

Herbal Formulas I

Dr. Li, Dongcheng

Office: 954 -763 -9840

E-mail: dcljdl@yahoo.com

1

Contents in Herbal Formulas I

- Chapter 1 Formulas that release the exterior (**28 types**)
 - Section I 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)
- Chapter 2 Formulas that clear heat (**36 types**)
 - Section I Formulas that clear Qi heat (5 types)
 - Section II Formulas that clear toxic heat (8 types)
 - Section III Formulas that clear organ heat (10 types)
 - Section IV Formulas that clear damp-heat (5 types)
 - Section V Formulas that clear deficient-heat (2 types)
 - Section VI Formulas that clear nutritive and cool blood (2 types)
 - Section VII Formulas that clear summer heat (4 types)
- Chapter 3 Formulas that drain downward (**14 types**)
 - Section I Formulas that purge heat accumulation (7 types)
 - Section II Formulas that moisten intestine & unblock bowels (3 types)
 - Section III Formulas that warm purgative (2 types)
 - Section IV Formulas that drive out excess water (2 types)

2

Contents in Herbal Formulas I

- Chapter 4 Formulas that harmonize (10 types)
 - Section 1 Formulas that harmonize Shaoyang (3 types)
 - Section 2 Formulas that harmonize LV & SP (4 types)
 - Section 3 Formulas that harmonize ST & LI (3 type)
- Chapter 5 Formulas that drain dampness (15 types)
 - Section 1 Formulas that transform damp turbidity (2 types)
 - Section 2 Formulas that clear damp-heat (1 types)
 - Section 3 Formulas that promote urination & drain dampness (5 types)
 - Section 4 Formulas that warm and transform dampness (7 types)
- Chapter 6 Formulas that moisten dryness (8 types)
 - Section 1 Formulas that disperse and moisten dryness (3 types)
 - Section 2 Formulas that enrich Yin and moisten dryness (5 types)
- Chapter 7 Formulas that warm interior (10 types)
 - Section 1 Formulas that warm Middle and dispel cold (6 types)
 - Section 2 Formulas that warm channel and dispel cold (2 types)
 - Section 3 Formulas that rescue devastated Yang (2 types)

3

Chapter 2 Formulas that clear heat

Dr. Li, Dongcheng

Office: 954 -763 -9840

E-mail: dcljdl@yahoo.com

4

Background

- Treatment strategy
 - Clearing method
 - Basic Questions: “Cool what is hot” and use cold (substances) for hot causes.” (Chapter 74); “Use clearing to treat warmth” and use cold to treat heat.” (Chapter 70).
 - In its broadest sense: “clearing heat” implies a process of purification and transformation that restores coolness and freshness to the body.
 - In a more narrow sense, clearing heat can be differentiated from draining fire. Clearing removes the heat from the Qi or blood levels without impeding their movement and transformation. By contrast, draining fire directs the fire downward and removes it from the body via the urine and bowels.

5

Background

- Heat-clearing formulas are used for heat is in the interior;
 - Heat without form (无形之热)
 - Heat with form (有形之热)
- Heat-clearing formulas categories
 - Section I Formulas that clear Qi heat (5 types)
 - Section II Formulas that clear toxic heat (8 types)
 - Section III Formulas that clear organ heat (10 types)
 - Section IV Formulas that clear damp-heat (5 types)
 - Section V Formulas that clear deficient-heat (2 types)
 - Section VI Formulas that clear nutritive and cool blood (2 types)
 - Section VII Formulas that clear summer heat (3 types)

6

Background

- Warmth, heat and fire
 - The difference among them is one of degree and manifestation.
 - Warmth is less intense than heat, while fire is more intense.
 - Warmth and heat are terms that are more often applied to external pathogens, while is used to describe heat within specific organs.
 - Fire is also used to describe conditions with grossly visible manifestations of heat such as bleeding, flushed face, and red eyes, even when the systemic level of heat is not particularly severe.

7

Background

- Caution
 - Ascertain that there is no exterior heat and no clumping of heat in the interior before prescribing heat-clearing formulas.
 - Clearly distinguish whether the condition is deficient or excessive in nature, and to identify the location (level and organ) of the disorder.
 - Include ingredients that protect the functions of the Stomach.
 - Should be discontinued once the heat has been successfully treated.
 - Used with utmost caution in order to prevent further injury to the Yang.
 - Avoid mistaking the presence of false heat in patients with interior cold as a sign of excess heat.
 - If the use of heat-clearing formulas does not bring the desired effect, this is most likely due to deficiency of true Yin.
 - “Where (the use of) cold (herbs and formulas) does not (produce) cold, this is due to a lack of water.”
 - Take a small amount of ginger juice or simply letting the decoction cool before taking it when vomiting up orally-administered heat-clearing formulas due to vigorous and blazing heat

8

- Chapter 2 Formulas that clear heat (36 types)
 - Section I Formulas that clear Qi heat (5 types)
 - Section II Formulas that clear toxic heat (8 types)
 - Section III Formulas that clear organ heat (10 types)
 - Section IV Formulas that clear damp-heat (5 types)
 - Section V Formulas that clear deficient-heat (2 types)
 - Section VI Formulas that clear nutritive and cool blood (2 types)
 - Section VII Formulas that clear summer heat (4 types)

9

Section 1 Formulas that clear Qi heat

10

Qi-level Heat

- Qi-level heat are marked by high fever, profuse sweating, irritability, thirst, and a flooding, large, and rapid pulse.
- This same presentation occurs in the Yang Ming channel pattern disorder;
- Another type of Qi-level disorder occurs when heat is not cleared during the recovery stage of a febrile disease, resulting in injury to both the Qi and the Yin. Manifestations include irritability, fever, sweating, and as sensation of constraint in the chest.
- The core herbs in these formulas are those that clear heat and drain fire such as Shi Gao (Gypsum fibrosum), Dan Zhu Ye (Lophatheri Herba), and Zhi Zi (Gardeniae Fructus);
- Gan Cao (Glycyrrhizae Radix) and Jing Mi (Nonglutinous rice) are often added in order to nourish the ST and harmonize the middle burner.
- It is common to add herbs that moisten and generate fluids such as Ren Shen (Ginseng Radix), Mai Men Dong (Ophiopogonis Radix), and Zhi Mu (Anemarrhenae Rhizoma).
- Dan Dou Chi (Sojae Semen preparatum) is helpful to include for constrained heat in the chest and diaphragm.

11

Formulas that clear Qi heat

- Section I Formulas that clear Qi heat (5 types)
 - **Bai Hu Tang** (White Tiger Decoction)
 - Bai Hu Jia Ren Shen Tang (White Tiger plus Ginseng Decoction)
 - Bai Hu Jia Cang Zhu Tang (White Tiger plus Atractylodis Decoction)
 - **Zhu Ye Shi Gao Tang** (Lophatherus and Gypsum Decoction)
 - **Zhi Zi Chi Tang** (Gardenia and Prepared Soybean Decoction)

12

Bai Hu Tang (White Tiger Decoction)

白虎汤

- **Source:** Discussion of Cold Damage (C. 220)
- **Actions:** Clears Qi-level heat, drains Stomach fire, generates fluids, and alleviates thirst
- **Indications:** **Blazing heat in the Yang Ming-channel pattern** of the six patterns of disease or the **Qi level of the four levels of disease** manifested by **high fever with profuse sweating** and an aversion to heat, a red face, **severe thirst** and **irritability**, and a **flooding, forceful or slippery, rapid pulse**. May also include headache, toothache, or bleeding of the gums and nose.

13

Bai Hu Tang (White Tiger Decoction)

白虎汤

- **Pathological analysis**
 - The Yang Ming channels contain an abundance of Qi and blood. A strong pathogenic influence attacking the Yang Ming channels produces a presentation that is characterized by the “four greats”: a great (high) fever, great thirst, great (profuse) sweating, and a great (flooding and big) pulse.
 - Because Yang Ming channels traverse the head and face, severe heat in these channels causes headache and facial flushing.
 - High fever is characteristic of interior heat.
 - Interior heat forces out the fluids in the form of profuse sweating and dries the fluids in the Stomach, the upper Yang Ming organ. This leads to severe thirst, irritability, and a dry mouth and tongue.
 - The flooding pulse reflects the presence of a strong pathogenic influence in the channels and the equally strong reaction to it.
 - Tongue may be red with dry white or yellow coating which are manifestation of interior heat.
 - Stomach fire can cause problems along the upper course of the ST channel in the form of headache, toothache, and bleeding of the gums. May be heavy labored breathing, and in severe cases, delirious speech.

14

Bai Hu Tang (White Tiger Decoction)
白虎汤

- **Composition**

- **Chief**

- Shi Gao (Gypsum fibrosum) 48g

- **Deputy**

- Zhi Mu (Anemarrhenae Rhizoma) 18g

- **Assistant & Envoy**

- Zhi Gan Cao (Glycyrrhizae Radix preparata) 6g
- Jing Mi (Nonglutinous rice) 9-15g

15

Bai Hu Tang (White Tiger Decoction)
白虎汤

- **Analysis of Formula**

- Shi Gao, the chief, acrid, sweet and extremely cold, clears heat from the interior; vents pathogenic heat to the exterior and releases heat constraint from the muscle layer and skin; and moistens and enriches the Yin to support the generation of body fluids.
- The deputy, Zhi Mu, bitter, cold, and moistening, assists Shi Gao in clearing from the LU and ST to alleviate irritability, moistens dryness, and enriches the Yin.
- The assistant and envoy herbs, Zhi Gan Cao and Jing Mi, benefit the ST and protect the fluids; prevent the extremely cold properties of the other ingredients from injuring the Middle Jiao.

16

Bai Hu Tang (White Tiger Decoction)

白虎汤

- **Key Point of diagnosis**
 - High fever, profuse sweating, severe thirst and irritability, flooding, forceful or slippery, rapid pulse.
- **Caution and contraindication in Use**
 - Contraindicated for 1. A pulse that is floating, wiry, and thin; 2. A submerged pulse; 3. The absence of thirst; 4. The absence of sweating; Careful follow-up and should immediately stop if signs of headache of cold, or impairment of mental faculties occur.
- **Modification**
 - For concurrent wind-cold in the exterior: + Cong Bai, Dan Dou Chi, and Xi Xin;
 - For red, swollen eyes and excruciating headache: + Huang Lian and Huang Qin;
 - For pain and swelling of the gums, headache, nosebleed, a dry mouth, thirst, and constipation due to LU heat and ST fire: + Da Huang
 - For wasting and thirsting disorder, or heat that severely injures the fluids resulting in thirst, irritability, and insatiable hunger: + Tian Hua Fen, Lu Gen, and Mai Men Dong;
 - For the subcutaneous blotches, irritability and restlessness, disorientation, and insomnia associated with febrile disease and heat toxin: combine with Huang Lian Jie Du Tang;

17

Bai Hu Tang (White Tiger Decoction)

白虎汤

- **Clinic Use**
 - The stage of acute infections marked by maximal fevers including influenza, scarlet fever, typhoid fever, encephalitis B, meningitis, lobar pneumonia, and hemorrhagic fever. It is also used for the somewhat similar increased metabolic state of hyperthyroidism and certain fevers related to cancers.
 - Swollen, congested, and hemorrhagic skin and mucous membrane diseases including measles, dermatitis, recalcitrant allergic dermatitis, periodontitis, and acute stomatitis.
 - It has also been used for sunstroke, diabetes, gastritis, psychiatric diseases, and unrelenting seepage after burns.

18

Bai Hu Jia Ren Shen Tang (White Tiger plus Ginseng Decoction) 白虎加人参汤

- **Source:** Discussion of Cold Damage (C. 220)
- **Composition:** Bai Hu Tang + Ren Shen (Ginseng Radix)
- **Indications:** For **injury to the Qi and fluids** resulting from a summer-heat disorder, or from sweating, vomiting, or purgation, or from exhaustion of Qi in the course of a Yang Ming disorder manifested by **Bai Hu Tang's four greets, forceless pulse or generalized weakness**, or the person may feel a slight aversion to cold in their back, or the thirst will be unquenchable.
- **Note:**
 - All these signs and symptoms indicate that **Qi has been damaged**.
 - Xi Yang Shen (Panacis quinquefoii Radix) is often substituted for Ren Shen;

19

Bai Hu Jia Cang Zhu Tang (White Tiger plus Atractylodis Decoction) 白虎加苍术汤

- **Source:** Book to Safeguard Life Arranged According to Pattern (1108)
- **Composition:** Bai Hu Tang + Cang Zhu (Atractylodis Rhizoma)
- **Indications:** For **damp-warm-heat pathogen disease** or **damp painful obstruction that has transformed into heat** characterized by fever, epigastric distention, profuse sweating, a generalized sensation of heaviness, cold feet, and a red, greasy tongue.
- This formula also treats **wind-damp-heat painful obstruction** with joint pain and generalized fever.
- This formula focuses on **damp-predominant painful obstruction** with swollen joints that are red and inflamed or hot to the touch.

20

Zhu Ye Shi Gao Tang (Lophatherus and Gypsum
Decoction) 竹叶石膏汤

- **Source:** Discussion of Cold Damage (C. 220)
- **Actions:** clears heat, generates fluids, augments the Qi, and harmonizes the Stomach.
- **Indications:** Qi-level heat lingering in the Lungs and Stomach where it injures the Qi and fluids marked by lingering fever (from a febrile disease) accompanied by profuse sweating, nausea or vomiting, short of breath, irritability, thirst, parched mouth, lips, and throat, choking cough, stifling sensation in the chest, red tongue with little coating, and a deficient, rapid pulses. Some patients experience restlessness and insomnia.²¹

Zhu Ye Shi Gao Tang (Lophatherus and Gypsum
Decoction) 竹叶石膏汤

- **Analysis of Pathology**
 - Lungs and Stomach Qi and fluids are injured.
 - It usually occurs during the recovery stage or in the aftermath of a febrile disease.
 - The more pronounced symptoms of heat have subsided, but a low-grade fever with sweating remains.
 - The heat has disturbed the spirit, resulting in irritability and insomnia.
 - Thirst or no coating reflect injury to the Yin and fluids.
 - The stifling sensation in the chest is due to heat obstructing the flow of Qi.
 - Nausea, vomiting, and a choking cough indicate disharmony of Qi flow in the ST and LU.
 - The pulse is also indicative of heat and depleted fluids.

Zhu Ye Shi Gao Tang (Lophatherus and Gypsum Decoction) 竹叶石膏汤

• **Composition**

– **Chief**

- Shi Gao (Gypsum fibrosum) 30g

– **Deputy**

- Dan Zhu Ye (Lophatheri Herba) 6-12g
- Ren Shen (Ginseng Radix) 6g
- Mai Men Dong (Ophiopogonis Radix) 9-18g

– **Assistant**

- Zhi Ban Xia (Pinelliae Rhizoma preparatum) 9g

– **Envoy**

- Zhi Gan Cao (Glycyrrhizae Radix Preparata) 3-6g
- Jing Mi (Nonglutinous rice) 12-15g

23

Zhu Ye Shi Gao Tang (Lophatherus and Gypsum Decoction) 竹叶石膏汤

• **Analysis of Formula**

- The chief, Shi Gao, cold, acrid and sweet, clears lurking heat from the Lungs and Stomach; vents pathogenic heat to the exterior and helps to order the Qi dynamic; generates fluids and stops thirst.
- The deputies
 - Dan Zhu Ye, sweet, bland and cold, enters into HT, LU, and ST channels, clears lingering heat through the urine but also vents it from the upper Jiao;
 - Ren Shen and Mai Men Dong, complement each other to moisten the LU and nourish the Yin, benefit the ST and generate fluids, and clear heat from the HT and eliminate irritability;
- The assistant, Zhi Ban Xia, directs rebellious Qi downward and thereby stops the vomiting; due to its warm and acrid, it can invigorate the SP Qi and reduce the cloying stagnating properties of Mai Men Dong.
- The envoys, Zhi Gan Cao and Jing Mi, assist Ren Shen in tonifying the Qi, and harmonize the Middle Jiao and nourish the ST, thereby protecting the ST against injury from Shi Gao. 24

Zhu Ye Shi Gao Tang (Lophatherus and Gypsum Decoction) 竹叶石膏汤

- **Key Point of diagnosis**
 - Fever, profuse sweating, short of breath, nausea, thirst, red tongue with little coating, and a deficient, rapid pulses.
- **Caution and contraindication in Use**
 - Not appropriate for febrile diseases where both the normal and pathogenic Qi are abundant, when the fever remains high, or when the Qi and Yin have not yet been injured.
- **Modification**
 - For insufficient Stomach Qi and Yin with only mild or no signs of ST heat: — Shi Gao;
 - For deficient ST Yin with oral ulcerations and a red, dry tongue: + Tian Hua Fen; Shi Hu;
 - For intense, blazing ST fire with persistent hunger: + Tian Hua Fen; Zhi Mu;
 - For vomiting or hiccups: + Lu Gen;
 - For cough and wheezing: + Xing Ren;
 - For profuse sputum: + Bei Mu; Chen Pi;
 - For Yin deficiency leading to Yang deficiency with symptoms of abandonment, such as severe dyspnea or sweating: + Zhi Fu Zi;
- **Clinic Use**
 - The recovery stage of infections such as pneumonia, encephalitis B, meningitis, measles, influenza, hemorrhagic fever, and scarlet fever; fevers from postsurgical infections or in response to chemotherapy or radiation therapy for cancer; it has also been used for stomatitis, systemic lupus erythematosus, diabetes, and nervous exhaustion;

25

Zhu Ye Shi Gao Tang (Lophatherus and Gypsum Decoction) 竹叶石膏汤

- **Comparisons**
 - Zhu Ye Shi Gao Tang treats cases where the **Qi and Yin** are both damaged;
 - Bai Hu Jia Ren Shen Tang treats cases with strong heat and damage to the **Qi**;

26

Zhi Zi Chi Tang (Gardenia and Prepared Soybean
Decoction)
梔子豉汤

- **Source:** Discussion of Cold Damage (C. 220)
- **Actions:** clears heat and alleviates restlessness and irritability;
- **Indications:** Qi-level heat lingering in the superficial aspects of the Yang Ming pattern (the muscles and chest) marked by fever, irritability, insomnia with tossing and turning in bed, a stifling sensation in the chest with a soft epigastrium, hunger without a desire to eat, a slightly yellow tongue coating, and a slightly rapid pulse, or a strong, floating pulse at the distal position.

27

Zhi Zi Chi Tang (Gardenia and Prepared Soybean
Decoction)
梔子豉汤

- **Analysis of Pathology**
 - Heat constrained in the Qi level leads to fever.
 - Heat constrained in the chest causes irritability and insomnia
 - “Deficiency irritability”, 虚烦, Xu Fan; deficiency here does not refer to depletion of the body’s normal Qi but to the fact that even though constraint has caused heat to accumulate in the chest and epigastrium, both areas remain soft and pliable to the touch; subjective feeling with no objective evidence of palpable lumps or distention; “formless accumulation”;
 - If the heat constraint is mild, it causes insomnia characterized by tossing and turning before falling asleep; If it is more severe, there will be also very restless sleep and the person will experience a stifling sensation in the chest.
 - Heat in the ST increases the appetite, but because the Qi dynamic is constrained, there is no desire to eat.
 - The slightly yellow tongue coating and vigorous pulse at the distal position also indicate Qi-level or superficial Yang Ming pattern heat;

28

Zhi Zi Chi Tang (Gardenia and Prepared Soybean
Decoction)
梔子豉汤

- **Composition**

- **Chief**

- Zhi Zi (Gardeniae Fructus) 9g

- **Deputy**

- Dan Dou Chi (Sojae Semen preparatum) 6-9g

29

Zhi Zi Chi Tang (Gardenia and Prepared Soybean
Decoction)
梔子豉汤

- **Analysis of Formula**

- The chief herb, Zhi Zi, bitter and cold, excels at clearing constrained heat from the San Jiao, HT, ST, and LV by directing it downward and eliminating it via the urine.
- The deputy, Dan Dou Chi, supports Zhi Zi by dispersing what remains of the heat via the body's exterior; it's good at disseminating constrained heat and eliminating irritability.

30

Zhi Zi Chi Tang (Gardenia and Prepared Soybean Decoction)

梔子豉汤

- **Key Point of diagnosis**
 - fever, irritability, insomnia with tossing and turning in bed, a stifling sensation in the chest with a soft epigastrium, hunger without a desire to eat, a slightly yellow tongue coating.
- **Caution and contraindication in Use**
 - Use with caution in patients with long-lasting SP deficiency and loose stools.
- **Modification**
 - For externally-contracted heat with lingering exterior symptoms: + Niu Bang Zi; Bo He;
 - For more severe heat constraint and Qi stagnation: + Yu Jin; Gua Lou; Zhi Ke;
 - For a bitter taste in the mouth, yellow tongue coating, and other symptoms of severe interior heat: + Huang Qin; Lian Qiao;
 - For nausea, vomiting, a greasy tongue coating, and other symptoms of dampness: + Zhi Ban Xia; Zhu Ru;
 - For pain due to heat from constraint: + Jing Ling Zi San;
- **Clinic Use**
 - Related to disorders of the nervous system including insomnia, night terrors, neuroses, autonomic dystonia, various psychiatric disorders, and the neurological side effects of xanthine bronchodilators.
 - Upper gastrointestinal disorders including esophagitis, esophageal strictures, peptic ulcers, acute gastritis, and bile reflux gastritis;
 - Hemorrhages from the upper part of the body including upper GI bleeds, nosebleeds, and bronchiectasis;
 - A variety of inflammatory and infectious conditions including viral myocarditis, cholecystitis, icteric jaundice, bronchitis, pneumonia, pulmonary tuberculosis, prostatitis, cystitis, tonsillitis, periodontitis, glossitis, otitis media, and conjunctivitis;
 - Hypertension and coronary artery disease;

Formulas that clear Qi heat

- Section I Formulas that clear Qi heat (5 types)
 - **Bai Hu Tang** (White Tiger Decoction)
 - Bai Hu Jia Ren Shen Tang (White Tiger plus Ginseng Decoction)
 - Bai Hu Jia Cang Zhu Tang (White Tiger plus Atractylodis Decoction)
 - **Zhu Ye Shi Gao Tang** (Lophatherus and Gypsum Decoction)
 - Zhi Zi Chi Tang (Gardenia and Prepared Soybean Decoction)

Study Guideline

- 1. Bai Hu Tang's indications and ingredients;
- 2. Bai Hu Jia Ren Shen Tang's indications and ingredients;
- 3. Bai Hu Jia Cang Zhu Tang's indications and ingredients;
- 4. Zhu Ye Shi Gao Tang's indications;
- 5. The difference between Zhu Ye Shi Gao Tang and Bai Hu Jia Ren Shen Tang;
- 6. Zhi Zi Chi Tang's ingredients and indications;

33

Section II Formulas that clear toxic heat

34

Heat-toxicity

- The formulas in this section are used in treating heat toxin with vigorous heat in the three Jiao marked by fever, irritability, incoherent speech, nausea or vomiting, nosebleed, rashes, or various types of sores.
- Toxin is generally distinguished from heat by the presence of pustular lesions such as sores, or by the general “sickness” of the patient.
- These formulas focus on heat toxin in the middle and upper Jiao, which may develop from constrained pathogenic influences generating heat, the accumulation of heat in the chest and diaphragm, or wind-heat epidemic toxic attacking the head or face.
- In addition, formulas that treat sores marked by localized redness, swelling, pain and malaise are included.

