

Herbal Formulas I

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Chapter 3 Formulas that drain downward

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Formulas that drain downward

- Formulas that drain downward
 - They utilize the downward-draining method to break up and expel accumulations of heat, cold, or fluids (including water) and other matter (e.g., buildup of blood or dry stools) in the interior.
 - Many of the formulas contain ingredients that unblock the bowels, thereby serving as laxatives to remove the accumulation through the stool.
 - Others contain ingredients that have a cathartic effect upon the accumulation of fluids.

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Formulas that drain downward

- Formulas that drain downward discussed in this chapter are mainly indicated for patterns characterized by **interior excess**. These can be divided into two large groups:
 - The first comprise **excess conditions of the bowels** (often summarily referred to as the ST and LI) **caused by externally-contracted heat that moves into the interior**. Typically, such patterns are characterized by high fever, irritability, thirst, abdominal pain, and constipation.
 - The second group comprises **patterns caused by constraint and clumping of Qi and blood, stopped up fluids, harbored food, or parasitic accumulations in the interior**. Such interior excess patterns arise when strong normal Qi contends with strong pathogenic influences.

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Formulas that drain downward

- Caution and contraindications
 - Use with caution due to harsh ingredients.
 - Contraindicated in cases of exterior condition, as their downward-draining actions will have the effect of dragging the pathogen internally.
 - Contraindicated during pregnancy and should only be used when absolutely necessary after childbirth or loss of blood, or in the weak or elderly because their harshness can easily injure the ST Qi.
 - Discontinue it as soon as they take effect and should never be used on a prolonged basis.
 - Foods that are greasy or otherwise difficult to digest increase the risk of injuring the ST Qi and should therefore be avoided when taking these formulas.

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- Chapter 3 Formulas that drain downward (15 types)

- Section I Formulas that purge heat accumulation (7 types)
- Section II Formulas that moisten intestine & unblock bowels (4 types)
- Section III Formulas that warm purgative (2 types)
- Section IV Formulas that drive out excess water (2 types)

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Section I Formulas that purge heat accumulation

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Formulas that purge heat accumulation

- Heat accumulation is a condition of interior excess.
- Characterized by fever, abdominal pain that increases upon pressure, constipation, a yellow tongue coating, and a pulse that is strong, excessive, and usually submerged.
- The core ingredients in these formulas are cold purgatives such as **Da Huang** (Rhei Radix et Rhizoma) and **Ma Xiao** (Natrii Sulfas) because the clumped dry stool disrupts the Qi dynamic and leads to stagnation, this increases the severity of the clumping.

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Formulas that purge heat accumulation

- Add **Hou Po** (*Magonliae officinalis*), **Zhi Shi** (*Aurantii Fructus immaturus*), and **Mu Xiang** (*Aucklandiae Radix*) to promote movement of the Qi.
- Add heat-clearing herbs such as **Huang Qin** (*Scutellariae Radix*), **Bai Jiang Cao** (*Patriniae Herba*), and **Zhi Zi** (*Gardeniae Fructus*) to strengthen the act of purgation in order to clear intense heat by “removing the fuel from beneath the pot”.
- Add herbs that drive out excess water, such as **Gan Sui** (*Kansui Radix*), **Yuan Hua** (*Genkwa Flos*) and **Qian Niu Zi** (*Pharbitidis Semen*) when pathogenic heat gets tied up with pathogenic water in the trunk.

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Formulas that purge heat accumulation

- Excess heat accumulating and stagnating in the ST and Intestines readily leads to stasis. When this occurs, it is necessary to add herbs that dispel static blood, such as **Tao Ren** (*Persicae Semen*), **Chi Shao** (*Paeoniae Radix rubra*), and **Mu Dan Pi** (*Moutan Cortex*).
- Occasionally, long-standing interior heat from excess can sap the Yang Qi leading to cold presentations; in this case, adding warming the Yang and dispersing cold herbs, such as **Zhi Fu Zi** (*Aconiti Radix lateralis preparata*) and **Gan Jiang** (*Zingiberis Rhizoma*).
- Sometimes, it is necessary to add herbs that harmonize the middle Jiao and nourish the ST to ameliorate damage by cold purgatives, such as **Gan Cao** (*Glycyrrhizae Radix*) and **Da Zao** (*Jujubae Fructus*).

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Formulas that purge heat accumulation

– Section I Formulas that purge heat accumulation (7 types)

- **Da Cheng Qi Tang** (Major Order the Qi Decoction)
- **Xiao Cheng Qi Tang** (Minor Order the Qi Decoction)
- **Tiao Wei Cheng Qi Tang** (Regulate the Stomach and Order the Qi Decoction)
- **Zeng Ye Cheng Qi Tang** (Increase the Fluid and Order Qi Decoction)
- **Liang Ge San** (Cool the Diaphragm Powder)
- **Da Huang Mu Dan Tang** (Rhubarb and Moutan bark Decoction)
- **Huang Long Tang** (Yellow Dragon Decoction)

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Da Cheng Qi Tang (Major Order the Qi Decoction)

大承气汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Vigorously purges heat accumulation;
- **Indications:**
 - 1. **Heat excess in the Yang Ming organs** manifests with **severe constipation and flatulence, focal distention and abdominal fullness, abdominal pain that increases upon pressure**, a tense and firm abdomen, a dry, yellow, or dry, black tongue coating with prickles, and a submerged, excessive pulse. In severe cases, there may be tidal fevers, delirious speech, and profuse sweating from the palms and soles.

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Da Cheng Qi Tang (Major Order the Qi Decoction)
大承气汤

- 2. **Heat clumping with circumfluence** (热结旁流, Re Jie Pang Liu) manifests with **green, watery, and foul-smelling diarrhea** accompanied by the same abdominal signs and symptoms outlined above. The tongue body and coating are dry, and the pulse is rapid and slippery.
- 3. **Heat inversion** (热厥, Re Jue) marked by **icy cold extremities** and **muscles and sinews stiffen and contract**.

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Da Cheng Qi Tang (Major Order the Qi Decoction)
大承气汤

• **Pathological analysis**

- Internal heat excess manifesting with heat inversion presents with fever, cold extremities, thirst, sweating from the head, constipation, scanty and dark urine, disorientation, delirious speech, cracked lips, a red tongue, and a submerged, excessive, and forceful pulse. This formula is also for tetany and mania with a similar presentation.
- Yang Ming organ-warp disorders are characterized by heat accumulating in the interior and “taking on form” (有形, You Xing).

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Da Cheng Qi Tang (Major Order the Qi Decoction) 大承气汤

- “Taking on form” heat can have different sources.
 - Externally-contracted cold that has transformed into heat and enters the body directly via the nose or mouth;
 - Internal disturbance of the Yin and Yang organs;
- Whatever the cause, heat in the Yang Ming organ injures the fluids, which become viscous and turbid.
- The heat and turbidity of the fluids cause the stool to dry out.
- The heat and dry stool then combine to form clumps, which obstruct the orderly, downward movement of Qi through the ST and Intestines.
- This results in severe constipation and flatulence, focal distention, a sensation of fullness in the abdomen, and the other abdominal symptoms mentioned.

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Da Cheng Qi Tang (Major Order the Qi Decoction) 大承气汤

- These symptoms can also be viewed as four types of abdominal disharmony: **focal distention, fullness, dryness, and excess**, each of which is treated primarily with one of the ingredients in the formula.
 - **Focal distention (痞, Pi)** refers to the sensation of obstruction, distention, and heaviness that is focused in the epigastrium and treated with **Zhi Shi**;
 - **Fullness (满, Man)** refers to the visible distention that is resistant to palpation and treated with **Hou Po**;
 - **Dryness (燥, Zao)** refers to the dry stool that accumulates in the Intestines and causes parts of the abdomen to become tense and firm. This is treated with **Mang Xiao**;
 - **Excess (实, Shi)** refers to the heat that accumulates and takes form, resulting in constipation and abdominal pain that increases upon pressure. This is treated with **Da Huang**;

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Da Cheng Qi Tang (Major Order the Qi Decoction)
大承气汤

- The other signs and symptoms are also associated with severe heat. Upward-blazing interior heat disturbs the spirit and causes delirious speech.
- Tidal fever is due to
 - Dry stool absorbs and thus depletes the fluids, thereby injuring the Yin;
 - Pathogenic influences at the Yang Ming meridian tend to be released between 3 and 9 pm. This has been interpreted to mean that because the Qi in the Yang Ming level of the body is strongest during this time, it is then that the body's normal Qi and the pathogenic influence struggle for dominance; thus, the fever is strongest during this time. Heat in the Yang Ming meridian can transform the fluids into steam, which is forced out as profuse sweating through the palms and soles.

