

# 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 4 Formulas that harmonize

Dr. Li, Dongcheng

Office: 954 -763 -9840

E-mail: dcljdl@yahoo.com

4

## Harmonization

- In its widest sense, harmonization refers to the regulation of Yin and Yang within the body and thus to the goal of all treatment in Chinese medicine.
- In this chapter, harmonious refers to relatively gentle treatment in general, rather than to any particular method.
- The use of the term “harmonizing method” refers to the strategies utilized in formulas.

5

## Formulas that harmonize

- Besides harmonizing Shao Yang disorders, the formulas that harmonize have been expanded the scope of formulas that treat disharmonies between the Liver and Spleen, Gallbladder and Stomach, and Stomach and Intestines, as well as formulas that are indicated for malarial disorders.

6

## Formulas that harmonize

- Harmonizing formulas should not be used in treating exterior disorders, as this will cause the disorder to advance to a deeper level.
- The presence of alternating fever and chills is not necessarily indicative of a Shao Yang disorder. This symptom may also appear in cases of Jue Yin disorders, severe organ deficiency, or deficiency of both Qi and blood. The inappropriate use of harmonizing formulas in such cases will aggravate these problems.

7

- Chapter 4 Formulas that harmonize (10 types)
  - Section 1 Formulas that harmonize Shao Yang (3 types)
  - Section 2 Formulas that harmonize LV & SP (4 types)
  - Section 3 Formulas that harmonize ST & LI (3 type)

8

## Section 1 Formulas that harmonize Shao Yang

9

### Formulas that harmonize Shao Yang disorder

- The Shao Yang pattern is generally considered to lie between the exterior Tai Yang and the interior Yang Ming pattern of the six meridians of disease.
- The in-between nature of this pattern (characterized as half-exterior, half-interior) means halfway between the exterior and interior, and does not refer to concurrent exterior-interior conditions where the pathogenic influence is lodged in both the exterior and the interior.
- The dispersing and draining methods utilized in treating Tai Yang and Yang Ming pattern disorders respectively cannot be used in treating Shao Yang pattern disorders.

10

## Formulas that harmonize Shao Yang disorder

- Identifying the type of fever
  - Simultaneous fever and chills usually indicates a Tai Yang pattern disorder.
  - Fever without chills usually indicates a Yang Ming pattern disorder.
  - Alternating fever and chills usually indicates a Shao Yang pattern disorder.
- The Gallbladder is the organ most closely associated with this pattern (which corresponds to the leg Shao Yang channel).
  - A dry throat, bitter taste in the mouth, and sensation of fullness in the hypochondria are symptoms that occur along the course of the leg Shao Yang channel.
  - The typical pulse is wiry and forceful, indicating obstruction of the Qi rising upward in the Shao Yang.

11

## Formulas that harmonize Shao Yang disorder

- The core ingredients in these formulas consist of a pairing of **Huang Qin** (Scutellariae Radix) with either **Chai Hu** (Bupleuri Radix) or **Qing Hao** (Artemisiae annuae Herba).
- These pairings are effective at reaching pathogens that are lodged in this half-exterior, half-interior aspect.
- Other herbs are added depending on which of the other aspect is affected by the pathogen. For example,
  - For exterior pathogens: + Sheng Jiang;
  - To clear heat in the interior: + Huang Lian;
  - For phlegm: + Zhi Ban Xia; Chen Pi;
  - For significant Qi stagnation: + Hou Po; Zhi Ke;
  - For Qi deficiency: + Ren Shen; Bai Zhu; or Da Zao;
  - For blood deficiency: + Dang Gui; Bai Shao;

12

## Formulas that harmonize Shao Yang disorder

### – Section 1 Formulas that harmonize Shao Yang (3 types)

- **Xiao Chai Hu Tang** (Minor Bupleurum Decoction)
- **Da Chai Hu Tang** (Major Bupleurum Decoction)
- **Hao Qin Qing Dan Tang** (Sweet Wormwood and Scutellaria gallbadder-clearing decoction)

13

## Xiao Chai Hu Tang (Minor Bupleurum Decoction)

小柴胡汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Harmonizes and releases Shao Yang pattern disorders;
- **Indications:**
  - 1. Cold pathogen constraining the Shao Yang pattern and impeding its ability to direct the clear upward and the turbid downward marked by alternating fever and chills, dry throat, bitter taste in the mouth, dizziness, irritability, sensation of fullness in the chest and hypochondria (often experienced as difficulty in taking deep breaths), heartburn, nausea and vomiting, being downcast with no desire to eat, a thin, white tongue coating, and a wiry pulse. There may also be palpitations, coughing, or urinary dysfunction.

14

Xiao Chai Hu Tang (Minor Bupleurum Decoction)  
小柴胡汤

- 2. **Heat entering the blood chamber** (热入血室, Re Ru Xue Shi) caused by the contraction of cold after childbirth or during menstruation marked by **alternating fever and chills, dry throat, discomfort in the hypochondria, as well as agitation of the spirit** that may develop into delirious speech.

15

Xiao Chai Hu Tang (Minor Bupleurum Decoction)  
小柴胡汤

- **Pathological analysis**
  - The Shao Yang defines the space in between the interior and exterior of the body. Its function is to direct the protective Yang Qi produced by the gate of vitality and the clear fluids upward and outward, and the turbid fluids downward from the upper to the lower Jiao.
  - When a cold pathogen that has penetrated the exterior constrains the protective aspect, Yang heat accumulates in the interior.
  - The ensuing struggle between the protective Yang and the pathogenic cold is reflected most clearly in the symptom of alternating chills and fever.

16

Xiao Chai Hu Tang (Minor Bupleurum Decoction)  
小柴胡汤

- When the pathogenic Qi prevails, failure of the Yang Qi to warm the exterior causes chills.
- At more or less regular intervals, the constrained Yang Qi discharges to the exterior, which is experienced as fever by the patient.
- However, because this discharge is disorderly, it fails to dislodge the pathogen.
- Constrained heat rising upward in the interior also causes a bitter taste in the mouth, dry throat, and dizziness.

17

Xiao Chai Hu Tang (Minor Bupleurum Decoction)  
小柴胡汤

- Other symptoms are associated with the Gallbladder, the organ that corresponds to the Shao Yang. Qi constraint along the course of the Gallbladder channel may manifest as fullness of the chest and hypochondria or stiffness of the neck.
- Emotionally, such constraint is reflected in being downcast and laconic.
- If constrained Gallbladder Qi attacks the ST, it causes heartburn, nausea, vomiting, and reduced appetite.
- If it attacks the Lungs, it causes coughing. If it blocks the distribution of fluids in the San Jiao, it inhibits urination and causes an accumulation of phlegm fluids below the HT that can lead to palpitations.

18

Xiao Chai Hu Tang (Minor Bupleurum Decoction)  
小柴胡汤

- The wiry pulse also indicates constraint, phlegm, and the involvement of the Gallbladder.
- The pulse is sometimes thin, which signifies a disorder that is in between the Tai Yang pattern (where the pulse would be floating) and the Yang Ming pattern (where the pulse would be overflowing).

19

Xiao Chai Hu Tang (Minor Bupleurum Decoction)  
小柴胡汤

- During menstruation or following childbirth, women suffer from a deficiency of blood. Should they suffer invasion by a wind-cold pathogen, the pathogen can exploit this weakness to penetrate the blood chamber where it binds the blood.
- The blood and the blood chamber are closely associated with the Liver.
- Binding of the blood by pathogenic Qi inhibits the Liver's function of dredging and discharging, leading to Qi constraint with heat.
- This is reflected in alternating fever and chills, dry throat, and discomfort in the hypochondria.
- Heat rising upward through the Jue Yin to harass the HT causes agitation of the spirit that may develop into delirious speech in more serious cases.