35

Heat-toxicity

- Toxin (Du, 毒)
 - Cause of a disease
 - The pathological mechanism of a disease
 - The toxicity of a substance
 - Sometimes, used interchangeably with the term for “pathogenic influence, (xie, 邪).
 - In this chapter, toxin refers to the etiology or clinical presentation, not the toxicity of a substance.
 - Yin toxin and Yang toxin
 - Yin toxin refers to toxicity accompanied by signs of cold, such as a pale or white complexion, white pus, or fatigue.
 - Yang toxin refers to toxicity that manifests purely as heat, which is addressed by the formulas in this section.

36

Formulas that clear toxic heat

- The core ingredients in these formulas are those that clear heat and resolve toxicity, such as **Huang Lian** (Coptidis Rhizoma), **Huang Qin** (Scutellariae Radix), **Huang Bai** (Phellodendri Cortex), **Jin Yin Hua** (Lonicerae Flos), **Lian Qiao** (Forsythiae Fructus), **Ban Lan Gen** (Isatidis/Baphicacanthis Radix), and **Pu Gong Ying** (Taraxaci Herba)
- As heat toxicity is often constrained and clumped in the Upper or superficial parts of the body, herbs that disperse wind and raise upward are often added, such as **Bo He** (Menthae haplocalycis Herba), **Niu Bang Zi** (Arctii Fructus), **Bai Jiang Can** (Bombyx batryticatus), and **Fang Feng** (Saposhnikoviae Radix).
- When heat toxicity clumps in the middle Jiao, it can lead to constipation, add herbs such as **Da Huang** (Rhei et Rhizoma), **Mang Xiao** (Natrii Sulfas) to unblock the bowels and drain out heat.
- Heat toxicity can clog up and collect, leading to local swelling and firmness, such as abscesses or boils. Add herbs such as **Bei Mu** (Fritillariae Bulbus), **Chen Pi** (Citri reticulatae Pericarpium), **Bai Jiang Can** (Bombyx batryticatus) to transform phlegm and disperse clumping. For severe painful swelling, add **Dang Gui Wei** (Angelicae sinensis radicis), **Ru Xiang** (Olibanum), and **Mo Yao** (Myrrha) to invigorate the blood and stop pain.

37

Formulas that clear toxic heat

- Section 2 Formulas that clear toxic heat (8 types)
 - **Huang Lian Jie Du Tang** (Coptis Decoction to Relieve Toxicity)
 - **Pu Ji Xiao Du Yin** (Universal Benefit Decoction to Eliminate Toxin)
 - **Wu Wei Xiao Du Yin** (Five-Ingredient Decoction to Eliminate Toxin)
 - **Xie Xin Tang** (Drain the Epigastrium Decoction)
 - Qing Wen Bai Du Yin (Clear epidemics and overcome toxin decoction)
 - Xian Fang Huo Ming Yin (Sublime formula for sustaining life)
 - Si Miao Yong An Tang (Four-valiant decoction for well being)
 - Wei Jing Tang (Reed decoction)

38

Huang Lian Jie Du Tang (Coptis Decoction to Relieve Toxicity)
黄连解毒汤

- **Source:** Arcane Essentials from the Imperial Library (752)
- **Actions:** Drains fire and resolves toxicity
- **Indications:** Severe obstruction of the three Jiao by fire toxin (also known as heat toxin) which pervades both the interior and exterior marked by high fever, irritability, a dry mouth and throat, incoherent speech, insomnia, dark urine, a red tongue with a yellow coating, and a rapid, forceful pulse. Also for nosebleed or vomiting of blood due to heat excess; carbuncles, deep-rooted boils, and other toxic swellings; and dysenteric disorders or jaundice due to damp-heat.

39

Huang Lian Jie Du Tang (Coptis Decoction to Relieve Toxicity)
黄连解毒汤

- **Pathological analysis**
 - Toxin can develop when an external pathogenic influence is transformed by constraint or from the accumulation of internally-generated heat.
 - The fire toxin that ensues is present throughout the three Jiao and disturbs the spirit. This manifests as high fever, irritability, and in severe cases, incoherent speech and insomnia.
 - The searing heat injures the fluids and dries the mouth and throat. Severe heat may also induce reckless movement of blood (especially in the Upper part of the body), which causes nosebleed or vomiting of blood. Injury to the blood vessels can result in leakage to the skin and the formation of purpura or rashes.
 - Heat obstructing the muscle layer produces carbuncles, boils, and other types of suppurative swellings.
 - The red tongue with a yellow coating, and the fast, forceful pulse reflect the presence of fire toxin.
 - In some cases, fire toxin from constraint may cause damp-heat dysenteric disorders or jaundice.

40

Huang Lian Jie Du Tang (Coptis Decoction to Relieve Toxicity)
黄连解毒汤

- **Composition**

- **Chief**

- Huang Lian (Coptidis Rhizoma) 9g

- **Deputy**

- Huang Qin (Scutellariae Radix) 6g

- **Assistant & Envoy**

- Huang Bai (Phellodendri Cortex) 6g
- Zhi Zi (Gardeniae Fructus) 6-12g

41

Huang Lian Jie Du Tang (Coptis Decoction to Relieve Toxicity)
黄连解毒汤

- **Analysis of Formula**

- Huang Lian, the chief herb, effectively drains fire from the Heart then can cause an abatement of fire in all the other organs; drains fire from the middle Jiao.
- The deputy, Huang Qin, clears heat from the upper Jiao.
- The assistant herbs
 - Huang Bai clears heat from the lower Jiao.
 - Zhi Zi drains heat from the three Jiao through the urine. Also is helpful in relieving irritability.

42

Huang Lian Jie Du Tang (Coptis Decoction to Relieve Toxicity)
黄连解毒汤

- **Key Point of diagnosis**
 - High fever, irritability, dry mouth and throat, red tongue with a yellow coating, and a rapid, forceful pulse.
- **Caution and contraindication in Use**
 - Should only be prescribed in case of excess for patients of robust constitution due to its very bitter and cold; Should not be taken long term or prescribed for conditions of heat in the nutritive or blood levels due to damage to Yin.
- **Modification**
 - For constipation: + Da Huang;
 - For jaundice due to obstruction from heat: + Yin Chen; Da Huang;
 - For dysenteric disorders with blood and mucus in the stool and tenesmus: + Mu Xiang; Bing Lang; Qin Pi;
 - For damp-heat in the lower Jiao with urinary frequency, urgency, and discomfort: + Mu Tong; Ze Xie; Che Qian Zi;
 - For nosebleed, vomiting of blood, or erythema and purpura: + Sheng Di Huang; Mu Dan Pi; Xuan Shen; or combine Xi Jiao Di Huang Tang (Rhinoceros Horn and Rehmannia Decoction);
 - For purulent lesions such as deep-rooted boils: combine with Wu Wei Xiao Du Yin (Five-Ingredient Decoction to Eliminate Toxin).

Huang Lian Jie Du Tang (Coptis Decoction to Relieve Toxicity)
黄连解毒汤

- **Clinic Use**
 - Primarily infections such as septicemia, pyemia, dysentery, acute gastroenteritis, acute hepatitis, acute cholecystitis, pneumonia, urinary tract infections, stomatitis, periodontitis, meningitis, and encephalitis B.
 - Also used for insomnia, hypertension, and the sequelae of stroke.

Huang Lian Jie Du Tang (Coptis Decoction to Relieve Toxicity)
黄连解毒汤

- The difference between Huang Lian Jie Du Tang and Bai Hu Tang
 - Both formulas treat pathogenic heat that disperses through-out the San Jiao.
 - Bai Hu Tang focuses entirely on the **Qi aspect** marked by strong fever, sweating, and thirst.
 - Huang Lian jie Du Tang is able to drain fire that has already entered into the **blood aspect** marked by insomnia, irritability, and flushing (indicating heat disturbing the PC), or nosebleeds, vomiting of blood, carbuncles, boils, or petechiae (indicating heat harassing the blood or congealing to produce toxic swellings).

45

Pu Ji Xiao Du Yin (Universal Benefit Decoction to Eliminate Toxin) 普济消毒饮

- **Source:** Dong-Yuan's Tried and Tested Formulas (1202)
- **Actions:** clears heat, eliminates fire toxin, and disperses wind-heat.
- **Indications:** **Acute, massive febrile disorder of the head** (Da Tou Wen, 大头瘟), also known as **massive epidemic disorder of the head** (Da Tou Tian Xing, 大头天行) due to a **seasonal epidemic toxin** associated with wind-heat and damp-phlegm; most commonly seen in children and usually contracted during the winter or spring; marked by **strong fever and chills, redness, swelling, and burning pain of the head and face**, inability to open the eyes, dysfunction of the throat, dryness and thirst, **a red tongue with a powdery white or yellow coating, and a floating, rapid, and forceful pulse.**



Pu Ji Xiao Du Yin (Universal Benefit Decoction to Eliminate Toxin) 普济消毒饮

• Analysis of Pathology

- The condition is characterized by a sudden onset and severe fire toxin.
- It is the severity and rapaciousness of the effects on the body of the underlying pathogenic influences that account for the use of the word “toxin”.
- The head is the meeting place of the body’s Yang Qi and is the first area to be attacked by seasonal toxin. Here it festers and causes the redness, swelling, burning pain, and tenderness that characterize this disorder.
- In severe cases, the swelling may include the entire upper body. This condition reflects the battle raging between the powerful pathogenic influences and a robust host; the fever and chills are therefore both strong.
- The “battleground” is the upper Jiao, hence the dysfunction of the throat.
- The severe heat also causes thirst, dryness, redness of the tongue and its powdery-white coating, and a floating, rapid pulse. If less severe, the tongue coating will be yellow.

Pu Ji Xiao Du Yin (Universal Benefit Decoction to Eliminate Toxin) 普济消毒饮

• Composition

- **Chief**
 - Huang Lian (*Coptidis Rhizoma*) 15g
 - Huang Qin (*Scutellariae Radix*) 15g
- **Deputy**
 - Niu Bang Zi (*Arctii Fructus*) 3g
 - Lian Qiao (*Forsythiae Fructus*) 3g
 - Bo He (*Menthae haplocalycis Herba*) 3g
 - Bai Jiang Can (*Bombyx batryticatus*) 2g
 - Xuan Shen (*Scrophulariae Radix*) 6g
 - Ma Bo (*Lasiosphaera/Calvatia*) 3g
 - Ban Lan Gen (*Isatidis/Baphicacanthis Radix*) 3g
 - Jie Geng (*Platycodi Radix*) 6g
 - Gan Cao (*Glycyrrhizae Radix*) 6g
- **Assistant**
 - Ju Hong (*Citri reticulatae Exocarpium rubrum*) 6g
- **Envoy**
 - Chai Hu (*Bupleuri Radix*) 6g
 - Sheng Ma (*Cimicifugae Rhizoma*) 2g

Pu Ji Xiao Du Yin (Universal Benefit Decoction to Eliminate Toxin) 普济消毒饮

• Analysis of Formula

- This condition requires two strategies:
 - Resolving the fire toxicity (branch)
 - Dispersing wind-heat (root)
- The chief herbs, Huang Lian and Huang Qin, clear and drain the toxic heat from the upper Jiao; the use of wine serves to direct the actions of these herbs upward;
- The deputies
 - Acrid and cool Niu Bang Zi, Lian Qiao, Bo He and Bai Jiang Can (acrid and neutral), disperse wind-heat from the upper Jiao, head and face.
 - Xuan Shen, Ma Bo, Ban Lan Gen, Jie Geng, and Gan Cao clear heat from the throat and relieve the toxic fire there.
- The assistant, Ju Hong, regulates the Qi to ensure the free flow of blood and Qi and thereby prevent the pathogenic influences from accumulating. This helps to reduce toxic swelling.
- The envoy, Chai Hu and Sheng Ma, raise the Yang, disperse wind-heat, and conduct the other ingredients to the head. They⁴⁹ are also effective in dispersing the stagnation due to fire.

Pu Ji Xiao Du Yin (Universal Benefit Decoction to Eliminate Toxin) 普济消毒饮

- **Key Point of diagnosis**
 - Strong fever and chills, redness, swelling, and burning pain of the head and face, a red tongue with a powdery white or yellow coating, and a floating, rapid, and forceful pulse.
- **Caution and contraindication in Use**
 - Should not be used with caution in treating those with Yin deficiency (due to bitter or acrid herbs).
- **Modification**
 - For constipation: + Da Huang;
 - For more obvious exterior symptoms with less severe internal heat: — dosage of Huang Qin, Huang Lian; + Jing Jie, Fang Feng, Bo He, and Sang Ye;
 - When the exterior symptoms have disappeared and the internal heat is severe: — Chai Hu, Bo He; + Jin Yin Hua, Qing Dai;
 - For internal heat with constipation: + Da Huang, Zhi Shi, Xuan Ming Fen;
 - For hard, stubborn, localized swelling: + Mu Dan Pi; Chi Shao; Zhe Bei Mu; Xia Ku Cao; Si Gua Luo;
 - For concurrent orchitis: + Ku Lian Gen Pi; Long Dan Cao;
- **Clinic Use**
 - Acute infections including furuncles and carbuncles (especially affecting the head), parotiditis, tonsillitis, lymphadenitis, upper respiratory tract infections (primarily in children), hemorrhagic conjunctivitis, acute icteric hepatitis, infectious mononucleosis accompanied by hepatomegaly, and viral myocarditis;

Wu Wei Xiao Du Yin (Five-Ingredient Decoction to Eliminate Toxin) 五味消毒饮

- **Source:** Golden Mirror of the Medical Tradition (1742)
- **Actions:** Clears heat, resolves toxicity, cools the blood, and reduces swelling;
- **Indications:** **Fire toxin**, which can arise from a variety of causes; externally-contracted heat from a warm pathogen disease, seasonal pathogenic influences accumulating in the organs or channels, overindulgence in rich or spicy foods, or heat that accumulates because of disharmony in any of the internal organs. Marked by **all types of boils and carbuncles** with localized erythema, swelling, heat, and pain accompanied by fever, chills, a **red tongue with a yellow coating, and a rapid pulse**.

51

Wu Wei Xiao Du Yin (Five-Ingredient Decoction to Eliminate Toxin) 五味消毒饮

- **Analysis of Pathology**
 - Heat causes stagnation, which produces more accumulation, in turn generating more heat;
 - As this cycle continues, the fire toxin deepens and gradually forms a very hard, rooted sores (疔疮, Ding Chuang). At first, such sores tend to be hard and painful.
 - Because of the accumulating toxin, they turn increasingly red and become hot and more painful.
 - Fever and chills, if present, reflect the battle between the pathogenic influence and the normal Qi in the superficial levels of the body.
 - The red tongue with a yellow coating and the rapid pulse indicate that there is more heat than stagnation of Qi and blood.

52

Wu Wei Xiao Du Yin (Five-Ingredient Decoction to Eliminate Toxin) 五味消毒饮

- **Composition**

- **Chief**

- Jin Yin Hua (Lonicerae Flos) 9g

- **Deputy**

- Zi Hua Di Ding (Violae Herba) 3.6g
- Tian Kui Zi (Semiaquilegiae Radix) 3.6g
- Pu Gong Ying (Taraxaci Herba) 3.6g
- Ye Ju Hua (Chrysanthemi indici Flos) 3.6g

53

Wu Wei Xiao Du Yin (Five-Ingredient Decoction to Eliminate Toxin) 五味消毒饮

- **Analysis of Formula**

- This formula focuses on treating the root of the disorder by resolving toxicity and reducing swelling, doing so by combining a number of cooling herbs that are specific for resolving toxicity.
- The chief herb, Jin Yin Hua, clears heat and resolves toxicity from both the Qi and blood levels and dissipates swellings. It is one of the principal substances to treat sores.
- The deputies
 - Zi Hua Di Ding, Tian Kui Zi, Pu Gong Ying, and Ye Ju Hua, all have a relatively strong ability to resolve toxicity as well as cool the blood, reduce swellings, and disperse clumps. For this reason, they are commonly used to treat various types of purulent lesions.

54

Wu Wei Xiao Du Yin (Five-Ingredient Decoction to Eliminate Toxin) 五味消毒饮

- **Key Point of diagnosis**
 - All types of boils and carbuncles, red tongue with a yellow coating, and a rapid pulse.
- **Caution and contraindication in Use**
 - Contraindicated for Yin-type boils; use with caution in cases of Spleen deficiency.
- **Modification**
 - For high fever and other signs of severe heat: + Huang Lian, Lian Qiao;
 - For severe swelling: + Fang Feng; Chan Tui;
 - For dark red and painful sores: + Mu Dan Pi; Chi Shao;
 - For concurrent damp-heat rash: + Bai Xian Pi; Di Fu Zi; Wu Shao She;
 - For breast abscess: + Gua Lou, Zhe Bei Mu, Qing Pi;
 - For septicemia: + Da Qing Ye, Ban Zhi Lian;
 - For acute pyelonephritis: + Bai Mao Gen; Yu Mi Mu;
 - For use in deficient patients: + Ren Shen or combine Dang Gui Bu Xue Tang;
- **Clinic Use**
 - Multiple furuncles, carbuncles, erysipelas, cellulitis, mastitis, appendicitis, conjunctivitis, bartholinitis, urinary tract infection, acute pyelonephritis, and acute hepatitis;

55

Xie Xin Tang (Drain the Epigastrium Decoction) 泻心汤

- **Source:** Essentials from the Golden Cabinet (c. 220)
- **Actions:** Drains fire, resolves toxicity, and dries dampness;
- **Indications:** Damp-heat excess with interior clumping manifested by fever, irritability and restlessness, flushed face, red eyes, dark urine, constipation, a greasy, yellow tongue coating, and in severe cases, delirious speech. Also for epigastric focal distention, jaundice, diarrhea and dysenteric disorders; or vomiting of blood or nosebleed; or red and swollen eyes and ears; or ulcerations of the tongue and mouth; or abscess.

56

Xie Xin Tang (Drain the Epigastrium Decoction)

泻心汤

• **Pathological Analysis**

- Fever, irritability, and restlessness, flushed face, red eyes, dark urine, constipation, a greasy, yellow tongue coating, epigastric focal distention, jaundice, diarrhea, and dysenteric disorders are manifestations of damp-heat excess and interior clumping.
- Vomiting of blood and nosebleed are caused by the reckless movement of hot blood.
- Red and swollen eyes and ears, ulcerations of the mouth and tongue, and abscesses are associated with fire toxin.

57

Xie Xin Tang (Drain the Epigastrium Decoction)

泻心汤

• **Composition**

– **Chief**

- Da Huang (Rhei Radix et Rhizoma) 6g

– **Deputy**

- Huang Lian (Coptidis Rhizoma) 3g
- Huang Qin (Scutellariae Radix) 3g

58

Xie Xin Tang (Drain the Epigastrium Decoction)

泻心汤

- **Analysis of Formula**

- This is one of the strongest heat-draining formulas in Chinese medicine. It focuses entirely on directing the Qi downward in order to drain excess heat and fire from the body.
- The chief herb, Da Huang, drains fire; if accompanied by diarrhea or dysenteric disorders, purging will drain the heat and break up the clumping; It enters the blood level and uses for the treatment of bleeding, especially in the upper part of the body.
- The deputies, Huang Lian and Huang Qin, drain heat from the upper and middle burners.
- Together, the herbs in this formula drain heat from the three Jiao, primarily through the stool.

59

Xie Xin Tang (Drain the Epigastrium Decoction)

泻心汤

- **Key Point of diagnosis**

- Damp-heat excess with interior clumping signs such as fever, irritability and restlessness, flushed face, red eyes, dark urine, constipation, a greasy, yellow tongue coating; or epigastric focal distention, jaundice, diarrhea and dysenteric disorders; Or vomiting of blood or nosebleed; or ulcerations of the tongue and mouth; or abscess.

- **Caution and contraindication in Use**

- Contraindicated in those with Spleen deficiency cold.

- **Modification**

- For trigeminal neuralgia: + Quan Xie, Wu Gong, Chan Tui;
- For both Yang Ming and Jue Yin headache: + Si Ni San;

- **Clinic Use**

- Infectious, purulent inflammations, especially those involving the head and neck such as carbuncles, furuncles, tonsillitis, and conjunctivitis;
- Hemorrhages, including those from the optical fundus, lungs, stomach, colon, uterus, and brain, as well as hemorrhoids;
- Cerebrovascular diseases including hypertension, atherosclerosis, and stroke;

Xie Xin Tang (Drain the Epigastrium Decoction)

泻心汤

- Xie Xin Tang and Huang Lian Jie Du Tang
 - Huang Lian Jie Du Tang (Coptis Decoction to Resolve Toxicity), which contains Zhi Zi (Gardeniae Fructus), is on draining **heat from the three Jiao**.
 - Xie Xin Tang, on the other hand, which contains Da Huang (Rhei Radix et Rhizoma), has purgative and heat draining actions that are used to guide excess fire downward. This is known in Chinese medicine as “employing draining as a substitute for clearing” (Yi Xie Dai Qing, 以泻代清). For this reason, the formula can be used in treating **any condition of excess fire, particularly in the upper body, the HT, and the ST and Intestines**.