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Da Cheng Qi Tang (Major Order the Qi Decoction)
大承气汤

- A red tongue is associated with heat while a dry, yellow tongue coating indicates dryness in the interior, as does cracked lips. In severe cases, the coating becomes black with prickles. The submerged, excessive pulse indicates that an excess pathogen is located in the interior.
- Heat clumping with circumfluence is caused by an overabundance of heat drying out the fluids within the stools and causing them to become clogged in the Intestines. The breakdown of physiological Qi transformation also, however, disables the process of fluid resorption normally carried out by the Intestines. Instead of being transmitted to the Bladder and Kidneys, this fluid, which carries with it some of the pathogenic heat, flows around the clogged stools and manifests as green watery diarrhea with an intensely offensive odor.
- Pathogenic heat and failure of resorption rapidly deplete the body's own physiological fluids, leading to dryness of the mouth, throat, and tongue. The slippery and rapid pulse indicates that this insufficiency₂₀ of fluids is secondary to the presence of excess heat in the interior.

Da Cheng Qi Tang (Major Order the Qi Decoction)
大承气汤

- The same excess can also constrain the dispersal of Yang Qi toward the exterior and lead to a pattern known as “heat inversion.” Here, the heat constraint becomes so pronounced that the four extremities are no longer supplied with Yang Qi and turn icy cold. At the same time, severe internal heat damages the fluids. Deprived of moisture and nourishment, the muscles and sinews stiffen and contract.
- Mania is caused by excess interior heat harassing the clear spirit, while turbidity and dryness combine to block the orifices.

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Da Cheng Qi Tang (Major Order the Qi Decoction)
大承气汤

• **Composition**

– **Chief**

- Da Huang (Rhei Radix et Rhizoma) 12g
– Add near end

– **Deputy**

- Mang Xiao (Natrii Sulfas) 12g

– **Assistant**

- Zhi Shi (Aurantii Fructus immaturus) 9-12g
- Hou Po (Magnoliae officinalis Cortex) 24g

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Da Cheng Qi Tang (Major Order the Qi Decoction) 大承气汤

• Analysis of Formula

- The chief, Da Huang, breaks up abdominal masses, accumulations, lingering fluids, and harbored food by flushing them from the ST and intestines, pushing out the old so that the new can enter, unblocking the passages for food and drink, regulating the middle Jiao so that it can again transform food and the five Yin organs are calmed.
- The deputy, Mang Xiao, salty and cold, moistens dryness as it drains downward.
- The assistant
 - Zhi Shi dissipates clumps and reduces focal distention.
 - Hou Po disseminates the Qi and relieves the sensation of fullness.
 - Both herbs assist in the expulsion of stool by moving the Qi. Even though the root of the condition is heat, the resultant clumping leads to severe stagnation of Qi.

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Da Cheng Qi Tang (Major Order the Qi Decoction) 大承气汤

- **Key Point of diagnosis**
 - Focal distention, fullness, dryness, and excess.
- **Caution and contraindication in Use**
 - Because this is a powerful formula, it has always been used with caution and only when necessary. Contraindicated during pregnancy.
- **Modification**
 - For high fever, severe thirst, and a rapid and forceful pulse (concurrent Yang Ming channel and organ disorders): + Shi Gao; Zhi Mu;
 - For a Yang Ming organ disorder with damage to the Yin fluids characterized by dry lips, a burnt yellow, dry tongue coating, and a thin and rapid pulse: + Sheng Di Huang; Xuan Shen; Mai Men Dong;
 - For severe abdominal distention: + Lai Fu Zi;
 - For signs of blood stasis: + Tao Ren; Chi Shao; Dang Gui;
- **Clinic Use**
 - Acute abdominal conditions marked by pain, including various forms of intestinal obstruction, pancreatitis, appendicitis, cholecystitis, as well as postoperative problems;
 - Febrile infectious diseases, including bacterial dysentery, acute icteric hepatitis, encephalitis, influenza, lobar pneumonia, and purulent tonsillitis;
 - Any condition marked by intense abdominal fullness, high fevers, and a submerged, excessive, and slippery pulse. These include cardiopulmonary disease, asthma, enuresis, urinary tract stones, hemorrhoids, stroke, hypertension, and schizophrenia.

Da Cheng Qi Tang (Major Order the Qi Decoction)
大承气汤

- Vs. Huang Lian Jie Du Tang (Coptis Decoction to Resolve Toxicity)
 - Both formulas treat heat located primarily in the Yang Ming system.
 - Da Cheng Qi Tang uses for heat entering into the bowels where it dries up the fluids and causes interior clumping with **constipation**.
 - Huang Lian Jie Du Tang disperses throughout the three Yang channels in the exterior and the **San Jiao in the interior**.

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Xiao Cheng Qi Tang (Minor Order the Qi Decoction)
小承气汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Moderately purges heat accumulation.
- **Indications:** **Relatively mild Yang Ming organ-warp disorders** characterized by tidal fever, **constipation, focal distention, and abdominal fullness, abdominal pain** that does not increase upon pressure, an “old-looking” (dirty and dry) yellow tongue, and a slippery, rapid pulse. Also for early-stage dysenteric disorders.

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Xiao Cheng Qi Tang (Minor Order the Qi Decoction)
小承气汤

- **Composition**

- **Chief**

- Da Huang (Rhei Radix et Rhizoma) 12g

- **Deputy**

- Zhi Shi (Aurantii Fructus immaturus) 3 pcs (6-9g)
 - Hou Po (Magnoliae officinalis Cortex) 6g

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Xiao Cheng Qi Tang (Minor Order the Qi Decoction)
小承气汤

- **Analysis of Formula**

- Because the dryness and clumping in the Intestines are relatively mild, the formula focuses on moving the Qi without breaking up and eliminating heat that has acquired form.
 - In clinical practice, this means that the obstruction will be less severe compared to the principal formula (Da Cheng Qi Tang), and all core symptoms are thus less pronounced.
 - For this reason, Mang Xiao is removed, as no softening of hardness is required.
 - The chief, Da Huang, is cooked here together with the other ingredients in order to moderate the harshness of its downward-draining action.
 - The dosage of Hou Po and Zhi Shi is reduced because the Qi stagnation is not as pronounced.

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Tiao Wei Cheng Qi Tang (Regulate the Stomach and Order the Qi Decoction) 调胃承气汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Moderately purges heat accumulation.
- **Indications:** For mild constipation due to Yang Ming-warm heat characterized by the absence of focal distention and abdominal fullness, but with irritability and a slippery, rapid pulse. Also for nosebleed, swollen gums and throat, and petechiae (subcutaneous bleeding) due to heat in the ST and Intestines.

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Tiao Wei Cheng Qi Tang (Regulate the Stomach and Order the Qi Decoction) 调胃承气汤

- **Composition**

- **Chief**

- Da Huang (Rhei Radix et Rhizoma) 12g

- **Deputy**

- Gan Cao (Glycyrrhizae Radix) 6g
 - Mang Xiao (Natrii Sulfas) 9-12g

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Tiao Wei Cheng Qi Tang (Regulate the Stomach and Order the Qi Decoction) 调胃承气汤

- Analysis of formula
 - As the name of the formula indicates, it is intended to regulate and harmonize ST Qi by removing obstructions.
 - For this reason, Gan Cao is substitute for the potent Qi-moving herbs Zhi Shi and Hou Po.

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Tiao Wei Cheng Qi Tang (Regulate the Stomach and Order the Qi Decoction) 调胃承气汤

- Clinical applications
 - Address the side effects or complications arising from the inappropriate use of warming substances, including excessive alcohol consumption.
 - It is able to direct rebellious ST Qi downward and thus treats hiccup or retching due to excess ST heat.
 - It can also be used to consolidate the effect of purgation once a dose of Da Cheng Qi Tang has opened the bowels, but the excess heat has not been entirely eliminated.