20

Xiao Chai Hu Tang (Minor Bupleurum Decoction)  
小柴胡汤

- **Composition**

- **Chief**

- Chai Hu (Bupleuri Radix) 24g

- **Deputy**

- Huang Qin (Scutellariae Radix) 9g

- **Assistant**

- Zhi Ban Xia (Pinelliae Rhizoma preparatum) 24g
- Sheng Jiang (Zingiberis Rhizoma recens) 9g
- Ren Shen (Ginseng Radix) 9g
- Zhi Gan Cao (Glycyrrhizae Radix preparata) 9g
- Da Zao (Jujubae Fructus) 12pcs

21

Xiao Chai Hu Tang (Minor Bupleurum Decoction)  
小柴胡汤

- **Analysis of Formula**

- The chief, Chai Hu, is the most important herb for venting pathogens in Shao Yang pattern disorders in the Chinese materia medica.
- The deputy, Huang Qin drains heat from the LV and GB; it vents the pathogenic influence and thereby releases Shao Yang pattern disorders. Chai Hu also spreads the Liver Qi with an ascending, cooling action (contrary to most cooling herbs, which cause things to descend). This combination thereby clears the heat without causing it to sink deeper into the body.
- The assistant
  - Zhi Ban Xia warms and transforms phlegm and turbidity in the Middle Jiao.
  - Sheng Jiang harmonizes the Middle Jiao, directs rebellious Qi downward, and stops nausea and vomiting.
  - Ren Shen, Zhi Gan Cao and Da Zao moderate the acrid, dry properties of Zhi Ban Xia and Sheng Jiang.
  - The combination of Sheng Jiang and Da Zao mildly regulates the nutritive and protective Qi, and assists Chai Hu in releasing the half<sup>2</sup> exterior aspects of this condition.

### Xiao Chai Hu Tang (Minor Bupleurum Decoction)

小柴胡汤

- **Key Point of diagnosis**

- Alternating fever and chills, dry throat, bitter taste in the mouth, sensation of fullness in the chest and hypochondria, a thin, white tongue coating, and a wiry pulse.

- **Caution and contraindication in Use**

- This formula promotes the spreading out of Yang Qi, which can cause headache, dizziness, and bleeding of the gums if taken long term; contraindicated in patients with excess above and deficiency below, Liver fire, or bleeding of the gums; use with caution in cases of ascendant Liver Yang, hypertension, or vomiting of blood due to Yin deficiency; patients with relatively weak normal Qi may experience fever and chills while taking this formula because the pathogenic influence is vented from the Shao Yang pattern via the Tai Yang.

23

### Xiao Chai Hu Tang (Minor Bupleurum Decoction)

小柴胡汤

- **Modification**

- For irritability in the chest without nausea: — Zhi Ban Xia; Ren Shen; + Gua Lou Ren;
- For pronounced thirst: — Zhi Ban Xia; + Tian Hua Fen;
- For abdominal pain: — Huang Qin; + Bai Shao;
- For hard focal distention and firmness below the ribs: — Da Zao; + Mu Li;
- For palpitations in the epigastric area with inhibited urination: — Huang Qin; + Fu Ling;
- For cases with no thirst and slight fever in the exterior: — Ren Shen; + Gui Zhi;
- For cough: — Ren Shen; Da Zao; Sheng Jiang; + Wu Wei Zi; Gan Jiang;
- For heat entering the blood chamber: + Tao Ren; Hong Hua; Mu Dan Pi;
- For rough, scanty, dark, and painful urination: + Jin Qian Cao; Bai Hua She She Cao;
- For fever, aversion to wind, headache, a stifling sensation in the chest, constipation, loss of appetite, dark urine, irritability, thirst, a yellow tongue coating, and a tight pulse: + Huo Ma Ren; Zhi Shi; 24
- For fever, coughing of yellow sputum, and chest pain: + Jie Geng; Gua

Xiao Chai Hu Tang (Minor Bupleurum Decoction)  
小柴胡汤

- For malaria disorders: +Qing Hao; Chang Shan;
- For vertigo: + Ju Hua; Gou Teng; Jue Ming Zi;
- For coughs that are more severe around midnight, alternating fever and chills, and a bitter taste in the mouth: + Gan Jiang; Xi Xin; Wu Wei Zi;
- For urinary tract infection with chills, fever, and urgent, frequent urination: combine with Liu Wei Di Huang Wan.

25

Xiao Chai Hu Tang (Minor Bupleurum Decoction)  
小柴胡汤

• **Clinic Use**

- Those manifesting with chest and hypochondriac pain including hepatitis, chronic cholecystitis, chronic gastritis, peptic ulcer disease, acute pancreatitis, pneumonia, and pleurisy;
- Acute febrile illness such as upper respiratory tract infections, tonsillitis, conjunctivitis, malaria, typhoid fever of unknown origin, perimenstrual fevers, and postpartum fevers;
- Those marked by periodicity such as bronchial asthma, epilepsy, angina pectoris, allergic rhinitis, and premenstrual syndrome;
- Those affecting the pathways of the Shao Yang channels such as migraine, intercostal neuralgia, periaural eczema, parotiditis, suppurative otitis media, and mastitis;

26

Da Chai Hu Tang (Major Bupleurum Decoction)  
大柴胡汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Harmonizes and releases the Shao Yang, and drains internal clumping due to heat.
- **Indications:**
  - 1. **Concurrent Shao Yang and Yang Ming pattern disorder** marked by **alternating fever and chills, fullness in the chest and hypochondria** (with or without pain), a bitter taste in the mouth, nausea, **continuous vomiting, hard focal distention or fullness and pain in the epigastrium**, burning diarrhea or **no bowel movements**, melancholy, slight irritability, **a yellow tongue coating**, and **a wiry, forceful pulse**.
  - 2. **Commingled heat with diarrhea** (协热下利, Xie Re Xia Li) marked by diarrhea accompanied by heat.

27

Da Chai Hu Tang (Major Bupleurum Decoction)  
大柴胡汤

- **Pathological analysis**
  - The alternating fever and chills, sensation of fullness in the chest and hypochondria, bitter taste in the mouth, and wiry pulse are indicative of a Shao Yang pattern disorder.
  - The sensation of firm masses or distention and pain in the epigastrium, absence of bowel movements or hot, burning diarrhea, yellow coating on the tongue, and forceful pulse are indicative of a Yang Ming organ pattern disorder.
  - It is not uncommon to find a flooding or excessive pulse.
  - The Yang Ming signs indicate that the pathogen has moved deeper into the body.
  - Compared to a purely Shao Yang condition, the heat and constraint are thus more severe. This explains the symptoms of uncontrolled vomiting, melancholy, and increased irritability.

28

Da Chai Hu Tang (Major Bupleurum Decoction)  
大柴胡汤

- **Composition**

- **Chief**

- Chai Hu (Bupleuri Radix) 24g
    - Da Huang (Rhei Radix et Rhizoma) 6g

- **Deputy**

- Huang Qin (Scutellariae Radix) 9g
    - Zhi Zhi Shi (prepared Aurantii Fructus immaturus) 6-9g

- **Assistant**

- Shao Yao (Paeoniae Radix) 9g
    - Zhi Ban Xia (Pinelliae Rhizoma preparatum) 24g

- **Envoy**

- Sheng Jiang (Zingiberis Rhizoma recens) 15g
    - Da Zao (Jujubae Fructus) 12pcs

29

Da Chai Hu Tang (Major Bupleurum Decoction)  
大柴胡汤

- **Analysis of Formula**

- **The chief**

- Chai Hu dredges the Shao Yang and releases the exterior.
    - Da Huang enters the Yang Ming to drain heat and open the bowels.

- **The deputy**

- Huang Qin, bitter and cold, combines with Chai Hu to clear heat from the Shao Yang but also assists Da Huang in draining heat from the bowels.
    - Zhi Shi, is a strong regulator of Qi movement that breaks up Qi stagnation and reduces focal distention and fullness in the chest and abdomen. When combined with Chai Hu, its ability to facilitate the flow of Qi is greatly strengthened. When combined with Da Huang, it breaks up clumping in the bowels.

30

Da Chai Hu Tang (Major Bupleurum Decoction)  
大柴胡汤

– The assistant

- Shao Yao relaxes urgency and stops pain. In concert with Zhi Shi and Da Huang, it treats the pain from excess in the abdomen.
- Zhi Ban Xia harmonizes the Middle Jiao and directs the rebellious ST Qi downward. Combined with Sheng Jiang, it effectively stops the vomiting.