61

Qing Wen Bai Du Yin (Clear epidemics and overcome toxin decoction) 清瘟败毒饮

- **Source:** Achievements Regarding Epidemic Rashes (1794)
- **Actions:** Clears heat, resolves toxicity, cools the blood, and drains fire;
- **Indications:** **Epidemic toxin warm pathogen disorder** manifested by **intense fever, strong thirst, dry heaves, severe and stabbing headache, extreme irritability, and in severe cases, delirious speech, rashes, and nosebleed. The tongue is dark red, the lips are dark and scorched, and the pulse is either rapid, submerged, and thin or rapid, floating, and large.**

62

Qing Wen Bai Du Yin (Clear epidemics and overcome toxin decoction) 清瘟败毒饮

• Pathological Analysis

- Epidemic toxin warm pathogen disorder manifests with severe fire in the Qi and blood levels.
- Intense fever and strong thirst are signs of vigorous heat in the Qi level.
- Severe, stabbing headache is due to fire toxin rising to the head.
- When fire enters the blood level, it disturbs the HT and LV, which causes extreme irritability; in severe cases, it causes incoherent or delirious speech.
- Fire at the blood level also incites the reckless movement of blood, which manifests in rashes, vomiting of blood, or nosebleed.
- A dark-red tongue with dark, scorched lips are signs of intense fire toxin in the Qi and blood levels.
- A submerged, thin, and rapid pulse occurs when intense fire toxin constrains the pulse. A submerged and rapid pulse that is not thin indicates that the fire toxin is less strong and the constraint less severe.
- A floating, large, and rapid pulse is a sign that there is no constraint at all and that the fire toxin is only light and superficial. If the fire toxin is not relieved, the pulse will become thin.

63

Qing Wen Bai Du Yin (Clear epidemics and overcome toxin decoction) 清瘟败毒饮

• Composition

- This is a combination of three formulas.
 - Bai Hu Tang (White Tiger Decoction)
 - Xi Jiao Di Huang Tang (Rhinoceros Horn and Rehmannia Decoction)
 - Huang Lian Jie Du Tang (Coptis Decoction to Resolve Toxicity)
- Shi Gao (Gypsum fibrosum) 24-36g; Zhi Mu (Anemarrhenae Rhizoma) 3-18g; Zhi Zi (Gardeniae Fructus) 3-18g; Sheng Di Huang (Rehmanniae Radix) 6-12g; Shui Niu Jiao (Bubali Cornu) 30-120g; Jie Geng (Platycodi Radix) 1.5-12g; Huang Qin (Scutellariae Radix) 1.5-12g; Chi Shao (Forsythiae Fructus) 3-18g; Xuan Shen (Scrophulariae Radix) 3-18g; Lian Qiao (Forsythiae Fructus) 3-18g; Lophatheri Herba (Dan Zhu Ye) 1.5-12g; Gan Cao (Glycyrrhizae Radix) 1.5-12g; Moutan Cortex (Mu Dan Pi) 3-18g;

64

Qing Wen Bai Du Yin (Clear epidemics and overcome toxin decoction) 清瘟败毒饮

• Analysis of Formula

- This is very cold formula for resolving toxicity.
- Three groups
 - 1. Shi Gao, Zhi Mu, Gan Cao, Dan Zhu Ye, clear heat from the Qi level.
 - 2. Shui Niu Jiao, Sheng Di Huang, Mu Dan Pi, Chi Shao, Xuan Shen, clear heat from the blood level.
 - 3. Huang Lian, Huang Qin, Zhi Zi, open the Triple Burner by draining heat and toxic fire. Lian Qiao and Xuan Shen, resolve toxicity and disperse fire roaming throughout the body. Jie Geng and Dan Zhu Ye have an ascending action that conducts the actions of the other ingredients upward.

65

Qing Wen Bai Du Yin (Clear epidemics and overcome toxin decoction) 清瘟败毒饮

- **Key Point of diagnosis**
 - Intense fever, strong thirst, severe and stabbing headache, extreme irritability, delirious speech, rashes, and nosebleed. The tongue is dark red, the pulse is either rapid, submerged, and thin or rapid, floating, and large.
- **Caution and contraindication in Use**
 - Contraindicated in cases with Yang deficiency or weakness of the SP and ST.
- **Modification**
 - For constipation: + Da Huang; Mang Xiao;
 - For very high fever: + Da Qing Ye; Ban Lan Gen;
 - For a swollen face: + Zi Hua Di Ding; Da Huang;
 - For swollen parotid glands: + Qing Dai; Jin Yin Hua;
 - For soreness in the joints and a lower back that feels bruised: + Huang Bai; Mu Tong;
 - For dark-purple rashes: + Zi Cao; Hong Hua; Tao Ren; Dang Gui;
 - For tremors caused by heat injuring the sinew:— Jie Geng; + Ju Hua; Long Dan Cao;
- **Clinic Use**
 - Infections including meningitis, encephalitis B, measles encephalitis, septicemia, pyemia, and epidemic hemorrhagic fever;

66

Xian Fang Huo Ming Yin (Sublime formula for sustaining life) 仙方活命饮

- **Source:** Fine Formulas for Women with Annotations and Commentary (16th century)
- **Actions:** Clears heat and resolves fire toxin, reduces swelling and promotes the discharge of pus, invigorates the blood, and alleviates pain;
- **Indications:** Fire toxin or phlegm-fire of various origins including the transformation of a pathogenic influence in the channels, overindulgence in rich or greasy foods, or trauma with transmission of toxic Qi marked by early-stage sores and carbuncles with red, swollen, hot, and painful skin lesions, usually accompanied by fever, mild chills, headache, a thin tongue coating (either white or slightly yellow), and a rapid, forceful pulse.

67

Xian Fang Huo Ming Yin (Sublime formula for sustaining life) 仙方活命饮

- **Pathological Analysis**
 - Fire toxin or phlegm-fire causes the clumping of stagnant Qi and blood in the relatively superficial levels of the body, which in turn causes the fluids to “simmer”.
 - The clumping in the channels between the levels of the skin and flesh forms sores or carbuncles that are characterized by inflammation and pus.
 - The battle between heat and the normal Qi in the exterior gives rise to fever, mild chills, headache, and a thin tongue coating. At first, the tongue coating will be white, but as the disorder progresses, it will turn yellow.
 - The battle between the strong pathogenic influence and the strong normal Qi produces a rapid, forceful pulse.

68

Xian Fang Huo Ming Yin (Sublime formula for sustaining life) 仙方活命饮

- **Composition**

- **Chief**

- Jin Yin Hua (Lonicerae Flos) 9g

- **Deputy**

- Chen Pi (Citri reticulatae Pericarpium) 9g
- Dang Gui (Angelicae sinensis Radix) 6-12g
- Chi Shao (Paeoniae Radix rubra) 3g
- Ru Xiang (Olibanum) 3g
- Mo Yao (Myrrha) 3g

- **Assistant**

- Fang Feng (Saposhnikoviae Radix) 3g
- Bai Zhi (Angelicae dahuricae Radix) 3g
- Zhe Bei Mu (Fritillariae thunbergii Bulbus) 3g
- Tian Hua Fen (Trichosanthis Radix) 3g

- **Envoy**

- Chuan Shan Jia (Manitis Squama) 3g
- Zao Jiao Ci (Gleditsiae Spina) 3g
- Gan Cao (Glycyrrhizae Radix) 3g

69

Xian Fang Huo Ming Yin (Sublime formula for sustaining life) 仙方活命饮

- **Analysis of Formula**

- The strategy for treating sores and carbuncles from fire toxin is primarily to clear the heat and resolve the toxicity and secondarily to invigorate the blood, regulate the Qi, transform the phlegm, and dissipate the clumping.
- The chief herb, Jin Yin Hua, is very effective in resolving toxicity. It is regarded as a “sage-like” herb in treating sores and carbuncles because it not only relieves the toxic heat in both the Qi and blood levels, but also dissipated the clumping.

70

Xian Fang Huo Ming Yin (Sublime formula for sustaining life) 仙方活命饮

- The deputies
 - Chen Pi promotes the movement of Qi. This directly affects the stagnant Qi, and indirectly reinforces the actions of the other ingredients in treating this condition.
 - Dang Gui and Chi Shao invigorate and strengthen the flow of blood in the channels.
 - Ru Xiang and Mo Yao eliminate blood stasis and alleviate pain.
- The assistants
 - Fang Feng and Bai Zhi, dispel wind and reduce superficial swelling.
 - Zhe Bei Mu and Tian Hua Fen, clear heat and transform phlegm. Tian Hua Fen also enters the blood where it reduces the swelling from the blood stasis.
- The envoys
 - Chuan Shan Jia and Zao Jiao Ci, open and vent stagnation in the channels to expel the pus and thereby accelerate the healing process. They also serve to focus the actions of the other ingredients on the sores.
 - Gan Cao harmonizes the actions of the other ingredients and assists in resolving toxicity.

71

Xian Fang Huo Ming Yin (Sublime formula for sustaining life) 仙方活命饮

- **Key Point of diagnosis**
 - Early-stage sores and carbuncles with red, swollen, hot, and painful skin lesions, usually accompanied by fever, mild chills, rapid, forceful pulse.
- **Caution and contraindication in Use**
 - Side effects are rare and generally limited to nausea and vomiting, or, with long-term use, injury to the SP and ST Qi. It should not be prescribed in cases of carbuncles that are already discharging pus and have become ulcerated, or for Yin sores. It should be modified where there is SP deficiency.
- **Modification**
 - To strengthen the ability of the formula to clear heat and resolve toxicity: + Pu Gong Ying, Zi Hua Di Ding; Lian Qiao; reduce Chen Pi;
 - If the sores are small and superficial: — Chuan Shan Jia; Zao Jiao Ci;
 - For heat in the blood: + Mu Dan Pi
 - For high fever and severe thirst due to injury to the fluids: — Bai Zhi and Chen Pi; increase Tian Hua Fen; + Xuan Shen;

Xian Fang Huo Ming Yin (Sublime formula for sustaining life) 仙方活命饮

- For Qi deficiency: + Huang Qi;
- For bleeding: + San Qi;
- For constipation: + Da Huang; Huo Ma Ren;
- For urinary difficulty: + Xiao Hui Xiang; Che Qian Zi;
- For sores and carbuncles: + the following herbs to direct the actions of the formula to particular parts of the body:
 - Head: Chuan Xiong
 - Neck: Jie Geng
 - Chest: Gua Lou Pi
 - Flanks: Chai Hu
 - Back: Qin Jiao
 - Upper extremities: Jiang Huang
 - Lower extremities: Niu Xi
- **Clinic Use**
 - Acute mastitis, multiple carbuncles, acute appendicitis, ulcerative colitis, tonsillitis, sinusitis, herpes zoster, infected wounds, psoriasis, osteomyelitis, pneumonia, and other localized, purulent lesions such as pelvic inflammatory disease as well as for purposes of postoperative care.

73

Xian Fang Huo Ming Yin (Sublime formula for sustaining life) 仙方活命饮

- Comparisons of the following heat-clearing and toxicity-resolving formulas
 - Xian Fang Huo Ming Yin treats toxic heat caused by stasis of blood and stagnation of Qi, with heat arising as a secondary consequence. It focuses on moving the Qi, invigorating the blood, transforming phlegm, and reducing swelling. It treats **abscess and swellings where pus has already formed but has not yet been discharged or formed ulcerations.**
 - Pu Ji Xiao Du Yin treats massive epidemic disorders of heat, wind-heat epidemic pathogens enter the body via the **exterior and upper Jiao**, and toxic heat is located entirely in the **upper part of the body**. Dispersing wind-heat from the exterior is the secondary principle of treatment.
 - Wu Wei Xiao Du Yin is most useful in treating **abscesses and inflammatory swellings before pus has formed.**

74

Si Miao Yong An Tang (Four-valiant decoction for well being)
四妙永安汤



- **Source:** New Compilation of Empirical Formulas (1846)
- **Actions:** Clears heat, resolves toxicity, nourishes the Yin, invigorates the blood, and alleviates pain;
- **Indications:** **Sloughing ulcer** (脱疽, Tuo Ju), which is due to obstruction by fire toxin leading to stasis of blood in the sinews and blood vessels marked by **ulcerated sores** that **do not heal** on a limb that is dark red, slightly swollen and warm to the touch, and extremely painful. There may be a rotten smell to the lesion together with copious discharge. Accompanying symptoms include **fever, thirst, a red tongue, and a rapid pulse.**

75

Si Miao Yong An Tang (Four-valiant decoction for well being)
四妙永安汤

- **Pathological Analysis**
 - This condition may be attributed to long-standing Kidney deficiency, externally-contracted damp-cold painful obstruction, overindulgence in rich, greasy, or spicy foods, or the improper use of Yang tonics.
 - With chronic Kidney deficiency, the bones become malnourished and stagnation develops. Externally-contracted damp-cold painful obstruction impedes the circulation of blood; if left untreated, this will lead to constraint, which generates heat.
 - More than one factor is usually involved. Heat and toxin combine to produce hot, red, swollen, and painful lesions. Severe obstruction and the ensuing lack of nourishment leads to a darkening of the skin color, a moderation of the swelling, warmth (due to restricted local circulation), and increased pain. Toxin and stasis together produce putrefaction. The fever, thirst, red tongue, and rapid pulse are indicative of heat.

76

Si Miao Yong An Tang (Four-valiant decoction for well being)
四妙永安汤

- **Composition**

- **Chief**

- Jin Yin Hua (Lonicerae Flos) 90g

- **Deputy**

- Xuan Shen (Scrophulariae Radix) 90g

- **Assistant**

- Dang Gui (Angelicae sinensis Radix) 60g

- **Envoy**

- Gan Cao (Glycyrrhizae Radix) 30g

77

Si Miao Yong An Tang (Four-valiant decoction for well being)
四妙永安汤

- **Analysis of Formula**

- To treat heat toxin developing at the level of the blood and sinews, this formula combines a strategy of clearing heat and resolving toxicity while also nourishing the Yin fluids and invigorating the blood.
- The chief herb, Jin Yin Hua, clears heat, resolves toxicity, and reduces swelling.
- The deputy, Xuan Shen, drains fire, resolves toxicity, and nourishes the Yin.
- The assistant herb, Dang Gui, invigorates the blood and breaks up stasis.
- The envoy, Gan Cao, harmonizes the actions of the other herbs and strengthens the formulas' ability to resolve toxicity.

78

Si Miao Yong An Tang (Four-valiant decoction for well being)
四妙永安汤

- **Key Point of diagnosis**
 - Ulcerated sores that do not heal on a limb that is dark red, slightly swollen and warm to the touch, and extremely painful. There may be a rotten smell to the lesion together with copious discharge. Accompanying symptoms include fever, thirst, a red tongue, and a rapid pulse.
- **Caution and contraindication in Use**
 - Contraindicated in cases with Yang deficiency.
- **Modification**
 - To strengthen the actions in opening up the channels and invigorating the blood: + 60g of Dan Shen; Mao Dong Qing;
 - For extreme pain: + Ru Xiang; Mo Yao;
 - For severe heat: + Mu Dan Pi; Sheng Di Huang;
 - For pronounced blood stasis and obstruction: + Tao Ren; Hong Hua;
 - For pronounced swelling: + Huang Bai; Ze Xie; Guang Fang Ji;
- **Clinic Use**
 - Thromboangiitis obliterans, other disorders with thrombosis in the limbs, and gangrene (in conjunction with surgical debridement);

79

Wei Jing Tang (Reed decoction)
苇茎汤

- **Source:** Records of Proven Formulas Past and Present (627)
- **Actions:** Clears heat from the Lungs, transforms phlegm, drives out blood stasis, and discharges pus;
- **Indications:** Lung abscess due to wind-heat toxin entering the Lungs marked by cough with foul-smelling sputum (which may be streaked with blood), slight fever, mild chest pain, dry, scaly skin, a red tongue with a greasy, yellow coating, and a slippery, rapid pulse.

80

Wei Jing Tang (Reed decoction)

苇茎汤

- **Pathological Analysis**

- Wind-heat obstructing the dissemination of protective Yang in the exterior produces a slight fever that may at times be accompanied by cold shivers.
- The combination of heat, phlegm, and blood stasis produces Lung abscess.
- Heat toxin obstructs the dissemination of Lung Qi, which leads to the coughing up of foul-smelling, yellow sputum.
- Heat injures the collaterals of the Lungs and produces blood-streaked sputum and mild chest pain.
- The stasis of blood prevents nourishment and moisture from reaching the skin, which becomes dry and scaly.
- The combination of heat and phlegm produces a red tongue with a greasy, yellow coating and a slippery, rapid pulse.

81

Wei Jing Tang (Reed decoction)

苇茎汤

- **Composition**

- **Chief**

- Wei Jing (Phragmitis Caulis) 60g

- **Deputy**

- Dong Gua Zi (Benincasae Semen) 24g
- Yi Yi Ren (Coicis Semen) 30g

- **Assistant**

- Tao Ren (Persicae Semen) 9g

82

Wei Jing Tang (Reed decoction)

苇茎汤

- **Analysis of Formula**

- This formula is designed for Lung abscess when heat toxin clogs the Lungs leading to clumping of phlegm and static blood.
- The chief herb, Wei Jing, sweet and cold, light and floating, clears heat from the Lungs.
- The deputies
 - Dong Gua Zi clears and transforms phlegm-heat, resolves dampness, and eliminates pus.
 - Yi Yi Ren clears heat from the Lungs and disperses pus from the upper parts of the body. It also leaches out dampness and helps restore proper function to the Intestines, thereby providing an outlet for dampness and heat through the urine.
- The assistant, Tao Ren, invigorates the blood and eliminates blood stasis, which reduces the clumping and thereby breaks up the abscess. Both Tao Ren and Dong Gua Zi have a mild laxative effect, which provides another outlet for the phlegm through the stool.

83

Wei Jing Tang (Reed decoction)

苇茎汤

- **Key Point of diagnosis**

- Cough with foul-smelling sputum, mild chest pain, a red tongue with a greasy, yellow coating, and a slippery, rapid pulse.

- **Caution and contraindication in Use**

- Contraindicated during pregnancy due to actions of Tao Ren and Yi Yi Ren.

- **Modification**

- For pronounced heat in the Lungs: + Jin Yin Hua, Yu Xing Cao;
- For marked pus in the sputum: + Jie Geng; Chuan Bei Mu; Gan Cao;
- For excessive sputum: + Ting Li Zi;
- For lingering heat and persistent cough with copious sputum during recuperation from a febrile disease: + Si Gua Luo, Gua Lou Pi, Pi Pa Ye;
- For measles with coughing, fever, thirst, and red rashes: + Huang Qin, Sang Bai Pi, Chuan Bei Mu;
- For pronounced Lung heat with formation of pus or yellow sputum in disorders such as pneumonia or acute bronchitis: — Yi Yi Ren; + Jie Geng, Chai Hu, Yu Xing Cao, Jin Yin Hua;

- **Clinic Use**

- Bronchitis, bronchiectasis, pneumonia, pertussis, and asthmatic bronchitis.

84

Formulas that clear toxic heat

- Section 2 Formulas that clear toxic heat (8 types)
 - **Huang Lian Jie Du Tang** (Coptis Decoction to Relieve Toxicity)
 - **Pu Ji Xiao Du Yin** (Universal Benefit Decoction to Eliminate Toxin)
 - **Wu Wei Xiao Du Yin** (Five-Ingredient Decoction to Eliminate Toxin)
 - **Xie Xin Tang** (Drain the Epigastrium Decoction)
 - Qing Wen Bai Du Yin (Clear epidemics and overcome toxin decoction)
 - Xian Fang Huo Ming Yin (Sublime formula for sustaining life)
 - Si Miao Yong An Tang (Four-valiant decoction for well being)
 - Wei Jing Tang (Reed decoction)

85

Study Guideline

- 1. Huang Lian Jie Du Tang's indications.
- 2. Huang Lian Jie Du Tang's ingredients.
- 3. The difference between Huang Lian Jie Du Tang and Bai Hu Tang.
- 4. Pu Ji Xiao Du Yin's indications.
- 5. Two strategies in Pu Ji Xiao Du Yin.
- 6. Wu Wei Xiao Du Yin's indications.
- 7. Xie Xin Tang's indications.
- 8. Xie Xin Tang's ingredients.
- 9. The difference between Xie Xin Tang and Huang Lian Jie Du Tang.
- 10. Qing Wen Bai Du Yin's indications.
- 11. Which three formulas are composed of Qing Wen Bai Du Yin?
- 12. Xian Fang Huo Ming Yin's indications.
- 13. The strategy for treating sores and carbuncles in Xian Fang Huo Ming Yin. Please list the herbs that demonstrate these strategies.
- 14. The difference among Xian Fang Huo Ming Yin, Pu Ji Xiao Du Yin, and Wu Wei Xiao Du Yin.
- 15. Si Miao Yong An Tang's indications.
- 16. The difference between Xian Fang Huo Ming Yin and Si Miao Yong An Tang.
- 17. Wei Jing Tang's indications.

86

Section III Formulas that clear organ heat

87

Heat in the organ

- When heat excess develops in an organ, it will manifest in signs and symptoms that are characteristic of the pathology of that organ and its associated channel.
- Heat excess in the organ can be due to externally-contracted disease or arise from internal causes.
- In treating such disorders, the choice of formula is based upon the organ affected, and the extent of its involvement.

88

Heat in the organ

- Heat or fire in the Lungs
 - Herbs that clear the Lungs and drain out heat, such as **Sang Bai Pi** (Mori Cortex); **Huang Qin** (Scutellariae Radix).
 - Lung heat can be very closely related to Qi-level heat, and when this occurs, Qi-level herbs that clear heat and resolve toxicity, such as **Jin Yin Hua** (Lonicerae Flos); **Lian Qiao** (Forsythiae Fructus);
 - If there is lurking fire, herbs that clear this type of heat, such as **Di Gu Pi** (Lycii Cortex).

89

Heat in the organ

- Heat or fire in the Spleen and Stomach
 - Herbs that clear heat and fire from SP & ST, such as **Shi Gao** (Gypsum fibrosum), **Zhi Mu** (Anemarrhenae Rhizoma), and **Huang Lian** (Coptidis Rhizoma);
 - Heat in SP & ST often occurs in conjunction with constraint that leads to rebellion, and thus herbs that disperse or release constraint, such as **Fang Feng** (Saposhnikoviae Radix), **Huo Xiang** (Agastaches Herba), or **Sheng Ma** (Cimicifugae Rhizoma), are often added;
 - Heat in the ST can become quite intense, which readily affects the blood and Yin, such as **Sheng Di Huang** (Rehmanniae Radix), **Shu Di Huang** (Rehmanniae Radix preparata), and **Mai Men Dong** (Ophiopogonis Radix), are often added.