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Tiao Wei Cheng Qi Tang (Regulate the Stomach and Order the Qi Decoction) 调胃承气汤

• Comparisons of Three Cheng Qi Tang

	Da Cheng Qi Tang	Xiao Cheng Qi Tang	Tiao Wei Cheng Qi Tang
Compositions	Da Huang Mang Xiao Hou Po Zhi Shi	Da Huang Hou Po Zhi Shi	Da Huang Mang Xiao Gan Cao
Indications	Heat excess in the Yang Ming organs ; Heat clumping with circumfluence; Heat inversion;	Relatively mild Yang Ming organ-warp disorders;	Mild constipation due to Yang Ming-warp heat
Manifestations	Severe focal distention, fullness, dryness, and excess	Severe focal distention and fullness, Mild dryness, and excess	Mild focal distention, fullness; Severe dryness and heat

Zeng Ye Cheng Qi Tang (Increase the Fluid and Order Qi Decoction)
增液承气汤

- **Source:** Systematic Differentiation of Warm Pathogen Diseases (1798)
- **Actions:** Enriches the Yin, generate fluids, drains heat, and unblocks the bowels.
- **Indications:** Yang Ming organ-warp pattern that develops in the course of a warm pathogen disorder with heat clumping in the ST and Intestines burning up the body fluids marked by dry stools that cannot be expelled even with a purging formula, distention and fullness of the epigastrium and abdomen, dry mouth and lips, a dry tongue with a thin yellow or burnt yellow coating, and a rapid, thin pulse.

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Zeng Ye Cheng Qi Tang (Increase the Fluid and Order Qi Decoction)
增液承气汤

• **Pathological analysis**

- When heat clumping and Yin deficiency occur together, the Intestines lose all of their moisture.
- The stools become so hard and dry that even a purgative formula can no longer expel them.
- Clumping in the ST and Intestines is experienced as distention and bloated.
- The dry lips and mouth, the dry tongue, and the thin pulse all reflect damage to the body fluids.
- The thin and yellow or burnt-yellow tongue coating and the rapid pulse denote the presence of a heat pathogen.

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Zeng Ye Cheng Qi Tang (Increase the Fluid and Order Qi Decoction)
增液承气汤

• **Composition**

– **Chief**

- Xuan Shen (Scrophulariae Radix) 30g
- Mai Men Dong (Ophiopogonis Radix) 24g
- Sheng Di Huang (Rehmanniae Radix) 24g

– **Deputy**

- Da Huang (Rhei Radix et Rhizoma) 9g
- Mang Xiao (Natrii Sulfas) 4.5g

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Zeng Ye Cheng Qi Tang (Increase the Fluid and Order Qi Decoction)
增液承气汤

- **Analysis of formula**
 - The chief three Yin-nourishing substances in the formula, Xuan Shen, Mai Men Dong and Sheng Di Huang, clear heat and increase the body fluids to address the severe dryness at the root of this condition.
 - The deputy, Da Huang and Mang Xiao, soften hardness, drain heat, and flush the ST and Intestines.

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Zeng Ye Cheng Qi Tang (Increase the Fluid and Order Qi Decoction)
增液承气汤

- **Key Point of diagnosis**
 - Dry stools that cannot be expelled even with a purging formula, distention and fullness of the epigastrium and abdomen, dry mouth and lips.
- **Caution and contraindication in Use**
 - Only use for a pattern combining deficiency of Yin fluids with accumulation of a dry stools in the Intestines.
- **Clinic Use**
 - Any acute infectious disease marked by high fever and constipation, as well as severe hemorrhoids. It has also been used for renal failure.

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Liang Ge San (Cool the Diaphragm Powder)
凉膈散

- **Source:** Formulary of the Pharmacy Service for Benefiting the People in the Taiping Era (1107)
- **Actions:** Drains fire and unblocks the bowels by clearing the upper Jiao and draining the Middle Jiao.
- **Indications:** Accumulated or formed heat in the Middle Jiao and unformed or blazing heat in the upper Jiao marked by sensation of heat and irritability in the chest and abdomen, delirious speech (in severe cases), thirst, flushed face and red lips, mouth and tongue sores, sore throat, swollen tongue, red eyes, nosebleed, constipation, dark, scanty urine, red tongue body or edges with a dry, yellow, or white coating, and a rapid, possibly slippery pulse.

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Liang Ge San (Cool the Diaphragm Powder)
凉膈散

- **Composition**
 - **Chief**
 - Lian Qiao (Forsythiae Fructus) 18g
 - **Deputy**
 - Huang Qin (Scutellariae Radix) 4.5g
 - Zhi Zi (Gardeniae Fructus) 4.5g
 - Da Huang (Rhei Radix et Rhizoma) 9g
 - Mang Xiao (Natrii Sulfas) 9g
 - **Assistant**
 - Bo He (Menthae haplocalycis Herba) 4.5g
 - Dan Zhu Ye (Lophateri Herba) 3g
 - **Envoy**
 - Gan Cao (Glycyrrhizae Radix) 9g

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Liang Ge San (Cool the Diaphragm Powder) 凉膈散

- **Key Point of diagnosis**
 - Sensation of heat and irritability in the chest, thirst, flushed face and red lips, constipation, dark, scanty urine, red tongue body or edges with a dry, yellow, or white coating, and a rapid, possibly slippery pulse.
- **Caution and contraindication in Use**
 - Appropriate only for conditions of heat excess in the Upper and middle Jiao; contraindicated during pregnancy and for patients who are very weak.
- **Clinic Use**
 - Pharyngitis, stomatitis, tonsillitis, biliary tract infections, acute icteric hepatitis, conjunctivitis, lobar pneumonia, and multiple furuncles, as well as epilepsy and chronic renal failure.

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Da Huang Mu Dan Tang (Rhubarb and Moutan bark Decoction) 大黄牡丹汤

- **Source:** Essentials from the Golden Cabinet (c. 220)
- **Actions:** Drains heat, breaks up blood stasis, disperses clumping, and reduces swelling.
- **Indications:** **Early-stage Intestinal abscess, a condition of excess with interior clumping of heat and blood** marked by **lower abdominal distention and pain** (usually on the right) that increases on pressure with **rebound tenderness**, guarding of the abdominal musculature, a thin, **yellow, and greasy tongue coating, and a slippery, rapid pulse**. There may also be **pain in the groin (resembling painful urinary dysfunction without urinary difficulty)** that is relieved by flexing the hip and knee (usually on the right) and increases when extending the hip. In addition, there may be a mass in the lower right quadrant of the abdomen and irregular, intermittent fever followed by chills and sweating.

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Da Huang Mu Dan Tang (Rhubarb and Moutan bark Decoction)
大黄牡丹汤

• **Composition**

– **Chief**

- Da Huang (Rhei Radix et Rhizoma) 12g
- Mang Xiao (Natrii Sulfas) 9-12g

– **Deputy**

- Mu Dan Pi (Moutan Cortex) 3g

– **Assistant**

- Tao Ren (Persicae Semen) 9-15g
- Dong Gua Zi (Benincasae Semen) 15-30g

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Da Huang Mu Dan Tang (Rhubarb and Moutan bark Decoction)
大黄牡丹汤

• **Key Point of diagnosis**

- Lower abdominal distention and pain (usually on the right) that increases on pressure with rebound tenderness, a thin, yellow, and greasy tongue coating, and a slippery, rapid pulse. There may also be pain in the groin (resembling painful urinary dysfunction without urinary difficulty).

• **Caution and contraindication in Use**

- Unsuitable for necrotic appendicitis, appendicitis with peritonitis, appendicitis in infants, appendicitis during pregnancy, or appendicitis due to parasites; it should be used with extreme caution in the weak and elderly.

• **Clinic Use**

- Encapsulated inflammatory diseases of the pelvis such as appendicitis, acute pelvic inflammatory disease, iliac fossa abscess, and diverticulitis;
- Other types of abscesses such as subdermal abscess, renal abscess, hepatic abscess, and pulmonary abscess;
- Other infectious diseases such as bacillary dysentery, pyelonephritis, mastitis, osteomyelitis, conjunctivitis, abdominal or lower extremity folliculitis, and postvasectomy infections.

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Huang Long Tang (Yellow Dragon Decoction)
黄龙汤

- **Source:** Six Texts on Cold Damage (1445)
- **Actions:** Purges heat from the interior and supports the normal Qi.
- **Indications:** Heat excess in the interior with Qi and blood deficiency marked by green, watery, and foul-smelling diarrhea, abdominal pain that increases upon pressure, fever, thirst, a dry tongue and mouth, shortness of breath, lethargy, delirious speech, a dry, yellow or black tongue coating, and a deficient pulse. Some patients present with constipation or firm, painful abdominal distention. In severe cases, there may be hallucinations and “grabbing at the air” or impaired consciousness with frigid contracted extremities.

