thin, white tongue coating, and a floating pulse.

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Xiang Su San (Cyperus and Perilla Leaf Powder)
香苏散

- **Pathogenic analysis**
 - This is combination of exterior wind-cold together with Qi constrained in the interior.
 - Exterior wind-cold causes fever and chills (without sweating) and headache.
 - The Lung channel arises from the middle Jiao.
 - When wind-cold constrains the exterior the Lung Qi cannot spread, which in turn obstructs the Qi mechanism of the SP and ST (especially in patients with preexisting constraint).
 - This produces such symptoms as lack of appetite, belching, and focal distention and a stifling sensation in the chest and epigastrium.
 - The thin, white tongue coating and floating pulse reflect the presence of cold in the exterior.

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Xiang Su San (Cyperus and Perilla Leaf Powder)
香苏散

- **Composition**

- **Chief**
 - Zi Su Ye (Perillae Folium) 120g (6-9g)
- **Deputy**
 - Xiang Fu (Rhizoma Cyperi Rotundi) 120g (6-9g)
- **Assistant**
 - Chen Pi (Pericarpium Citri Reticulatae) 60g (3-6g)
- **Envoy**
 - Zhi Gan Cao (Honey-fried Radix Glycyrrhizae Uralensis) 30g (3-6g)

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Xiang Su San (Cyperus and Perilla Leaf Powder)
香苏散

- **Analysis of Formula**

- The chief herb, Zi Su Ye, warm, acrid, releases exterior wind-cold and facilitates the flow of Qi in the interior.
- The deputy, Xiang Fu, releases constraint and disperses stagnation.
- Together these two herbs address the major complaint.
- The assistant, Chen Pi, helps regulate the Qi.
- The envoy, Zhi Gan Cao, harmonizes the actions of the other herbs, strengthens the ST and prevents the Qi-regulating herbs from depleting the Qi.

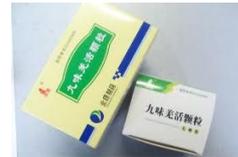
74

Xiang Su San (Cyperus and Perilla Leaf Powder) 香苏散

- **Key Point of diagnosis**
 - Fever and chills without sweating, headache, focal distention and a stifling sensation in the chest and epigastrium, a thin, white tongue coating, and a floating pulse.
- **Caution and contraindication in Use**
 - Caution with wind-heat and without Qi stagnation.
- **Modification**
 - For severe headache: + Man Jing Zi
 - For coughing with copious sputum: + Su Zi and Ban Xia
- **Clinic Use**
 - Upper respiratory tract infection and ST flu.

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Jiu Wei Qiang Huo Tang (Nine Herb Decoction with Notopterygium) 九味羌活汤



- **Source:** Hard-Won Knowledge (1308)
- **Actions:** induces sweating and dispels dampness while simultaneously draining interior heat.
- **Indications:** Externally-contracted wind-cold-dampness with concurrent internal accumulation of heat marked by fever and chills (chills predominant) without sweating, headache, stiff neck, generalized aches and pain, slight thirst, a bitter taste in the mouth, a white tongue coating, and a floating pulse;
 - The predominance of chills and the generalized aches and pains are the primary markers of externally-contracted cold-dampness.
 - Heat accumulating internally produces slight thirst and a bitter taste in the mouth.
 - The white tongue coating and floating pulse indicate that the pathogenic influences remain in the exterior;

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Jiu Wei Qiang Huo Tang (Nine Herb Decoction with Notopterygium) 九味羌活汤

• Composition

– Chief

- Qiang Huo (Notopterygii Rhizoma seu Radix) 4.5g

– Deputy

- Fang Feng (Saposhnikoviae Radix) 4.5g
- Cang Zhu (Atractylodis Rhizoma) 4.5g
- Xi Xin (Asari Radix et Rhizoma) 1.5g
- Chuan Xiong (Chuanxiong Rhizoma) 3g
- Bai Zhi (Angelicae dahuricae Radix) 3g

– Assistant

- Huang Qin (Scutellariae Radix) 3g
- Sheng Di Huang (Rehmanniae Radix) 3g

– Envoy

- Gan Cao (Glycyrrhizae Radix) 3g



图 649 羌活

Jiu Wei Qiang Huo Tang (Nine Herb Decoction with Notopterygium) 九味羌活汤

• Analysis of Formula

- This formula uses a strategy of simultaneously resolving the exterior and dispelling dampness. It is characterized by a combination of ascending and dispersing herbs with heat-clearing herbs intended to facilitate the unobstructed movement of the Qi dynamic and by the use of herbs that enter all of the channels of the head and neck.
- The chief herb, Qiang Huo, is the principal substance in the materia medica for dispersing exterior wind-cold-dampness.

Jiu Wei Qiang Huo Tang (Nine Herb Decoction with Notopterygium) 九味羌活汤

- The deputies:
 - Fang Feng and Cang Zhu, assist Qiang Huo in releasing the exterior and eliminating dampness.
 - Xi Xin, Chuan Xiong and Bai Zhi, assistant Qiang Huo in releasing the exterior and treating the head and body aches.
- The assistants
 - Huang Qin and Sheng Di Huang, clear Qi and blood-level interior heat, respectively, treating the thirst and bitter taste in the mouth and also preventing the dry nature of the other herbs from injuring the fluids.
- The envoy, Gan Cao, harmonizes the Middle Jiao and the actions of the other herbs.

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Jiu Wei Qiang Huo Tang (Nine Herb Decoction with Notopterygium) 九味羌活汤

- **Key Point of diagnosis**
 - Chills and fever (chills predominant) without sweating, headache, generalized aches and pain, slight thirst and bitter taste, floating pulse;
- **Caution and contraindication in Use**
 - Contraindicated in warm pathogen diseases (including damp-warmth disorders); Should be used with great care in patients who tend toward yin deficiency;
- **Modification**
 - For upper back and shoulder pain: + Qin Jiao;
 - Where there is an absence of thirst or bitter taste in the mouth: —Huang Qin, Sheng Di Huang;
 - For pronounced thirst and irritability: + Shi Gao, Zhi Mu;
 - For a dry or sore throat: + Jie Geng, Niu Bang Zi, Bo He;
 - For epigastric discomfort and distention with a greasy tongue coating: — Sheng Di Huang; + Huo Xiang, Zhi Ban Xia;
 - For coughing up of thick sputum: + Xing Ren, Qian Hu;
- **Clinic Use**
 - Common cold, migraine, urticaria, sinusitis, facial nerve palsy, torticollis, fibromyalgia, tenosynovitis, lumbar strain, erysipelas, acute myocarditis, and rheumatoid arthritis.

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Formulas that release exterior wind-cold

- Section I Formulas that release exterior wind-cold (17 types)
 - **Ma Huang Tang** (Ephedra Decoction)
 - Da Qing Long Tang (Major Bluegreen Dragon Decoction)
 - Ma Huang Jia Zhu Tang (Ephedra Decoction plus Atractylodis)
 - Ma Xing Yi Gan Tang (Ephedra, Apricot Kernel, Coicis, and Licorice Decoction)
 - San Ao Tang (Three-Unbinding Decoction)
 - Hua Gai San (Canopy Powder)
 - **Gui Zhi Tang** (Cinnamon Twig Decoction)
 - Gui Zhi Jia Ge Gen Tang (Cinnamon Twig Decoction plus Kudzu)
 - Gui Zhi Jia Hou Po Xing Zi Tang (Cinnamon Twig Decoction plus Magnolia)
 - Gui Zhi Jia Shao Yao Tang (Cinnamon Twig Decoction plus Peony)
 - **Ge Gen Tang** (Kudzu Decoction)
 - **Xiao Qing Long Tang** (Minor Blue-Green Dragon Decoction)
 - **Cang Er Zi San** (Xanthium Powder)
 - **Chuan Xiong Cha Tiao San** (Ligusticum Chuanxiong Powder to be Taken with Green Tea)
 - **Xing Su San** (Apricot Kernel and Perilla Leaf Powder)
 - **Xiang Su San** (Cyperus And Perilla Leaf Powder)
 - Jiu Wei Qiang Huo Tang (Nine Herb Decoction with Notopterygium)