– The envoy

- Sheng Jiang stops the vomiting;
- Da Zao strengthens the ability of Shao Yao to soften the Liver and reduce abdominal spasms. This combination also protects the Yin from injury by pathogenic heat and from the harsh draining properties of Da Huang and Zhi Shi;
- The combination of Sheng Jiang and Da Zao mildly regulates the nutritive and protective Qi, and assists in the release of the pathogenic influence.

31

Da Chai Hu Tang (Major Bupleurum Decoction)  
大柴胡汤

• **Key Point of diagnosis**

- Alternating fever and chills, fullness in the chest and hypochondria, continuous vomiting, hard focal distention or fullness and pain in the epigastrium, no bowel movements, a yellow tongue coating, and a wiry, forceful pulse.

• **Modification**

- For marked chest and epigastric pain and distention: + Mu Xiang; Yu Jin; Yin Chen;
- For severe abdominal pain: + Yan Hu Suo; Wu Yao; Xiang Fu;
- For severe nausea and vomiting: + Zhu Ru; Xuan Fu Hua; Huang Lian;
- For uncontrolled, continuous vomiting: + Huang Lian; Wu Zhu Yu;
- For manic behavior due to Liver fire: + Qing Dai; Zhi Zi; Mu Dan Pi; Mang Xiao;
- For acute jaundice: + Zhi Zi; Huang Bai;
- For marked chills: + Ma Huang; Lian Qiao; Chi Xiao Dou;
- For gallstones: + Jin Qian Cao; Shi Wei; Hai Jin Sha;
- For pancreatitis: combine with Ban Xia Xie Xin Tang;

32

Da Chai Hu Tang (Major Bupleurum Decoction)  
大柴胡汤

- **Caution and contraindication in Use**
  - Contraindicated in case of pure Shao Yang pattern disorder, or pure Yang Ming pattern disorder; contraindicated in case of Shao Yang and Yang Ming pattern disorder before excess heat formation.
- **Clinic Use**
  - Upper digestive system and includes cholecystitis, cholelithiasis, pancreatitis, and peptic ulcers as well as viral hepatitis, enteric fever, and scarlet fever.
  - Metabolic and autonomic disruptions such as diabetes, hypertension, hyperlipidemia, fatty liver, and obesity;

33

Da Chai Hu Tang (Major Bupleurum Decoction)  
大柴胡汤

- **Vs. Xiao Chai Hu Tang (Minor Bupleurum Decoction)**
  - Both formulas treat Shao Yang pattern disorder.
  - Da Chai Hu Tang presentation is characterized by **more severe vomiting** (rather than occasional vomiting or just nausea) caused by **stronger heat**; Thus, the formula contains a much larger dosage of Sheng Jiang (15g vs. 9g). Its presentation must also have symptoms of **heat in the Yang Ming organ with clumping**, such as **abdominal fullness, focal distention, and pain**.
  - Xiao Chai Hu Tang contains herbs that **harmonize and tonify the Spleen and Stomach**, it can be used when heat has already been purged from the interior but some heat still remains in the exterior. In these cases, the formula not only effectively vents any lingering pathogen but also strengthens the Qi of the Middle Jiao that has been weakened by the prior purgation.

34

Da Chai Hu Tang (Major Bupleurum Decoction)  
大柴胡汤

- Vs. Da Cheng Qi Tang (Major Order the Qi Decoction)
  - Both formulas treat heat excess patterns characterized by abdominal distention, pain, and constipation.
  - Da Chai Hu Tang treats **combined Shao Yang and Yang Ming patterns** and is thus specific for pain and distention in the **flanks** and **upper abdomen**.
  - Da Cheng Qi Tang focuses solely on **Yang Ming patterns**, which are characterized by pain and distention **centered around the umbilicus**.

35

Hao Qin Qing Dan Tang (Sweet Wormwood and Scutellaria gallbladder-clearing decoction) 蒿芩清胆汤

- **Source:** Revised Popular Guide to the Discussion of Cold Damage (Qing dynasty)
- **Actions:** Clears Gallbladder heat, harmonizes the Stomach Qi, and transforms phlegm.
- **Indications:** **Damp-heat and turbid phlegm in the Shao Yang channels constraining the protective and nutritive Qi** marked by **mild chills alternating with pronounced fever, a bitter taste in the mouth, a stifling sensation in the chest, spitting up bitter or sour fluids** (or vomiting yellow, brackish fluids, or, in severe cases, dry heaves), thirst with or without a desire to drink, distention and pain in the chest and hypochondria, a red tongue with **a thick, greasy coating** that is usually white (but can be yellow or a combination of the two), and **a pulse that is rapid** while being slippery on the right and wiry on the left.

36

Hao Qin Qing Dan Tang (Sweet Wormwood and Scutellaria  
gallbladder-clearing decoction) 蒿芩清胆汤

- **Pathological analysis**

- The alternating fever and chills (fever more intense) reflect the battle between the normal and pathogenic Qi.
- The bitter taste in the mouth, stifling sensation in the chest, and distention and pain in the chest and abdomen are due to constraint in the Shao Yang with inability of the clear Yang to ascend.
- Gallbladder heat attacking the ST scorches the fluids and generates phlegm, leading to nausea and spitting up of sour or bitter fluids.
- Bile entering the ST causes vomiting of a yellow, brackish fluid or dry heaves.

37

Hao Qin Qing Dan Tang (Sweet Wormwood and Scutellaria  
gallbladder-clearing decoction) 蒿芩清胆汤

- The presence of heat is also reflected in the red tongue body. The mixed tongue coating and pulse indicate Gallbladder and ST disharmony.
- Turbid phlegm in the ST causes a white, thick, greasy coating that turns white and yellow, and then just yellow as the heat becomes more severe.
- If the ST Qi is strongly affected, the middle pulse on the right will be slippery, or the general character of the pulse will be soggy.
- A wiry pulse indicates Liver and Gallbladder disharmony.

38

Hao Qin Qing Dan Tang (Sweet Wormwood and Scutellaria  
gallbladder-clearing decoction) 蒿芩清胆汤

• **Composition**

– **Chief**

- Qing Hao (Artemisiae annuae Herba) 4.5-6g
- Huang Qin (Scutellariae Radix) 4.5-9g

– **Deputy**

- Zhu Ru (Bambusae Caulis in taeniam) 9g
- Zhi Ke (Aurantii Fructus) 4.5g
- Zhi Ban Xia (Pinelliae Rhizoma preparatum) 4.5g
- Chen Pi (Citri reticulatae Pericarpium) 4.5g

– **Assistant**

- Chi Fu Ling (Poria rubra) 9g
- Bi Yu San (Jasper Power) 9g

39

Hao Qin Qing Dan Tang (Sweet Wormwood and Scutellaria  
gallbladder-clearing decoction) 蒿芩清胆汤

• **Analysis of formula**

– The chief

- Qing Hao drains damp-heat from the Liver and Gallbladder; it also vents the exterior aspect of the Shao Yang;
- Huang Qin drains damp-heat from the Upper Jiao;

– The deputy

- Zhu Ru drains heat from the GB and ST and stops the vomiting.
- Zhi Ke, Zhi Ban Xia, and Chen Pi assist Zhu Ru in draining GB and ST heat, directing rebellious Qi downward, harmonizing the ST, and transforming phlegm.

– The assistant

- Chi Fu Ling, Gan Cao, Hua Shi and Qing Dai drain damp-heat through the urine to open constraint in the San Jiao.

40

Hao Qin Qing Dan Tang (Sweet Wormwood and Scutellaria  
gallbadder-clearing decoction) 蒿芩清胆汤

- **Key Point of diagnosis**

- Mild chills alternating with pronounced fever, a bitter taste in the mouth, a stifling sensation in the chest, spitting up bitter or sour fluids, a thick, greasy coating, rapid pulse.

- **Caution and contraindication in Use**

- Contraindicated in cases of phlegm-dampness due to Yang deficiency.