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Huang Long Tang (Yellow Dragon Decoction)
黄龙汤

- **Composition**
 - **Chief**
 - Da Huang (Rhei Radix et Rhizoma) 9-12g
 - Mang Xiao (Natrii Sulfas) 9-12g
 - **Deputy**
 - Zhi Shi (Aurantii Fructus immaturus) 6-9g
 - Hou Po (Magnoliae officinalis Cortex) 3-12g
 - Ren Shen (Ginseng Radix) 6-9g
 - Dang Gui (Angelicae sinensis Radix) 9-12g
 - **Assistant**
 - Jie Geng (Platycodi Radix) 3-6g
 - Sheng Jiang (Zingiberis Rhizoma recens) 9g
 - Da Zao (Jujubae Fructus) 2pcs
 - **Envoy**
 - Gan Cao (Glycyrrhizae Radix) 3g

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Huang Long Tang (Yellow Dragon Decoction) 黄龙汤

- **Key Point of diagnosis**
 - Green, watery, and foul-smelling diarrhea, abdominal pain that increases upon pressure, fever, thirst, shortness of breath, lethargy, a dry, yellow or black tongue coating, and a deficient pulse.
- **Clinic Use**
 - Acute infectious diseases such as typhoid, paratyphoid, meningitis, and encephalitis, along with intestinal obstruction in the elderly.

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Formulas that purge heat accumulation

- Section I Formulas that purge heat accumulation (7 types)
 - **Da Cheng Qi Tang** (Major Order the Qi Decoction)
 - **Xiao Cheng Qi Tang** (Minor Order the Qi Decoction)
 - **Tiao Wei Cheng Qi Tang** (Regulate the Stomach and Order the Qi Decoction)
 - Zeng Ye Cheng Qi Tang (Increase the Fluid and Order Qi Decoction)
 - Liang Ge San (Cool the Diaphragm Powder)
 - Da Huang Mu Dan Tang (Rhubarb and Moutan bark Decoction)
 - Huang Long Tang (Yellow Dragon Decoction)

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Study guidelines

- 1. Da Cheng Qi Tang's indications and ingredients.
- 2. Da Cheng Qi Tang's four types of abdominal disharmony.
- 3. Difference between Da Cheng Qi Tang and Huang Lian Jie Du Tang.
- 4. Xiao Cheng Qi Tang's indications and ingredients.
- 5. Tiao Wei Cheng Qi Tang's indications and ingredients.
- 6. The difference among Da Cheng Qi Tang, Xiao Cheng Qi Tang, and Tiao Wei Cheng Qi Tang.
- 7. Zeng Ye Cheng Qi Tang's indications and ingredients.
- 8. Liang Ge San's indications.
- 9. Da Huang Mu Dan Tang's indications.
- 10. Huang Long Tang's indications.

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Section II Formulas that moisten intestine & unblock bowels

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Formulas that moisten intestine & unblock bowels

- The formulas in this section induce bowel movements by lubricating the Intestines.
- They contain substances of a sweet, bland, and oily nature such as **Huo Ma Ren** (Cannabis Semen), **Xing Ren** (Armeniacae Semen), and **Yu Li Ren** (Pruni Semen).
- This makes them particularly useful for treating constipation due to dryness, which can be caused by febrile disease, debility, old age, childbirth, or as a side effect of various medications.
- Often they are combined with herbs that enrich the Yin and nourish the blood, such as **Bai Shao** (Paeoniae Radix alba), **Sheng Di Huang** (Rehmanniae Radix), or **Dang Gui** (Angelicae sinensis Radix), to aid in moistening the Intestines and treating the underlying damage to the fluids and Yin.

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Formulas that moisten intestine & unblock bowels

- When deficiency of the Kidneys Qi is partially responsible for constipation, it is important not only to use herbs that warm the Kidneys and moisten the Intestines, such as **Rou Cong Rong** (Cistanches Herba) or **Niu Xi** (Achyranthis bidentatae Radix);
- Combine with herbs that help raise the clear and direct the turbid downward, such as **Sheng Ma** (Cimicifugae Rhizoma), **Ze Xie** (Alismatis Rhizoma), and **Zhi Ke** (Aurantii Fructus).

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Formulas that moisten intestine & unblock bowels

- In comparison to the formulas in the next section (i.e., those that simultaneously tonify and purify and purge), moistening formulas focus on enabling movement that has been inhibited by **dryness**. Tonifying formulas, on the other hand, aim to directly increase the amount of body fluids and thereby increase the volume of the stools.

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Formulas that moisten intestine & unblock bowels

– Section II Formulas that moisten intestine & unblock bowels (4 types)

- **Ji Chuan Jian** (Benefit the River (Flow) Decoction)
- **Ma Zi Ren Wan** (Hemp Seed Pill)
- Wu Ren Wan (Five Kinds of Kernal's Pill)
- **Run Chang Wan** (Moisten the Intestines Pill from Master Shen' book)

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Ji Chuan Jian (Benefit the River (Flow) Decoction)
济川煎

- **Source:** Collected Treatises of (Zhang) Jing-Yue (1624)
- **Actions:** Warms the Kidneys, nourishes the blood, augments the essence, moistens the Intestines, and unblocks the bowels;
- **Indications:** Constipation due to Kidney deficiency marked by constipation, clear and copious urine, lower back pain, and a cold sensation in the back, deep and slow pulse.

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Ji Chuan Jian (Benefit the River (Flow) Decoction)
济川煎

- **Pathological analysis**
 - The Kidneys are the foundation of the body's Yang Qi.
 - Their functions include controlling the process that transforms and circulates water through the body.
 - When Kidney Yang and Qi are deficient, the processes of warming and transforming the water are weakened.
 - The water is not moved from the Bladder, resulting in clear and copious urine.
 - This same disruption in the normal circulation of water in the lower Jiao dries out the Intestines and leads to constipation.
 - Deficiency of Kidney Yang also deprives the Kidneys of proper nourishment and warmth. Because the lower back is the residence of the Kidneys, there is pain and a sensation of cold in that part of the body.
 - Deep and slow pulse indicate Kidney Yang and Qi deficiency. ⁵⁶

Ji Chuan Jian (Benefit the River (Flow) Decoction)
济川煎

• **Composition**

– **Chief**

- Jiu Rou Cong Rong (wine-prepared Cistanches Herba) 6-9g

– **Deputy**

- Dang Gui (Angelicae sinensis Radix) 9-15g
- Niu Xi (Achyranthis Radix) 6g

– **Assistant**

- Ze Xie (Alismatis Rhizoma) 4.5g

– **Envoy**

- Zhi Ke (Aurantii Fructus) 3g
- Sheng Ma (Cimicifugae Rhizoma) 1.5-3g

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Ji Chuan Jian (Benefit the River (Flow) Decoction)
济川煎

• **Analysis of Formula**

- The chief, Rou Cong Rong, warms and tonifies the Kidney Yang, warms the lower back, and moistens the Intestines to unblock the bowels.
- The deputy
 - Dang Gui nourishes and harmonizes the blood and moistens the Intestines.
 - Niu Xi strengthens the lower back and Kidneys. It also has a descending nature that focuses the actions of the formula on the lower Jiao;
- The assistant
 - Ze Xie has a descending nature that drains turbidity from the Kidneys. Together with Niu Xi, it facilitates movement and guides the actions of the other herbs downward. It also prevents the moistening property of the Rou Cong Rong from causing stagnation.
- The envoy
 - Zhi Ke relaxes the Intestines and directs the Qi downward, thus helping to unblock the bowels.
 - Sheng Ma raises the clear Yang as a subtle inducement to the descent of the turbid Yin. In combination with Zhi Ke, one ascending and the other descending, the regulation of the Kidney Qi mechanism is enhanced.