90

Heat in the organ

- Heat in the Heart channel
 - Herbs that clear the Heart and drain fire, such as **Dan Zhu Ye** (Lophatheri Herba); **Huang Lian** (Coptidis Rhizoma), and **Zhi Zi** (Gardeniae Fructus);
 - HT & SI are interior-exterior relationship; heat affecting the HT can be conducted out via the urine with such herbs as **Mu Tong** (Akebiae Caulis) and **Che Qian Zi** (Plantaginis Semen);
 - Heat in the HT often ends up affecting the blood and readily injures the fluids, and thus herbs such as **Sheng Di Huang** (Rehmanniae Radix) and **Mai Men Dong** (Ophiopogonis Radix) are often used.

91

Heat in the organ

- Heat in the Liver and Gallbladder
 - Herbs that clear the Liver and drain fire, such as **Long Dan Cao** (Gentianae Radix), **Zhi Zi** (Gardeniae Fructus), and **Xia Ku Cao** (Prunellae Spica);
 - LV & GB heat are often accompanied by dampness pouring downward, and thus herbs that clear heat and resolve dampness, such as **Mu Tong** (Akebiae Caulis), **Ze Xie** (Alismatis Rhizoma), and **Che Qian Zi** (Plantaginis Semen), are often used.
 - When LV heat is due to constraint, one should add herbs that, when combined with heat-clearing herbs, can disperse heat from constraint: **Qiang Huo** (Notopterygii Rhizoma seu Radix) and **Fang Feng** (Saposhnikoviae Radix);
 - Herbs that moisten the Yin and blood, such as **Dang Gui** (Angelicae sinensis Radix) and **Sheng Di Huang** (Rehmanniae Radix);

92

Heat in the organ

- Heat in the Intestines
 - Herbs that clear the Intestines and resolve toxicity, such as **Huang Lian** (Coptidis Rhizoma), **Huang Qin** (Scutellariae Radix), **Huang Bai** (Phellodendri Cortex), **Bai Tou Weng** (Pulsatillae Radix);
 - This type of heat has a tendency to disrupt the functions of the Qi and blood leading to dysenteric disorders and tenesmus, and hence herbs that promote the proper movement and regulate the Qi and blood, such as **Dang Gui** (Angelicae sinensis Radix), **Shao Yao** (Paeoniae Radix), **Mu Xiang** (Aucklandiae Radix), and **Bing Lang** (Arecae Semen), are often added.

93

Formulas that clear organ heat

- Section 3 Formulas that clear organ heat (10 types)
 - **Ma Xing Shi Gan Tang** (Ephedra, Apricot Kernel, Gypsum and Licorice Decoction)
 - **Dao Chi San** (Guide Out the Red Powder)
 - **Long Dan Xie Gan Tang** (Gentiana Longdancao Decoction to Drain the Liver)
 - **Qing Wei San** (Clear the Stomach Powder)
 - **Yu Nu Jian** (Jade Woman Decoction)
 - **Xie Bai San** (Drain the White Powder)
 - **Zuo Jin Wan** (Left Metal Pill)
 - **Bai Tou Weng Tang** (Pulsatillae Decoction)
 - **Xie Huang San** (Purging the Yellow Powder)
 - **Yin Qiao Ma Bo San** (Honeysuckle, Forthia, and Puffball Powder)

94

Ma Xing Shi Gan Tang (Ephedra, Apricot Kernel, Gypsum and Licorice Decoction) 麻杏石甘汤

- **Source:** Discussion of Cold Damage (c.220)
- **Actions:** Facilitates the flow of Lung Qi, clears heat, and calms wheezing by directing rebellious Qi downward;
- **Indications:** Heat lodged in the Lungs where it obstructs the flow of Qi marked by fever with or without sweating, thirst, wheezing, coughing, labored breathing, nasal flaring and pain, a thin tongue coating that can either be white or yellow, and a rapid pulse that can be floating or slippery.

95

Ma Xing Shi Gan Tang (Ephedra, Apricot Kernel, Gypsum and Licorice Decoction) 麻杏石甘汤

- Pathological analysis
 - Heat lodged in the Lungs may be caused either by externally-contracted wind-heat or by wind-cold that has transformed into heat.
 - The fever, thirst, yellow tongue coating, and rapid pulse are all indicative of heat.
 - Wheezing, coughing, and labored breathing reflect obstruction of the Lung Qi.
 - When heat clogs the Lungs, they lose their ability to disseminate and direct downward. Upward rebellion of Lung Qi leads specifically to wheezing, while internal steaming of the heat forces the fluids outward in the form of sweat.

96

Ma Xing Shi Gan Tang (Ephedra, Apricot Kernel,
Gypsum and Licorice Decoction) 麻杏石甘汤

- In more severe cases, the heat will deplete the fluids and there will be little or no sweating.
- The pulse and tongue will change according to how deeply the pathogen has entered the body: if there are still some lingering elements of an exterior condition, the pulse will be floating and the tongue coating may be white.
- Once the pathogen has moved completely from the exterior to the Lungs, the classic presentation for this formula will appear, with a yellow tongue coating and a slippery, rapid pulse.

97

Ma Xing Shi Gan Tang (Ephedra, Apricot Kernel,
Gypsum and Licorice Decoction) 麻杏石甘汤

• **Composition**

– **Chief**

- Ma Huang (Ephedrae Herba) 12g
- Shi Gao (Gypsum fibrosum) 24g

– **Deputy**

- Xing Ren (Armeniacae Semen) 50 pcs (18g)

– **Envoy**

- Zhi Gan Cao (Glycyrrhizae Radix preparata) 6g

98

Ma Xing Shi Gan Tang (Ephedra, Apricot Kernel, Gypsum and Licorice Decoction) 麻杏石甘汤

• Analysis of Formula

- In order to treat heat lodged in the Lungs where it obstructs its normal functions, this formula employs a strategy of clearing the heat and directing the Qi downward.
- The chief herbs
 - Ma Huang facilitates the circulation of Lung Qi and thereby controls the wheezing.
 - Shi Gao drains heat from the Lungs and controls the diaphoretic action of Ma Hang; also balance the warm of Ma Huang; It also clears heat from the ST to relieve the thirst and muscles to relieve the fever and spontaneous sweating.
- The deputy, Xing Ren, assists Ma Huang in facilitating the flow of Lung Qi; combined with Ma Huang, make a powerful combination for stopping wheezing by directing the rebellious Lung Qi downward.
- The envoy, Zhi Gan Cao, moistens the Lungs, stops coughing, and harmonizes the actions of the other ingredients.

99

Ma Xing Shi Gan Tang (Ephedra, Apricot Kernel, Gypsum and Licorice Decoction) 麻杏石甘汤

- **Key Point of diagnosis**
 - Fever, wheezing, coughing, labored breathing, a thin tongue coating that can either be white or yellow, and a rapid pulse that can be floating or slippery.
- **Caution and contraindication in Use**
 - Contraindicated for wheezing due to cold and in cases where the pathogenic influence lingers due to deficiency of the normal Qi.
- **Modification**
 - For severe heat: + Jin Yin Hua; Lian Qiao; Huang Qin; Yu Xing Cao;
 - For stubborn asthma: + Zhi Ban Xia; Gua Lou; Chen Pi; Zhi Shi; Sheng Jiang;
 - For wheezing and coughing with copious sputum: + Zi Su Zi; Ting Ling Zi;
 - For chills and no sweating: + Jing Jie; Bo He; Dan Dou Chi;
 - For sinusitis: + Di Long;
- **Clinic Use**
 - Upper respiratory tract infection, lobar pneumonia, bronchial pneumonia, bronchial asthma, pneumonitis from measles, bronchiolitis, pertussis, diphtheria, keratitis, and conjunctivitis;

100

Ma Xing Shi Gan Tang (Ephedra, Apricot Kernel, Gypsum and Licorice Decoction) 麻杏石甘汤

- Comparisons
 - Gui Zhi Jia Hou Po Xing Zi Tang
 - Both formulas treat patterns characterized by wheezing and sweating.
 - The presentations for Gui Zhi Jia Hou Po Xing Zi Tang are an aversion to wind or drafts, and by subjective sensations of up-rushing Qi. Furthermore, there will be none of the heat signs that are characteristic of an Ma Xing Shi Gan Tang presentations, such as a dry mouth, thirst, or flushing.
 - Xiao Qing Long Tang
 - Both formulas treat wheezing and coughing with sputum that may be white in color.
 - However, Xiao Qing Long Tang presentation is characterized by aversion to cold, while an Ma Xing Shi Gan Tang presentation is defined by the presence of heat.
 - Bai Hu Tang
 - Both formulas clear Qi-level heat from the interior. Frequently, such patterns occur in the course of cold damage disorders when cold transforms into heat. Ma Xing Shi Gan Tang patterns occur when Ma Huang Tang patterns transform into heat, that is, when a strong cold pathogen continues to bind the Yang Qi in the exterior.
 - Bai Hu Tang patterns occur when Gui Zhi Tang patterns transform into heat, that is, when the nutritive Yin is unable to control the protective Yang, a pattern that occurs more readily when wind is the primary pathogen within a wind-cold configuration.

Dao Chi San (Guide Out the Red Powder)

导赤散

- **Source:** Craft of Medicinal Treatment for Childhood Disease
- **Actions:** Clears the Heart and promotes urination.
- **Indications:** Heat in the heart channel manifested by irritability with a sensation of heat in the chest, thirst with a desire to drink cold beverages, a red face, possibly sores around the mouth, a red tongue, and a rapid pulse. Also used for dark, scanty, rough, and painful urination, or even clearly visible blood in the urine.

Dao Chi San (Guide Out the Red Powder)

导赤散

- **Analysis of Pathology**
 - The Heart is located in the chest and controls the spirit, the presence of heat in the HT channel disturbs the spirit and causes irritability and a sensation of heat in the chest.
 - The HT channel has an internal pathway that travels up the esophagus and into the throat and mouth.
 - Heat in the HT channel causes thirst with a desire for cold beverages and redness in the face.
 - When heat travels up the HT channel to the mouth, sores develop in the mouth and tongue, the “sprout” of the HT.
 - When heat transfers to the SI channels, the secretion of body fluids is disrupted and painful urinary dribbling ensues.
 - The red tongue and rapid pulse are signs of heat.
 - When the heat transferred into the SI channel is severe, the collaterals become scorched and leak blood into the urine.

103

Dao Chi San (Guide Out the Red Powder)

导赤散

- **Composition**
 - **Chief**
 - Mu Tong (Akebiae Caulis) 3-6g
 - **Deputy**
 - Sheng Di Huang (Rehmanniae Radix) 3-6g
 - **Assistant**
 - Dan Zhu Ye (Lophatheri Herba) 3-6g
 - **Envoy**
 - Gan Cao Shao (Glycyrrhizae Radix tenuis) 3-6g

104

Dao Chi San (Guide Out the Red Powder)

导赤散

- **Analysis of Formula**

- This formula guides out excess HT fire via the SI.
- The chief herb, Mu Tong, bitter and cold, clears heat from the HT channel above, and clears heat and promotes urination within the SI channel below.
- The deputy, Sheng Di Huang, enters the HT to cool the blood; enters the KD to nourish the Yin and generate fluids (strengthening the KD water), which controls the fire in the HT. Combined with Mu Tong to promote urination without damaging the Yin and tonify the fluids without retaining the pathogenic Qi.
- The assistant, Dan Zhu Ye, alleviates irritability by clearing heat from the HT.
- The envoy, Gan Cao Shao, treats painful urinary dribbling, in addition to resolving toxicity and harmonizing the actions of the other herbs in the formula.

105

Dao Chi San (Guide Out the Red Powder)

导赤散

- **Key Point of diagnosis**

- Irritability with a sensation of heat in the chest, thirst with a desire to drink cold beverages, a red face, possibly sores around the mouth, a red tongue, and a rapid pulse. Also used for dark, scanty, rough, and painful urination.

- **Caution and contraindication in Use**

- Use with caution in cases of SP and ST deficiency.

- **Modification**

- For Yin deficiency: + Shi Hu; Zhi Mu;
- For blood in the urine: + Mo Han Lian; Bai Mao Gen;
- For ulcerated sores around the mouth: + Wu Ling San

- **Clinic Use**

- Stomatitis, oral thrush, night terrors, pyelonephritis, cystitis, and urinary tract stones.

106

Long Dan Xie Gan Tang (Gentiana Longdancao Decoction
to Drain the Liver) 龙胆泻肝汤

- **Source:** Medical Formulas Collected and Analyzed (1682)
- **Actions:** Drains fire excess from the Liver and Gallbladder, and clears and drains damp-heat from the lower burner;
- **Indications:** Heat excess in the Liver and/ or Gallbladder channels marked by pain in the hypochondria, headache, dizziness, red and sore eyes, hearing loss, swelling in the ears, a bitter taste in the mouth, irritability, short temper, a wiry, rapid, and forceful pulse, and a red tongue with a yellow coating. Also for difficult and painful urination with a sensation of heat in the urethra, swollen and pruritic external genitalia, or foul-smelling leukorrhea. In women, the menstrual cycle will be shortened and the menstrual blood will be reddish-purple in color.

107

Long Dan Xie Gan Tang (Gentiana Longdancao Decoction
to Drain the Liver) 龙胆泻肝汤

- **Analysis of Pathology**
 - The Liver channel traverses the hypochondria and the external genitalia, and its corresponding sensory organ is the eyes.
 - The Gallbladder channel (paired with the LV channel in an exterior-interior relation) begins at the outer canthus of the eye and crosses the lateral aspect (including the frontal and occipital areas) of the head.
 - When heat excess enters these channels, it becomes constrained and cannot drain out. This leads to fire blazing upward to the head where it manifests with the symptoms described above.

108

Long Dan Xie Gan Tang (Gentiana Longdancao Decoction to Drain the Liver) 龙胆泻肝汤

- A wiry, rapid, and forceful pulse and a red tongue with a yellow coating are signs of heat excess in the Liver channel.
- The Gallbladder and San Jiao are both Shao Yang channels. A disturbance in one of the Shao Yang channels usually affects the other.
- When the San Jiao channel is affected, water metabolism is disturbed and internal dampness is generated.
- A damp or humid climate can also induce dampness in the body. In both cases, damp-heat in the lower Jiao causes foul-smelling leukorrhea and other disorders of the external genitalia.

109

Long Dan Xie Gan Tang (Gentiana Longdancao Decoction to Drain the Liver) 龙胆泻肝汤

• **Composition**

- **Chief**
 - Long Dan Cao (Gentianae Radix) 3-9g
- **Deputy**
 - Chao Huang Qin (Dry-fried Scutellariae Radix) 6-12g
 - Zhi Zi (Gardeniae Fructus) 6-12g
 - Chai Hu (Bupleuri Radix) 3-9g
- **Assistant**
 - Mu Tong (Akebiae Caulis) 3-6g
 - Che Qian Zi (Plantaginis Semen) 9-15g
 - Ze Xie (Alismatis Rhizoma) 6-12g
 - Sheng Di Huang (Rehmanniae Radix) 9-15g
 - Jiu Xi Dang Gui (Wine-washed Angelicae sinensis Radix) 3-12g
- **Envoy**
 - Gan Cao (Glycyrrhizae Radix) 3-6g

110

Long Dan Xie Gan Tang (Gentiana Longdancao Decoction to Drain the Liver) 龙胆泻肝汤

• **Analysis of Formula**

- To treat excess fire or damp-heat in the LV & GB, this formula clears the fire and drains the damp-heat via the lower Jiao.
- The chief herb, Long Dan Cao, drains heat excess from the LV & GB and eliminates damp-heat from the Lower Jiao.
- The deputies
 - Huang Qin and Zhi Zi, assist Long Dan Cao in draining the fire and eliminating the dampness.
 - Chai Hu disperses heat due to constrained LV & GB Qi. Combined with Huang Qin, clear Shao Yang heat. It also focuses the actions of the other herbs on the LV & GB channels.

111

Long Dan Xie Gan Tang (Gentiana Longdancao Decoction to Drain the Liver) 龙胆泻肝汤

- The assistant:
 - Mu Tong, Che Qian Zi, and Ze Xie, drain heat from the upper Jiao and eliminate damp-heat from the lower Jiao by promoting urination. This provides a pathway to drain LV fire.
 - Sheng Di Huang supplements the Yin and prevents Yin damage from clearing LV heat herbs.
 - Dang Gui nourishes the blood without causing stasis.
- The envoy
 - Gan Cao harmonizes the Middle Jiao and regulates the actions of the other herbs in the formula; prevents cold and bitter nature herbs from injuring the ST.

112

Long Dan Xie Gan Tang (Gentiana Longdancao Decoction to Drain the Liver) 龙胆泻肝汤

- **Key Point of diagnosis**
 - Heat excess in the Liver and/ or Gallbladder channels marked by pain in the hypochondria, red and sore eyes, hearing loss, swelling in the ears, a bitter taste in the mouth, a wiry, rapid, and forceful pulse, and a red tongue with a yellow coating. Also for difficult and painful urination with a sensation of heat in the urethra.
- **Caution and contraindication in Use**
 - Should not be taken long term or in large doses, nor in cases with Sp deficiency or injury to the fluids.
- **Modification**
 - For more severe signs of fire flaring and less dampness: —Mu Tong; Che Qian Zi; + Huang Lian;
 - For pronounced signs of dampness with less fire: — Huang Qin; Sheng Di Huang; + Hua Shi; Yi Yi Ren;
 - For pale-red leukorrhea and a wiry, rapid pulse: + Chi Shao; Lian Xu;
 - For ulcerations on the external genitalia in both men and women, or sores and abscesses: — Chai Hu; + Lian Qiao; Huang Lian; Da Huang;
 - For severe headache and painful, red eyes: + Ju Hua; Sang Ye;
 - For coughing up blood due to LV fire injuring the Lungs: + Mu Dan Pi; Ce Bai Ye;
 - For tremors: + Gou Teng; Chuan Bei Mu;
- **Clinic Use**
 - Infections such as furuncles, purulent otitis media, rhinitis, acute viral hepatitis, acute cholecystitis, acute pyelonephritis, acute cystitis, vulvitis, orchitis, and pelvic inflammatory disease.
 - Skin diseases such as herpes zoster, eczema, and drug rash;
 - Eye diseases such as acute conjunctivitis, optical fundal hemorrhage and hemorrhagic glaucoma;
 - Endocrine diseases such as hyperthyroidism, Cushing's syndrome, adrenal cortex hyperplasia, and polycystic ovary disease.
 - Migraine, hypertension, uterine prolapse, and polycythemia vera;

113

Qing Wei San (Clear the Stomach Powder) 清胃散

- **Source:** Secrets from the Orchid Chamber (1336)
- **Actions:** Drains Stomach fire, cools the blood, and nourishes the Yin;
- **Indications:** Heat accumulation in the Stomach manifested by toothache (especially when the pain extends into the head), facial swelling, fever, bad breath, a dry mouth, a red tongue with little coating, and a slippery, large, and rapid pulse. Also indicated for bleeding and sores of the gums, and for a swollen, painful tongue, lips, or jaw. The painful areas respond favorably to cold, and worsen with heat.

114

Qing Wei San (Clear the Stomach Powder)

清胃散

- **Pathological Analysis**

- The Yang Ming ST channel, which contains an abundance of Qi and blood, is a common place for conditions of excess to develop. This channel, and the Yang Ming Large Intestine channel, supply the mouth and teeth.
- The accumulation of heat blocks the flow of Qi in the channel and gives rise to rebellious fire, which causes toothache and headache.
- Fire also causes the flesh to fester, which manifests as sores and swelling in the mouth and bad breath.
- Bleeding of the gums is caused by fire that has injured the blood vessels.
- The sensitivity to changes in temperature, the red tongue with little coating, and the slippery, large, and rapid pulse are all signs of heat in the ST.

115

Qing Wei San (Clear the Stomach Powder)

清胃散

- **Composition**

- **Chief**

- Huang Lian (Coptidis Rhizoma) 3-6g

- **Deputy & Envoy**

- Sheng Ma (Cimicifugae Rhizoma) 3-6g

- **Assistant**

- Mu Dan Pi (Moutan Cortex) 6-9g
- Sheng Di Huang (Rehmanniae Radix) 6-12g
- Dang Gui Shen (Angelicae sinensis radicis Corpus) 6-12g

116

Qing Wei San (Clear the Stomach Powder)

清胃散

- **Analysis of Formula**

- The chief herb, Huang Lian, attacks the ST fire and drains the accumulation of heat. When heat accumulates in the Middle Jiao, the pure products of digestion are unable to rise and the turbid products are unable to descend.
- The deputy, Sheng Ma, raises and disperses the heat and resolves toxicity; it is effective for toothache, ulcers and festering sores in the mouth. Its synergy with Huang Lian ensures that draining of fire does not harm the Qi dynamic, and that the ascent of Yang does not further fan the rising fire. It also serves as the envoy, which directs the focus of the formula to the face and mouth.
- The assistant
 - Mu Dan Pi and Sheng Di Huang, cool the blood and nourish the Yin;
 - Dang Gui reduces swelling and alleviates pain by harmonizing the blood.

117

Qing Wei San (Clear the Stomach Powder)

清胃散

- **Key Point of diagnosis**

- Toothache (especially when the pain extends into the head), bad breath, a red tongue with little coating, and a slippery, large, and rapid pulse.

- **Caution and contraindication in Use**

- Contraindicated in cases with toothache due to wind-cold, or tooth and gum problems due to KD deficiency.

- **Modification**

- For strong thirst with a desire for cold beverages: — Dang Gui; Tian Hua Fen;
- For heat in the Large Intestine with constipation: + Da Huang;

- **Clinic Use**

- Stomatitis, periodontitis, glossitis, and trigeminal neuralgia; 118

Yu Nv Jian (Jade Woman Decoction)

玉女煎

- **Source:** Collected Treatises of (Zhang) Jing-yue (1624)
- **Actions:** Drains heat from the ST and nourishes the Yin;
- **Indications:** Kidney Yin deficiency with vigorous Stomach fire marked by toothache, loose teeth, bleeding gums, frontal headache, irritability and fever, thirst with a desire to drink cold beverages, a dry, red tongue with a yellow coating, and a floating, slippery, deficient, and large pulse.