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Study guideline

- 1. The difference between Cold damage and Wind attack;
- 2. Ma Huang Tang's ingredients and indications;
- 3. Da Qing Long Tang's indications;
- 4. Ma Huang Jia Zhu Tang's indications;
- 5. Ma Xing Yi Gan Tang's indications and ingredients;
- 6. San Ao Tang's indications and ingredients;
- 7. Hua Gai San's ingredients and indications;
- 8. Gui Zhi Tang's ingredients and indications;
- 9. The characters and roles for ingredients of Gui Zhi Tang;
- 10. Gui Zhi Jia Ge Gen Tang's indications;
- 11. Gui Zhi Jia Hou Po Xing Zi Tang's indications;
- 12. Gui Zhi Jia Shao Yao Tang's indications;
- 13. Ge Gen Tang's indications;
- 14. The difference between Ge Gen Tang and Ma Huang Tang;
- 15. Xiao Qing Long Tang's indications;
- 16. Cang Er Zi San's indications;
- 17. Chuan Xiong Cha Tiao San's indications;
- 18. Xing Su San's indications;
- 19. Xiang Su San's indications;
- 20. Jiu Wei Qiang Huo Tang's indications;

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Section 2 Formulas that release exterior wind-heat

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Wind-heat

Wind-heat disorders are marked by fever, sweating, a slight aversion to wind or slight chills, headache, thirst, and sore throat. There may also be a cough or redness of the eyes. White or slightly yellow, and the tip of the tongue may be slight red. The pulse tends to be floating and rapid.



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Release wind-heat formulas

- Among the four-level differentiation of the patterns of disease, this presentation corresponds to the protective level, which is the most superficial.
- The core ingredients for these formulas are light, acrid, and cooling herbs that release the exterior, such as Sang Ye (*Mori Folium*), Ju Hua (*Chrysanthemi Flos*), Bo He (*Menthae haplocalycis Herba*), and Niu Bang Zi (*Arctii Fructus*).

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Release wind-heat formulas

- Warm-heat pathogen diseases can develop suddenly and quickly enter the deeper levels of the body, these formulas commonly include herbs that clear heat, such as Jin Yin Hua (*Lonicerae Flos*), Lian Qiao (*Forsythiae Fructus*), and Dan Zhu Ye (*Lophatheri Herba*), to interrupt this process.

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Release wind-heat formulas

- These diseases first attack the Lungs and disrupt its disseminating and descending functions, so the formulas often contain herbs that treat these problems, such as Jie Geng (Platycodi Radix) and Xing Ren (Armeniacae Semen).
- Warm pathogens also have a tendency to injury the fluids, and herbs that generate fluids and also clear heat, such as Tian Hua Fen (Trichosanthis Radix) and Lu Gen (Phragmitis Rhizoma), are therefore frequently used in formulas to release exterior wind-heat.

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Formulas that release exterior wind-heat

- Section 2 Formulas that release exterior wind-heat (4 types)
 - Sang Ju Yin (Mulberry Leaf and Chrysanthemum Decoction)
 - Yin Qiao San (Honeysuckle and Forsythia Powder)
 - Chai Ge Jie Ji Tang (Bupleurum and Kudzu Decoction)
 - Sheng Ma Ge Gen Tang (Cimicifuga and Kudzu Decoction)

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Sang Ju Yin (Mulberry Leaf and Chrysanthemum Decoction) 桑菊饮



- **Source:** Systematic Differentiation of Warm Pathogenic Diseases (1798).
- **Actions:** Disperses wind and clears heat, stops coughing by facilitating the flow of Lung Qi.
- **Indications:** **Early-stage** warm pathogenic diseases or **mild wind-heat** disorders characterized by **slight fever**, **cough**, **slight thirst**, a thin, **white tongue coating**, and a **floating rapid pulse**.

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Sang Ju Yin (Mulberry Leaf and Chrysanthemum Decoction) 桑菊饮

- **Pathological analysis**
 - Wind-heat pathogen enters through the nose and mouth and thus most readily damages the Lungs.
 - In the initial stages, the pathogen penetrates and obstructs the collaterals of the Lungs, inhibiting its clarifying and descending function. Thus, coughing is the main symptom.
 - The mild fever, slight thirst, normal tongue coating, floating and rapid pulse, reflect the presence of mild exterior heat.

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Sang Ju Yin (Mulberry Leaf and Chrysanthemum
Decoction) 桑菊饮

• **Composition**

– **Chief**

- Sang Ye (Mori Folium) 7.5g
- Ju Hua (Chrysanthemi Flos) 3g

– **Deputy**

- Lian Qiao (Forsythiae Fructus) 4.5g
- Bo He (Menthae haplocalycis Herba) 2.4g
- Jie Geng (Platycodi Radix) 6g
- Xing Ren (Armeniacae Semen) 6g

– **Assistant**

- Lu Gen (Phragmitis Rhizoma) 6g

– **Envoy**

- Gan Cao (Glycyrrhizae Radix) 2.4g

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Sang Ju Yin (Mulberry Leaf and Chrysanthemum
Decoction) 桑菊饮

• **Analysis of Formula**

- Sang Ye and Ju Hua, the chief herbs, cool and light, can clear heat from the exterior.
 - Sang Ye, sweet and bitter, clears heat from the Lungs and stops the coughing.
 - Ju Hua disperses upper Jiao wind-heat, including that which affects the eyes.
- The deputies
 - Lian Qiao and Bo He, strengthen the formula's exterior-releasing properties.
 - Jie Geng ascends the Lung Qi; Xing Ren descends the Lung Qi; Both help the chief herbs by facilitating the flow of Lung Qi to stop coughing.
- The assistant, Lu Gen, clears heat and generates fluids, thereby reducing thirst.
- Gan Cao, the envoy, helps clear the heat and harmonizes the actions of the other herbs.

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Sang Ju Yin (Mulberry Leaf and Chrysanthemum Decoction) 桑菊饮

- **Key Point of diagnosis**
 - Cough, mild fever, slight thirst, floating and rapid pulse.
- **Caution and contraindication in Use**
 - It is inadvisable to be used in Wind-Cold. It is not good to decoct long due to its dispelling and volatile actions.
- **Modification**
 - For Qi-level dryness: + Shi Gao; Zhi Mu
 - For nutritive-level heat with a dark-red tongue: + Xuan Shen; Xi Jiao;
 - For heat entering the blood: — Lu Gen; Bo He; + Mai Men Dong; Sheng Di; Yu Zhu; Mu Dan Pi;
 - For severe Lung heat: + Huang Qin
 - For pronounced thirst: + Tian Hua Fen;
 - For viscous, yellow sputum that is difficult to expectorate: + Gua Lou Pi; Zhe Bei Mu;
 - For labored breathing or slight wheezing: + Shi Gao; Zhi Mu;
 - For blood-streaked sputum: + Mu Dan Pi; Bai Mao Gen; Ou Jie;
 - For sore throat: + Ma Bo; Niu Bang Zi;
 - For wind-heat affecting the eyes: + Ci Ji Li; Jue Ming Zi; Xia Ku Cao
- **Clinic Use**
 - Acute respiratory tract infections including common cold, influenza, bronchitis, pneumonia, tonsillitis, and conjunctivitis;

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Yin Qiao San (Honeysuckle and Forsythia Powder)

银翘散

- **Source:** Systematic Differentiation of Warm Pathogen Diseases (1798)
- **Actions:** disperses wind-heat, clears heat, and resolves toxicity.
- **Indications:** **Protective-level warm pathogen disease** or **early stage of febrile diseases** characterized by **fever, slight chills** or chills lasting for only a very brief period of time before aversion to heat develops, headache, **thirst**, cough, **sore throat**, a red-tipped tongue, a thin, white or thin, yellow tongue coating, and a **floating, rapid pulse**.