Ji Chuan Jian (Benefit the River (Flow) Decoction)

济川煎

- **Key Point of diagnosis**
 - Constipation, clear and copious urine, lower back pain, and a cold sensation in the back, deep and slow pulse.
- **Caution and contraindication in Use**
 - Contraindicated in case of Yin deficiency or body fluid deficiency due to febrile disease. Remove Zhi Ke in case of deficient patients.
- **Modification**
 - For pronounced Qi deficiency: + Ren Shen;
 - For fire: + Huang Qin;
 - For severe Kidney deficiency: + Shu Di Huang;
 - For severe deficiency: — Zhi Ke;
 - To increase the moistening action in the Intestines: + Huo Ma Ren;
 - For severe lower back pain: — Ze Xie; + Gou Qi Zi; Du Zhong;
- **Clinic Use**
 - Constipation in the elderly, habitual constipation, and postpartum constipation.

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Ma Zi Ren Wan (Hemp Seed Pill)

麻子仁丸

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Moistens the Intestines, drains heat, promotes the movement of Qi, and unblocks the bowels.
- **Indications:** Constipation or “Spleen bind” (脾约, Pi Yue) pattern, as defined in Discussion of Cold Damage. Marked by constipation with hard stool that is difficult to expel, normal to frequent urination, a dry, yellow tongue coating, and a submerged, rapid or floating, choppy pulse.

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Ma Zi Ren Wan (Hemp Seed Pill)

麻子仁丸

- **Pathological analysis**

- The cause of “Spleen bind” is heat-dryness blocking the physiological movement of fluids in the Spleen.
- The Spleen is unable to distribute fluids to the extremities and upward into the Lungs and, by association, the Intestines.
- This causes the stools to become hard. Instead, the fluids seep downward into the Bladder. Thus, urination is normal or even increased.
- The dry, yellow tongue coating reflects the depletion of fluids and slight heat in the interior.
- The submerged, rapid pulse indicates heat in the interior.
- A floating, choppy pulse may also appear, indicating dryness as an external pathogen causing stagnation of fluid movement in the body.

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Ma Zi Ren Wan (Hemp Seed Pill)

麻子仁丸

- **Composition**

- **Chief**
 - Huo Ma Ren (Cannabis Semen) 500-600g
- **Deputy**
 - Xing Ren (Armeniacae Semen) 250g
 - Shao Yao (Paeoniae Radix) 250g
- **Assistant**
 - Zhi Shi (Aurantii Fructus immaturus) 250g
 - Hou Po (Magnoliae officinalis Cortex) 250g
 - Da Huang (Rhei Radix et Rhizoma) 500g
- **Envoy**
 - Honey

62

Ma Zi Ren Wan (Hemp Seed Pill)

麻子仁丸

- **Analysis of formula**

- The chief, Huo Ma Ren, is rich in oils that moisten the Intestines and unblock the bowels.
- The deputy
 - Xing Ren directs the Qi downward and moistens the Intestines; it, too, contains oils that facilitate bowel movement;
 - Shao Yao, bitter and slightly cold, enters the Spleen, nourishes the Yin, and harmonizes the interior.
- The assistant
 - Zhi Shi breaks up accumulation (especially in the Intestines).
 - Hou Po removes fullness and distention.
 - Da Huang as a purgative.
- The envoy, honey, sweetness, harmonizes the actions of the other herbs.

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Ma Zi Ren Wan (Hemp Seed Pill)

麻子仁丸

- **Key Point of diagnosis**

- Constipation with hard stool that is difficult to expel, normal to frequent urination, a dry, yellow tongue coating.

- **Caution and contraindication in Use**

- It should not be used without modification for treating the very weak or for constipation due solely to blood deficiency. Contraindicated during pregnancy.

- **Modification**

- For severe injury to the fluids: + Bai Zi Ren; Gua Lou Ren;
- For severe heat accumulation with a yellow tongue coating and a rapid pulse, increase the dosage of Da Huang and add Mang Xiao;
- For severe debility: — Da Huang; + Fan Xie Ye;
- For hemorrhoids: + Tao Ren; Dang Gui;
- For bleeding hemorrhoids: + Huai Mi; Di Yu;
- For deficiency of the middle Qi: combine with Bu Zhong Yi Qi Tang;
- For intestinal obstruction from roundworms: + Wu Mei; Bing Lang; Chen Pi;

- **Clinic Use**

- Incomplete intestinal obstruction, postoperative ileus, atrophic gastritis, reflux gastritis, hemorrhoids, bleeding post-hemorrhoidectomy, habitual constipation, constipation in the elderly, or postpartum constipation;

Ma Zi Ren Wan (Hemp Seed Pill)

麻子仁丸

- Vs. Xiao Cheng Qi Tang (Minor Order the Qi decoction)
 - Ma Zi Ren Wan is **milder and often more chronic**, but it is **still a pattern of heat excess. Dryness is the primary pathogen**. This inhibits the movement of stool in the bowels and leads to Qi stagnation, but **does not cause acute clumping**. Thus, it is resolved by a strategy of moistening the Intestines combined with mild purgation.
 - Xiao Cheng Qi Tang treats **heat excess in the Yang Ming organs with clumping** of the stools and stagnation of Qi. **Dryness is secondary to this obstruction**. Thus, it can be resolved by simply flushing the ST and Intestines and breaking the Qi stagnation.

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Wu Ren Wan (Five Kinds of Kernals Pill)

五仁丸

- **Source:** Effective Formulas from Generations of Physicians (1345)
- **Actions:** Moistens the Intestines and unblocks the movement of stools.
- **Indications:** **Constipation due to desiccated Intestines (肠枯, Chang Ku)** marked by **constipation with dry stools that are difficult to pass, the tongue is dry, the pulse is thin and rough.**

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Wu Ren Wan (Five Kinds of Kernals Pill)

五仁丸

- **Pathological analysis**

- It is seen most frequently in old age or after childbirth, but can occur in other situations where Yin or blood are damaged.
- This may be a chronic illness, prolonged dehydration, or the inappropriate use of medicinals (including biomedical drugs) that induces sweating, urination, or are otherwise drying.
- When the fluids in the Intestines are damaged or lacking, the stools become dry and their passage difficult.
- The dryness of the tongue, and the thin and rough pulse, are manifestations of blood deficiency and reduced body fluids.

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Wu Ren Wan (Five Kinds of Kernals Pill)

五仁丸

- **Composition**

- **Chief**

- Chao Tao Ren (dry-fried Persicae Semen) 30g
- Chao Xing Ren (dry-fried Armeniacae Semen) 30g

- **Deputy**

- Bai Zi Ren (Platycladi Semen) 15g
- Song Zi Ren (Pini Semen) 3.8g
- Chao Yu Li Ren (dry-fried Pruni Semen) 3g

- **Assistant**

- Chen Pi (Citri reticulatae Pericarpium) 120g

- **Envoy**

- Honey

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Wu Ren Wan (Five Kinds of Kernals Pill)

五仁丸

- **Analysis of formula**

- The chief,
 - Xing Ren, bitter and oily, unblocks Qi-aspect constipation due to its association with the Lungs;
 - Tao Ren unblocks blood-aspect constipation due to its association with the Liver.
- The deputy
 - Bai Zi Ren, Yu Li Ren, and Song Zi Ren increase the formula's capacity to moisten the Intestines.
- The assistant, Chen Pi, used in a high dosage, moves the Qi and unblock the Intestines transforms the moistening action of the five seeds into bowel movement.
- The envoy, Honey, is used to make the pills, its sweetness to harmonize the actions of the other ingredients while further adding to the overall moistening effect of the formula.

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Wu Ren Wan (Five Kinds of Kernals Pill)

五仁丸

- **Key Point of diagnosis**

- Constipation with dry stools that are difficult to pass, the tongue is dry, the pulse is thin and rough.

- **Caution and contraindication in Use**

- During pregnancy, one should only use the formula after careful consideration.

- **Modification**

- For more severe desiccation of body fluids: + Gua Lou Ren; Huo Ma Ren; Sheng Di Huang; Xuan Shen; Mai Men Dong;
- For blood deficiency after childbirth: + Dang Gui; He Shou Wu;
- For deficiency constipation in the elderly: + Rou Cong Rong; He Zhi Ma;
- For abdominal distention and bloating: + Zhi Ke; Lai Fu Zi;

- **Clinic Use**

- Constipation, including hemorrhoids.