119

Yu Nv Jian (Jade Woman Decoction)

玉女煎

- **Pathological Analysis**
 - The teeth are associated with the Kidneys and are situated along the Yang Ming channel. Heat in the ST may therefore cause toothache, while KD deficiency may cause the teeth to loosen.
 - Bleeding gums result when heat injures the channels that supply the teeth.
 - ST heat will travel through the channel and cause headache (usual frontal).
 - The red tongue with a yellow coating and the floating, slippery, and large pulse are signs of ST heat.
 - Irritability, fever, and thirst are also symptoms of heat.
 - The dry tongue and deficient pulse are indicative of KD Yin deficiency.

Yu Nv Jian (Jade Woman Decoction)

玉女煎

- **Composition**

- **Chief**

- Shi Gao (Gypsum fibrosum) 6-15g
- Shu Di Huang (Rehmanniae Radix preparata) 9-30g

- **Deputy**

- Zhi Mu (Anemarrhenae Rhizoma) 4.5g
- Mai Men Dong (Ophiopogonis Radix) 6g

- **Envoy**

- Niu Xi (Achyranthis Radix) 4.5g

121

Yu Nv Jian (Jade Woman Decoction)

玉女煎

- **Analysis of Formula**

- The chief

- Shi Gao clears fire from the ST and thereby relieves the fever, irritability, and thirst. It is an important substance for treating toothache due to ST fire.
- Shu Di Huang nourishes KD water insufficiency, which enables water to restrain fire.

- The deputy

- Zhi Mu helps Shi Gao clear heat from the ST and also nourishes the Yin.
- Mai Men Dong is very effective in moistening the ST, generating fluids, and alleviating irritability. It nourishes the Yin primarily in the middle and upper Jiao, and thus complements the action of Shu Di Huang, which nourishes the KD Yin.

- The envoy

- Niu Xi conducts the heat downward by guiding blood downward and thereby stops the “overflow” of blood into the oral cavity.

122

Yu Nv Jian (Jade Woman Decoction)

玉女煎

- **Key Point of diagnosis**
 - Toothache, loose teeth, irritability and fever, thirst, a dry, red tongue with a yellow coating, and a floating, slippery, deficient, and large pulse.
- **Caution and contraindication in Use**
 - Contraindicated in cases with diarrhea.
- **Modification**
 - For abundant heat in the Qi level: + Zhi Zi and Di Gu Pi;
 - For abundant heat in the blood level with more severe bleeding: replace Shu Di Huang with Sheng Di Huang; + Xuan Shen;
 - For severe Yin deficiency with mild fire in the ST: + Nv Zhen Zi; Mo Han Lian;
 - Where toothache is the main symptom: replace Shu Di Huang with Sheng Di Huang; + Xi Xin;
 - Where bleeding is the primary symptom: double the dosage of Shi Gao and Niu Xi; + Bai Mao Gen and Mu Dan Pi;
 - For a dark-purple tongue with no coating: + Sha Shen; Shi Hu;
 - For profuse sweating and severe thirst: + Wu Wei Zi;
- **Clinic Use**
 - Stomatitis, glossitis, periodontitis, diabetes, trigeminal neuralgia, and viral myocarditis.

123

Yu Nv Jian (Jade Woman Decoction)

玉女煎

- **Yu Nv Jian and Qing Wei San**
 - Both of these formulas treat toothache and gum problems from ST fire.
 - Qing Wei San treats **blazing fire caused by damp-heat and toxin**. It uses Huang Lian as the chief herb to treat the root and follows the inherent momentum of the disorder by using Sheng Ma to vent heat to the exterior;
 - Yu Nv Jian treats **Yin deficiency with vigorous fire**. This requires a strategy that directs the fire downward, rather than dispersing it. For this reason, it utilizes Niu Xi to cause fire to descend.

124

Xie Bai San (Drain the White Powder)

泻白散

- **Source:** Craft of Medicinal Treatment for Childhood Disease Patterns (1119)
- **Actions:** Drains heat from the Lungs and calms wheezing;
- **Indications:** Lurking fire due to constrained heat in the Lungs marked by coughing, wheezing, and fever with skin that feels hot to the touch, all of which worsen in the late afternoon. There is also a dry mouth, little or difficult-to-expectorate sputum, a thin, rapid pulse, and a red tongue with a yellow coating.

125

Xie Bai San (Drain the White Powder)

泻白散

- **Pathological Analysis**
 - The heat causes the Lung Qi to rebel, which manifests as coughing and wheezing.
 - The Lungs govern the skin; lurking heat in the Lungs causes the skin to feel hot to the touch with light pressure.
 - This is so-called “steaming” heat is thought to emanate from the skin itself. The heat for Yang Ming pattern disorder originates in the flesh and feels hot at all levels of pressure;
 - Constrained heat also injures the Yin of the Lungs. For this reason, the coughing, wheezing, and fever all worsen in the afternoon when the Lung Qi is at this nadir (the most yin time for the Lungs).
 - The dry mouth, thin and rapid pulse, and red tongue¹²⁶ with a yellow coating are all indicative of heat.

Xie Bai San (Drain the White Powder) 泻白散

- **Composition**

- **Chief**

- Chao Sang Bai Pi (Dry-fried Mori Cortex) 30g

- **Deputy**

- Di Gu Pi (Lycii Cortex) 30g

- **Assistant**

- Zhi Gan Cao (Glycyrrhizae Radix preparata) 3g
- Jing Mi (Nonglutinous rice) 15-30g

127

Xie Bai San (Drain the White Powder) 泻白散

- **Analysis of Formula**

- In order to treat constraint caused by lurking fire in the Lungs, the formula uses a strategy of clearing heat and draining fire, assisted by calming wheezing to address the symptoms.
- The chief herb, Chao Sang Bai Pi drains constrained heat from the Lungs and thereby stops the coughing and wheezing.
- The deputy, Di Gu Pi, sweet, bland, and bitter, enters the KD to clear heat from deficiency and into the Lungs to drain lurking fire.
- The assistant herbs
 - Zhi Gan Cao and Jing Mi, protect the ST from the cold properties of the other herbs; they also help the mother which is Earth nurture the child which is Metal.

128

Xie Bai San (Drain the White Powder)

泻白散

- **Key Point of diagnosis**
 - Coughing, wheezing, and fever with skin that feels hot to the touch, a thin, rapid pulse, and a red tongue with a yellow coating.
- **Caution and contraindication in Use**
 - Contraindicated for coughing and wheezing due to wind-cold, wind-heat, or damp-phlegm.
- **Modification**
 - For mild phlegm, and to further protect the SP & ST: substitute Fu Ling for Jing Mi;
 - For severe heat: + Huang Qin and Zhi Mu;
 - For obstruction due to phlegm: + Ting Li Zi; Bai Qian;
 - For cough due to dryness: + Gua Lou Pi; Xing Ren; Chuan Bei Mu; Sha Shen;
 - For heat from deficiency with afternoon fevers: + Qing Hao; Bie Jia; Yin Chai Hu;
- **Clinic Use**
 - The early stages of measles, pneumonia, bronchitis, pertussis,¹²⁹ conjunctivitis, herpes simplex, and urticaria.

Xie Bai San (Drain the White Powder)

泻白散

- **Comparisons**
 - Vs. Bai Hu Tang
 - Both formulas are very similar; sweet herbs to tonify earth are combined with substances that clear heat from the Lungs.
 - Bai Hu Tang treats **Yang Ming pattern disorders with some damage to the Yin fluids**. The chief herb is Shi Gao which can clear heat in the ST & LU and stop thirst;
 - Xie Bai San is indicated for **Lung fire occurring against a background of Yin deficiency**. The chief herb is Sang Bai Pi which can effectively drain fire via the urine;

130

Xie Bai San (Drain the White Powder)

泻白散

– Vs. Ma Xing Shi Gan Tang

- Both of these formulas treat wheezing and coughing due to heat constraining the diffusion and downward-directing of the Lung Qi.
- Ma Xing Shi Gan Tang treats patterns marked by **heat excess arising either from the contraction of a cold pathogen that has transformed into heat or from excess internal heat.** In both cases, the heat is pronounced, and the patient will most likely possess a strong constitution. It has light sweating and signs of excess heat, such as fever and thirst.
- Xie Bai San, on the other hands, is indicated for **Lung fire from constraint against a background of Yin deficiency** marked by a sensation of steaming heat in the afternoons and by skin that is warm to the touch but dry.

131

Zuo Jin Wan (Left Metal Pill)

左金丸

- **Source:** Essential Teachings of Zhu Dan-Xi (1481)
- **Actions:** Clears Liver heat, directs rebellious Qi downward, and stops vomiting;
- **Indications:** **Heat in the Liver channel causing disharmony between the Liver and Stomach** marked by **hypochondriac pain**, indeterminate gnawing hunger, epigastric focal distention, **vomiting, acid reflux, belching, a bitter taste in the mouth, a dry mouth, a red tongue with a yellow coating, and a wiry, rapid pulse.**

132

Zuo Jin Wan (Left Metal Pill)

左金丸

• Pathological Analysis

- Disharmony between the Liver and Stomach with pain localized along the Liver channel.
- Indeterminate gnawing hunger, focal distention, vomiting, and acid reflux are due to Liver heat disturbing the Stomach Qi.
- The red tongue with a yellow coating and the wiry, rapid pulse reflect the presence of heat in the Liver and Stomach.

133

Zuo Jin Wan (Left Metal Pill)

左金丸

• Composition

- **Chief**
 - Huang Lian (Coptidis Rhizoma) 180g
- **Deputy**
 - Wu Zhu Yu (Evodiae Fructus) 15-30g

134

Zuo Jin Wan (Left Metal Pill)

左金丸

- **Analysis of Formula**

- Basic Questions: “ All that rebels and rushes upward is associated with fire”, “ Vomiting and acid reflux are associated with heat.”
- The chief herb, Huang Lian, bitter and cold, drains fire from the HT and thereby from the LV (fire and wood); it also clears ST fire; Therefore, Huang Lian treats the root and branch of the disorder at the same time.
- The deputy, Wu Zhu Yu, promotes the movement of Qi and releases constraint by dispersing the LV. It is also very effective in directing rebellious ST Qi downward. Its hot nature can moderate the cold nature of Huang Lian; Its acid nature ensures that physiological fire is not drained by the bitter, cold, downward-moving nature of Huang Lian;

135

Zuo Jin Wan (Left Metal Pill)

左金丸

- **Key Point of diagnosis**

- Hypochondriac pain, vomiting, acid reflux, belching, a bitter taste in the mouth, a red tongue with a yellow coating, and a wiry, rapid pulse.

- **Caution and contraindication in Use**

- Contraindicated in cases with acid reflux due to ST cold from deficiency.

- **Modification**

- For severe distention: + Chuan Lian Zi;
- For pronounced acid reflux: + Hai Piao Xiao; Wa Leng Zi;
- For patients with constrained Liver Qi who lack vitality: combine with Si Ni San;

- **Clinic Use**

- Disorder of upper digestive tract including esophagitis, gastritis, gastroesophageal reflux, and peptic ulcers.

136

Zuo Jin Wan (Left Metal Pill)

左金丸

- Zuo Jin Wan and Long Dan Xie Gan Tang
 - The differences between these two formulas is a reflection of the differences between their **chief herbs**.
 - Long Dan Cao is the chief herb in Long Dan Xie Gan Tang. It is more effective than Huang Lian in draining fire from the Liver but is unable to harmonize the functions of the Stomach. However, if too much of Long Dan Cao is prescribed, it can easily induce nausea and vomiting.

137

Bai Tou Weng Tang (Pulsatillae Decoction)

白头翁汤

- **Source:** Discussion of Cold Damage (c.220)
- **Actions:** Clears heat, resolves toxicity, cools the blood, and alleviates dysenteric disorders;
- **Indications:** **Hot dysenteric disorder** due to heat toxin or damp-heat searing the Stomach and Intestines marked by **abdominal pain, tenesmus**, a burning sensation around the anus, **diarrhea containing more blood than pus**, thirst, a **red tongue with a yellow coating**, and a **wiry, rapid pulse**.

138

Bai Tou Weng Tang (Pulsatillae Decoction)

白头翁汤

- **Pathological Analysis**

- Heat toxin in the ST & LI causes tenesmus, a burning sensation around the anus, blood and pus in the stools, a red tongue with a yellow coating, and a wiry, rapid pulse.
- The presence of damp-heat is reflected in the consistency of the stools and especially by the presence of pus.

139

Bai Tou Weng Tang (Pulsatillae Decoction)

白头翁汤

- **Composition**

- **Chief**

- Bai Tou Weng (Pulsatillae Radix) 12-18g

- **Deputy**

- Huang Lian (Coptidis Rhizoma) 6-9g
- Huang Bai (Phellodendri Cortex) 9-12g

- **Assistant**

- Qin Pi (Fraxini Cortex) 9-12g

140

Bai Tou Weng Tang (Pulsatillae Decoction)

白头翁汤

• Analysis of Formula

- The chief herb, Bai Tou Weng, clears damp-heat and resolve fire toxicity from the Large Intestine, especially in the blood level.
- The deputy
 - Huang Lian, bitter and cold, clears damp-heat, especially from the Stomach and Intestines.
 - Huang Bai clears damp-heat from the lower Jiao.
- The assistant herb, Qin Pi restrains the diarrhea and enhances the actions of the other herbs.

141

Bai Tou Weng Tang (Pulsatillae Decoction)

白头翁汤

- **Key Point of diagnosis**
 - Abdominal pain, tenesmus, diarrhea containing more blood than pus, a red tongue with a yellow coating, and a wiry, rapid pulse.
- **Caution and contraindication in Use**
 - Should not be used long term, and is contraindicated in cases with Spleen Yang deficiency.
- **Modification**
 - For concurrent signs of an exterior condition such as chills and fever: + Ge Gen, Huang Qin, Jin Yin Hua, Lian Qiao;
 - For severe tenesmus: + Mu Xiang, Bai Shao, Bing Lang;
 - For urinary frequency, urgency, and pain: + Mu Tong, Bai Mao Gen, Jin Qian Cao;
 - For hot, swollen, and painful eyes: + Ju Hua, Mu Dan Pi, Hong Hua;
 - For amebic dysentery: + Shi Liu Pi;
 - For bacillary dysentery: + Qin Pi, Di Yu, Xian He Cao, Mu Xiang;
- **Clinic Use**
 - Amebic and bacillary dysentery and inflammatory bowel diseases, conjunctivitis, pelvic inflammatory disease, gonorrheal urethritis, hemorrhoids, hysterical tremors.

142

Bai Tou Weng Tang (Pulsatillae Decoction) 白头翁汤

- Bai Tou Weng Tang Vs. Ge Gen Huang Lian Huang Qin Tang
 - Ge Gen Huang Lian Huang Qin Tang also treats hot dysenteric disorders. However, the pathogen treated by that formula is located in the **Qi level** and still **present in the upper Jiao**. It uses for **incomplete exterior with interior blazing heat**. Therefore, Ge Gen is the chief herb in this formula.
 - Bai Tou Weng Tang clears pathogens from the **blood aspect in the lower Jiao** and uses Bai Tou Weng as the chief herb. Blood in the stools indicates the heat has penetrated to the **blood level**.

143

Bai Tou Weng Tang (Pulsatillae Decoction) 白头翁汤

- Bai Tou Weng Tang Vs. Huang Lian Jie Du Tang
 - Huang Lian Jie Du Tang effectively deals with **heat toxin via the three Jiao**.
 - Bai Tou Weng Tang focuses more specifically on the **lower Jiao**.

144

Xie Huang San (Purging the Yellow Powder)
泻黄散

- **Source:** Craft of Medicinal Treatment for Childhood Disease Patterns (1119)
- **Actions:** Clears lurking fire from the Spleen and Stomach;
- **Indications:** Lurking fire in the Spleen marked by mouth ulcers, bad breath, thirst, frequent hunger, dry mouth and lips, a red tongue, and a rapid pulse. Also for tongue thrusting in children.

145

Xie Huang San (Purging the Yellow Powder)
泻黄散

- **Pathological Analysis**
 - The Spleen opens through the mouth, thus Spleen fire is manifested in oral symptoms.
 - Heat readily transfers from the Spleen to the Stomach, which leads to thirst and frequent hunger.
 - Heat in the SP can also cause the tongue to become hot, dry, and red.
 - A red tongue and a rapid pulse are signs of heat.
 - SP channel reaches the root of the tongue. When heat disrupts the function of the channel, it stimulates the tongue and causes it to thrust outward in an effort to cool and moisten itself.

146

Xie Huang San (Purging the Yellow Powder) 泻黄散

• Composition

– Chief

- Shi Gao (Gypsum fibrosum) 15g
- Zhi Zi (Gardeniae Fructus) 3g

– Deputy

- Chao Fang Feng (Dry-fried Saposhnikoviae Radix) 120g
- Huo Xiang Ye (Pogostemonis/Agastaches Folium) 21g

– Assistant & Envoy

- Gan Cao (Glycyrrhizae Radix) 90g
- Honey
- Wine

147

Xie Huang San (Purging the Yellow Powder) 泻黄散

• Analysis of Formula

– The chief herbs

- Shi Gao, acrid and cool, clears heat from the Middle Jiao.
- Zhi Zi drains heat from all three Jiao through the urine and enters the HT to relieve irritability.

– The deputy

- Fang Feng, large dosage, disperse the lurking SP fire in accordance with the principle of treating constrained fire by dispersal. It also supports the physiological ascending function of the SP Yang and prevents from injuring the SP and ST Yang, and disperse constraint without fanning pathological fire.
- Huo Xiang Ye aromatically revives the SP. Working together with Fang Feng, it restores the Qi mechanisms of the SP and ST and assists in dispersing the lurking fire.

– The assistant and envoy

- Gan Cao, Honey and Wine serve as assistants and envoys. Together they regulate the middle Jiao, drain fire, and harmonize the actions of the other ingredients in the formula.

148

Xie Huang San (Purging the Yellow Powder) 泻黄散

- **Key Point of diagnosis**
 - Mouth ulcers, bad breath, dry mouth and lips, a red tongue, and a rapid pulse. Also for tongue thrusting in children.
- **Caution and contraindication in Use**
 - Contraindicated in cases with ST Yin deficiency and tongue thrusting due to congenital Qi deficiency.
- **Modification**
 - For sever heat: + Huang Lian;
 - For irritability and restlessness: + Chi Fu Ling, Deng Xin Cao;
- **Clinic Use**
 - Aphthous ulcers and oral thrush.

149

Xie Huang San (Purging the Yellow Powder) 泻黄散

- Xie Huang San Vs. Qing Wei San
 - Both formulas treat excess fire in the SP & ST manifesting with symptoms in the face and mouth.
 - Qing Wei San focuses on **resolving toxicity and clearing fire caused by damp-heat in the ST** that penetrates into the blood. For this reason, the formula combines **bitter, cold** Huang Lian with herbs that cool the blood, while Sheng Ma guides the formula to the collaterals of the ST in the gums.
 - Xie Huang San focuses on **draining lurking heat in the SP & ST that constrains their Yang Qi**. Therefore, it pairs **cold substances** that clear the Qi with **warm and acrid herbs** that facilitate the Qi dynamic of the middle Jiao, but avoids bitter and cold herbs like Huang Lian.

150

Yin Qiao Ma Bo San (Honeysuckle, Forthia, and Puffball Powder) 银翘马勃散

- **Source:** Systematic Differentiation of Warm Pathogen Diseases (1798)
- **Composition:** Jin Yin Hua 15g; Lian Qiao 30g; Niu Bang Zi 18g; She Gan 9g; Ma Bo 6g;
- **Actions:** Clears heat, resolves toxicity, and drains heat from the Lungs to improve the functioning of the throat.
- **Indications:** For **severe sore throat** with great difficulty in swallowing, a red tongue with a thick white or yellow coating, and a rapid, slippery, and possibly floating pulse.

151

Yin Qiao Ma Bo San (Honeysuckle, Forthia, and Puffball Powder) 银翘马勃散

- **Pathological Analysis**
 - This is painful obstruction of the throat (喉痹, Hou Bi) due to damp-heat collecting in the Lungs.
 - A damp-heat invasion often begins by an attack on the Lungs. Damp-heat constrains the Qi level of the Lungs, which results in obstruction of the throat; when it attacks the blood level of the Lungs, there is a sore throat.
 - The red tongue and rapid pulse reflect the presence of heat, while the thick tongue coating and slippery pulse indicate dampness.
 - If the damp-heat is relatively superficial, the tongue coating will be white and the pulse will float;
 - If it penetrates deeper, the tongue coating will turn yellow and the pulse will no longer float.

152

Yin Qiao Ma Bo San (Honeysuckle, Forthia, and Puffball Powder) 银翘马勃散

- **Modification**

- For no pain but severe obstruction: + Hua Shi 18g; Jie Geng 15g; Lu Gen 15g;
- For sever heat toxin: + Da Qing Ye; Ban Lan Gen;

153

Formulas that clear organ heat

- **Section 3 Formulas that clear organ heat (10 types)**
 - **Ma Xing Shi Gan Tang** (Ephedra, Apricot Kernel, Gypsum and Licorice Decoction)
 - **Dao Chi San** (Guide Out the Red Powder)
 - **Long Dan Xie Gan Tang** (Gentiana Longdancao Decoction to Drain the Liver)
 - **Qing Wei San** (Clear the Stomach Powder)
 - **Yu Nv Jian** (Jade Woman Decoction)
 - **Xie Bai San** (Drain the White Powder)
 - **Zuo Jin Wan** (Left Metal Pill)
 - **Bai Tou Weng Tang** (Pulsatillae Decoction)
 - Xie Huang San (Purging the Yellow Powder)
 - Yin Qiao Ma Bo San (Honeysuckle, Forthia, and Puffball Powder)

154

Study guideline

- 1. Ma Xing Shi Gan Tang's indications and ingredients.
- 2. The comparisons among Ma Xi Shi Gao Tang, Gui Zhi Jia Hou Po Xing Zi Tang, Xiao Qing Long Tang, and Bai Hu Tang.
- 3. Dao Chi San's indications and ingredients.
- 4. Long Dan Xie Gan Tang's indications.
- 5. The roles of Sheng Di and Dang Gui in Long Dan Xie Gan Tang.
- 6. Qing Wei San's indications and ingredients.
- 7. What is the chief herb in Qing Wei San?
- 8. Yu Nv Jian's indications.
- 9. What is the difference between Yu Nv Jian and Qing Wei San?
- 10. Xie Bai San's indications.
- 11. What is the chief herb in Xie Bai San?
- 12. What is the difference between Xie Bai San and Bai Hu Tang?
- 13. What is the difference between Xie Bai San and Ma Xing Shi Gao Tang?
- 14. Zuo Jin Wan's indications and ingredients.
- 15. Please analyze the relations between ingredients in Zuo Jin Wan.
- 16. What is the difference between Zuo Jin Wan and Long Dan Xie Gan Tang?
- 17. Bai Tou Weng's indications and ingredients.
- 18. The difference between Bai Tou Weng Tang and Ge Gen Huang Qin Huang Lian Tang.
- 19. The difference between Bai Tou Weng Tang and Huang Lian Jie Du Tang.
- 20. Xie Huang San's indications.
- 21. Please understand the characteristics of ingredients in Xie Huang San.
- 22. The difference between Xie Huang San and Qing Wei San.
- 23. Yin Qiao Ma Bo San's indications.