41

Hao Qin Qing Dan Tang (Sweet Wormwood and Scutellaria  
gallbadder-clearing decoction) 蒿芩清胆汤

- **Modification**

- For a thick, greasy tongue coating and fullness in the chest and diaphragm: + Hou Po; Huo Xiang;
- For a strong fever, a soft and rapid pulse, and a yellow tongue coating: + Jin Yin Hua; Lian Qiao; Da Qing Ye;
- For severe vomiting: + Dai Zhe Shi;
- For acute jaundice with severe dampness: + Yin Chen; Zhi Zi; Yu Jin; Da Huang;
- For heat-predominant conditions with little dampness: — Zhi Ban Xia;
- For night sweats due to damp-heat in the LV and GB: + Sang Ye; Mu Dan Pi; Mu Li;
- For tinnitus and diminished hearing due to damp-heat obstructing the Shao Yang channel: + Shi Chang Pu; Ju Hua; Gou Teng; Ze Xie;
- For palpitations with anxiety and insomnia due to phlegm heat: + Hu Po; Huang Lian; Ze Xie;
- For phlegm-heat in the Lungs: + Yu Xing Cao; Lu Gen; Dong Gua Pi;

- **Clinic Use**

- Acute infections such as cholecystitis, icteric hepatitis, pyelonephritis, malaria, typhoid, pelvic inflammatory disease, pneumonia, and leptospirosis as well as reflux gastritis, aural vertigo, hypertension, and <sup>42</sup> coronary artery disease.

### Hao Qin Qing Dan Tang (Sweet Wormwood and Scutellaria gallbadder-clearing decoction) 蒿芩清胆汤

- Vs. Xiao Chai Hu Tang (Minor Bupleurum Decoction)
  - Both formulas treat Shao Yang patterns characterized by alternating chills and fever, discomfort in the hypochondria, nausea, and a bitter taste in the mouth.
  - In Xiao Chai Hu Tang presentations, these symptoms arise from invasion of a **wind-cold pathogen** that primarily constrains the ascending of clear Yang. **The chills will be relatively more pronounced**, the pulse wiry, and the tongue normal with a dirty or greasy with coating. **Vomiting acidic fluid or clear sputum.**
  - In Hao Qin Qing Dan Tang presentations, the constraint is due to a **damp-warm pathogen** that primarily constrains the downward-directing of turbid Yin. **The chills are relatively mild.** The pulse will be wiry in the left middle position only; on the right, it will be slippery and rapid. The tongue coating is also greasy and white, but the body will often be red. **Vomiting sour bile and sticky, viscous and yellowish phlegm.** 43

### Formulas that harmonize Shao Yang disorder

- Section 1 Formulas that harmonize Shao Yang (3 types)
  - **Xiao Chai Hu Tang** (Minor Bupleurum Decoction)
  - **Da Chai Hu Tang** (Major Bupleurum Decoction)
  - Hao Qin Qing Dan Tang (Sweet Wormwood and Scutellaria gallbadder-clearing decoction)

## Study guideline

- 1. Xiao Chai Hu Tang's indications and ingredients;
- 2. Da Chai Hu Tang's indications;
- 3. The difference between Xiao Chai Hu Tang and Da Chai Hu Tang;
- 4. The difference between Da Chai Hu Tang and Da Cheng Qi Tang;
- 5. Hao Qin Qing Dan Tang's indications;
- 6. The difference between Hao Qin Qing Dan Tang and Xiao Chai Hu Tang;

45

## Section 2 Formulas that harmonize LV & SP

46

## Formulas that harmonize LV & SP

- The formulas in this section are used when there is an imbalance between the functions of the Liver and Spleen, which may result from either of two processes.
- When the Liver Qi (which is normally spread smoothly throughout the body) is constrained, it can move transversely and violate the Spleen and Stomach.
- Conversely, when the Spleen Qi is deficient, its transportive function is diminished, which in turn constrains the spreading of Liver Qi.
- The most common symptoms of this disharmony are a stifling sensation in the chest, hypochondriac pain, epigastric and abdominal distention and pain, reduced appetite, diarrhea, and in severe cases, alternating chills and fever.

47

## Formulas that harmonize LV & SP

- The Qi-moving aspect of these formulas is generally not as strong as that of the formulas that regulate the Qi, but they also address the blood deficiency aspect of Liver disharmony.
- It is important to remember that these formulas are not intended primarily for conditions of deficiency; if they are used under those circumstances, the patient will become fatigued.
- The crucial pairings in these formulas are herbs that dredge the Liver and regulate Qi, such as Chai Hu, Zhi Ke, Chen Pi, with those that strengthen the Spleen, such as Bai Zhu and Fu Ling;

48

## Formulas that harmonize LV & SP

### – Section 2 Formulas that harmonize LV & SP (4 types)

- **Si Ni San** (Frigid Extremities Powder)
- **Xiao Yao San** (Rambling Powder)
- **Chai Hu Shu Gan San** (Bupleurum Powder to Spread the Liver)
- **Tong Xie Yao Fang** (Important Formula for Painful Diarrhea)

49

### Si Ni San (Frigid Extremities Powder) 四逆散

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Vents pathogenic Qi, releases constraint, spreads the Liver Qi, and regulates the Spleen;
- **Indications:**
  - **1. Yang or hot-type inversion** (阳厥, Yang Jue) due to internal constraint of Yang Qi marked by **cold fingers and toes while the body and head are warm**. This may be accompanied by a **sensation of irritability and fullness in the chest and epigastrium**, cough, urinary difficulty, abdominal pain and severe diarrhea, a red tongue with a yellow coating, and a **wiry pulse**.
  - **2. Liver-Spleen disharmony** characterized by **hypochondriac pain and distention** (sometimes with epigastric or abdominal pain and fullness) and a **wiry, forceful pulse**. This may be accompanied by a multitude of other digestive signs and symptoms including vomiting, constipation, diarrhea, lack of appetite, and a bitter taste in the mouth.

Si Ni San (Frigid Extremities Powder)  
四逆散

• **Pathological analysis**

- Constraint of Yang Qi fails to reach the extremities, causing cold fingers and toes (in contrast to devastated Yang, where the entire limb is cold) and a warm body.
- The tongue signs reflect the presence of heat in the interior.
- The wiry pulse and sensation of irritability and fullness in the chest and abdomen reflect interior constraint.
- This type of “frigid extremities” must be distinguished from similar presentations caused by excess heat or cold.

51

Si Ni San (Frigid Extremities Powder)  
四逆散

• **Composition**

– **Chief**

- Chai Hu (Bupleuri Radix) 9-12g

– **Deputy**

- Chao Zhi Shi (dry-fried Aurantii Fructus immaturus) 9-12g

– **Assistant**

- Bai Shao (Paeoniae Radix alba) 12-24g

– **Envoy**

- Zhi Gan Cao (Glycyrrhizae Radix preparata) 6-9g

52

## Si Ni San (Frigid Extremities Powder)

### 四逆散

- **Analysis of Formula**

- The chief, Chai Hu, regulates the Qi by venting heat and releasing constraint; it facilitates both the ascent of clear Yang and the descent of turbid Yin; it focuses on Shao Yang pattern.
- The deputy, Zhi Shi, drains stagnation, breaks up stagnant Qi, and reduces accumulation in the Middle Jiao to facilitate the transportive and transformative functions of the Spleen and Stomach. Its bitterness directs downward to complement Chai Hu focus on dredging the Shao Yang. This results in a stronger Qi-regulating function and thereby the smooth dispersion of heat due to constraint.
- The assistant, Bai Shao, nourishes the Liver and preserves the Yin. This herb holds things in; this is in contrast to Chai Hu, which disperses. The combination is very effective in disseminating the Liver Qi without injuring the Liver Yin. Also, combined with Gan Cao, moderates acute or colicky pain.
- The envoy, Zhi Gan Cao, harmonizes the various actions of the other herbs in the formula and strengthens the Spleen to curb the Liver.

53

## Si Ni San (Frigid Extremities Powder)

### 四逆散

- The entire formula is a primary exemplar of combining a small number of herbs in a way that leads to multilayered synergisms that can achieve profound effects:
  - Dispersing while also being astringing;
  - Dispersing yet nourishing;
  - Facilitating both ascent and descent;
  - Moving Yang while moderating Yin;
  - Dredging wood while assisting earth;
  - Treating both the Qi and blood;
  - Si Ni San vents pathogenic heat without injuring the normal Qi so that moderate warmth can extend to all four extremities.