Yin Qiao San (Honeysuckle and Forsythia Powder)

银翘散

- **Pathological analysis**

- In Discussion of Warm pathogens Heat Disorders, Dr. Ye, Tianshi notes that “ Warm pathogens are contracted through the upper Jiao and first attack the Lungs.”
- Wind-heat damage the superficial aspect of the Lungs through entering the body via the nose and mouth.
- Constraint of protective Yang Qi causes fever and chills (mild than wind-cold disorder).
- Heat damages the fluids causing thirst.
- Throat is the door of the Lungs; wind-heat cause itching and soreness or, if it transforms into toxin, more severe pain and inflammation.
- Wind-heat penetrates into the superficial aspect of the Lung, one may see a red-tipped tongue and a white or yellow coating;
- A floating, rapid pulse reflects the presence of exterior heat;

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Yin Qiao San (Honeysuckle and Forsythia Powder)

银翘散

- **Composition**

- **Chief**
 - Jin Yin Hua (Lonicerae Flos) 9-15g
 - Lian Qiao (Forsythiae Fructus) 9-15g
- **Deputy**
 - Jie Geng (Platycodi Radix) 3-6g
 - Niu Bang Zi (Arctii Fructus) 9-12g
 - Bo He (Menthae haplocalycis Herba) 3-6g
 - Dan Dou Chi (Sojae Semen preparatum) 3-6g
- **Assistant**
 - Jing Jie Sui (Schizonepetae Spica) 6-9g
 - Dan Zhu Ye (Lophatheri Herba) 3-6g
 - Xian Lu Gen (Phragmitis Rizoma recens) 15-30g
- **Envoy**
 - Gan Cao (Glycyrrhizae Radix) 3-6g
 - Jie Geng (Platycodi Radix) 3-6g

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Yin Qiao San (Honeysuckle and Forsythia Powder)

银翘散

• Analysis of Formula

- Being purely yang in nature, wind-heat disorders tend to develop rapidly, with a quick penetration of the pathogen from the protective to the Qi and then blood levels, and progressive exhaustion of yin fluids. Furthermore, the foul turbidity that is traditionally associated with warm pathogen epidemics readily causes knotting of the Qi dynamic and the transformation of heat into toxin.
- The composition of this formula is thus aimed not only at releasing the exterior, clearing heat from the Lungs, and resolving toxicity, but also at interrupting the progression of the disorder from the Lungs to the Pericardium, from the upper to the middle Jiao.

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Yin Qiao San (Honeysuckle and Forsythia Powder)

银翘散

- The chief herbs, Jin Yin Hua and Lian Qiao, acrid, cool and fragrant, release the exterior, clear heat from the Lungs, and resolve toxicity.
- The deputies:
 - Jie Geng and Niu Bang Zi, spread the Lung Qi and improve the throat;
 - Bo He and Dan Dou Chi, help the chief herbs to release exterior heat;
- The assistant herbs:
 - Jing Jie Sui boosts the exterior-releasing action of the formula without producing dryness;
 - The combination of Dan Zhu Ye, Xian Lu Gen and Gan Cao, generate fluids and alleviates thirst;
- The envoy, Gan Cao harmonizes the actions of other herbs; treats sore throat when combining with Jie Geng;

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Yin Qiao San (Honeysuckle and Forsythia Powder)

银翘散

- **Key Point of diagnosis**
 - Fever, slight aversion wind and cold, throat pain, thirst, floating and rapid pulse.
- **Caution and contraindication in Use**
 - Don't decoct too long to prevent the volatilization because the ingredient are mostly with aroma. It is contraindicated in case of externally contracted wind-cold or dampness-heat at early stage.
- **Modification**
 - For a stifling sensation in the chest: + Huo Xiang;
 - For severe thirst: + Tian Hua Fen;
 - For severe sore throat: + Ma Bo; Xuan Shen;
 - For pronounced cough: + Xing Ren;
 - For heat entering the interior with scanty urine: + Sheng Di; Mai Men Dong; Huang Qin; Zhi Mu; Zhi Zi;
 - For nosebleed: — Jing Jie; Dan Dou Chi; + Bai Mao Gen; Zhi Zi;
 - For dampness causing a tight, stifling sensation in the chest and epigastrium: + Huo Xiang; Yu Jin
 - For early-stage measles with incomplete expression of rash: + Chan Tui; Fu Ping;
 - For early-stage carbuncles: + Pu Gong Ying; Da Qing Ye;
 - For a yellow tongue coating and diarrhea: + Ge Gen Huang Qin Huang Lian Tang;
 - For acute endometritis: — Gan Cao; Dan Zhu Ye; + Zhi Zi; Fang Feng; Sheng Di Huang;
- **Clinic Use**
 - Acute respiratory tract infections including common cold, influenza, bronchitis, pneumonia, egg tonsillitis, but also measles, mumps, meningitis, and encephalitis B;

Yin Qiao San (Honeysuckle and Forsythia Powder)

银翘散

- What is the difference between Sang Ju Yin (桑菊饮) and Yin Qiao San (银翘散)?
 - Sang Ju Yin (桑菊饮) treats beginning stage of external wind heat attack with **cough**
 - Yin Qiao San (银翘散) treats external wind heat attack and febrile disease in the **Wei level**

Chai Ge Jie Ji Tang (Bupleurum and Kudzu Decoction)

柴葛解肌汤



- **Source:** Six Texts on Cold Damage (1445)
- **Actions:** releases pathogenic influences from the muscle layer and clears interior heat.
- **Indications:** Unresolved exterior wind-cold that has become constrained and is transforming into heat marked by increasing fever and decreasing chills, headache, stiffness of the extremities, orbital and eye pain, dry nasal passages, irritability, insomnia, a thin, yellow tongue coating, and a floating slightly flooding pulse.

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Chai Ge Jie Ji Tang (Bupleurum and Kudzu Decoction)

柴葛解肌汤

- **Pathological analysis**
 - This is unresolved, exterior wind-cold that has become constrained and is transforming into heat.
 - It is also known as “simultaneous Tai Yang and Yang Ming disorder” reflected in the increasing fever and decreasing chills.
 - The pathogenic influence that remains in the exterior (Tai Yang) causes headache, stiffness of the extremities, and a floating pulse.
 - The interior heat (Yang Ming) causes irritability, insomnia, orbital and eye pain, dry nasal passages, and a slightly flooding pulse.

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Chai Ge Jie Ji Tang (Bupleurum and Kudzu Decoction)
柴葛解肌汤

• **Composition**

– **Chief**

- Chai Hu (Bupleuri Radix) 3-9g
- Ge Gen (Puerariae Radix) 6-12g

– **Deputy**

- Qiang Huo (Notopterygii Rhizoma seu Radix) 3-6g
- Bai Zhi (Angelicae dahuricae Radix) 3-6g
- Huang Qin (Scutellariae Radix) 6-9g
- Shi Gao (Gypsum fibrosum) 4.5-15g

– **Assistant**

- Jie Geng (Platycodi Radix) 3-6g
- Bai Shao (Paeoniae Radix alba) 6-9g

– **Envoy**

- Gan Cao (Glycyrrhizae Radix Preparata) 3-6g
- Sheng Jiang (Zingiberis Rhizoma recens) 3-6g
- Da Zao (Jujubae Fructus) 2-3 pcs

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Chai Ge Jie Ji Tang (Bupleurum and Kudzu Decoction)
柴葛解肌汤

• **Analysis of Formula**

- The chief herbs, Chai Hu and Ge Gen, cool and acrid, release the pathogenic influence from the muscle layer while concurrently clearing heat;
- The deputies
 - Qiang Huo and Bai Zhi, enter Tai Yang and Yang Ming, help the chief release the exterior and alleviate pain.
 - Huang Qin clears heat from the Lungs and upper Jiao;
 - Shi Gao clears heat from the Yang Ming channel.
- The assistant herbs
 - Jie Geng facilitates the flow of Lung Qi and helps scatter the pathogenic influence from the exterior;
 - Bai Shao, sour and cold, preserves the Yin by preventing the exterior-releasing herbs from causing excessive sweating.
- The envoy herbs
 - Gan Cao harmonizes the actions of the other herbs; combined with Jie Geng, helps clear heat from the upper Jiao, especially from the throat;
 - Sheng Jiang and Da Zao, regulate the protective and nutritive Qi to facilitate the release of the pathogenic influence.