155

Section IV Formulas that clear damp-heat

156

Formulas that clear damp-heat

- Section 4 Formulas that clear damp-heat (5 types)
 - Er Miao San (Two-Marvel Powder)
 - Shao Yao Tang (Peony Decoction)
 - Yin Chen Hao Tang (Artemisia Yinchenhao Decoction)
 - Gan Lu Xiao Du Dan (Sweet dew special pill to eliminate toxin)
 - San Ren Tang (Three nut decoction)

157

Er Miao San (Two-Marvel Powder)

二妙散

- **Source:** Essential Teaching of (Zhu) Dan-xi (1481)
- **Actions:** Clears heat and dries dampness;
- **Indications:** Damp-heat lodged in the lower Jiao marked by scanty, yellow, greasy tongue coating, pain in the lower back or extremities (especially the sinews or bones), weakness or atrophy of the lower extremities, red, hot, swollen, and painful feet or knees, a thick, yellow, foul-smelling vaginal discharge, and sores on the lower extremities due to dampness.

158

Er Miao San (Two-Marvel Powder)

二妙散

- **Pathological analysis**
 - Damp-heat lodged in the sinews and bones of the lower Jiao causes pain in the lower back and extremities with red, hot, swollen, and painful joints.
 - Damp-heat may also interfere with the nourishment of the sinews and bones, resulting in weakness or atrophy.
 - Damp-heat lodged in the genital region causes a thick, yellow, and foul-smelling leukorrhea.
 - The urine and tongue signs reflect damp-heat in the lower Jiao.

159

Er Miao San (Two-Marvel Powder)

二妙散

- **Composition**
 - **Chief**
 - Chao Huang Bai (Dry-fried Phellodendri Cortex) 9-12g
 - **Deputy**
 - Zhi Cang Zhu (Prepared Atractylodis Rhizoma) 6-9g

160

Er Miao San (Two-Marvel Powder)

二妙散

- **Analysis of Formula**

- This formula dries dampness and drains heat from the lower Jiao.
- The chief herb, Huang Bai, bitter and cooling, enters into the lower Jiao; It focuses on eliminating heat from the Yin aspects of the body, drains lower Jiao heat, and dries dampness.
- The deputy, Cang Zhu, bitter and warm, focuses on the Spleen and middle Jiao; its bitterness dries the dampness that impedes the Spleen's function of transformation; its acrid and warming nature promotes its transportive function;
- Acrid, warming and dispersing Cang Zhu also moderates the bitter, cooling, and downward-directing agency of Huang Bai;
- The cooling nature of Huang Bai in turn, prevents the warmth of Cang Zhu from further aggravating pathogenic heat; 161

Er Miao San (Two-Marvel Powder)

二妙散

- **Key Point of diagnosis**
 - Pain in the lower back or extremities (especially the sinews or bones), weakness or atrophy of the lower extremities, a thick, yellow, foul-smelling vaginal discharge.
- **Caution and contraindication in Use**
 - Should not be used without modification in cases with Lung heat or Liver and Kidney deficiency.
- **Modification**
 - For pain in the lower back and lower extremities as major complain: + Niu Xi, Mu Gua, and Wu Jia Pi;
 - For atrophy disorder as the major complaint: Xi Xian Cao; Wu Jia Pi;
 - For leg Qi stagnation as the major complaint: + Yi Yi Ren; Chi Xiao Dou, Bing Lang;
 - For leukorrhea as the major complaint: Chi Fu Ling; Qian Shi;
 - For sores on the lower extremities as the major complaint: + Long Dan Cao, Yi Yi Ren, Chi Xiao Dou;
- **Clinic Use**
 - Osteoarthritis, gout, spasm of the gastrocnemius muscle, and vaginitis;

162

Er Miao San (Two-Marvel Powder)

二妙散

- Variations

- San Miao Wan (Three-Marvel Pill)

- Compositions: Jiu Chao Huang Bai (Wine-fried Phellodendri Cortex) 120g; Cang Zhu (Atractylodis Rhizoma) 180g; Niu Xi (Achyranthis Radix) 60g;
 - Actions: clears heat and dries dampness;
 - Indications: damp-heat lodged in the lower Jiao with numbness or burning pain in the feet; there may also be weakness in the lower back and extremities.

163

Er Miao San (Two-Marvel Powder)

二妙散

- Variations

- Si Miao Wan (Four-Marvel Pill)

- Compositions: Huang Bai (Wine-fried Phellodendri Cortex) 240g; Cang Zhu (Atractylodis Rhizoma) 240g; Niu Xi (Achyranthis Radix) 240g; Yi Yi Ren (Coicis Semen) 240g;
 - Actions: clears heat and removes dampness;
 - Indications: atrophy disorder characterized by severe numbness and weakness in the lower extremities with painful and swollen feet.

164

Shao Yao Tang (Rambling Powder)

芍药汤

- **Source:** Collection of Writings on the Dynamics of Illness, Suitability of Qi, and the Safeguarding of Life as Discussed in Basic Questions (1186)
- **Actions:** Regulates and harmonizes the Qi and blood, clears heat, dries dampness, and resolves toxicity.
- **Indications:** Dysenteric disorder due to damp-heat lodged in the Intestines where it causes the Qi and blood to stagnate marked by abdominal pain, tenesmus, difficulty with defecation, diarrhea with pus and blood (equal amounts), a burning sensation around the anus, dark, scanty urine, a greasy, slightly yellow tongue coating, and a rapid pulse.

165

Shao Yao Tang (Rambling Powder)

芍药汤

- **Analysis of Pathology**
 - This condition is frequently associated with food poisoning or the contraction of an epidemic toxin.
 - Stagnation obstructs the flow of Qi in the Intestines, producing abdominal pain and tenesmus.
 - The damp-heat scorches the collaterals of the Intestines, which causes blood in the stool.
 - The struggle between the normal Qi and blood and the damp-heat brews in the Intestines and generates pus, which is expelled through the stool.
 - Damp-heat in the lower Jiao causes scanty, dark urine and a burning sensation around the anus.
 - The presence of damp-heat is also reflected in the greasy, slightly yellow tongue coating.

166

Shao Yao Tang (Rambling Powder)

芍药汤

• Composition

- **Chief**
 - Shao Yao (Paeoniae Radix) 30g
- **Deputy**
 - Huang Lian (Coptidis Rhizoma) 15g
 - Huang Qin (Scutellariae Radix) 15g
 - Da Huang (Rhei Radix et Rhizoma) 9g
 - Dang Gui (Angelicae sinensis Radix) 15g
- **Assistant**
 - Rou Gui (Cinnamomi Cortex) 7.5g
 - Mu Xiang (Aucklandiae Radix) 6g
 - Bing Lang (Arecae Semen) 6g
- **Envoy**
 - Zhi Gan Cao (Glycyrrhizae Radix preparata) 6g

167

Shao Yao Tang (Rambling Powder)

芍药汤

• Analysis of Formula

- The primary emphasis of this formula is to clear heat, dry dampness, and regulate the Qi and blood in order to guide out the cause of the disorder.
- The chief herb, Shao Yao, moves the blood, expels the pus, relaxes urgency, and stops the pain (spasm and abdominal pain);
- The deputy herbs
 - Huang Lian and Huang Qin, bitter and very cooling, resolve heat toxicity in the Intestines by clearing heat and drying dampness.
 - Da Huang drains heat toxins through the stool. Combined with the Qi-moving herbs in the formula “to promote flow for disorders of flow”.
 - Dang Gui tonifies and moves the blood. Combined with Bai Shao, regulates the nutritive Qi and blood.
- The assistant herbs
 - Rou Gui, enters the blood level and assists the blood-harmonizing herbs in moving the blood. It also acts as an opposing assistant, which means that it prevents the cold, bitter properties of the other herbs from either injuring the Yang or constraining the pathogenic influences in the interior, and thereby transforming into smoldering damp-heat. Combined with Da Huang, to invigorate the blood.
 - Mu Xiang and Bing Lang, promote the movement of Qi and help eliminate stagnation. They complement the actions of Shao Yao and Dang Gui, whose focus is to regulate the blood. Bing Lang also assists Da Huang in guiding out stagnation.
- The envoy, Gan Cao, harmonizes the functions of the ST and protects its Qi from the harsh actions of the other herbs.

Shao Yao Tang (Rambling Powder)

芍药汤

- **Key Point of diagnosis**
 - Abdominal pain, tenesmus, diarrhea with pus and blood (equal amounts), a greasy, slightly yellow tongue coating, and a rapid pulse.
- **Caution and contraindication in Use**
 - Should not be used during the early stages of this disorder where there are also exterior symptoms, nor should it be used for chronic dysenteric disorders due to cold from deficiency.
- **Modification**
 - For a thick tongue coating and a slippery pulse (indicating food stagnation): — Gan Cao; + Shan Zha, Shen Qu;
 - For heat that has injured the fluids with a dry tongue coating: — Rou Gui;
 - For severe heat toxin: + Jin Yin Hua; Bai Tou Weng;
 - For severe bleeding: + Mu Dan Pi; Di Yu;
 - For damp-heat toxin: + Di Yu, Huai Hua;
 - For white pus: + Gan Jiang;
 - For more severe signs of dampness: + Cang Zhu; Fu Ling; Sha Ren;
- **Clinic Use**
 - Inflammation of the lower digestive tract including bacillary or amebic dysentery, acute enteritis, and ulcerative colitis.

169

Shao Yao Tang (Rambling Powder)

芍药汤

- **Shao Yao Tang Vs. Bai Tou Weng Tang**
 - Shao Yao Tang is used primarily for dysenteric disorders caused by damp-heat;
 - Bai Tou Weng Tang is used for dysenteric disorders caused by **heat toxin scalding the ST and Intestines**.
 - One of the distinguishing characteristics of a damp-heat dysenteric disorder:
 - Shao Yao Tang is the **roughly equal amounts of blood and pus**.
 - Bai Tou Weng Tang is **more blood than pus** in the stool due to pronounced heat.

170

Yin Chen Hao Tang (Artemisia Yinchenhao Decoction)
茵陈蒿汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Clears heat, resolves dampness, and reduces jaundice;
- **Indications:** Yang-type or damp-heat jaundice marked by whole-body jaundice with a color that resembles a “fresh tangerine”, slight abdominal distention, urinary difficulty, thirst (with the ability to take only sips), little or no sweating, or sweating only from the head and stopping at the neck, a yellow, greasy tongue coating, and a slippery, rapid pulse.

171

Yin Chen Hao Tang (Artemisia Yinchenhao Decoction)
茵陈蒿汤

- **Analysis of Pathology**
 - Damp-heat jaundice is caused by excess heat in the interior that cannot be released via the skin due to the presence of dampness. This is reflected in the absence of sweating despite of other signs of heat, or in sweating just from the head.
 - Heat and dampness clump and accumulate in the interior to form what is called “stasis heat (瘀热, Yu Re). When stasis heat steams to the exterior, it causes the entire body to turn a bright orange.
 - The obstruction of the Qi dynamic by stasis heat causes slight abdominal distention and urinary difficulty.
 - Damp-heat collecting internally prevents the fluids from ascending and produces this particular type of thirst.
 - The tongue and pulse signs reflect the presence of both dampness (greasy and slippery) and heat (yellow and rapid).

172

Yin Chen Hao Tang (Artemisia Yinchenhao Decoction)
茵陈蒿汤

- **Composition**

- **Chief**

- Yin Chen Hao (Artemisiae scopariae Herba) 18g

- **Deputy**

- Zhi Zi (Gardeniae Fructus) 9-12g

- **Assistant**

- Da Huang (Rhei Radix et Rhizoma) 6g

173

Yin Chen Hao Tang (Artemisia Yinchenhao Decoction)
茵陈蒿汤

- **Analysis of Formula**

- To treat Yang jaundice where stasis heat has formed by the clumping of heat and dampness in the interior that steams to the skin, one must simultaneously treat the root by draining the heat and promoting the resolution of dampness, and treat the manifestation by reducing the jaundice.
- The chief herb, Yin Chen Hao, treats all types of jaundice, but especially jaundice due to damp-heat.
- The deputy, Zhi Zi, clears heat from the three Jiao, and more specially, drains damp-heat through the urine.
- The assistant, Da Huang, purges heat, eliminates stasis heat, directs downward, and facilitates the expression of pathogenic toxin retained by the clogging of the Qi dynamic by damp-heat.

174

Yin Chen Hao Tang (Artemisia Yinchenhao Decoction)

茵陈蒿汤

- **Key Point of diagnosis**
 - Whole-body jaundice with a color that resembles a “fresh tangerine, a yellow, greasy tongue coating, and a slippery, rapid pulse.
- **Caution and contraindication in Use**
 - Contraindicated for Yin-type jaundice or jaundice in which dampness predominates; Da Huang should not be used with extreme caution during pregnancy.
- **Modification**
 - For high fever and other signs of severe heat: + Long Dan Cao, Ban Lan Gen, Hu Zhang;
 - For fever and chills: + Lian Qiao, Ye Ju Hua;
 - For difficulty and irregular bowel movements with loose stools: + Pei Lan;
 - For hypochondriac pain and other signs of constrained Liver Qi: + Chai Hu, Chuan Lian Zi, Xiang Fu, Bai Shao;
 - For nausea, vomiting, and reduced appetite: + Zhu Ru, Zhi Ban Xia, Shen Qu;
 - For cholelithiasis: + Jin Qian Cao;
- **Clinic Use**
 - Disease marked by jaundice such as acute viral hepatitis, cirrhosis, hepatic atrophy, biliary ascariasis, and neonatal jaundice.
 - Skin diseases marked by pruritus such as eczema, psoriasis, allergic dermatitis, and acne.
 - Gynecological disorders such as pelvic inflammatory disease, dysfunctional uterine bleeding, vaginitis, and dysmenorrhea.
 - Also use for otitis media, conjunctivitis, and appendicitis.

175

Gan Lu Xiao Du Dan

(Sweet dew special pill to eliminate toxin)

甘露消毒丹

- **Source:** Secretly Transmitted Effective Medicine (1831)
- **Actions:** Resolves dampness, transforms turbidity, clears heat, and resolves toxicity;
- **Indications:** **Early stage of a damp-warmth epidemic disorder** (时温时疫, Shi Wen Shi Yi) marked by **fever, achy limbs, lethargy, swollen throat, a stifling sensation in the chest, abdominal distention, dark, scanty urine, a white, greasy or yellow, dry tongue coating, and a soggy, rapid pulse.** There may also be vomiting and diarrhea, jaundice, or unremitting fever.

176

Gan Lu Xiao Du Dan
(Sweet dew special pill to eliminate toxin)
甘露消毒丹

• **Pathological Analysis**

- The problem is in the Qi level, with heat and dampness being equally strong and some of the heat manifesting as toxic heat, either due to constraint or because it was contracted as such from the outside. These conditions are caused by pathogenic influences entering the body through the mouth and nose. Since the nose is linked to the Lungs and the mouth to the ST, the pathogenic influences first attack these organs.
- The resulting smoldering damp-heat causes fever, achy limbs, and lethargy.
- Smoldering damp-heat also constrains the clear Yang and disrupts the Qi mechanism, causing a stifling sensation in the chest, abdominal distention, and possibly vomiting and diarrhea.
- Heat surging upward, especially when accompanied by dampness, causes the throat to swell.
- Depending on the level of penetration and whether dampness or heat predominates, the tongue coating may be white or yellow, greasy or dry.
- The soggy, rapid pulse is indicative of damp-heat.
- Dark, scanty urine and diarrhea reflect the preponderance of heat.
- In severe cases, dampness may confine the heat internally and cause jaundice.
- Severe damp-heat in the Qi level can also lead to unremitting fever.

177

Gan Lu Xiao Du Dan
(Sweet dew special pill to eliminate toxin)
甘露消毒丹

• **Composition**

- **Chief**
 - Hua Shi (Talcum) 18-21g
 - Yin Chen Hao (Artemisiae scopariae Herba) 24-30g
 - Huang Qin (Scutellariae Radix) 12-15g
- **Deputy**
 - Shi Chang Pu (Acori tatarinowii Rhizoma) 9-12g
 - Bai Dou Kou (Amomi Fructus rotundus) 10-12g
 - Huo Xiang (Agastaches Herba) 9-12g
- **Assistant**
 - Mu Tong (Akebiae Caulis) 9-12g
 - She Gan (Belamcandae Rhizoma) 9-12g
 - Lian Qiao (Forsythiae Fructus) 12-15g
 - Chuan Bei Mu (Fritillariae cirrhosae Bulbus) 6-9g
- **Envoy**
 - Bo He (Menthae haplocalycis Herba) 6-9g

178

Gan Lu Xiao Du Dan
(Sweet dew special pill to eliminate toxin)
甘露消毒丹

• **Analysis of Formula**

- The chief herbs
 - Hua Shi and Yin Chen treat jaundice;
 - Huang Qin clears heat and resolves toxicity, clears the upper parts of the body.
- The deputy herbs
 - Shi Chang Pu, Bai Dou Kou and Huo Xiang, transform dampness.
- The assistant herbs
 - Mu Tong clears heat and facilitates the resolution of dampness, assists Hua Shi and Yin Chen in guiding damp-heat out through the urine.
 - She Gan clears and improves the condition of the throat.
 - Chuan Bei Mu clears up-flaring fire from the Lung channel and collaterals and assists She Gan in clearing the throat.
 - Lian Qiao clears heat and resolves toxicity, facilitating the functions of Huang Qin.
- The envoy, Bo He, focuses the action of the assistants on the throat, while aiding the chief and deputies in opening the Qi dynamic. 179

Gan Lu Xiao Du Dan
(Sweet dew special pill to eliminate toxin)
甘露消毒丹

• **Key Point of diagnosis**

- Fever, achy limbs, lethargy, swollen throat, a stifling sensation in the chest, abdominal distention, dark, scanty urine, a white, greasy or yellow, dry tongue coating, and a soggy, rapid pulse.

• **Caution and contraindication in Use**

- Contraindicated in cases with significant underlying Yin deficiency.

• **Clinic Use**

- Acute gastroenteritis, enteric fever, typhoid, mild leptospirosis, infectious hepatitis, cholecystitis, pyelonephritis, allergic purpura, viral myocarditis, and parotitis;

San Ren Tang (Three nut decoction)

三仁汤

- **Source:** Systematic Differentiation of Warm Pathogen (1798)
- **Actions:** Disseminates the Qi, facilitates the Qi mechanisms, and clears damp-heat;
- **Indications:** Early-stage damp-warmth disease or summer-heat-warmth disease in which dampness predominates and the pathogenic influences are lodged in the protective and Qi levels marked by headache, chills, afternoon fever, a heavy sensation in the body, generalized pain, pale yellow complexion, a stifling sensation in the chest, loss of appetite, an absence of thirst, a white tongue coating, and a wiry, thin, and soggy pulse.

181

San Ren Tang (Three nut decoction)

三仁汤

- **Pathological Analysis**
 - Although the chills, headache, and heavy and painful body sensations resemble those of an exterior cold condition, the pulse suggests otherwise.
 - Also, the chills here are caused by constriction of the Yang from dampness and are much milder than the chills associated with exterior cold.
 - Dampness lodged in the flesh and muscles causes a heavy sensation in the body and generalized pain; it also prevents the clear Yang from rising, which manifests as headache, a stifling sensation in the chest, and loss of appetite.
 - When dampness, a Yin pathogenic influence, combines with heat, it sequesters the heat in the deeper levels of the body. This manifests as fever in the afternoon, the “Yin within the Yang” time of day.
 - The predominance of dampness over heat in this pattern is reflected in the pale yellow complexion, white tongue coating, and soggy pulse.

San Ren Tang (Three nut decoction)

三仁汤

• Composition

– Chief

- Xing Ren (Armeniacae Semen) 15g
- Bai Dou Kou (Amomi Fructus rotundus) 6g
- Yi Yi Ren (Coicis Semen) 18g

– Deputy

- Tong Cao (Tetrapanacis Medulla) 6g
- Dan Zhu Ye (Lophateri Herba) 6g
- Hua Shi (Talcum) 18g

– Assistant

- Hou Po (Magnoliae officinalis Cortex) 6g
- Zhi Ban Xia (Pinelliae Rhizoma preparatum) 9g

183

San Ren Tang (Three nut decoction)

三仁汤

• Analysis of Formula

– The chief

- Xing Ren, bitter and warm, dredges the Lung Qi, opens what is clogged, and facilitates the downward-directing of Qi and fluids. (Upper Jiao)
- Bai Dou Kou, aromatic and warm, transforms turbid dampness and revives the Spleen. It also treats the upper Jiao by spreading the Qi in the chest (Middle Jiao)
- Yi Yi Ren leaches out dampness through the urine. It also treats the middle Jiao by strengthening the Spleen. (Lower Jiao)

– The deputy

- Tong Cao, Dan Zhu Ye, and Hua Shi resolve dampness by promoting urination, clear heat.
- Tong Cao assists in opening and directing the Lung Qi downward.
- Hua Shi resolves summer heat.
- Dan Zhu Ye is light and vents pathogenic heat through the exterior in addition to resolving dampness.