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Wu Ren Wan (Five Kinds of Kernal Pill)
五仁丸

- Vs. Wu Ren Wan (Five Kinds of Kernal Pill)
 - Wu Ren Wan treats patterns where **dryness of the stools is caused by deficiency of blood, essence, or body fluids.**
 - Ma Zi Ren Wan treats **heat excess in the Yang Ming organs. “Spleen bind pattern”**

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Run Chang Wan (Moisten the Intestines Pill from Master Shen' book) 润肠丸

- **Source:** Shen's Book for Revering Life (1773)
- **Actions:** Moistens the Intestines and unblocks the bowels.
- **Indications:** **Constipation due to desiccated Intestines (肠枯, Chang Ku)** marked by constipation with lusterless skin and nails, dry mouth with an unquenchable thirst, a dry tongue, and a thin pulse.

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Run Chang Wan (Moisten the Intestines Pill from Master Shen' book) 润肠丸

- **Pathological analysis**

- This is constipation due to desiccated Intestines (Chang Ku, 肠枯), a common condition among the elderly and debilitated.
- It is also frequently seen after childbirth when the loss of blood injures the Yin and depletes the fluids.
- The other signs and symptoms are characteristic of Yin deficiency with depleted fluids.

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Run Chang Wan (Moisten the Intestines Pill from Master Shen' book) 润肠丸

- **Composition**

- **Chief**

- Huo Ma Ren (Cannabis Semen) 15g
- Tao Ren (Persicae Semen) 9g

- **Deputy**

- Dang Gui (Angelicae sinensis Radix) 9g
- Sheng Di Huang (Rehmanniae Radix) 30g

- **Assistant**

- Zhi Ke (Aurantii Fructus) 9g

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Run Chang Wan (Moisten the Intestines Pill from Master Shen' book) 润肠丸

- **Analysis of formula**
 - This formula combines herbs that nourish the blood, enrich the Yin, and moisten the Intestines.
 - The chief,
 - Hua Ma Ren and Tao Ren contain an abundance of oils that moisten the Intestines and unblock the bowels.
 - The combination of these herbs is especially effective in cases of constipation with Yin deficiency.
 - The deputy
 - Dang Gui nourishes the blood and moistens the desiccated Intestines.
 - Sheng Di Huang nourishes the Yin, the root of this condition.
 - The assistant,
 - Zhi Ke, Qi-mover, can reinforce the laxative effect of the formula and prevents the cloying nature of the other herbs from injuring the Spleen and Stomach.

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Run Chang Wan (Moisten the Intestines Pill from Master Shen' book) 润肠丸

- **Key Point of diagnosis**
 - Constipation with lusterless skin and nails, dry mouth with an unquenchable thirst, a dry tongue, and a thin pulse.
- **Caution and contraindication in Use**
 - Because its actions are mild, it does not always work quickly but may require extended use for maximum effect. It should not be prescribed in cases that require purging.
- **Modification**
 - For heat signs: + Zhi Mu; Yu Zhu;
- **Clinic Use**
 - A variety of biomedically-defined disorders with long-standing constipation.

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Run Chang Wan (Moisten the Intestines Pill from Master Shen' book) 润肠丸

- There is another Run Chang Wan whose name is **Moisten the Intestines Pill from Discussion the Spleen and Stomach**.
- **Source:** Discussion the Spleen and Stomach (13th century)
- **Actions:** Moistens dryness, harmonizes the blood, and disperses wind.
- **Ingredients:** Da Huang (15g); Dang Gui Wei (15g); Qiang Huo (15g); Tao Ren (30g); Huo Ma Ren (37.5g);
- **Indications:**
 - **Constipation** (usually severe) from injury to the Spleen and Stomach due to **wind-heat entering the Intestines** or from improper diet or overwork.
- **Analysis:**
 - This type of constipation includes aspects of **blood deficiency**, **blood stasis**, and **wind** (due to blood deficiency).
 - The generation of wind further desiccates the Intestines, thereby aggravating the constipation.
 - This formula is stronger than the principal formula, and is indicated for more severe conditions.

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Run Chang Wan (Moisten the Intestines Pill from Master Shen' book) 润肠丸

- Vs. Wu Ren Wan (Five Kinds of Kernal's Pill) and Moisten the Intestines Pill from Discussion the Spleen and Stomach
 - All of these formulas treat habitual constipation.
 - Moisten the Intestines Pill from Discussion the Spleen and Stomach is the strongest. It focuses specifically on **nourishing the blood** and **eliminating wind-heat clumping in the Intestines** (风结, Feng Jie).
 - Wu Ren Wan **moistens the Intestines** and **moves the Qi** with a relatively large dosage of **Chen Pi**. It is thus inappropriate where the Yin and blood have been severely damaged and the Qi is already excessive.
 - Run Chang Wan is **the most strongly moistening** and **least moving** formula of the three. It is thus indicated for cases of blood and Yin deficiency but does not work as well in moving the Qi.

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Formulas that moisten intestine & unblock bowels

– Section II Formulas that moisten intestine & unblock bowels (4 types)

- **Ji Chuan Jian** (Benefit the River (Flow) Decoction)
- **Ma Zi Ren Wan** (Hemp Seed Pill)
- Wu Ren Wan (Five Kinds of Kernal's Pill)
- **Run Chang Wan** (Moisten the Intestines Pill from Master Shen' book)

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Study guideline

1. Ji Chuan Jian's indications.
2. Ma Zi Ren Wan's indications.
3. The difference between Ma Zi Ren Wan and Xiao Cheng Qi Tang.
4. Wu Ren Wan's indications.
5. The difference between Wu Ren Wan and Ma Zi Ren Wan.
6. The ingredients and indications of Run Chang Wan;
7. The difference among Run Chang Wan, Moisten the Intestines Pill from Discussion the Spleen and Stomach and Wu Ren Wan.

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Section III Formulas that warm purgative

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Formulas that warm purgative

- The formulas in this section are used in treating accumulation due to cold excess in the interior characterized by constipation, abdominal fullness and distention, abdominal pain that responds favorably to warmth, cold in the extremities, and a submerged, tight pulse.
- For these conditions, purging substances are still the most crucial ingredients, the most common ones being **Da Huang** (Rhei Radix et Rhizoma) and **Ba Dou** (Crotonis Semen).
- Because the conditions are due to internal cold, it is important to add herbs that warm the interior and dispel cold, such as **Zhi Fu Zi** (Aconiti Radix lateralis preparata), **Xi Xin** (Asari Radix et Rhizoma), and **Gan Jiang** (Zingiberis Rhizoma).

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Formulas that warm purgative

- Sometimes a significant part of the pathology is insufficiency of Spleen Yang, where the Spleen Qi and Yang have been injured (perhaps by chronic diarrhea).
- If only purgatives are used, this will further damage the middle Qi and any improvement will be temporary.
- In these cases, one should add herbs that tonify the middle Qi, such as **Ren Shen** (Ginseng Radix) and **Dang Shen** (Codonopsis Radix).

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Formulas that warm purgative

– Section III Formulas that warm purgative (2 types)

- Da Huang Fu Zi Tang (Rhubarb and Aconite decoction)
- Wen Pi Tang (Warming spleen decoction)

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Da Huang Fu Zi Tang (Rhubarb and Aconite decoction)
大黄附子汤

- **Source:** Essentials from the Golden Cabinet (c.220)
- **Actions:** Warms the interior, disperses cold, unblocks the bowels, and alleviates pain;
- **Indications:** Cold pathogen and accumulation from stagnation that clump together in the interior marked by abdominal pain, constipation, hypochondriac pain, chills, low-grade fever, cold hands and feet, a white, greasy tongue coating, and a submerged, tight, and wiry pulse.

85

Da Huang Fu Zi Tang (Rhubarb and Aconite decoction)
大黄附子汤

- **Pathological analysis**
 - Cold is a Yin pathogen. When it enters into the interior, it obstructs and constrains the flow of Qi and blood, causing abdominal or hypochondriac pain, the province of the Jue Yin (Liver) channel.
 - Cold excess impeding the Intestines manifests as constipation.
 - It also interferes with the spreading of Yang Qi through the body, producing a feeling of cold, especially in the hands and feet. This is different from the chills due to an exterior condition in which all parts of the body are equally cold.
 - When the Yang is constrained, it may also produce a low-grade fever.
 - The white, greasy tongue coating and the submerged, tight, and wiry pulse are indicative of cold excess in the interior.