Chai Ge Jie Ji Tang (Bupleurum and Kudzu Decoction)

柴葛解肌汤

- **Key Point of diagnosis**
 - Severe fever, mild aversion to cold, headache, orbital pain, nasal dryness, floating, feeble and flooding pulse.
- **Caution and contraindication in Use**
 - Don't use for exterior syndrome without entering the interior or not transforming into heat.
- **Modification**
 - For severe chills without sweating: substitute Ma Huang for Huang Qin;
 - For cases without chills, headache, or pain: — Qiang Huo and Bai Zhi;
 - For cases without chills but with more severe heat, fever, irritability and restlessness, and a red tongue: + Lian Qiao; Jin Yin Hua; increase the dosage of Shi Gao;
 - For a dry mouth and tongue: + Zhi Mu; Tian Hua Fen;
 - For coughing of viscous sputum: + Gua Lou Pi; Zhe Bei Mu;
- **Clinic Use**
 - Common cold, influenza, gingivitis, and conjunctivitis.

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Sheng Ma Ge Gen Tang (Cimicifuga and Kudzu Decoction)

升麻葛根汤

- **Source:** Craft of Medicines and Patterns for Children (1119)
- **Actions:** Releases the muscle layer and vents rashes.
- **Indications:** Early-stage measles or rashes that do not surface evenly, fever and chills, headache, generalized body aches, sneezing, coughing, red eyes, tearing, thirst, a red and dry tongue, and a floating, rapid pulse.

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Sheng Ma Ge Gen Tang (Cimicifuga and Kudzu Decoction)
升麻葛根汤

• **Pathological analysis**

- Venting the rash is seen as a way of releasing heat, making it spread out from the muscle layer and interstices toward the skin and exterior, from inside to outside.
- Heat attacking the Lungs produces fever and chills, headache, sneezing, coughing, and a floating, rapid pulse.
- Heat attacking the Stomach injures the fluids and produces thirst and a dry, red tongue.
- The fever and headache will be severe if the heat is not released smoothly, which is reflected in an uneven surfacing of the rash.

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Sheng Ma Ge Gen Tang (Cimicifuga and Kudzu Decoction)
升麻葛根汤

• **Composition**

- **Chief**
 - Sheng Ma (Cimicifugae Rhizoma) 3-6g
- **Deputy**
 - Ge Gen (Puerariae Radix) 3-9g
- **Assistant**
 - Zhi Gan Cao (Glycyrrhizae Radix preparata) 3g
 - Chi Shao (Paeoniae Radix rubra) 6-9g

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Sheng Ma Ge Gen Tang (Cimicifuga and Kudzu Decoction) 升麻葛根汤

• Analysis of Formula

- The chief herbs
 - Sheng Ma disperses wind in the Yang Ming channel, raises the clear Yang of the Stomach, and vents rashes.
- The deputies
 - Ge Gen disperses and stimulates activity in the superficial levels of the body, thereby unblocking the interstices and pores to help vent the rash; it also raises the fluids to expel heat.
- The assistant herbs
 - Zhi Gan Cao augments the Qi and resolves toxicity, and thereby helps the chief and deputy herbs to clear heat and vent the rash.
 - The substitution of untreated Gan Cao is common because its ability to resolve toxicity is much greater than that of the honey-fried variety.
 - Chi Shao cools the blood and attacks the problem from the interior.
 - The combination of Gan Cao and Chi Shao prevents the dispersing properties of the chief and deputy herbs from injuring the Qi and Yin.

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Sheng Ma Ge Gen Tang (Cimicifuga and Kudzu Decoction) 升麻葛根汤

• Key Point of diagnosis

- Early-stage measles or rashes that do not surface evenly, a red and dry tongue, and a floating, rapid pulse.

• Caution and contraindication in Use

- Contraindicated for rashes that surface evenly, as this may cause exterior deficiency. Also inappropriate in cases of measles toxin sinking internally with shortness of breath, rough breathing coughing, and wheezing. Should be used with caution in warm pathogen heat diseases.

• Modification

- To assist venting pathogens from the exterior: + Bo He, Chan Tui, Jing Jie, or Niu Bang Zi;
- To strengthen the heat-clearing and detoxifying properties of the formula: + Lian Qiao and Jin Yin Hua;
- To regulate and direct Lung Qi downward in cases with pronounced cough and wheezing: + Jie Geng, Zhi Ke, Qian Hu, and Xing Ren;
- To prevent damage to the fluids by heat toxin: + Mai Men Dong and Sha Shen;
- For swollen and sore throat: + Jie Geng, Xuan Shen, and Ma Bo;

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Sheng Ma Ge Gen Tang (Cimicifuga and Kudzu Decoction) 升麻葛根汤

- If the rash is dark-red: + Zi Cao and Mu Dan Pi;
 - For exterior Yang Ming wrap disorders characterized by fever, thirst, and dry nasal passages, or dysenteric diarrhea: substitute Bai Shao for Chi Shao;
 - For viral rashes, especially herpes, zoster: + Zi Cao
- **Clinic Use**
 - With the appropriate presentation, this formula may be used to treat a variety of biomedically-defined disorders, primarily those involving rashes such as measles, herpes zoster, herpes simplex, and chickenpox. It has also been used for bacillary dysentery and sinusitis.

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Formulas that release exterior wind-heat

- Section 2 Formulas that release exterior wind-heat (4 types)
 - Sang Ju Yin (Mulberry Leaf and Chrysanthemum Decoction)
 - Yin Qiao San (Honeysuckle and Forsythia Powder)
 - Chai Ge Jie Ji Tang (Bupleurum and Kudzu Decoction)
 - Sheng Ma Ge Gen Tang (Cimicifuga and Kudzu Decoction)

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Study Guideline

- 1. Sang Ju Yin's indications;
- 2. Yin Qiao San's indications;
- 3. The difference between Sang Ju Yin and Yin Qiao San;
- 4. Chai Ge Jie Ji Tang's indications;
- 5. Sheng Ma Ge Gen Tang's ingredients and indications;

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Section 3 Formulas that release exterior disorders with interior deficiency

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Formulas that release exterior disorders with interior deficiency

- The formulas in this section address those cases in which a person suffering from interior deficiency contracts a disease of external origin and where the ensuing disorder is characterized by symptoms of both excess and deficiency.
- The pattern above requires formulas combine herbs that release the excess from the exterior with herbs that tonify the deficiency in the interior. Support the normal with dispelling the pathogen (Fu Zheng Qu Xie, 扶正祛邪).
- Without the pattern above, these two classes of herbs would not be used together.