– The assistant

- Hou Po and Zhi Ban Xia treat epigastric and abdominal distention due to dampness or phlegm.

184

San Ren Tang (Three nut decoction)

三仁汤

- **Key Point of diagnosis**
 - Headache, chills, afternoon fever, a heavy sensation in the body, a stifling sensation in the chest, loss of appetite, an absence of thirst, a white tongue coating, and a wiry, thin, and soggy pulse.
- **Caution and contraindication in Use**
 - Only for damp-warmth or damp-heat disorders where dampness is prominent.
- **Modification**
 - For severe headache and aversion to cold: + Huo Xiang; Zi Su Ye;
 - For patterns characterized by distinctly more dampness than heat: + Cang Zhu; Shi Chang Pu; Cao Guo;
 - For a more severe stifling sensation in the chest and focal distention in the epigastrium: + Qian Hu; Huo Xiang;
 - For severe fever, dark urine, and a red tongue indicating the presence of more severe heat: + Yin Chen; Zhi Zi; Huang Qin;
 - For strong heat and dampness in the Qi aspect leading to patterns characterized by high fever, severe sweating, a heavy body, facial flushing, thirst, and heart irritability: — Zhi Ban Xia; Hou Po; + Shi Gao; Zhi Mu; Cang Zhu;
 - For heat damaging the body fluids leading to patterns characterized by thirst, parched lips, a yellow, dry tongue coating, and redness of the tongue body on the side of the tip: — Zhi Ban Xia; Hou Po; + Mai Men Dong; Tian Hua Fen;
 - For malarial disorders: + Qing Hao; Cao Guo;
- **Clinic Use**
 - Infectious diseases such as typhoid fever, pyelonephritis, hepatitis, and brucellosis;
 - Digestive disorders such as gastritis, colitis, and bacillary dysentery.
 - Also treat arthritis, morning sickness, fever of unknown origin, chronic bronchitis, diabetes, and biliary ascariasis

San Ren Tang (Three nut decoction)

三仁汤

- **Vs. Jiu Wei Qiang Huo Tang**
 - Jiu Wei Qiang Huo Tang uses for **externally-contracted wind-cold-dampness with concurrent internal accumulation of heat**; The formula drains heat that accumulates in the interior because cold-dampness inhibits the Qi dynamic.
 - San Ren Tang treats the **simultaneous invasion of dampness and heat from the outside**;

San Ren Tang (Three nut decoction)

三仁汤

- Vs. Gan Lu Xiao Du Dan
 - Both formulas clear heat and facilitate the resolution of dampness via the San Jiao; Both formulas treat damp-warmth disorders where the pathogen is located in the Qi level characterized by symptoms like fever that worsens in the afternoon, lethargy, a heavy and aching body, nausea, lack of appetite, diarrhea, reduced urination, and a white and greasy tongue coating.
 - San Ren Tang focuses on **conditions where dampness is more prominent than heat, and where the pathogen is often also in the protective aspect**. This is reflected in symptoms like fever and chills and the absence of thirst, which do not occur in patterns for which Gan Lu Xiao Du Dan is indicated.
 - Gan Lu Xiao Du Dan treats **conditions with more severe heat that transforms into toxin and unseasonal epidemic disorders**. This is reflected in symptoms like a dry mouth, swelling or pain in the throat, or jaundice.

187

Formulas that clear damp-heat

- Section 4 Formulas that clear damp-heat (5 types)
 - Er Miao San (Two-Marvel Powder)
 - Shao Yao Tang (Peony Decoction)
 - Yin Chen Hao Tang (Artemisia Yinchenhao Decoction)
 - Gan Lu Xiao Du Dan (Sweet dew special pill to eliminate toxin)
 - San Ren Tang (Three nut decoction)

188

Study guideline

- 1. Er Miao San's ingredients and indications.
- 2. Er Miao San, San Miao San, and Si Miao San, their differentiation.
- 3. Shao Yao Tang's indications;
- 4. Herbal combination and characters in Shao Yao Tang: Regulate Qi and Blood; Facilitating flow when the cause is too much flow (Tong Yin Tong Yong);
- 5. The difference between Shao Yao Tang and Bai Tou Weng Tang;
- 6. Yin Chen Hao Tang's indications and ingredients;
- 7. Gan Lu Xiao Du Dan's indications;
- 8. San Ren Tang's indications and its chief ingredients;
- 9. The difference between San Ren Tang and Jiu Wei Qiang Huo Tang and Gan Lu Xiao Du Dan;

189

Section V Formulas that clear deficient-heat

190

Formulas that clear deficient-heat

- Heat from deficiency can occur for many reasons.
 - When it arises during the final stage of a warm-heat pathogen disease as the heat has depleted the Yin or settled into the deep Yin aspects of the body, it is characterized by **fever at night that cools by morning**.
 - Chronic injury to the Liver and Kidneys from heat may present with similar symptoms, including **tidal fever, steaming bone disorder, or a chronic, unremitting, low-grade fever**.

191

Formulas that clear deficient-heat

- The formulas used in treating this type of disorder consist of herbs that clear heat from deficiency and enrich the Yin.
- When heat is cleared, Yin can recover. When Yin and Yang are in harmony, the internal organs resume their normal function.

192

Formulas that clear deficient-heat

- The core ingredients for clearing heat from deficiency are **Qing Hao** (Artemisiae annuae Herba), **Di Gu Pi** (Lycii Cortex), **Qin Jiao** (Gentianae macrophyllae Radix), **Yin Chai Hu** (Stellariae Radix), and **Hu Huang Lian** (Picrorhizae Rhizoma).
- Cloying, Yin-enriching herbs are usually not used in these cases, as they could impede the clearing of the heat.
- Instead, substances such as **Sheng Di Huang** (Rehmanniae Radix), **Bie Jia** (Trionycis Carapas), and **Zhi Mu** (Anemarrhenae Rhizoma) that both enrich the Yin and clear heat are used.

193

Formulas that clear deficient-heat

- Section 5 Formulas that clear deficient-heat (2 types)
 - **Qing Hao Bie Jia Tang** (Artemisia Annuua and Soft-Shelled Turtle Shell Decoction)
 - **Qing Gu San** (Cool the Bones Powder)

194

Qing Hao Bie Jia Tang (Artemisia Annua and Soft-Shelled Turtle Shell Decoction) 青蒿鳖甲汤

- **Source:** Systematic Differentiation of Warm Pathogen Diseases (1798)
- **Actions:** Nourishes the Yin and vents heat;
- **Indications:** Heat lurking in the Yin aspects of the body characterized by night fever and morning coolness with no sweating as the fever recedes, emaciation with no loss of appetite, a red tongue with little coating, and a fine, rapid pulse.

195

Qing Hao Bie Jia Tang (Artemisia Annua and Soft-Shelled Turtle Shell Decoction) 青蒿鳖甲汤

- **Pathological analysis**
 - The condition usually occurs during the later stages of a warm-heat pathogen disease when the heat has depleted the Yin and fluids.
 - Night fevers that recede in the morning indicate that heat lurking in the Yin aspects of the body.
 - Because the Yin and fluids are depleted, the body is unable to generate sweat, which would normally occur as a fever recedes.
 - The fact that the patient does not lose their appetite indicates that the problem is not in the Qi level, and that the digestive system is relatively unaffected.
 - Nevertheless, injury to the Yin and blood causes a general loss of nourishment and thus emaciation.
 - The red tongue with little coating, and the fine, rapid pulse reflect injury to the Yin.

196

Qing Hao Bie Jia Tang (Artemisia Annua and Soft-Shelled Turtle Shell Decoction) 青蒿鳖甲汤

• **Composition**

– **Chief**

- Bie Jia (Trionycis Carapax) 15g
- Qing Hao (Artemisiae annuae Herba) 6g
 - Add near end

– **Deputy**

- Sheng Di Huang (Rehmanniae Radix) 12g
- Zhi Mu (Anemarrhenae Rhizoma) 6g

– **Assistant**

- Mu Dan Pi (Moutan Cortex) 9g

197

Qing Hao Bie Jia Tang (Artemisia Annua and Soft-Shelled Turtle Shell Decoction) 青蒿鳖甲汤

• **Analysis of Formula**

- Once a heat pathogen has settled in the body it is unwise to nourish the Yin since the cloying nature of the herbs used for this purpose will only serve to trap the heat inside. Nor should bitter, cold herbs that drain fire be prescribed, since their drying nature will cause further injury to the Yin. The only proper course is to simultaneously nourish the Yin and vent the heat pathogen.
- The chief
 - Bie Jia, salty and cold, directly enters the Yin to enrich the Yin and reduces the fever from deficiency; (**focuses on Yin**)
 - Qing Hao, aromatic and acrid, vents the heat and expels it from the body; (**focuses on Yang**)
- The deputy
 - Sheng Di Huang and Zhi Mu, assist Bie Jia in nourishing the Yin and clearing heat from deficiency.
- The assistant, Mu Dan Pi, drains heat from the Yin and assists Qing Hao in venting and dispersing the heat.

198

Qing Hao Bie Jia Tang (Artemisia Annuua and Soft-Shelled Turtle Shell Decoction) 青蒿鳖甲汤

- **Key Point of diagnosis**
 - Night fever and morning coolness with no sweating as the fever recedes, a red tongue with little coating, and a fine, rapid pulse.
- **Caution and contraindication in Use**
 - Contraindicated in the early stages of a warm-heat pathogen disease, when the pathogenic influence is still in the Qi level, and also in cases with spasms or convulsions.
- **Modification**
 - For Lung consumption: + Sha Shen; Mo Han Lian;
 - For pronounced coughing and wheezing: + Sang Bai Pi; Zi Wan;
 - For summertime night fever and morning coolness in children: + Bai Wei; Lian Geng;
 - For blazing fire from deficiency: + Bai Wei; Di Gu Pi;
 - For heat in the five centers, yellow urine, and a red tongue with a yellow coating: + Bai Mao Gen;
 - For fevers of unknown origin due to Yin deficiency: Di Gu Pi; Bai Wei;
- **Clinic Use**
 - Low-grade fevers during the recovery phase of infectious diseases, fever of unknown origin, chronic pyelonephritis, and pulmonary or renal tuberculosis;

199

Qing Gu San (Cool the Bones Powder) 清骨散

- **Source:** Indispensable Tools for Pattern Treatment (1602)
- **Actions:** Clears heat from deficiency and alleviates steaming bone disorder.
- **Indications:** Steaming bone disorder due to Liver and Kidney Yin deficiency marked by afternoon tidal fever or unremitting, chronic low-grade fever, a sensation of heat in the bones but with flesh that is not warm to the touch, irritability, insomnia, emaciation, lethargy, red tips, dark-red cheeks, night sweats, thirst, a dry throat, a red tongue with little coating, and a thin, rapid pulse.

200

Qing Gu San (Cool the Bones Powder) 清骨散

- **Analysis of Pathology**

- Yin deficiency gives rise to fire, which disturbs the internal harmony of the body. The primary manifestations include afternoon tidal fever or unremitting, chronic low-grade fever.
- The kidneys, which store the true Yin and are associated with the bones, are affected by this condition.
- When fire from Yin deficiency occurs at this level, the patient often experiences a subjective sensation of heat deep in the body (at the level of the bones), while the flesh itself is not necessarily warm to the touch. It is therefore called steaming bone disorder.
- The same process may also disturb the spirit and cause irritability and insomnia.
- Long-term deficiency at the nutritive level, when further injured by blazing fire, leads to emaciation and lethargy.
- The deficient Yin cannot control the Yang, which allows the fire from deficiency to blaze upward where it manifests as red lips²⁰¹ and dark-red cheeks.

Qing Gu San (Cool the Bones Powder) 清骨散

- The deficient Yin is unable to contain the fluids during the night (Yin). It is at this time that the blazing fire from deficiency forces the fluids out of the body in the form of sweat.
- Yin deficiency also prevents the upper parts of the body from receiving moisture, giving rise to thirst and a dry throat.
- The red tongue with little coating and the thin, rapid pulse are classic signs of heat from Yin deficiency.

202

Qing Gu San (Cool the Bones Powder) 清骨散

• Composition

- **Chief**
 - Yin Chai Hu (Stellariae Radix) 4.5g
- **Deputy**
 - Zhi Mu (Anemarrhenae Rhizoma) 3g
 - Hu Huang Lian (Picrorhizae Rhizoma) 3g
 - Di Gu Pi (Lycii Cortex) 3g
- **Assistant**
 - Qing Hao (Artemisiae annuae Herba) 3g
 - Qin Jiao (Gentiana Macrophylla Root) 3g
 - Cu Chao Bie Jia (Vinegar-fried Trionycis Carapax) 3g
- **Envoy**
 - Gan Cao (Glycyrrhizae Radix) 1.5g

203

Qing Gu San (Cool the Bones Powder) 清骨散

• Analysis of Formula

- In this particular condition, although the Yin must be nourished to ensure any lasting benefit, the primary focus should be on clearing the heat from deficiency.
- The substances that perform this function are different from the bitter, cold substances that clear heat from excess, as the latter would injury the Yin.
- The distinction of this formula is that it utilizes most of the major substances that specifically clear heat from deficiency.
- The chief herb, Yin Chai Hu, sweet and slightly cold, reduces the fever from deficiency without any of the draining tendencies that could further injury the Yin.
- The deputies
 - Zhi Mu enriches the Yin and clears heat from Kidney deficiency.
 - Hu Huang Lian clears heat from the blood level;
 - Di Gu Pi clears lingering heat from the Lungs above and heat from deficiency from the Liver and Kidneys below.
 - These three herbs are the principal substances for clearing heat from deficiency and are especially useful in alleviating steaming bone disorder with sweating.

204

Qing Gu San (Cool the Bones Powder) 清骨散

- The assistants
 - Qing Hao drains fire without injuring the Qi or blood, and conducts heat at the level of the bones outward to the level of the muscles and the exterior.
 - Qin Jiao clears heat from deficiency, especially from the Liver and Gallbladder.
 - These two herbs vent heat externally, which makes them a particularly useful combination for treating steaming bone disorder without sweating.
 - Zhi Bie Jie, salty and cold, enriches the Yin, anchors the errant Yang, and conducts the actions of the other herbs into the Yin (deep) levels of the body.
- The envoy, Gan Cao, harmonizes the actions of the other herbs and protects the Spleen and Stomach.

205

Qing Gu San (Cool the Bones Powder) 清骨散

- **Key Point of diagnosis**
 - Afternoon tidal fever or unremitting, chronic low-grade fever, a sensation of heat in the bones but with flesh that is not warm to the touch, emaciation, night sweats, a red tongue with little coating, and a thin, rapid pulse.
- **Caution and contraindication in Use**
 - Contraindicated in the early stages of a warm-heat pathogen disease, when the pathogenic influence is still in the Qi level, and also in cases with spasms or convulsions
- **Modification**
 - For blood deficiency: + Dang Gui; Bai Shao; Sheng Di Huang;
 - For coughing: + E Jiao; Mai Men Dong; Wu Wei Zi;
 - For lack of appetite and soft stools indicating Spleen deficiency: — Hu Huang Lian; Qin Jiao; Zhi Mu; + Bian Dou; Shan Yao;
 - For a pale and wan complexion, low voice, and shallow breathing: + Huang Qi; Dang Shen;
 - For more pronounced Yin deficiency and less severe tidal fever: substitute Sheng Di Huang for Hu Huang Lian; or use Da Bu Yin Wan;
- **Clinic Use**
 - Tuberculosis, postwound fevers.

206

Qing Gu San (Cool the Bones Powder) 清骨散

- Vs. Qing Hao Bie Jia Tang
 - Both formulas treat Yin deficiency with heat and fever.
 - Qing Gu San treats a process whereby **heat lurking in the Yin or blood “steams” the Yin to the outside, thereby progressively exhausting it**. This manifests in a fever from Yin deficiency that appears to arise from within the bones and is accompanied by sweating as well as emaciation and other signs of heat from deficiency.
 - Qing Hao Bie Jiao Tang treats a process whereby **heat stagnates within the deep collaterals**. This leads to night fevers and morning chills due to the diurnal movement of the body’s Yang Qi, which at times aggravates and at times reduces the manifestations of constraint.

207

Formulas that clear deficient-heat

- Section 5 Formulas that clear deficient-heat (2 types)
 - **Qing Hao Bie Jia Tang** (Artemisia Annuua and Soft-Shelled Turtle Shell Decoction)
 - **Qing Gu San** (Cool the Bones Powder)

208

Study guideline

- 1. Qing Hao Bie Jia Tang's indications;
- 2. The roles of Qing Hao and Bie Jia in the Qing Hao Bie Jia Tang;
- 3. Qing Gu San's indications;
- 4. The difference between Qing Hao Bie Jia Tang and Qing Gu San;

209

Section VI Formulas that clear nutritive and cool blood

210

Formulas that clear nutritive and cool blood

- The nutritive (Ying) and blood (Xue) levels are the deepest of the four levels of disease.
- When heat enters the nutritive level, it causes fever that worsens at night, irritability, and insomnia. Sometimes there is delirious speech, and there may also be faint, indistinct rashes.
- When heat enters the blood level, distinct rashes or hemorrhage appears. This is often accompanied by manic behavior and a reddish-purple tongue with prickles.

211

Formulas that clear nutritive and cool blood

- Proper treatment of nutritive-and blood-level disorders requires more than simply clearing the nutritive level and cooling the blood.
- Since most of these disorders begin in the Qi level, and also because the Qi level is the main exit route through which a pathogen needs to be vented from the nutritive and blood levels, the formulas should also include herbs that clear heat from the Qi level such as Jin Yin Hua, Lian Qiao, and Dan Zhu Ye. Furthermore, the heat in these cases not only causes bleeding, but may also scorch the blood, which can lead to blood stasis. For this reason, ingredients that invigorate the blood, such as Mu Dan Pi and Chi Shao, are often added.

212

Formulas that clear nutritive and cool blood

- Section 6 Formulas that clear nutritive and cool blood (2 types)
 - **Qing Ying Tang** (Clear the Nutritive Level Decoction)
 - **Xi Jiao Di Huang Tang** (Rhinceros Horn and Rehmannia Decoction)

213

Qing Ying Tang (Clear the Nutritive Level Decoction)

清营汤

- **Source:** Systematic Differentiation of Warm Pathogen Disease (1798)
- **Actions:** Clears the nutritive level, relieves fire toxin, drains heat, and nourishes the Yin;
- **Indications:** **Heat entering the nutritive level** marked by **high fever that worsens at night, severe irritability and restlessness, a scarlet, dry tongue, and a thin, rapid pulse.** Some patients are thirsty, some **delirious**, and some exhibit faint and indistinct **erythema and purpura.**

214

Qing Ying Tang (Clear the Nutritive Level Decoction)
清营汤

• **Pathological analysis**

- When a strong pathogenic influence enters the nutritive level there will be a high fever; because the Yin (associated with night) is affected, the fever worsens at night.
- Heat also scorches the Heart and disturbs the spirit, causing irritability, restlessness, and in extreme cases, delirious speech.
- The presence or absence of thirst is an indication of whether heat remains in the Qi level or has moved to the nutritive level. Thirst results from a “plundering” of the Stomach fluids. Its presence indicates that heat remains in the Qi level.
- Once the heat has almost completely moved to the nutritive level, the thirst will disappear. This is because the heat within the nutritive aspect “steams” what remains of the fluids upward so that the patient does not feel thirsty even as their fluids continue to be exhausted.

215

Qing Ying Tang (Clear the Nutritive Level Decoction)
清营汤

- A yellow tongue coating may also be found in patients where heat lingers in the Qi level.
- The faint, indistinct rashes indicate that heat is on the verge of entering the blood level.
- The scarlet, dry tongue and the thin, rapid pulse are important signs of heat in the nutritive level.

216

Qing Ying Tang (Clear the Nutritive Level Decoction)

清营汤

- **Composition**

- **Chief**

- Shui Niu Jiao (Bubali Cornu) 30-120g

- **Deputy**

- Xuan Shen (Scrophulariae Radix) 9g
- Sheng Di Huang (Rehmanniae Radix) 15g
- Mai Men Dong (Ophiopogonis Radix) 9g

- **Assistant**

- Jin Yin Hua (Lonicerae Flos) 9g
- Lian Qiao (Forsythiae Fructus) 6g
- Dan Zhu Yu (Lophatheri Herba) 3g
- Huang Lian (Coptidis Rhizoma) 4.5g
- Dan Shen (Salviae miltiorrhizae Radix) 6g

217

Qing Ying Tang (Clear the Nutritive Level Decoction)

清营汤

- **Analysis of Formula**

- The chief, Shui Niu Jiao, bitter, salty and cold, clears heat from the nutritive level and the Heart, resolves toxicity, and calms the spirit, cools the blood and breaks up stasis.
- The deputy
 - Xuan Shen, enriches the Yin, directs fire downward, and resolves toxicity;
 - Sheng Di Huang cools the blood and enriches the Yin;
 - Mai Men Dong clears heat, nourishes the Yin, and generates fluids.
 - These three herbs comprise the formula Zeng Ye Tang (Increase the Fluids Decoction).
- The assistant
 - Jin Yin Hua and Lian Qiao, clear heat and resolve toxicity. They are fragrant, aromatic, light, and excel at dissipating pathogenic heat. They are included to vent pathogenic heat toward the outside. This includes both the heat that remains in the Qi level and that which is pushed there from the nutritive level by the action of the deputy herbs.
 - Dan Zhu Ye and Huang Lian clear and drain heat from the Heart.
 - Dan Shen prevents blood stasis due to heat entering into the blood and cooling action of the cold herbs in the formula causing slow of blood flow.