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Da Huang Fu Zi Tang (Rhubarb and Aconite decoction)
大黄附子汤

- **Composition**

- **Chief**

- Zhi Fu Zi (baked Aconiti Radix lateralis) 3pcs (9-12g)

- **Deputy**

- Da Huang (Rhei Radix et Rhizoma) 9g

- **Assistant**

- Xi Xin (Asari Radix et Rhizoma) 6g

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Da Huang Fu Zi Tang (Rhubarb and Aconite decoction)
大黄附子汤

- **Analysis of Formula**

- The chief herb, Zhi Fu Zi, acrid and hot, is the most effective substance in the materia medica for warming the Yang and dispelling cold.
- The deputy herb, Da Huang, is used to flush the Intestines and purge stagnant accumulation. It also enters the Liver channel at the blood level where it assists in the treatment of hypochondriac pain and directs the actions of the other herbs into the Intestines.
- The assistant herb, Xi Xin, is a powerful substance for expelling cold and dispersing accumulation or clumping.

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Da Huang Fu Zi Tang (Rhubarb and Aconite decoction)

大黃附子湯

- **Key Point of diagnosis**
 - Abdominal pain, constipation, cold hands and feet, a white, greasy tongue coating, and a submerged, tight, and wiry pulse.
- **Caution and contraindication in Use**
 - Contraindicated in patterns of interior heat excess.
- **Modification**
 - For severe abdominal pain: + Gui Zhi; Bai Shao;
 - For severe distention and a thick, dirty tongue coating: + Zhi Shi; Shen Qu;
 - For more severe Qi stagnation and accumulation: + Hou Po; Mu Xiang;
 - For cold hernial disorders with severe back and groin pain: + Rou Gui; Xiao Hui Xiang;
 - For general debility or rather mild accumulation: use Zhi Da Huang;
 - For patients with a weak constitution: + Dang Shen; Dang Gui;
- **Clinic Use**
 - Acute pain anywhere in the body that primarily occurs on one side, including trigeminal neuralgia, peri-arthritis of the shoulder, gallstones, kidney stones, appendicitis, inguinal hernia, orchitis, sciatica, and phlebitis;
 - Acute inflammatory processes affecting the head that can be seen as “cold enclosing fire” such as sties, keratitis, conjunctivitis, tonsillitis, and purulent gingivitis;
 - A variety of other diseases including chronic renal failure, lumbar disc disease, recalcitrant skin diseases such as urticaria or eczema, dermatitis, from allergies to drugs, and bacillary dysentery.

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Da Huang Fu Zi Tang (Rhubarb and Aconite decoction)

大黃附子湯

- **Vs. Ma Huang Xi Xin Fu Zi Tang (Ephedra, Asarum, and Aconite Accessory Root Decoction)**
 - Both formulas use Fu Zi to warm the channels and support the Yang and Xi Xin to dispel cold from the interior in a manner that mutually accentuates their action.
 - Da Huang Fu Zi Tang is able to **dislodge cold excess accumulating in the interior** and purge it via the bowels combining with Da Huang.
 - Ma Huang Xi Xin Fu Zi Tang **focus on the action on warming the channels in order to resolve the exterior** combining with Ma Huang.

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Wen Pi Tang (Warming spleen decoction)
温脾汤

- **Source:** Important Formulas Worth a Thousand Gold Pieces (650)
- **Actions:** Warms and tonifies Spleen Yang and purges cold accumulation.
- **Indications:** Spleen cold from Yang deficiency with accumulation impeding the Intestines marked by constipation or chronic red-and-white dysenteric disorders (i.e., those with both pus and blood in the stool) associated with abdominal pain, cold extremities, a white tongue coating, and a submerged, wiry pulse.

91

Wen Pi Tang (Warming spleen decoction)
温脾汤

- **Pathological analysis**
 - If the Spleen Yang is insufficient to fulfill its functions of transportation and transformation, cold accumulates in the Intestines, impeding their downward-directing of Qi and the movement of stools.
 - This leads to abdominal pain and constipation.
 - Alternatively, chronic accumulation that is not transformed exhausts the Spleen Qi and Yang. This results in dysentery with both pus and blood as the Spleen's retaining function is impaired.
 - Insufficiency of Spleen Yang implies failure of Yang Qi to reach the extremities, which manifests in hands and feet that are difficult to keep warm.
 - The white tongue coating indicates cold accumulation.
 - A submerged pulse reflects an interior disorder, while a wiry pulse is associated with stagnation and pain.

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Wen Pi Tang (Warming spleen decoction)

温脾汤

• Composition

– Chief

- Da Huang (Rhei Radix et Rhizoma) 12g
- Zhi Fu Zi (Aconiti Radix lateralis preparata) 9g

– Deputy

- Gan Jiang (Zingiberis Rhizoma) 6g

– Assistant

- Ren Shen (Ginseng Radix) 6g

– Envoy

- Gan Cao (Glycyrrhizae Radix) 6g

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Wen Pi Tang (Warming spleen decoction)

温脾汤

• Analysis of formula

– The chief

- Zhi Fu Zi, acrid and strongly warming, invigorates the Spleen Yang in order to disperse the congealed cold.
- Da Huang flushes the Stomach and Intestines to eliminate accumulation.

– The deputy, Gan Jiang, acrid and warming, enters into the Spleen and Stomach channel, warms the Spleen Yang. Together with Zhi Fu Zi, it supports the Spleen Yang so as to eliminate the cold pathogen.

– The assistant, Ren Shen and Gan Cao, with Zhi Fu Zi and Gan Jiang, warms the Spleen Yang following the principle that, in order to assist the Yang, one must first augment the Qi.

– The envoy, Gan Cao, harmonizes the contradictory functions of the different herbs in the formula, accomodating heating with cooling and tonification with draining.

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Wen Pi Tang (Warming spleen decoction)

温脾汤

- **Key Point of diagnosis**
 - Constipation, abdominal pain, cold extremities, a submerged, wiry pulse.
- **Caution and contraindication in Use**
 - Contraindicated in cases of constipation due to interior heat with clumping and damage to the body fluids.
- **Modification**
 - For more severe abdominal pain: + Rou Gui; Mu Xiang; Hou Po;
 - For vomiting: + Zhi Ban Xia; Sha Ren;
 - For chronic dysentery with more severe heat in the Intestines: + Huang Lian; Huang Qin; Jin Yin Hua;
 - For relatively mild cases of accumulation: reduce the dosage of Da Huang;
- **Clinic Use**
 - Ulcerative colitis, chronic bacillary dysentery, intestinal adhesions, and intestinal obstruction; it has also been used for uremia following chronic renal disease.

95

Wen Pi Tang (Warming spleen decoction)

温脾汤

- Vs. Da Huang Fu Zi Tang (Rhubarb and Aconite Accessory Root Decoction)
 - Both formulas warm the Yang to disperse cold and purge cold accumulations. For this reason, they combine strongly warming Zhi Fu Zi with cold and bitter but downward-draining Da Huang. Warmth brings relief in both patterns.
 - Da Huang Fu Zi Tang is indicated for **conditions of cold excess accumulating below the flanks or in the lower abdomen**. The site of the accumulation will be **visibly tense with pain increasing on palpation**.
 - Wen Pi Tang focuses **primarily on Spleen deficiency** and only **secondarily flushes out accumulations from the Intestines**. Although patients may experience a sensation of fullness in the lower abdomen, **pressure will reduce rather than increase any such discomfort**.

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Formulas that warm purgative

– Section III Formulas that warm purgative (2 types)

- Da Huang Fu Zi Tang (Rhubarb and Aconite decoction)
- Wen Pi Tang (Warming spleen decoction)

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Study guideline

- 1. Da Huang Fu Zi Tang's indications and ingredients.
- 2. The difference between Da Huang Fu Zi Tang and Ma Huang Xi Xin Fu Zi Tang.
- 3. Wen Pi Tang's indications.
- 4. The difference between Wen Pi Tang and Da Huang Fu Zi Tang.