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Formulas that release exterior disorders with interior deficiency

- The underlying deficiency is one of Qi, blood, Yin or Yang.
- Qi and Yang def. patients will tend to be those invaded by wind, cold, and dampness.
 - Acrid and warm herbs: Ma Huang (Ephedrae Herba); Qiang Huo (Notopterygii Rhizomaseu Radix); Fang Feng (Saposhnikoviae Radix); Zi Su Ye (Perillae Folium)
 - Qi tonics herbs: Huang Qi (Astragali Radix); Ren Shen (Ginseng Radix);
 - Warm the interior: Fu Zi (Aconiti Radix); Xi Xin (Asari Radix et Rhizoma)
- Blood and Yin def. patients are more prone to invasion by wind-heat, or if wind-cold invades, require strategies that do not emphasize sweating as this would further damage the essences.
 - Enrich the Yin and nourish blood herbs: Sheng Di Huang (Radix Rehmanniae Glutinosae); Mai Men Dong (Ophiopogonis Radix); Yu Zhu (Polygonati odorati Rhizoma);
 - Acrid, cooling or sl. Warming herbs that gently vent pathogens from the exterior: Bo He (Menthae haplocalycis Herba); Dan Dou Chi (Sojate Semen praeparatum); Cong Bai (Allii fistulosi Bulbus);

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Formulas that release exterior disorders with interior deficiency

- Section 3 Formulas that release exterior disorders with interior deficiency (5 types)
 - **Ren Shen Bai Du San** (Ginseng Powder to Overcome Pathogenic Influences)
 - Jing Fang Bai Du San (Schizonepeta and Ledebouriella Powder to Overcome Pathogenic Influences)
 - Yin Qiao Bai Du San (Honeysuckle and Forsythia Powder to Overcome Pathogenic Influences)
 - Ma Huang Xi Xin Fu Zi Tang (Ephedra, Asarum, and Prepared Aconite Decoction)
 - Zai Zao San (Renewal Powder)
 - Jia Jian Wei Rui Tang (Modified polygonatum Odoratum)

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Ren Shen Bai Du San (Ginseng Powder to Overcome Pathogenic Influences) 人参败毒散



- **Source:** Craft of Medicines and Patterns for Children (1119)
- **Actions:** releases the exterior, dispels wind and dampness, and augments the Qi
- **Indications:** Externally-contracted wind-cold-dampness with underlying normal Qi deficiency manifested by severe chills and shivering, absence of sweating, pain and stiffness of the head and neck, soreness and pain of the extremities, focal distention and fullness of the chest, nasal congestion with sonorous breathing, a productive cough, a greasy, white tongue coating, and a floating, soggy pulse.
 - Wind-cold-damp dysenteric disorders;
 - “Hauling the boat upstream” (Ni Liu Wan Zhou, 逆流挽舟) : employing herbs that are ascending and that dispel pathogens from the exterior.

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Ren Shen Bai Du San (Ginseng Powder to Overcome Pathogenic Influences) 人参败毒散

• Pathological analysis

- Wind-cold-dampness produces a high fever, severe chills with shivering, and absence of sweating, and pain and stiffness of the head and neck.
- Lingering dampness causes focal distention and fullness in the chest.
- The deficiency of Qi allows dampness to penetrate rather quickly, producing a greasy, white tongue coating.
- The attack of wind-cold on the Lungs disrupts the circulation of Qi, causing nasal congestion, sonorous breathing, and a productive cough.
- The presence of wind, cold, and dampness at the level of the muscles produces generalized soreness and pain and a floating pulse.
- The floating, soggy quality of the pulse reflects the deficiency of Qi.

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Ren Shen Bai Du San (Ginseng Powder to Overcome Pathogenic Influences) 人参败毒散

• Composition

- **Chief**
 - Qiang Huo (Notopterygii Rhizoma seu Radix) 30g
 - Du Huo (Angelicae pubescentis Radix) 30g
- **Deputy**
 - Chuan Xiong (Chuanxiong Rhizoma) 30g
 - Chai Hu (Bupleuri Radix) 30g
 - Bo He (Menthae haplocalycis Herba) 6g
- **Assistant**
 - Jie Geng (Platycodi Radix) 30g
 - Zhi Ke (Aurantii Fructus) 30g
 - Qian Hu (Peucedani Radix) 30g
 - Fu Ling (Poria) 30g
 - Ren Shen (Ginseng Radix) 30g
 - Sheng Jiang (Rhizoma recens) 6g
- **Envoy**
 - Gan Cao (Glycyrrhizae Radix) 15g

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Ren Shen Bai Du San (Ginseng Powder to Overcome Pathogenic Influences) 人参败毒散

- **Analysis of Formula**

- The chief herbs, Qiang Huo and Du Huo, dispel wind-cold from the exterior, dispel dampness, and alleviate pain.
- The deputies
 - Chuan Xiong helps the chief herbs releases the exterior, moves the blood, and dispels wind, which enhances the pain-relieving action of the formula, especially in the head and neck.
 - Chai Hu and Bo He, release the exterior, reduce the fever, and expel the pathogenic influences. Together, they are particularly effective in releasing pathogenic influences from the muscle layer.

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Ren Shen Bai Du San (Ginseng Powder to Overcome Pathogenic Influences) 人参败毒散

- Jie Geng and Zhi Ke, regulate the flow of Qi in the chest. Combined with Qian Hu to improve the circulation of Lung Qi, expel phlegm, and stop the coughing.
- Fu Ling transforms phlegm and strengths the Spleen.
- Sheng Jiang helps release the exterior.
- **The assistants**
 - Ren Shen, Fu Ling and Gan Cao, strengthen the normal Qi to expel the pathogenic influences, generates fluids;
- **The envoy, Gan Cao, assists Ren Shen in tonifying the Qi, and also harmonizes the actions of the other ingredients.**

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Ren Shen Bai Du San (Ginseng Powder to Overcome Pathogenic Influences) 人参败毒散

- **Key Point of diagnosis**
 - Severe chills and shivering, absence of sweating, pain and stiffness of the head and neck, aching pain of limbs and body, floating and weak pulse.
- **Caution and contraindication in Use**
 - Contraindicated with wind-cold exterior, exogenous affection due to yin deficiency, or unsmooth diarrhea, and the internal heat case without exterior..
- **Modification**
 - If normal Qi is not weak and exterior cold are pronounced: —Ren Shen; + Jing Jie; Fang Feng (or Jing Fang Bai Du San);
 - If Qi def. is severe: increase the dosage of Ren Shen or + Huang Qi;
 - If dampness obstructs the muscles layer with pronounced aching, soreness, and pain in the muscles and joints: + Wei Ling Xian, Sang Zhi; Qin Jiao; or Han Fang Ji;
 - If coughing is severe: + Xing Ren; Bai Qian;
 - For malarial disorders: increase the dosage of Chai Hu; + Huang Qin; Bing Lang;
 - For dysenteric disorders characterized by abdominal pain, blood or pus in the stools, and tenesmus: + Mu Xiang; Bai Shao;
 - For wind toxin dormant papules: + Chan Tui; Ku Shen;
 - For early-stage sores: —Ren Shen; + Lian Qiao; Jin Yin Hua;
- **Clinic Use**
 - Common cold; influenza, mumps, bronchitis, dysentery, and the early stages of boils; allergic dermatitis, urticaria, and eczema;

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Ren Shen Bai Du San (Ginseng Powder to Overcome Pathogenic Influences) 人参败毒散

- **Ge Gen Tang (Kudzu Decoction) and Ren Shen Bai Du San (Ginseng Powder to Overcome Pathogenic Influences)**
 - Both formulas treat early-stage dysentery characterized by fever and chills.
 - Ge Gen Tang supplements the fluids and stops spasms in the bowels; **wind** symptoms predominate;
 - Ren Shen Bai Du San opens the Qi dynamic and promotes water metabolism; **dampness** predominates;

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Jing Fang Bai Du San (Schizonepeta and Ledebouriella Powder to Overcome Pathogenic Influences) 荆防败毒散

- **Source:** Multitude of Marvelous Formulas for Sustaining Life (1550)
- **Actions:** induces sweating, releases the exterior, dispels wind, and alleviates pain.
- **Composition:** Ren Shen Bai Du San— Ren Shen and Bo He; + Jing Jie; Fang Feng
- **Indications:** Externally-contracted **wind-cold-dampness** characterized by **fever and chills without sweating, pain and stiffness of the head and neck, generalized body aches and pain**, a thin, white tongue coating, and a floating pulse.
- Also for **early-stage abscesses or sores** that are red, swollen, and painful and accompanied by fever, chills, absence of sweating, thirst, a thin white tongue coating, and a floating, rapid pulse.



Yin Qiao Bai Du San (Honeysuckle and Forsythia Powder to Overcome Pathogenic Influences) 银翘败毒散

- **Source:** Medical Formulas Collected and Analyzed (1682)
- **Composition:** Jing Fang Bai Du San— Jing Jie; Fang Feng; + Jin Yin Hua; Lian Qiao
- **Indications:** For **early-stage abscess and sores** which are red, swollen, and painful accompanied by symptoms of an exterior condition.