54

### Si Ni San (Frigid Extremities Powder)

四逆散

- **Key Point of diagnosis**
  - Cold fingers and toes while the body and head are warm, sensation of irritability and fullness in the chest and epigastrium, hypochondriac pain and distention, wiry pulse.
- **Caution and contraindication in Use**
  - Should not be used for Yin deficiency with Liver constraint, which can present with similar symptoms.

55

### Si Ni San (Frigid Extremities Powder)

四逆散

- **Modification**
  - For cough: + Wu Wei Zi; Gan Jiang;
  - For palpitations: + Gui Zhi;
  - For urinary difficulty: + Fu Ling;
  - For abdominal pain: Zhi Fu Zi;
  - For epigastric pain with acid reflux: + Zuo Jin Wan;
  - For blood deficiency with hypochondriac pain and irregular menstruation: — Zhi Shi; + Bai Zhu; Fu Ling; Dang Gui;
  - For food stagnation with abdominal pain: + Shan Zha; Mai Ya; Ji Nei Jin;
  - For pinpoint fixed pain due to blood stasis: + Pu Huang; Wu Ling Zhi; Dan Shen;
  - For painful menstruation: + Dang Gui; Wu Yao; Xiang Fu; Yan Hu Suo;
  - For damp-heat leukorrhea with lower abdominal pain and soreness of the lower back: combine with Er Miao San;
  - For breast abscess: Qing Pi;
  - For biliary tract disorders: + Yin Chen; Dan Shen; Yu Jin; Chi Shao; Jin Qian Cao;
  - For intercostal neuralgia: + Gua Lou Pi; Xie Bai; Yu Jin;

56

## Si Ni San (Frigid Extremities Powder)

### 四逆散

- For roundworms: + Wu Mei; Ku Lian Gen Pi;
- For intestinal obstruction: + Da Huang;
- For phlegm-heat obstruction manifesting with insomnia, irritability, and a tendency to become angry: combine with Xiao Xian Xiong Tang;
- For distention after eating, belching, and reduced appetite: combine with Ping Wei San;
- For acute icteric hepatitis: combine with Yin Chen Hao Tang;
- For red face, marked irritability, and insomnia: combine with Huang Lian Jie Du Tang;

57

## Si Ni San (Frigid Extremities Powder)

### 四逆散

- **Clinic Use**

- Those marked by spasmodic abdominal pain such as cholecystitis, cholelithiasis, gastritis, gastric ptosis, peptic ulcers, allergic colitis, appendicitis, adhesive intestinal obstruction, pancreatitis, urinary tract stones, and dysmenorrhea;
- Those that can be seen as related to emotional stress such as premenstrual syndrome, impotence, coronary artery disease, stress incontinence, enuresis, and perimenopausal syndrome;
- Those marked by unsmooth excretions or secretions such as rhinitis, acute mastitis, blocked fallopian tubes, or encapsulated periappendical abscesses.
- Intercostal neuralgia, neurogenic headache, trigeminal neuralgia, epilepsy, autonomic dystonia, hepatitis, allergic rhinitis, and epidemic hemorrhagic fever;

58

## Si Ni San (Frigid Extremities Powder)

四逆散

- Vs. Xiao Chai Hu Tang (Minor Bupleurum Decoction)
  - Both formulas dredge the Shao Yang and vent pathogens to the exterior.
  - Xiao Chai Hu Tang focuses on **venting a cold pathogen that obstructs the Shao Yang**. Hence, **alternating fever and chills** are a primary symptom, and the dosage of Chai Hu is four times as large;
  - Si Ni San focuses on **breaking up Qi and fluid stagnation that prevents ministerial fire in the interior from diffusing outward**. Hence, the main symptom is **cold fingers and toes** and the dosage of Chai Hu is reduced accordingly;

59

## Xiao Yao Wan (Rambling Powder)

逍遥丸

- **Source:** Formulary of the Pharmacy Service for Benefiting the People in the Taiping Era (1107)
- **Actions:** Spreads the Liver Qi, strengthens the Spleen, and nourishes the blood.
- **Indications:** **Liver Qi constraint with Spleen Qi deficiency and blood deficiency** marked by **hypochondriac pain (usually spasmodic)**, headache, vertigo, a bitter taste in the mouth, dry mouth and throat, **fatigue, reduced appetite**, pale-red tongue, and **a wiry, deficient pulse**. There may also be alternating fever and chills and **irregular menstruation** or distended breasts.

60

Xiao Yao Wan (Rambling Powder)  
逍遥丸

- **Pathological analysis**
  - The Liver governs dredging and discharging. According to its natural disposition, it favors smooth, unimpeded out-thrusting and resists being curbed and constrained.
  - The Liver also stores blood and is Yin character. This dual nature is expressed “ The liver is Yin with respect to its essence and Yang with respect to its function (肝体阴用阳, Gan Ti Yin Yong Yang)”.
  - When a person is unable to freely express their emotions, the Liver Qi becomes constrained.
  - Constraint leads to fire and hyperactivity of Liver Yang, which damages the Liver blood.
  - Conversely, blood deficiency implies Qi excess or an inability of the Liver blood to regulate the smooth movement of Liver Qi.

61

Xiao Yao Wan (Rambling Powder)  
逍遥丸

- When the Liver’s wood dredging and discharging function is impeded, excess Liver/wood overcontrols Spleen/earth.
- This occurs even more readily when the Spleen is already deficient.
- Deficiency of the Spleen, whose function it is to transform nutrients into blood and Qi, often leads to blood deficiency.
- Given these multiple pathophysiological relationships, the presentation treated by this formula is one of Liver constraint with blood deficiency and a frail Spleen.

62

## Xiao Yao Wan (Rambling Powder)

### 逍遥丸

- Liver Qi constraint is reflected in pain along the Liver channel, especially in the hypochondria.
- In women, this can manifest as distended breasts.
- In some patients, constraint of the Liver may affect its related channel, the Gallbladder, and lead to Shao Yang pattern signs and symptoms such as alternating fever and chills and a bitter taste in the mouth.
- Liver constraint and blood deficiency cause headache, vertigo, and a dry mouth and throat. Fatigue and reduced appetite are symptoms of Spleen deficiency.
- The tongue and pulse signs reflect the constrained Liver Qi and blood deficiency.

63

## Xiao Yao Wan (Rambling Powder)

### 逍遥丸

- **Composition**

- **Chief**

- Chai Hu (Bupleuri Radix) 30g (9g)

- **Deputy**

- Dang Gui (Angelicae sinensis Radix) 30g (9g)
- Bai Shao (Paeoniae Radix alba) 30g (9g)

- **Assistant**

- Bai Zhu (Atractylodis macrocephalae Rhizoma) 30g (9g)
- Fu Ling (Poria) 30g (9g)
- Zhi Gan Cao (Glycyrrhizae Radix preparata) 15g (4.5g)

- **Envoy**

- Wei Jiang (Baked Zingiberis Rhizoma recens) 6-9g
- Bo He (Menthae haplocalycis Herba) 3g

64

### Xiao Yao Wan (Rambling Powder)

逍遥丸

- Analysis of Formula
  - The chief, Chai Hu, is particularly suitable for constraint that has transformed into heat.
  - The deputy
    - Dang Gui and Bai Shao, work together to nourish the blood, strengthening the Liver so that it may discharge its functions more smoothly. These herbs also ensure that the acrid nature of Chai Hu does not damage the Liver Yin.
    - Dang Gui affects the Qi of the blood, making it an important herb in the treatment of Liver constraint and blood deficiency.
    - Bai Shao nourishes the Yin while curbing the Liver Yang and alleviating pain. <sup>65</sup>

### Xiao Yao Wan (Rambling Powder)

逍遥丸

- The assistant
  - Bai Zhu and Fu Ling strengthen the Spleen. This curbs the tendency of wood (Liver) to invade earth (Spleen). In addition, augmenting the Spleen's transportive and transformative functions support the treatment of any underlying blood deficiency.
  - Zhi Gan Cao tonifies the Spleen and when combined with Bai Shao, moderates the spasms that are an important aspect of this formula's indication.
- The envoy
  - Wei Jiang harmonizes the ST and prevents the development of rebellious Qi.
  - Bo He, when used in small doses, enhances Chai Hu's ability to relieve Liver constraint and to disperse the heat associated with that constraint. <sup>66</sup>