218

Qing Ying Tang (Clear the Nutritive Level Decoction)

清营汤

- **Key Point of diagnosis**
 - High fever that worsens at night, severe irritability and restlessness, a scarlet, dry tongue, and a thin, rapid pulse, delirious, erythema and purpura.
- **Caution and contraindication in Use**
 - Contraindicated in cases with a white and slippery tongue coating, which is an indication of dampness. If used in cases with dampness, it will prolong the condition.
- **Modification**
 - For severe depletion of the Yin and fluids: + Sha Shen; Gou Qi Zi;
 - For severe Qi-level fire: + Shi Gao;
 - For tremors and spasms: + Gou Teng; Ling Yang Jiao; Di Long;
 - For heat sinking into the Pericardium with high fever, convulsive spasms, and impaired consciousness, begin the treatment with An Gong Niu Huang Wan (Calm the Palace Pill with Cattle Gallstone). Once these symptoms have subsided, use the principal formula.
- **Clinic Use**
 - Encephalitis B; meningitis, typhoid, septicemia, and thrombocytopenic purpura;

219

Xi Jiao Di Huang Tang (Rhinoceros Horn and Rehmannia Decoction) 犀角地黄汤

- **Source:** Important Formulas Worth a Thousand Gold Pieces (650)
- **Actions:** Clears heat, resolves fire toxicity, cools the blood, nourishes the Yin, dispels blood stasis, and stops bleeding.
- **Indications:** Heat entering the blood level, the deepest of the four levels of disease marked by fever, various types of bleeding (including vomiting of blood, nosebleed, blood in the stool or urine, and rashes), black and tarry stools, abdominal distention and fullness, thirst with an inability to swallow, a scarlet tongue with prickles, and a thin, rapid pulse. Some patients become delirious.

220

Xi Jiao Di Huang Tang (Rhinoceros Horn and Rehmannia Decoction) 犀角地黄汤

- Analysis of Pathology
 - When heat enters this level, it causes the blood to move recklessly and leave its normal pathways.
 - In the upper part of the body, this manifests as nosebleed and vomiting of blood; in the lower part, as blood in the urine and stool; leakage into the skin results in maculopapular or other types of rash.
 - When the heat is severe, the combination of bleeding and stasis will cause the rashes to turn purple.
 - Blood forced into the Intestines by heat accumulates and stagnates. This leads to black and tarry stools together with distention and fullness in the abdomen.

221

Xi Jiao Di Huang Tang (Rhinoceros Horn and Rehmannia Decoction) 犀角地黄汤

- Heat generally causes thirst. However, a type of thirst peculiar to this condition arises when heat enters the deep (Yin) levels of the body where it causes a bubbling and upward-boiling of the fluids. This results in a type of thirst in which the patient may wish to rinse his mouth with water, but has no desire to swallow it.
- A scarlet tongue body with prickles is a classic sign of heat in the blood level.
- Heat disturbing the Heart causes delirious speech.

222

Xi Jiao Di Huang Tang (Rhinoceros Horn and
Rehmannia Decoction) 犀角地黄汤

• **Composition**

– **Chief**

- Shui Niu Jiao (Bubali Cornu) 30-120g

– **Deputy**

- Sheng Di Huang (Rehmanniae Radix) 24g

– **Assistant**

- Shao Yao (Paeoniae Radix) 9g
- Mu Dan Pi (Moutan Cortex) 6g

223

Xi Jiao Di Huang Tang (Rhinoceros Horn and
Rehmannia Decoction) 犀角地黄汤

• **Analysis of Formula**

– The chief, Shui Niu Jiao, bitter, salty and cold, clears Heart fire and resolves fire toxicity. It is cold but does not hinder the movement of blood, and is thus ideally suited to treat heat at the blood level.

– The deputy, Sheng Di Huang, cools the blood, stops bleeding, nourishes the Yin fluids, and clears heat.

– The assistant

- Chi Shao cools and moves the blood, actively drains the heat pathogen.
- Mu Dan Pi, bitter and slightly acrid, drains heat to cool the blood and stops bleeding by dispersing static blood.
- Both focus on draining heat and enlivening blood to treat and prevent the blood stasis that may be caused by the severe heat or as a side effect of the cold ingredients in this formula.

224

Xi Jiao Di Huang Tang (Rhinoceros Horn and Rehmannia Decoction) 犀角地黄汤

- **Key Point of diagnosis**
 - Various types of bleeding (including vomiting of blood, nosebleed, blood in the stool or urine, and rashes), a scarlet tongue with prickles, and a thin, rapid pulse. Some patients become delirious.
- **Caution and contraindication in Use**
 - Contraindicated in cases of bleeding due to Yang deficiency or Spleen and Stomach deficiency.
- **Modification**
 - For manic behavior: + Huang Qin; Da Huang;
 - For vomiting of blood: + Ce Bai Ye; Bai Mao Gen;
 - For blood in the stool: + Di Yu; Huai Hua Mi;
 - For blood in the urine: + Bai Mao Gen; Xiao Ji;
 - For severe injury to the Yin and blood: substitute Bai Shao for Chi Shao;
 - For a bad temper due to constraint: + Chai Hu; Huang Qin; Zhi Zi;
 - For rashes: + Zi Cao; Qing Dai;
 - For severe bleeding: + San Qi;
 - For bleeding due to simultaneous reckless movement of hot blood and the inability of deficient Qi to control the blood: + Huang Qi; Ren Shen;
 - For high fever and impaired consciousness: + An Gong Niu Huang Wan
- **Clinic Use**
 - Severe hepatitis, hepatic coma, disseminated intravascular coagulation, uremia, allergic purpura, leukemic crisis, as well as a variety of acute hemorrhages.

225

Xi Jiao Di Huang Tang (Rhinoceros Horn and Rehmannia Decoction) 犀角地黄汤

- **Vs. Qing Ying Tang**
 - Both formulas contain Shui Niu Jiao and Sheng Di Huang; this indicates that nutritive and blood level disorders share a core pathology, that is, pathogenic heat that is damaging the fluids within the blood.
 - At the nutritive level, the penetration of heat is still **relatively superficial or recent and has not yet begun to stir the blood**. This is reflected on the levels of **symptomatology** in fever that worsens at night, disorders of consciousness or speech that come and go, a crimson tongue, and relatively indistinct rashes. To prevent the heat from moving deeper, one actively encourages it to turn back toward the Qi level. This is why Qing Ying Tang focuses more strongly on enriching the Yin fluids and why, in spite of its name, it contains **several assistants that clear heat at the Qi level**.

226

Xi Jiao Di Huang Tang (Rhinoceros Horn and Rehmannia Decoction) 犀角地黄汤

- As the heat penetrates more deeply, it increasingly consumes the Yin fluids and begins to stir the blood into reckless movement. This is reflected in symptoms like **bleeding and loss of consciousness, and in signs like a crimson tongue with prickles and an increasingly rapid pulse**. To deal with this crisis, the assistants in Xi Jiao Di Huang Tang focus entirely on the blood. This is because the dangers arising from bleeding, blood stasis, and also potentially wind are now so acute that they demand our complete attention. Only when the heat has become less severe (i. e., when a blood-level disorder once again reverts to a nutritive-level disorder) does venting of the heat to the Qi level once again become a possibility.

227

Formulas that clear nutritive and cool blood

- Section 6 Formulas that clear nutritive and cool blood (2 types)
 - **Qing Ying Tang** (Clear the Nutritive Level Decoction)
 - **Xi Jiao Di Huang Tang** (Rhinoceros Horn and Rehmannia Decoction)

228

Study Guideline

- 1. Qing Ying Tang's indications;
- 2. Xi Jiao Di Huang Tang's indications and Ingredients;
- 3. The difference between Qing Ying Tang and Xi Jiao Di Huang Tang;

229

Section VII Formulas that clear summer heat

230

Formulas that clear summer heat

- Dampness frequently accompanies summer-heat. When it is a significant factor, the patient will present with such symptoms as focal distention, a stifling sensation in the chest, muscle aches, heaviness of the body nausea, diarrhea, and reduced urination. In these cases, treatment strategies that facilitate the resolution of dampness must accompany the dispelling of summer-heat.

231

Formulas that clear summer heat

- Because dampness obstructs the Qi transformation of the San Jiao, herbs that clear heat, facilitate urination, and do not damage the Yin, such as Hua Shi (Talcum), Shi Gao (Gypsum fibrosum), and Han Shui Shi (Glauberitum), are of primary importance. They may be combined with other herbs that facilitate the resolution of dampness, such as Ze Xie (Alismatis Rhizoma) and Fu Ling (Poria); with sweet herbs that relax, harmonize and clear heat, such as Gan Cao (Glycyrrhizae Radix); or with herbs that warm the Yang to facilitate Qi transformation, like Gui Zhi (Cinnamomi Ramulus).

232

Formulas that clear summer heat

– Section 7 Formulas that clear summer heat (3 types)

- Liu Yi San (Six to one powder)
- Bi Yu San (Jasper Powder)
- Qing Shu Yi Qi Tang (Clear summer heat & tonifying qi decoction)
- Xiang Ru San (Mosla Powder)

233

Liu Yi San (Six to one powder)

六一散

- **Source:** Formulas from the Discussion Illuminating the Yellow Emperor's Basic Questions (1172)
- **Actions:** Clears summer heat, resolves dampness, and augments the Qi;
- **Indications:** Summer heat characterized by fever, sweating, thirst, irritability, urinary difficulty, diarrhea, nausea, vomiting, a thin, yellow, and greasy tongue coating, and a soggy, rapid pulse. The formula also treats a range of other presentations including painful urinary dribbling and stony painful urinary dribbling due to damp-heat in the Bladder, and damp-heat skin disorders like papules, sores, and prickly heat.

234

Liu Yi San (Six to one powder)

六一散

- **Pathological analysis**
 - Summer-heat is a Yang pathogenic influence whose nature is to ascend, disperse, and damage the Yin fluids, which leads to fever and thirst.
 - Associated with fire among the five phases, it readily disturbs the Heart and thereby gives rise to irritability. The combination of summer-heat injuring the Qi and dampness obstructing the interior gives rise to damp-heat which disrupts the movement of Qi and fluids within the San Jiao.
 - The clear no longer ascends and the turbid no longer descends. When this impedes the middle Jiao, it manifests as nausea, vomiting, or diarrhea. If it impinges on the functioning of the Bladder, various types of painful urinary dribbling may present.
 - If damp-heat accumulates in the skin and flesh, damp-heat skin disorders may result.
 - The tongue signs reflect relatively mild summer-heat dampness, as does the soggy (damp) and rapid (summer-heat) pulse.

235

Liu Yi San (Six to one powder)

六一散

- **Composition**
 - **Chief**
 - Hua Shi (Talcum) 600g
 - **Deputy**
 - Gan Cao (Glycyrrhizae Radix) 100g

236

Liu Yi San (Six to one powder)

六一散

- **Analysis of Formula**

- The proper treatment of summer-heat requires an outlet. If accompanied by dampness, summer-heat can be relieved by promoting urination.
- The chief herb, Hua Shi, cold and bland, clears summer-heat and facilitates the resolution of dampness (promoting urination). Its nature is heavy, and it therefore directs downward. It is also slippery and able to facilitate passage through the apertures (the pores of the skin above or the urinary orifices below).
- The deputy, Gan Cao, harmonizes the middle and has a mild ability to clear heat and resolve toxicity.
- This combination not only promotes urination, but also generates fluids, thereby enabling the formula to perform its tasks without injuring the Qi or fluids.

237

Liu Yi San (Six to one powder)

六一散

- **Key Point of diagnosis**
 - Fever, thirst, irritability, urinary difficulty.
- **Caution and contraindication in Use**
 - Because this formula may injure the Qi and fluids, use with caution when treating weak, elderly, or Yin-deficient patients. Contraindicated in cases with copious, clear urine or in summer-heat without dampness.
- **Modification**
 - For severe summer-heat: + Xi Gua Shuang; Dan Zhu Ye;
 - For severe thirst with a red tongue: + Mai Men Dong; Sha Shen; Shi Hu; Zhi Mu;
 - For injury to the Qi and fluids: + Xi Yang Shen;
 - For stony painful urinary dysfunction: + Jin Qian Cao; Ji Nei Jin; Hai jin Sha;
 - For bloody painful urinary dysfunction: + Bai Mao Gen; Xiao Ji;
 - For cystitis or urethritis: + Huang Bai;
 - For dysenteric disorders with pus and blood during the summer caused by cold food or drink: + Shan Zhi Zi Tan; Gan Jiang;
- **Clinic Use**
 - Stomach flu, gastroenteritis, heat stroke, cystitis, urethritis, and urinary tract stones.

238

Bi Yu San (Jasper Powder)

碧玉散

- **Source:** Formulas from the Discussion Illuminating the Yellow Emperor's Basic Questions (1172)
- **Actions:** Clears summer heat, resolves dampness, and augments the Qi, clears Liver and Gallbladder heat.
- **Composition:** Hua Shi (Talcum) 36g; Gan Cao (Glycyrrhizae Radix) 6g; Qing Dai (Indigo naturalis) 10g
- **Indications:** Summer heat accompanied with concurrent heat constraint in the Liver and Gallbladder manifesting with red eyes, sore throat, and/or mouth and tongue sores.

239

Qing Shu Yi Qi Tang (Clear summer heat & tonifying qi decoction) 清暑益气汤

- **Source:** Warp and Woof of Warm-Febrile Disease (1852)
- **Actions:** Clears summer-heat, augments the Qi, nourishes the Yin, and generates fluids;
- **Indications:** Summer-heat injuring the Qi and fluids marked by fever, profuse sweating, irritability, thirst, scanty and dark urine, fatigued limbs, shortness of breath, apathy, and a deficient, rapid pulse.

240

Qing Shu Yi Qi Tang (Clear summer heat & tonifying qi decoction) 清暑益气汤

• Pathological analysis

- When summer-heat penetrates to the interior there is fever, irritability, and a rapid pulse.
- The heat “steaming” internally forces open the interstices and pores and causes profuse sweating.
- Summer-heat, a Yang pathogenic influence, readily injures the fluids, which is compounded by profuse sweating. This results in thirst with a desire to drink and dark, scanty urine.
- Qi attaches to the sweat as it leaves the body, causing Qi deficiency with fatigued limbs, shortness of breath, apathy, and a deficient pulse.

241

Qing Shu Yi Qi Tang (Clear summer heat & tonifying qi decoction) 清暑益气汤

• Composition

- **Chief**
 - Xi Yang Shen (Panacis quinquefolii Radix) 4.5-6g
 - Xi Gua (Citrulli Exocarpium) 24-30g
- **Deputy**
 - Shi Hu (Dendrobii Herba) 12-15g
 - Mai Men Dong (Ophiopogonis Radix) 6-9g
 - Lian Geng (Nelumbinis Caulis) 12-15g
- **Assistant**
 - Dan Zhu Ye (Lophateri Herba) 4.5-6g
 - Zhi Mu (Anemarrhenae Rhizoma) 4.5-6g
 - Huang Lian (Coptidis Rhizoma) 2-3g
 - Gan Cao (Glycyrrhizae Radix) 2-3g
 - Jing Mi (Nonglutinous rice) 12-15g

242

Qing Shu Yi Qi Tang (Clear summer heat & tonifying qi decoction) 清暑益气汤

• Analysis of Formula

- The chief
 - Xi Yang Shen augments the Qi, generates fluids, nourishes the Yin, and clears heat.
 - Xi Gua clears heat and releasing summer-heat.
- The deputy
 - Shi Hu and Mai Men Dong nourish the Yin of the Lungs and Stomach.
 - Lian Geng releases summer-heat.
- The assistant
 - Dan Zhu Ye and Zhi Mu clear heat and resolve irritability and thirst.
 - Huang Lian, bitter and cold, especially effective in quelling fire.
 - Gan Cao and Jing Mi augment the Qi and nourish the Stomach. They also prevent the cloying nature of the Yin-nourishing herbs and the cold nature of the heat-clearing herbs from upsetting the ST.

243

Qing Shu Yi Qi Tang (Clear summer heat & tonifying qi decoction) 清暑益气汤

- **Key Point of diagnosis**
 - Profuse sweating, thirst, fatigued limbs, shortness of breath.
- **Caution and contraindication in Use**
 - Because of the large number of cloying, Yin-nourishing herbs, this formula should not be used without considerable modification in cases of summer-heat-dampness. It is also inappropriate for conditions in which the pathogenic influence has already resolved.
- **Modification**
 - For mild summer-heat with severe injury to the fluids: — Huang Lian.
 - For a greasy, white tongue coating: — Zhi Mu; Mai Men Dong; + Fu Ling;
 - For unremitting fever in children during the summer, Qi deficiency, and insufficient fluids: — Huang Lian; Zhi Mu; + Bai Wei; Di Gu Pi;
- **Clinic Use**
 - Hyperthermia, heat stroke, fever of unknown origin, pneumonia, and during convalescence from an acute infectious disease.

244

Qing Shu Yi Qi Tang (Clear summer heat & tonifying qi decoction) 清暑益气汤

- Vs. Bai Hu Jia Ren Shen Tang (White Tiger Plus Ginseng Decoction)
 - Both formulas treat heat excess with sweating and a deficient pulse.
 - Bai Hu Jia Ren Shen Tang is indicated for patterns characterized by **pathogenic heat collecting in the Qi aspect**. The momentum of this heat is to discharge outward, thereby depleting the Qi.
 - Qing Shu Yi Qi Tang treats summer-heat collecting in the Qi aspect. **Summer-heat connects with the Heart**. The effect of this heat is to obstruct and dry out, causing irritability, yellow urine, and a dry mouth. Hence, this formula replaces Shi Gao with Huang Lian to remove the obstruction caused by the heat.

245

Qing Shu Yi Qi Tang (Clear summer heat & tonifying qi decoction) 清暑益气汤

- Vs. Zhu Ye Shi Gao Tang (Lophatherum and Gypsum Decoction)
 - Qing Shu Yi Qi Tang is widely regarded as a modification of Zhu Ye Shi Gao Tang, which also can be used to treat summer-heat damage.
 - However, Zhu Ye Shi Gao Tang is better suited for **lingering heat in the ST** that has not been completely cleared. Thus, its presentation includes symptoms like nausea and rebellious Qi.
 - Qing Shu Yi Qi Tang focuses on the **Lungs**. Its presentation therefore includes symptoms like sweating and shortness of breath.

246

Xiang Ru San (Mosla Powder)

香薷散

- **Source:** Formulary of the Pharmacy Service for Benefiting the People in the Taiping Era (1107)
- **Actions:** Releases the exterior, scatters cold, transforms dampness, and harmonizes the middle burner;
- **Indications:** Exterior cold with interior dampness contracted in the summer manifested by chills with skin that is warm to the touch, an absence of sweating, a sensation of heaviness in the head, headache, abdominal pain, vomiting, diarrhea, a stifling sensation in the chest, fatigued extremities, a white, greasy tongue coating, and a floating pulse.

247

Xiang Ru San (Mosla Powder)

香薷散

- **Pathological analysis**
 - During the summer, the exterior may be affected by exposure to sudden cool breezes, and the interior may be injured by overconsumption of cold food or beverages.
 - The combination of exterior cold and interior dampness causes a heavy, painful sensation in the head.
 - The hot weather and interior dampness join in constraining the Yang Qi, leading to chills along with a warm, almost burning sensation in the skin.
 - The cold and dampness condense in the abdomen, causing abdominal pain.
 - They also attack the SP, which disrupts the ascending and descending of the Qi dynamic, causing nausea and vomiting or diarrhea.

248

Xiang Ru San (Mosla Powder)

香薷散

- **Pathological analysis**

- Qi dysfunction and dampness produce a stifling sensation in the chest.
- The SP, which governs the extremities, cannot support them when it is encumbered by cold and dampness.
- This loss of support causes fatigue in the extremities.
- The white, greasy tongue coating reflects the presence of cold and dampness, while the floating pulse reflects an exterior condition.

249

Xiang Ru San (Mosla Powder)

香薷散

- **Composition**

- **Chief**
 - Xiang Ru (Moslae Herba) 480g (9-12g)
- **Deputy**
 - Chao Bian Dou (dry-fried Lablab Semen album) 240g (6-9g)
- **Assistant**
 - Jiang Hou Po (ginger Magnoliae officinalis Cortex) 240g (6-9g)

250

Xiang Ru San (Mosla Powder)

香薷散

- **Analysis of Formula**

- The chief
 - Xiang Ru, warm, acrid, and aromatic, attacks the major aspects of this condition. It releases the exterior, harmonizes the ascending and descending functions of the SP, and disperses stagnant fluids by dispelling cold and dampness from the middle burner.
- The deputy
 - Bian Dou assists the chief herb by ameliorating the effects of summertime dampness on the SP. It also strengthens the SP, primarily by causing the turbid fluids and products of food transformation to descend, and the clear to ascend.
- The assistant
 - Hou Po expels dampness and disperses fullness.

251

Xiang Ru San (Mosla Powder)

香薷散

- **Key Point of diagnosis**
 - Chills with skin that is warm to the touch, an absence of sweating, a sensation of heaviness in the head, headache, a stifling sensation in the chest, a white, greasy tongue coating, and a floating pulse.
- **Caution and contraindication in Use**
 - The use of this formula in those with summerheat, other than Yin summerheat, will severely injure the fluids and Qi, increase heat in the body, and significantly aggravate the condition.
- **Modification**
 - For a stronger exterior presentation: + Qing Hao;
 - For severe cold with nasal obstruction: + Cong Chi Tang;
- **Clinic Use**
 - A variety of biomedically-defined disorders including acute gastroenteritis, bacillary dysentery, encephalitis B, enteric cholera, and acute tonsillitis.

252

Xiang Ru San (Mosla Powder)
香薷散

- Vs. Huo Xiang Zheng Qi San (Agastache Powder to Rectify the Qi)
 - Both of these formulas treat externally-contracted wind-cold in the summertime with internal accumulation of dampness.
 - Xiang Ru San **focuses on releasing the exterior** where the primary symptoms are chills and fever, and **the internal accumulation is relatively mild.**
 - Huo Xiang Zheng Qi San is indicated for **severe internal accumulation** with **only mild exterior symptoms.**

253

Formulas that clear summer heat

- Section 7 Formulas that clear summer heat (4 types)
 - Liu Yi San (Six to one powder)
 - Bi Yu San (Jasper Powder)
 - Qing Shu Yi Qi Tang (Clear summer heat & tonifying qi decoction)
 - Xiang Ru San (Mosla Powder)

254

Study guideline

- 1. Liu Yi San's indications and ingredients;
- 2. The ratio between Hua Shi and Gan Cao in Liu Yi San;
- 3. Bi Yu San's indications and ingredients;
- 4. Qing Shu Yi Qi Tang's indications;
- 5. The difference between Bai Hu Jia Ren Shen Tang and Qing Shu Yi Qi Tang;
- 6. The difference between Zhu Ye Shi Gao Tang and Qing Shu Yi Qi Tang;
- 7. The ingredients and ingredients of Xiang Ru San;
- 8. The difference between Xiang Ru San and Huo Xiang Zheng Qi San;

255