Ma Huang Xi Xin Fu Zi Tang (Ephedra, Asarum, and Prepared Aconite Decoction) 麻黄细辛附子汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** assists the Yang and releases the exterior.
- **Indications:** Exterior cold in a patient with preexisting **Yang def.** manifested by **slight fever with severe chills** that is **not relieved** by wearing more clothing or adding covers, **exhaustion with an almost constant desire to sleep**, and a **submerged, faint pulse**.

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Ma Huang Xi Xin Fu Zi Tang (Ephedra, Asarum, and Prepared Aconite Decoction) 麻黄细辛附子汤

- **Analysis of Pathology**
 - In terms of the six meridians patterns differentiation, this is simultaneous Tai Yang (exterior cold) and Shao Yin (interior Yang deficiency) pattern disorder.
 - A sensation of extreme cold may be attributed to either internal cold or externally-contracted wind-cold.
 - Fever indicates an externally-contracted pathogenic influence.
 - The chills are due to both interior cold (can be reduced by adding layers of clothes) and exterior cold (additional layers are of no use);
 - Floating indicates exterior condition;
 - Submerged shows the interior is deficient;

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Ma Huang Xi Xin Fu Zi Tang (Ephedra, Asarum, and Prepared Aconite Decoction) 麻黄细辛附子汤

- **Composition**

- **Chief**

- Ma Huang (Ephedrae Herba) 6g

- **Deputy**

- Zhi Fu Zi (Aconiti Radix lateralis preparata) 9g

- **Assistant & Envoy**

- Xi Xin (Asari Radix Rhizoma) 6g

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Ma Huang Xi Xin Fu Zi Tang (Ephedra, Asarum, and Prepared Aconite Decoction) 麻黄细辛附子汤

- **Analysis of Formula**

- The chief, Ma Huang, induces sweating, releases the exterior, and disperses cold.
- The deputy, Zhi Fu Zi, very acrid and warm, warms the Kidneys and assists the Yang. In the interior, Zhi Fu Zi activates the Yang Qi to help Ma Huang push out the pathogen, while in the exterior, Ma Huang opens up the skin and pores so that the pathogen can be dispersed.
- The assistant, Xi Xin, helps Ma Huang to release the exterior, and Zhi Fu Zi to scatter interior cold. It also serves as the envoy by entering the Shao Yin Kidney channel where it helps focus the actions of the formula on the Shao Yin pattern symptoms.

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Ma Huang Xi Xin Fu Zi Tang (Ephedra, Asarum, and Prepared Aconite Decoction) 麻黄细辛附子汤

- **Key Point of diagnosis**
 - Slight fever with severe chills, exhaustion with an almost constant desire to sleep, submerged, faint pulse.
- **Caution and contraindication in Use**
 - Contraindicated in more severe (characterized by undigested food in the stool and a faint, almost imperceptible pulse) as its use could devastate the Yang (due to sweating).
- **Modification**
 - For more pronounced Yang and Qi def.: + Huang Qi; Ren Shen;
 - For wind-cold headache: + Chuan Xiong; Sheng Jiang;
 - For chronic wheezing due to cold def.: + Bai Jie Zi; Xing Ren; Su Zi;
 - For more severe cold obstructing the circulation of blood with pain in the extremities and joints: + Dang Gui; Fang Feng; Du Huo;
 - For dampness obstructing the channels and collaterals with heavy body and muscle aches: + Cang Zhu; Du Huo;
- **Clinic Use**
 - Common cold; bronchial asthma; allergic rhinitis; chronic bronchitis; pertussis; measles; pneumonia, and viral pneumonia; trigeminal neuralgia; migraine; sciatica; and renal colic (abdominal pain commonly caused by kidney stones).; sick sinus syndrome; erectile dysfunction; myasthenia gravis, and chronic fatigue syndrome.

Zai Zao San (Renewal Powder)

再造散

- **Source:** Six Texts on Cold Damage (1445)
- **Actions:** tonifies the yang, augments the Qi, induces sweating, and releases the exterior.
- **Indications:** Externally-contracted wind-cold with preexisting **Qi and Yang def.** manifested by slight fever with **strong chills, absence of sweating,** headache, **cold extremities,** fatigue with a constant desire to lie down, pallid complexion, weak voice, a **pale tongue with a white coating,** and a **submerged, forceless or a floating, big, and forceless pulse.**

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Zai Zao San (Renewal Powder)

再造散

- **Analysis of Pathology**

- The slight fever and strong chills, absence of sweating, and headache are signs of exterior wind-cold.
- The cold extremities, fatigue, weak voice, and pallid complexion are signs of Qi and Yang deficiency.
- The forceless pulse reflects the debilitated state of the patient and the body's inability to rally against the invasion of wind-cold.

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Zai Zao San (Renewal Powder)

再造散

- **Composition**

- **Chief**
 - Huang Qi (Astragali Radix) 6g
 - Ren Shen (Ginseng Radix) 3g
- **Deputy**
 - Zhi Fu Zi (Aconiti Radix lateralis preparata) 3g
 - Gui Zhi (Cinnamomi Ramulus) 3g
 - Xi Xin (Asari Radix et Rhizoma) 3g
- **Assistant**
 - Qiang Huo (Nototerygii Rhizoma seu Radix) 3g
 - Chuan Xiong (Chuanxiong Rhizoma) 3g
 - Fang Feng (Saposhnikoviae Radix) 3g
 - Chao Shao Yao (dry-fried Radix Paeoniae) 3g
- **Envoy**
 - Gan Cao (Glycyrrhizae Radix) 1.5g
 - Wei Sheng Jiang (baked Zingiberis Rhizoma recens) 3g
 - Da Zao (Jujubae Fructus) 2 pcs

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Zai Zao San (Renewal Powder)

再造散

• Analysis of Formula

- A combination of Ma Huang Xi Xin Fu Zi Tang and Gui Zhi Tang.
- The source text prescribes this formula for treating patterns characterized by deficiency of true Yang with externally-contracted cold that has been treated with the sweating method but has failed to produce a sweat.
- According to the adage that “ Yang added to Yin is called sweating”, this implies that there is insufficient Yang to push out the sweat – and thereby the pathogens – from the pores.
- In order to promote sweating, this formula thus combines acrid, warming herbs that disperse wind-cold from the exterior with those that tonify and warm the original Qi.

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Zai Zao San (Renewal Powder)

再造散

- The chief herbs, Huang Qi and Ren Shen, tonify the source Qi and stabilize the exterior. They provide the Yang force to drive out the pathogenic influences and prevent the exterior-releasing herbs from causing the collapse of Yang.
- The deputies
 - Zhi Fu Zi, Gui Zhi and Xi Xin, release the exterior by unblocking and activating the Yang and scattering cold.
- The assistants
 - Qiang Huo, Chuan Xiong, and Fang Feng reinforce the formula’s exterior-releasing, cold-dispersing actions.
 - Chao Bai Shao regulates the protective and nutritive Qi.
- The envoys
 - Gan Cao, Sheng Jiang and Da Zao, moderate the warm, drying properties of the other herbs without hindering their ability to induce sweating; nourish and revive the Spleen and Stomach Qi and regulate the nutritive and protective Qi.