### Xiao Yao Wan (Rambling Powder)

逍遥丸

- **Key Point of diagnosis**
  - Hypochondriac pain (usually spasmodic), fatigue, reduced appetite, irregular menstruation, a wiry, deficient pulse.
- **Cautions and Contraindications**
  - The formula is unsuitable for treating purely deficient disorders; the formula is effective for treating psychoemotional disorders that manifests as Liver Qi constraint, it does not address causes that go beyond a physiological disposition to express problems in this particular way.
- **Modification**
  - For more severe hypochondriac pain with distention: — Bai Zhu; Xiang Fu;
  - For intense, fixed pain due to blood stasis: + Mu Dan Pi; Yu Jin; San Leng;
  - For vaginal discharge: + Jin Yin Hua; Guan Zhong;
  - For pain over the liver with fatigue and reduced appetite: — Wei Jiang; Bo He; + Xiang Fu; Fo Shou; Dan Shen; Dang Shen;
  - For enlarged liver and spleen: + Hai Piao Xiao; Bie Jia; Mu Li;
  - For fibrocystic breasts: —Zhi Gan Cao; + Wang Bu Liu Xing; Ji<sup>67</sup> Xue Teng; Dan Shen; Xiang Fu;

### Xiao Yao Wan (Rambling Powder)

逍遥丸

- **Clinic Use**
  - Those affecting the digestive system such as hepatitis, cholecystitis, peptic ulcers, gastric neurosis, cirrhosis, and chronic gastritis;
  - Women's disorders such as premenstrual syndrome fibrocystic breast disease, perimenopausal syndrome, pelvic inflammatory disease, and uterine fibroids.
  - Can be used for goiter, schizophrenia, depression, optical neuritis, cataracts, and diabetes.

### Xiao Yao Wan (Rambling Powder)

逍遥丸

- Vs. Si Ni San (Frigid Extremities Powder)
  - Both formulas treat Liver Qi constraint that involves Liver-Spleen disharmony. Their presentations therefore share symptoms such as pain and distention in the hypochondria, alternating fever and chills, headache, dizziness, dryness of the mouth and throat, menstrual irregularity, and breast distention.
  - Si Ni San treats a **purely excessive disorder** where ministerial fire is **constrained in the interior by clumping of Qi and fluids**. This is expressed in frigid extremities, diarrhea or constipation, and excess-type abdominal pain.
  - Xiao Yao Wan treats a disorder **of mixed excess and deficiency where Liver Qi constraint and blood and Qi deficiency mutually generate and amplify each other**. Qi deficiency symptoms like fatigue and reduced appetite, and blood deficiency symptoms like menstrual irregularity, pale tongue, and thin pulse, thus typically accompany the symptoms of excess outlined above. 69

### Chai Hu Shu Gan San (Bupleurum Powder to Spread the Liver)

柴胡疏肝散

- **Source:** Indispensable Tools for Pattern Treatment (1602)
- **Actions:** Spreads the Liver Qi, harmonizes the blood, and alleviates pain;
- **Indications:** **Constraint and clumping of the Liver Qi** marked by **flank pain**, a stifling sensation in the chest causing one to heave deep sighs, suppressed emotions and feelings of frustration that easily give rise to anger, belching, abdominal distention and fullness, alternating fever and chills, and a **wiry pulse**.

70

Chai Hu Shu Gan San (Bupleurum Powder to Spread the Liver)  
柴胡疏肝散

- **Pathological analysis**
  - The Liver likes to thrust outward and resists being curbed or constrained.
  - Its channel spreads through the flanks and chest above and the lower abdomen and groin below.
  - When the dredging and discharging functions of the Liver are constrained, which can easily happen in situations where one cannot “speak one’s mind”, or where one is forced to do things against one’s will, the Liver Qi stagnates and clumps.
  - This manifests as hypochondriac and flank pain, a stifling sensation in the chest, causing one to heave deep sighs and a tendency to vent one’s frustration through anger. 71

Chai Hu Shu Gan San (Bupleurum Powder to Spread the Liver)  
柴胡疏肝散

- When the Liver Qi stagnates and does not ascend as it should, it starts to flow horizontally (instead of vertically upward) to invade the ST and SP.
- This causes distention and fullness of the abdomen.
- When Liver Qi constraint blocks the circulation of Yang Qi, the person often begins to feel cold.
- As the constraint is suddenly released, the pent-up heat floods the San Jiao, leading to sensations of fever or heat.
- A wiry pulse reflects the stagnation of Liver Qi.

72

Chai Hu Shu Gan San (Bupleurum Powder to Spread the Liver)  
柴胡疏肝散

• **Composition**

– **Chief**

- Chai Hu (Bupleuri Radix) 6g

– **Deputy**

- Xiang Fu (Cyperi Rhizoma) 4.5g
- Chuan Xiong (Chuanxiong Rhizoma) 4.5g

– **Assistant**

- Cu Chao Chen Pi (vinegar-fried Citri reticulatae Pericarpium) 6g
- Chao Zhi Ke (dry-fried Aurantii Fructus) 4.5g
- Shao Yao (Paeoniae Radix) 4.5g

– **Envoy**

- Zhi Gan Cao (Glycyrrhizae Radix preparata) 1.5g

73

Chai Hu Shu Gan San (Bupleurum Powder to Spread the Liver)  
柴胡疏肝散

• **Analysis of formula**

- This formula is a modification of Si Ni San + Xiang Fu; Chen Pi; Chuan Xiong;

– The chief

- Chai Hu, acrid, bitter and slightly cooling, enters the LV and GB channels to facilitate the Liver's out-thrusting functions by dredging constraint and clumping.

– The deputy

- Xiang Fu, bitter, acrid, and neutral, enters the Liver channel to regulate its Qi;
- Chuan Xiong, acrid, is powerful Qi and blood moving of Liver to open constraint and stop pain.
- The two herbs support Chai Hu in resolving constraint and stagnation in the Liver channel, move its Qi, and stop pain. <sup>74</sup>

Chai Hu Shu Gan San (Bupleurum Powder to Spread the Liver)  
柴胡疏肝散

– The assistant

- Chen Pi and Zhi Ke regulate the Qi of the ST and Intestines. Directing Qi downward, they facilitate the discharge of the buildup of Qi excess from the chest and middle Jiao that manifests in sensations of fullness and distention. They also balance any excessive ascending that might result from a sudden release of Liver Qi.
- Shao Yao and Gan Cao nourish the blood to soften the Liver, relaxing hyperactivity to stop the pain. Their sweetness and moisture also balance the drying action of the chief and deputy herbs.

– The envoy

- Gan Cao swerves the additional role of envoy to harmonize the various actions of the seven ingredients in this formula.

75

Chai Hu Shu Gan San (Bupleurum Powder to Spread the Liver)  
柴胡疏肝散

- **Key Point of diagnosis**
  - Flank pain, wiry pulse.
- **Caution and contraindication in Use**
  - This formula is aromatic, acrid, and drying. It readily injures the Qi and Yin, and is therefore contraindicated for long-term use or in patients with Liver Qi stagnation-type pain due to Qi or Yin deficiency.
- **Modification**
  - For more severe flank pain: + Dang Gui; Yu Jin; Wu Yao;
  - For thirst, a red tongue, and other signs indicating the presence of excess heat: + Chuan Lian Zi; Huang Qin; Zhi Zi;
  - For vomiting or diarrhea due to Liver Qi attacking the ST horizontally: + Zhi Ban Xia; Fu Ling;
- **Clinic Use**
  - Hepatitis, chronic cholecystitis, chronic gastritis, peptic ulcers, and intercostal neuralgia.

76

Chai Hu Shu Gan San (Bupleurum Powder to Spread the Liver)  
柴胡疏肝散

- Vs. Si Ni San (Frigid Extremities Powder)
  - Both formulas are able to treat Liver Qi stagnation.
  - Si Ni San focuses on **constraint of the Yang Qi in the abdomen failing to reach and warm the extremities**. This is due to a **Liver/Spleen disharmony**.
  - Chai Hu Shu Gan San focuses **solely on the Liver channel, moving its Qi, resolving constraint, and opening up clumps**. It is thus better for patterns characterized by **Qi stagnation-type pain** in areas traversed by the **Liver channel**.