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Section IV Formulas that drive out excess water

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Formulas that drive out excess water

- The formulas in this section are used in treating conditions of excess due to accumulation of water and fluids that obstruct the interior and gather in the chest and abdominal cavities, characterized by difficulty in urination and defecation.
- They reduce and eliminate accumulation by unblocking the passage of urine and stool.
- In doing so, the key ingredients are harsh, purgative substances that are toxic, such as **Da Ji** (Knoxiae Radix), **Gan Sui** (Kansui Radix), **Qian Niu Zi** (Pharbitidis Semen) or **Shang Lu** (Phytolaccae Radix).
- With this degree of blockage, the Qi dynamic is always affected and so these formulas commonly include herbs that move the Qi, such as **Qing Pi** (Citri reticulatae viride Pericarpium), **Chen Pi** (Citri reticulatae), **Mu Xiang** (Aucklandiae Radix), and **Bing Lang** (Arecae Semen)

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Formulas that drive out excess water

- Because the main herbs are so harsh, it is common to ameliorate these side effects and improve the overall results by adding herbs that augment the Qi and nourish the Stomach, such as **Da Zao** (Jujubae Fructus).
- Also, when the internal stoppage of water has either turned to heat or increased the internal stagnation, it is useful to add regular purgative herbs, such as **Da Huang** (Rhei Radix et Rhizoma), or those that leach out dampness and promote urination, such as **Ze Xie** (Alismatis Rhizoma) and **Mu Tong** (Akebiae Caulis).

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Formulas that drive out excess water

- Note that all of these formulas are contraindicated during pregnancy and should be used with extreme caution in treating weak or debilitated patients.

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Formulas that drive out excess water

– Section IV Formulas that drive out excess water (2 types)

- Shi Zao Tang (Ten Jujube decoction)
- Da Xian Xiong Tang (Major decoction of Chest Congestion)

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Shi Zao Tang (Ten Jujube decoction)

十枣汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Purges and drives out thin mucus;
- **Indications:**
 - 1. Suspended, thin mucus (悬饮, Xuan Yin) clogging up the chest and hypochondriac regions marked by cough with pain in the chest and hypochondria, hard focal distention in the epigastrium, dry heaves, shortness of breath, headache, vertigo, a white, slippery tongue coating, and a submerged, wiry pulse. There may also be chest pain extending to the back that makes breathing difficult.
 - 2. This formula is also used for edema due to obstruction from accumulation of thin mucus, a condition of excess characterized by generalized edema that is worse in the lower part of the body, abdominal distention, wheezing, fullness in the chest, and difficulty urination and defecation.

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Shi Zao Tang (Ten Jujube decoction)

十枣汤

- **Pathological analysis**

- Suspended and thin mucus cause the Qi to rebel, producing cough and shortness of breath.
- Obstruction of the flow of Qi also produces chest and hypochondriac pain that, in severe cases, may extend to the back.
- Thin mucus is Yin in nature and follows the Qi. When the Qi is halted in the epigastrium, the thin mucus collects into clumps, manifested as hard focal distention in this region.
- Obstruction of the middle Jiao causes the Stomach Qi to rebel, producing dry heaves.
- The rising of thin mucus disturbs the clear Yang and causes headache and vertigo.
- The white, slippery tongue coating is a sign of thin mucus, and the submerged, wiry pulse indicates accumulation in the interior and pain.

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Shi Zao Tang (Ten Jujube decoction)

十枣汤

- **Composition**

- Gan Sui (Kansui Radix) 0.5-1g
- Da Ji (Euphorbiae pекinensis Radix) 0.5-1g
- Yuan Hua (Genkwa Flos) 0.5-1g
- Da Zao (Jujubae Fructus) 10pcs

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Shi Zao Tang (Ten Jujube decoction)

十枣汤

• **Analysis of Formula**

- Gan Sui expels fluids and dampness from the **channels and collaterals**.
- Da Ji drains fluids and dampness from the **organs**;
- Yuan Hua reduces and eliminates thin mucus from the **chest and hypochondria**.
- Da Zao augments the Qi , protects the ST, and moderates the harshness and toxicity of the other ingredients.

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Shi Zao Tang (Ten Jujube decoction)

十枣汤

• **Key Point of diagnosis**

- Cough with pain in the chest and hypochondria, generalized edema, abdominal distention, difficulty urination and defecation, a submerged, wiry pulse.

• **Caution and contraindication in Use**

- Should be used with extreme caution in weak or pregnant patients. If severe diarrhea occurs, cold rice porridge should be taken. In cases with weakness, this formula should be taken, in turn, with another that strengthens the Spleen and augments the Qi: one purges while the other tonifies. It is not advisable to prepare this formula as a decoction. Prepared three ingredients with vinegar can reduce the side effects.

• **Clinic Use**

- Pleural and pericardial effusions, pneumonia, cirrhosis with ascites, and nephritis, as well as increased gastric acidity, schizophrenia, and epidemic hemorrhagic fever.¹⁰⁸

Da Xian Xiong Tang (Major decoction of Chest Congestion) 大陷胸汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Drains heat and drives out water by flushing downward.
- **Indications:** Clumping (heat and internal accumulation of water and fluids) in the chest (结胸, Jie Xiong) marked by fullness and hardness of the epigastrium or the entire abdomen with severe pain that becomes unbearable upon even the slightest amount of pressure, tidal fever at dusk, severe constipation, thirst, a very dry tongue coating, and a submerged, tight, and forceful pulse. There may also be shortness of breath and irritability. 109

Da Xian Xiong Tang (Major decoction of Chest Congestion) 大陷胸汤

- **Pathological analysis**
 - The clumping in the chest arises when heat and internal accumulation of water and fluids, interrupting the flow of Qi in the trunk.
 - Its etiology is most commonly attributed to the improper use of purgatives in the treatment of an exterior disorder.
 - In relatively mild cases, there is fullness, hardness, and pain in the epigastrium; in more severe cases, these symptoms may extend to the lower abdomen, and the pain becomes unbearable upon even the slightest pressure.
 - Tidal fever at dusk is a sign of heat clumping in the interior.
 - Clumping inhibits the distribution of fluids throughout the body. This manifests as severe constipation below and as thirst and a very dry tongue coating above. In this condition, the pathogenic influence is vigorous in the interior (indicated by the submerged, tight pulse), but the normal Qi is strong (indicated by the forceful pulse).

Da Xian Xiong Tang (Major decoction of Chest Congestion)
大陷胸汤

- **Composition**

- **Chief**

- Gan Sui (Kansui Radix) 0.3-0.6g

- **Deputy**

- Da Huang (Rhei Radix et Rhizoma) 18g
 - Mang Xiao (Natrii Sulfas) 9-12g

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Da Xian Xiong Tang (Major decoction of Chest Congestion)
大陷胸汤

- **Analysis of formula**

- The chief

- Gan Sui, cathartic and toxic, drives out the accumulation of water and fluids in the chest and abdomen by flushing downward;

- The deputy

- Da Huang and Mang Xiao flush out the Intestines while draining and dispersing the clumps due to heat in the trunk. They moisten and soften hard, dry stool and assist Gan Sui in driving out the heat and fluids clumped in the chest by way of the stool.

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Da Xian Xiong Tang (Major decoction of Chest Congestion)
大陷胸汤

- **Key Point of diagnosis**
 - Fullness and hardness of the epigastrium or the entire abdomen with severe pain that becomes unbearable upon even the slightest amount of pressure, irritability.
- **Caution and contraindication in Use**
 - Only use for acute conditions; Should be taken just long enough to obtain results, and never for more than a few doses; contraindicated during pregnancy or for very weak patients.
- **Modification**
 - For acute pancreatitis or intestinal obstruction: combine with Da Cheng Qi Tang;
- **Clinic Use**
 - Primarily acute abdominal diseases such as pancreatitis, cholecystitis, obstructive cholangitis, adhesive ileus, paralytic ileus, peritonitis, and upper GI perforations. This formula has also been used for acute exudative pleurisy, severe pneumonia, pericardial effusions, acute gastritis, pediatric meningitis, and psychiatric disorders.

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Da Xian Xiong Tang (Major decoction of Chest Congestion) 大陷胸汤

- Vs. Da Cheng Qi Tang (Major Order the Qi decoction)
 - Da Cheng Qi Tang has a **stronger purgative effect and drives out fluids instead of breaking up clumping of heat and stools in the Yang Ming organ.**
 - Da Xian Xiong Tang uses for **clumping (heat and internal accumulation of water and fluids) in the chest.**

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Formulas that drive out excess water

– Section IV Formulas that drive out excess water (2 types)

- Shi Zao Tang (Ten Jujube decoction)
- Da Xian Xiong Tang (Major decoction of Chest Congestion)

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Study guideline

- 1. Shi Zao Tang's indications and ingredients.
- 2. Da Xian Xiong Tang's indications and ingredients.
- 3. The difference between Da Xian Xiong Tang and Da Cheng Qi Tang.

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