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Zai Zao San (Renewal Powder)

再造散

- **Key Point of diagnosis**
 - Strong chilly, slight fever, absence of sweating, cold limbs, pale tongue, whitish coat, submerge and forceless pulse.
- **Caution and contraindication in Use**
 - Contraindicated in blood or yin deficiency, or early stage of febrile diseases.
- **Modification**
 - For a presentation where exterior cold is less pronounced: replace Fang Feng and Qiang Huo with Jing Jie, Cong Bai, and Dan Dou Chi;
 - For joint pain and muscle aches: + Du Huo; Wei Ling Xian; Sang Ji Sheng;
 - For nasal obstruction, runny nose, and cough with white phlegm: + Qian Hu; Jie Geng; Zhi Ke; Zi Su Ye; Bai Qian;
- **Clinic Use**
 - Common cold in the elderly and rheumatic fever;

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Zai Zao San (Renewal Powder)

再造散

- What is the difference between Ma Huang Fu Zi Xi Xin Tang and Zai Zao San?
 - Both formulas focus on mobilizing the body's Yang Qi;
 - Zai Zao San uses for wind-cold attack with **Qi and Yang severe deficiency**. It also tonifies the Spleen and Stomach as the source of blood and sweat in the body, and harmonizes the nutritive and protective Qi.
 - Ma Huang Fu Zi Xi Xin Tang uses for wind-cold attack with **Yang mild deficiency**.

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Jia Jian Wei Rui Tang (Modified polygonatum Odoratum)
加减葳蕤汤

- **Source:** Revised Popular Guide to the Discussion of Cold Damage (Qing dynasty)
- **Actions:** Nourishes the Yin, clears heat, induces sweating, and releases the exterior.
- **Indications:** Externally-contracted **wind-heat** with underlying **Yin deficiency** marked by **fever** and **slight chills**, little or no sweating, headache, **dry throat**, cough, sputum which is difficult to expectorate, thirst, irritability, a **dark-red tongue**, and a **rapid pulse**.

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Jia Jian Wei Rui Tang (Modified polygonatum Odoratum)
加减葳蕤汤

- **Pathological analysis**
 - The headache, fever, slight chills, little or no sweating, and cough are signs of wind-heat.
 - The dry throat, irritability, dark-red tongue, and rapid pulse indicate that the externally-contracted condition has begun to transform into internal heat.
 - This relatively quick transformation is due to the underlying Yin deficiency, a condition which usually involves some degree of injury to the fluids;
 - When combined with wind-heat, thick sputum is produced that is difficult to expectorate.
 - Little or no sweating indicates Yin deficiency.

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Jia Jian Wei Rui Tang (Modified polygonatum Odoratum)
加减葶藶汤

- **Composition**

- **Chief**

- Yu Zhu (Polygonati odorati Rhizoma) 6-9g

- **Deputy**

- Cong Bai (Allii fistulosi Bulbus) 6g
- Jie Geng (Platycodi Radix) 3-4.5g
- Dan Dou Chi (Sojae Semen preparatum) 9-12g
- Bo He (Menthae haplocalycis Herba) 3-4.5g

- **Assistant**

- Bai Wei (Cynanchi atrati Radix) 1.5-3g

- **Envoy**

- Zhi Gan Cao (Glycyrrhizae Radix preparata) 1.5g
- Da Zao (Jujubae Fructus) 2 pcs

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Jia Jian Wei Rui Tang (Modified polygonatum Odoratum)
加减葶藶汤

- **Analysis of Formula**

- Generally, it is not advisable to use Yin-tonifying herbs when venting a pathogen from the exterior because their cloying nature readily obstructs the Qi dynamic.
- In the present pattern, however, the body's Yin fluids are depleted and need to be enriched in order to produce a sweat.
- The chief herb, Yu Zhu, nourishes the Lung and Stomach Yin, clears heat, and generates fluids, especially useful for its ability to tonify without causing stagnation and thus can begin to restore the fluids without getting in the way of the elimination of the pathogens, which more cloying Yin tonics might do. ¹⁴²

Jia Jian Wei Rui Tang (Modified polygonatum Odoratum)
加减葳蕤汤

- The deputies
 - Cong Bai, Jie Geng, Dan Dou Chi and Bo He, mildly release the exterior and dispel wind-heat.
- The assistants
 - Bai Wei cools the blood and clears heat without injuring the Yin, thereby treating the irritability and thirst.
 - Jie Geng disseminates the Lung Qi to stop the coughing and expel the phlegm.
- The envoys
 - Zhi Gan Cao and Da Zao, assist Yu Zhu in moistening dryness and harmonizing the actions of the other ingredients.

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Jia Jian Wei Rui Tang (Modified polygonatum Odoratum)
加减葳蕤汤

- **Key Point of diagnosis**
 - Fever, chill, dry throat, red tongue and rapid pulse.
- **Caution and contraindication in Use**
 - Any exterior without yin deficiency.
- **Modification**
 - For more severe exterior disorders: +Fang Feng; Ge Gen;
 - For cough, dry throat, and sputum that is difficult to expectorate: + Niu Bang Zi; Gua Lou Pi;
 - For more pronounced thirst and irritability: + Tian Hua Fen; Dan Zhu Ye;
- **Clinic Use**
 - Common cold postpartum or in the elderly, acute tonsillitis, and pharyngitis.

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Formulas that release exterior disorders with interior deficiency

- Section 3 Formulas that release exterior disorders with interior deficiency (5 types)
 - **Ren Shen Bai Du San** (Ginseng Powder to Overcome Pathogenic Influences)
 - Jing Fang Bai Du San (Schizonepeta and Ledebouriella Powder to Overcome Pathogenic Influences)
 - Yin Qiao Bai Du San (Honeysuckle and Forsythia Powder to Overcome Pathogenic Influences)
 - Ma Huang Xi Xin Fu Zi Tang (Ephedra, Asarum, and Prepared Aconite Decoction)
 - Zai Zao San (Renewal Powder)
 - Jia Jian Wei Rui Tang (Modified polygonatum Odoratum)

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Study Guideline

- 1. Ren Shen Bai Du San's indications;
- 2. The difference between Ge Gen Tang and Ren Shen Bai Du San;
- 3. Jing Fang Bai Du San's indications;
- 4. Yin Qiao Bai Du San's indications;
- 5. Ma Huang Xi Xin Fu Zi Tang's indications and ingredients;
- 6. Zai Zao San's indications;
- 7. The difference between Ma Huang Fu Zi Xi Xin Tang and Zai Zao San;
- 8. Jia Jian Wei Rui Tang's indications;

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Section 4 Formulas that release exterior disorders with interior disorders

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Formulas that release exterior disorders with interior disorders

- The formulas in this section are indicated for patterns characterized by pathogens in the exterior with simultaneous blazing heat in the interior.
- Characterized by chills and fever occurring together with irritability and restlessness, thirst, dysenteric disorders due to heat, wheezing , and a rapid pulse.
- Because heat in the interior has not yet clumped, it is treated by clearing and draining rather than by purging. The formulas in this group thus combine herbs like Ma Huang (Ephedrae Herba), Dan Dou Chi (Sojae Semen preparatum), and Ge Gen (Puerariae Radix) with Shi Gao (Gypsum fibrosum), Huang Lian (Coptidis Rhizoma), or Huang Qin (Scutellariae Radix).

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Formulas that release exterior disorders with interior disorders

- Section 4 Formulas that release exterior disorders with interior disorders (2 type)
 - **Ge Gen Huang Lian Huang Qin Tang** (Kudzu, Coptis, and Scutellaria Decoction)
 - Fang Feng Tong Sheng San (Siler and Platycodon Powder)

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Ge Gen Huang Lian Huang Qin Tang (Kudzu, Coptis, and Scutellaria Decoction) 葛根黄连黄芩汤

- **Source:** Discussion of Cold Damage (c.220)
- **Actions:** releases the exterior and drains heat;
- **Indications:** **Incomplete exterior with interior blazing heat** marked by **fever**, sweating, thirst, **dysenteric diarrhea** characterized by especially foul-smelling stools and a burning sensation around the anus, a sensation of irritability and heat in the chest and epigastrium, possible wheezing, a red tongue with **yellow coating**, and a **rapid pulse**.