77

Tong Xie Yao Fang (Important Formula for Painful Diarrhea)  
痛瀉要方

- **Source:** Essential Teachings of (Zhu) Dan-Xi (1481)
- **Actions:** Tonifies the Spleen, softens the Liver, expels dampness, and stops diarrhea;
- **Indications:** **Painful diarrhea due to Spleen deficiency with an over-controlling Liver** marked by recurrent problems of **borborygmus, abdominal pain, diarrhea with pain (which starts with the urge to defecate and subsides after completion)**, a thin, white tongue coating, and **a wiry (left), moderate (right) or wiry, thin pulse**.

78

Tong Xie Yao Fang (Important Formula for Painful Diarrhea)  
痛泻要方

- **Pathological analysis**

- Because of the mutual relationship between the Liver and Spleen, the presence of either Spleen deficiency or an over-controlling Liver can lead to the development of the other.
- Unless properly treated, this close relationship also makes it easy for the condition to become recurrent.
- Diarrhea, which indicates a collapse of the Spleen Qi, is caused by the Spleen's inability to transport nutrients upward; the resulting turbidity thereupon descends.
- The pain is caused by the transverse rebellion of Liver Qi.

79

Tong Xie Yao Fang (Important Formula for Painful Diarrhea)  
痛泻要方

- The combination of the descend of the turbidity and the transverse rebellion of Liver Qi leads to borborygmus (regarded as a form of wind in the abdomen).
- Pain before defecation with relief upon evacuation indicates constraint.
- A wiry pulse, which is either thin or moderate, reflects Liver constraint and Spleen deficiency.
- The tongue coating is unremarkable because the internally-generated dampness is directed downward and therefore does not affect the tongue.
- This type of tongue rules out damp excess and turbidity accumulating in the Intestines as the cause of the painful diarrhea.

80

Tong Xie Yao Fang (Important Formula for Painful Diarrhea)  
痛泻要方

- **Composition**

- **Chief**

- Chao Bai Zhu (dry-fried *Atractylodis macrocephalae* Rhizoma) 90g (9-12g)
- Chao Bai Shao (dry-fried *Paeoniae Radix alba*) 60g (6-24g)

- **Deputy**

- Chao Chen Pi (dry-fried *Citri reticulatae* Pericarpium) 45g (4.5-9g)

- **Assistant and Envoy**

- Fang Feng (*Saposhnikoviae Radix*) 30-60g (3-6g)

81

Tong Xie Yao Fang (Important Formula for Painful Diarrhea)  
痛泻要方

- **Analysis of formula**

- The chief

- Bai Zhu strengthens the Spleen and dries dampness. In cases where a deficient Spleen interacts with an over-controlling Liver, using this herb to nurture the Spleen (earth) will have the effect of controlling the Liver (wood).
- Bai Shao softens the overactive Liver and alleviates pain.
- The combination of these two herbs works very well to control wood and nurture the earth, thereby stopping the pain and diarrhea associated with this condition.

- The deputy, Chen Pi, is aromatic, harmonizes the functions of the middle Jiao and transforms dampness; it also helps Bai Zhu strengthen the Spleen and eliminate dampness;

- The assistant and envoy, Fang Feng, enters the Liver and Spleen channels and helps relieve the over-control of the Spleen by the Liver, while focusing the actions of all the herbs on these two organs.

82

Tong Xie Yao Fang (Important Formula for Painful Diarrhea)

痛泻要方

- **Key Point of diagnosis**
  - Borborygmus, abdominal pain, diarrhea with pain (which starts with the urge to defecate and subsides after completion), a wiry (left), moderate (right) or wiry, thin pulse.
- **Caution and contraindication in Use**
  - Not indicated in cases of diarrhea due to food damage.
- **Modification**
  - For chronic diarrhea: + Sheng Ma;
  - For watery diarrhea: + Che Qian Zi; Fu Ling; Gan Jiang;
  - For porridge-like diarrhea: + Cang Zhu;
  - For blood and pus in the stool: + Bai Tou Weng; Huang Qin;
  - For diarrhea in the children due to indigestion: + Shan Zha;
  - For tenesmus: + Bing Lang; Mu Xiang;
  - For severe abdominal pain: double the dosage of Bai Shao, + Qing Pi; Xiang Fu;
  - For urinary difficulty: + Hua Shi;
  - For severe Qi deficiency: + Dang Shen; Gan Cao;
  - For diarrhea due to hypothyroid condition: substitute Ge Gen for Fang Feng, double the dosage of Bai Shao, + Mu Li; Xia Ku Cao.

Tong Xie Yao Fang (Important Formula for Painful Diarrhea)

痛泻要方

- **Clinic Use**
  - Digestive disorders including various forms of colitis and indigestion in children.

## Formulas that harmonize LV & SP

### – Section 2 Formulas that harmonize LV & SP (4 types)

- **Si Ni San** (Frigid Extremities Powder)
- **Xiao Yao San** (Rambling Powder)
- **Chai Hu Shu Gan San** (Bupleurum Powder to Spread the Liver)
- **Tong Xie Yao Fang** (Important Formula for Painful Diarrhea)

85

## Study guideline

- 1. Si Ni San's ingredients and indications;
- 2. The characteristics of Si Ni San's ingredients combination;
- 3. The difference between Si Ni San and Xiao Chai Hu Tang;
- 4. Xiao Yao Wan's indications and ingredients;
- 5. The difference between Xiao Yao Wan and Si Ni San;
- 6. Chai Hu Shu Gan San's indications;
- 7. The difference between Si Ni San and Chai Hu Shu Gan San;
- 8. Tong Xie Yao Fang's indications;

86

## Section 3 Formulas that harmonize ST & LI

87

### Formulas that harmonize ST & LI

- The formulas in this section are used in treating conditions in which pathogenic influences have invaded the ST and Intestines leading to clumping and stagnation with simultaneous excess and deficiency.
- The ascending and descending functions of these organs are thereby disrupted, manifesting in symptoms of fullness and focal distention in the epigastrium, nausea, vomiting, abdominal pain and distention, borborygmus, and diarrhea.
- Obstruction of the Yang Qi leads to transformation failure in the middle Jiao with the simultaneous presence of dampness, phlegm, and heat.
- These conditions are traditionally described as mutual clumping of cold and heat.

88

## Formulas that harmonize ST & LI

- Because of their complexity, they must be treated with formulas that harmonize the various conflicting processes.
- For this purpose, these formulas usually combine acrid, warm herbs like **Gan Jiang** (Zingiberis Rhizoma), **Sheng Jiang** (Zingiberis Rhizoma recens), **Zhi Ban Xia** (Pinelliae Rhizoma preparatum), and **Gui Zhi** (Cinnamomi Ramulus) that tonify deficiency and cause the clear Yang to ascend with bitter, cold herbs like **Huang Lian** (Coptidis Rhizoma) and **Huang Qin** (Scutellariae Radix) that direct accumulation and turbidity downward.

89

## Formulas that harmonize ST & LI

– Section 3 Formulas that harmonize ST & LI (3 type)

- **Ban Xia Xie Xin Tang** (Pinellia decoction to drain the epigastrium)
- **Gan Cao Xie Xin Tang** (Licorice Decoction to Drain the Epigastrium)
- **Sheng Jiang Xie Xin Tang** (Fresh Ginger Decoction to Drain the Epigastrium)

90

Ban Xia Xie Xin Tang (pinellia decoction to drain the epigastrium) 半夏泻心汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Harmonizes the Stomach, directs rebellious Qi downward, disperses clumping, and eliminates focal distention;
- **Indications:** “Clumping together or mixing of cold and heat” (寒热互结, Han Re Hu Jie) which is a process where excess fluids accumulating in the ST and epigastrium clump with heat from constraint underlying Spleen and Stomach deficiency marked by epigastric focal distention, fullness, and tightness with very slight or no pain, dry heaves or frank vomiting, borborygmus with diarrhea, reduced appetite, a thin, yellow, and greasy tongue coating that may be red at the tip, and a wiry, rapid pulse<sup>91</sup>

Ban Xia Xie Xin Tang (pinellia decoction to drain the epigastrium) 半夏泻心汤

- **Pathological analysis**
  - The source texts attributes the presentation treated by this formula to improper purging of an exterior or half-exterior, half-interior condition in a patient with underlying Spleen and Stomach deficiency.
  - The presence of a cold pathogen in the Shao Yang leads to Yang Qi constraint with accumulation of phlegm fluids.
  - Inappropriate purgation further damages the Yang Qi in the Middle Jiao without expelling the pathogen.
  - The result is a complex pathology known “clumping together of cold and heat”.
  - Such clumping disrupts the Qi dynamic of an already weakened Middle Jiao, preventing the Spleen from raising the clear Yang, and interfering with the Stomach’s function of directing the turbid Yin downward.

92

Ban Xia Xie Xin Tang (pinellia decoction to drain the epigastrium) 半夏泻心汤

- The main manifestation of this pathology is known as “focal distention” (痞, Pi). This refers to a focused, localized sensation of discomfort, blockage, and distention centered on the epigastrium.
- While the patient experiences a subjective sensation of fullness, the epigastrium itself is soft and palpation will reveal no masses or areas of hardness.
- There is only slight pain or no pain at all.
- Other key symptoms include dry heaves or vomiting above and diarrhea below.
- The simultaneous presence of excess and deficiency also causes a conflict between the different parts of the Intestines, which is manifested as borborygmus. <sup>93</sup>

Ban Xia Xie Xin Tang (pinellia decoction to drain the epigastrium) 半夏泻心汤

- The disruption of the digestive function leads to reduced appetite.
- The rising of the turbid Yin and clumping of heat and fluids in the Middle Jiao is also reflected in the yellow, greasy tongue coating and red tip of the tongue.
- The thin, greasy quality of the coating reflects the presence of congealed fluids, while the red tip reflects heat constrained in the epigastrium.
- The wiry, rapid pulse reflects internal clumping and heat.
- This condition is not always caused by improper purging. It can arise whenever the ascending and downward-directing functions of the Spleen and Stomach are disturbed by the presence of dampness or phlegm constraining the Middle Jiao Yang. In all of these cases, clumping leading to focal distention in the epigastrium and other symptoms described above will ensue..

94

Ban Xia Xie Xin Tang (pinellia decoction to drain the epigastrium) 半夏泻心汤

• **Composition**

– **Chief**

- Huang Lian (Coptidis Rhizoma) 9-12g

– **Deputy**

- Huang Qin (Scutellariae Radix) 9g
- Zhi Ban Xia (Pinelliae Rhizoma preparatum) 9-12g
- Gan Jiang (Zingiberis Rhizoma) 9g

– **Assistant**

- Ren Shen (Ginseng Radix) 9g
- Da Zao (Jujubae Fructus) 12pcs

– **Envoy**

- Zhi Gan Cao (Glycyrrhizae Radix preparata) 9g

95

Ban Xia Xie Xin Tang (pinellia decoction to drain the epigastrium) 半夏泻心汤

• **Analysis of Formula**

- This is a variation of Xiao Chai Hu Tang in which Chai Hu and Sheng Jiang have been replaced by Huang Lian and Gan Jiang.
- The chief
  - Huang Lian, bitter, cold and downward-draining, specific for draining “constraint steaming of dampness and heat”, focuses on the epigastrium;
- The deputy
  - Huang Qin is similar in action to Huang Lian, strengthening its ability to dry, drain and direct downward.
  - Zhi Ban Xia, enters the ST channel and disperses clumping, stops vomiting, and eliminates focal distention.
  - Gan Jiang, acrid and very warm, enters the SP and ST, assisting in the transformation of thin mucus while restoring Yang Qi to the Middle Jiao, treats both the root and branch of this pattern.

96

Ban Xia Xie Xin Tang (pinellia decoction to drain the epigastrium) 半夏泻心汤

- The assistant
  - Ren Shen and Da Zao benefit the Middle Jiao Qi and prevent the dispersing actions of the chief and deputy herbs from injuring the normal Qi. They work with Huang Lian to stop the vomiting.
- The envoy, Zhi Gan Cao, helps the assistant herbs tonify the Middle Qi and harmonizes the actions of the other ingredients.

97

Ban Xia Xie Xin Tang (pinellia decoction to drain the epigastrium) 半夏泻心汤

- **Key Point of diagnosis**
  - Epigastric focal distention, fullness, and tightness with very slight or no pain, frank vomiting, borborygmus with diarrhea, a thin, yellow, and greasy tongue.
- **Caution and contraindication**
  - This formula is indicated for focal distention caused by clumping of constrained heat and fluids in the epigastrium. Where such distention is due to Qi stagnation or harbored food, this formula will not be effective.
- **Modification**
  - For damp-heat aggregating in the Middle Jiao with vomiting and focal distention: — Ren Shen; Gan Jiang; Da Zao; Zhi Gan Cao; + Zhi Shi; Sheng Jiang;
- **Clinic use**
  - Gastritis, peptic ulcers, gastroesophageal reflux disease, chronic cholecystitis, colitis, and hepatitis, hyperthyroidism, chronic asthma, conjunctivitis, aphthous ulcers, coronary artery disease, insomnia, amenorrhea, and morning sickness.

98

Ban Xia Xie Xin Tang (pinellia decoction to drain the epigastrium) 半夏泻心汤

• **Variations**

– **Gan Cao Xie Xin Tang** (Licorice Decoction to Drain the Epigastrium)

- Source: Chapter 3 of Essentials from the Golden Cabinet
- Ingredients: Increase the dosage of Gan Cao to 12g.
- “Fox delusion” (狐惑, Hu Huo Disorder), a condition characterized by erosions in the throat accompanied by fatigue and restless, and an aversion even to the smell of food.
- For more severe ST Qi deficiency characterized by undigested food in the stools and irritability.
- Modern clinical uses: A variety of disorders involving the oral mucosa including gingivitis, stomatitis, and mouth ulcers as well as Behcet’s disease, which in many ways resembles Hu Huo Disorder.
- In addition, this formula can be used for sleep disorders including difficulty in falling asleep, frequent waking, unrefreshing sleep, dream-disturbed sleep, talking in one’s sleep, and somnambulism. (This disorder still resemble Hu Huo Disorder manifests like the patient is silent and desires to sleep but the eyes can not be closed and when they get up they are<sup>99</sup> restless.)

Ban Xia Xie Xin Tang (pinellia decoction to drain the epigastrium) 半夏泻心汤

• **Variations**

– **Sheng Jiang Xie Xin Tang** (Fresh Ginger Decoction to Drain the Epigastrium)

- Source: Discussion of Cold Damage (c. 220)
- Actions: Harmonizes the ST, reduces focal distention, disperses clumping, and expels water.
- Indications: For clumping of water and heat or ST deficiency with food stagnation and suspended thin mucus (悬饮, Xuan Yin) lingering internally, characterized by firm epigastric focal distention, dry heaves with a foul odor, the sound of fluids in the hypochondria, very loud borborygmus, and diarrhea.
- This formula adds a large dose of Sheng Jiang because of its stronger action in dispersing water and opening phlegm.
- Ingredients: Sheng Jiang 12g; Gan Jiang 3g; Zhi Ban Xia 9g; Huang Qin 9g; Huang Lian 3g; Ren Shen 9g; Zhi Gan Cao 9g; Da Zao 12 pieces (more common to use 4 pieces).

## Formulas that harmonize ST & LI

– Section 3 Formulas that harmonize ST & LI (3 type)

- **Ban Xia Xie Xin Tang** (Pinellia decoction to drain the epigastrium)
- **Gan Cao Xie Xin Tang** (Licorice Decoction to Drain the Epigastrium)
- **Sheng Jiang Xie Xin Tang** (Fresh Ginger Decoction to Drain the Epigastrium)

101

## Study guideline

- 1. Ban Xia Xie Xin Tang's indications;
- 2. The characteristics of combination in Ban Xia Xie Xin Tang;
- 3. The indications of Gan Cao Xie Xin Tang and Sheng Jiang Xie Xin Tang.

102