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Ge Gen Huang Lian Huang Qin Tang (Kudzu, Coptis, and Scutellaria Decoction) 葛根黄连黄芩汤

• **Pathological analysis**

- In this pattern, the exterior has not been completely released, but the interior is already ablaze with heat. As noted in the source text, this can be caused by improper treatment of an exterior disorder with purgatives. Purging drives the pathogenic influence into the Yang brightness warp where it gives rise to dysenteric diarrhea with heat, characterized by especially foul-smelling stools and a burning sensation around the anus.
- The presence of interior heat is reflected in the fever, thirst, irritability, the red tongue with a yellow coating, and the rapid pulse.
- As the condition progresses inward from the exterior, it causes steaming of the muscle layer that manifests as sweat.
- When fire in the interior attacks the Lungs, wheezing results.

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Ge Gen Huang Lian Huang Qin Tang (Kudzu, Coptis, and Scutellaria Decoction) 葛根黄连黄芩汤

• **Composition**

- **Chief**
 - Ge Gen (Puerariae Radix) 15-24g
- **Deputy**
 - Huang Lian (Coptidis Rhizoma) 6g
- **Assistant**
 - Huang Qin (Scutellariae Radix) 9g
- **Envoy**
 - Zhi Gan Cao (Glycyrrhizae Radix preparata) 6g

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Ge Gen Huang Lian Huang Qin Tang (Kudzu, Coptis, and Scutellaria Decoction) 葛根黄连黄芩汤

• **Analysis of Formula**

- The chief, Ge Gen, used in a relatively large dosage, releases the exterior, clears heat, and treats dysenteric diarrhea by raising the clear Yang of the Spleen and Stomach.
- The deputy, Huang Lian, drains heat (especially Yang Ming warp heat) while its bitterness dries dampness in the Stomach and Intestines, thereby stopping the diarrhea.
- The assistant, Huang Qin, bitter and cold, drains heat from the Lung s to stop wheezing (if present); enters into the Intestines and treats dysenteric disorders due to damp-heat;
- Zhi Gan Cao, envoy herb, harmonizes the actions of the other herbs and protects the middle burner from further injury.

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Ge Gen Huang Lian Huang Qin Tang (Kudzu, Coptis, and Scutellaria Decoction) 葛根黄连黄芩汤

- **Key Point of diagnosis**
 - Fever, diarrhea, yellow coating, rapid pulse.
- **Caution and contraindication in Use**
 - Contraindicated for dysenteric disorders without fever and a submerged, slow pulse.
- **Modification**
 - For abdominal pain: +Mu Xiang; Bai Shao;
 - For tenesmus: + Mu Xiang; Bing Lang;
 - For high fever and stools containing blood or pus: + Bai Tou Weng; Qin Pi;
 - For more prominent exterior signs and symptoms: + Ju Hua;
 - For pronounced wheezing: + Sang Bai Pi;
 - For pronounced dampness indicated by a grease tongue coating and a slippery pulse: + Jin Yin Hua; Che Qian Zi;
 - For nausea and vomiting: + Ban Xia; Zhu Ru;
 - For concurrent food stagnation: Shan Zha; Shen Qu;
- **Clinic Use**
 - Digestive tract disorder: ST flu, acute enteritis, bacillary dysentery, enteric fever, and toxic gastroenteritis.
 - Acute infections: pneumonia, encephatitis B, and measles.
 - Vascular disorder: cervical spine disease, perimenopausal syndrome, rectal prolapse, stroke, eczema, and diabetes.

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Fang Feng Tong Sheng San
(Siler and Platycodon Powder) 防风通圣散

- **Source:** Formulas from the Discussion Illuminating the Yellow Emperor's Basic Questions (1172)
- **Actions:** disperses wind, releases the exterior, drains heat, and unblocks the bowels;
- **Indications:** Heat excess in both the exterior and interior marked by strong fever and chills, light-headedness, dizziness, red and sore eyes, difficulty in swallowing, nasal congestion with thick and sticky nasal discharge and saliva, a bitter taste in the mouth, dry mouth, focal distention with a stifling sensation in the chest and diaphragm, constipation, dark, rough urination, a yellow, greasy tongue coating, and a flooding, rapid or wiry, slippery pulse.

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Fang Feng Tong Sheng San
(Siler and Platycodon Powder) 防风通圣散

- **Pathological analysis**
 - The strong fever and chills are signs of exterior wind-heat which causes dizziness and red, sore eyes.
 - Wind-heat attacks the Lungs and causes difficulty in swallowing and nasal congestion with thick and sticky nasal discharge and saliva.
 - Interior heat, accumulating primarily in the Lungs and Stomach, is reflected in the bitter taste in the mouth, dry mouth, focal distention with a stifling sensation in the chest and diaphragm, constipation, dark, rough urination, greasy, yellow tongue coating, and flooding, rapid or wiry, slippery pulses.

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Fang Feng Tong Sheng San (Siler and Platycodon Powder) 防风通圣散

- **Composition**

- **Chief**

- Fang Feng (Saposhnikovia Radix) 15g
- Ma Huang (Ephedrae Herba) 15g
- Da Huang (Rhei Radix et Rhizoma) 15g
- Mang Xiao (Natrii Sulfas) 15g

- **Deputy**

- Jing Jie (Schizonepetae Herba) 15g
- Bo He (Menthae haplocalycis Herba) 15g
- Zhi Zi (Gardeniae Fructus) 15g
- Hua Shi (Talcum) 90g
- Shi Gao (Gypsum fibrosum) 30g
- Lian Qiao (Forsythiae Fructus) 15g
- Huang Qin (Scutellariae Radix) 30g
- Jie Geng (Platycodi Radix) 30g

- **Assistant**

- Chuan Xiong (Chuanxiong Rhizoma) 15g
- Dang Gui (Angelicae sinensis Radix) 15g
- Bai Shao (Paeoniae Radix alba) 15g
- Bai Zhu (Atractylodis macrocephalae Rhizoma) 15g

- **Envoy**

- Gan Cao (Glycyrrhizae Radix) 60g

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Fang Feng Tong Sheng San (Siler and Platycodon Powder) 防风通圣散

- **Analysis of Formula**

- The chief:

- Fang Feng and Ma Huang, disperse wind and release the exterior by inducing sweating.
- Wine-washed (strengthens its effect on the circulation while mitigating its purgative properties) Da Huang and Mang Xiao, a powerful combination, expel heat through the stool.

- The deputies

- Jing Jie and Bo He assist Fang Feng and Ma Huang in releasing the exterior;
- Zhi Zi and Hua Shi drain heat through the urine;
- Shi Gao, Lian Qiao, Huang Qin and Jie Geng, clear heat from LU and ST organs; In addition, Jie Geng's ascending nature complements the descending nature from purgatives.

- The assistants

- Chuan Xiong, Dang Gui, and Bai Shao, harmonize the blood, which helps to disperse wind.
- Bai Zhu strength SP and prevent the injury of SP from wind-dispersing and heat-clearing ingredients.

- The envoy

- Gan Cao, protects the Spleen by harmonizing the actions of the other ingredients.
- Sheng Jiang strengthens the ST to prevent the ingredients from causing ST upset.

Fang Feng Tong Sheng San (Siler and Platycodon Powder) 防风通圣散

- **Key Point of diagnosis**
 - strong fever and chills, bitter taste in the mouth, dry mouth, constipation, a yellow, greasy tongue coating, and a flooding, rapid or wiry, slippery pulse.
- **Caution and contraindication in Use**
 - Caution in pregnant women and feeble physique.
- **Modification**
 - For cases without strong chills: — Ma Huang;
 - For cases without strong fever: — Shi Gao;
 - For cough and sputum: + Zhi Ban Xia;
- **Clinic Use**
 - Common cold, hypertension, migraine, obesity, habitual constipation, hemorrhoids, facial boils, and acute conjunctivitis.

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Formulas that release exterior disorders with interior disorders

- Section 4 Formulas that release exterior disorders with interior disorders (2 type)
 - **Ge Gen Huang Lian Huang Qin Tang** (Kudzu, Coptis, and Scutellaria Decoction)
 - Fang Feng Tong Sheng San (Siler and Platycodon Powder)

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Study Guideline

- 1. Ge Gen Huang Lian Huang Qin Tang's indications and ingredients;
- 2. Fang Feng Tong Sheng San's indications;