

Herbal Formulas I

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Dampness

- Fluid physiology and pathology concerned with damp disorders.
- **Basic Questions**
 - “Water constraint is treated by breaking it up.”
 - “Sweating, diuresis, and elimination via the stools as three possible routes for eliminating water excess.”
 - “Damp pathogens in the interior are treated with bitter, warming medicinals assisted by sour and bland medicinals.”
- Dampness is a Yin pathogenic influence that has a heavy, sluggish nature.
- Dampness disorders progress slowly and linger in the body.

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Dampness

- Internally-generated dampness is usually associated with improper eating habits, overindulgence in alcohol, and obsessive deliberation or other emotional behavior that injures the Spleen.
 - Manifestations include generalized and focal abdominal distention, nausea, vomiting, diarrhea, jaundice, painful urinary dribbling, or edema of the lower extremities.
- Dampness can also be externally contracted from living in a damp climate or environment, or getting wet from rain or sweat.
 - Manifestations of externally-contracted dampness include chills and fever, a feeling of distention in the head and heaviness in the body, stiffness and pain in the joints, or superficial edema.
- It is common for conditions of dampness to present with both externally-contracted and internally-generated aspects. 7

Dampness

- The word “water” is often used in connection with dampness. Sometimes this word refers to the fluids in general and sometimes specifically to edema or to an accumulation that is more distinct and localized than dampness.
- The latter usage is reflected in the adage.
 - “Dampness is the permeation of water, while water is the accumulation of dampness.”

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Dampness

- The three most important Yin organs that are most intimately connected with the process of water metabolism in the body often result in damp disorders.
 - The Kidneys govern water;
 - The Spleen controls water;
 - The Lungs govern the ascending and descending aspect of water metabolism known as the “water pathways”.
- The two Yang organs also have important connections with water metabolism, and therefore with dampness.
 - The San Jiao is known as water pathways as well.
 - Urinary Bladder stores urination.

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Dampness

- If the Qi is obstructed in the San Jiao, there is no force behind the metabolism of water;
- If the Bladder does not function smoothly and urination becomes difficult, the Qi mechanisms of the San Jiao can be affected by the backflow.
- Because dampness is heavy, sluggish pathogenic influence that readily hinders and obstructs the Qi mechanisms, these formulas often include Qi-regulating herbs.
- “When the Qi mechanisms are transformed, dampness will likewise be transformed.” stated in *Systematic Differentiation of Warm Pathogen Disease*.

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Dampness

- Damp-heat and wind-dampness pattern
 - Damp-heat include jaundice, painful urinary dribbling, and atrophy disorder.
 - It is important to carefully distinguish both the level (Jiao) at which the process is active and the pathogenic influence that predominates, and treat accordingly.
 - Wind-dampness is marked by pain (usually of the joints) and is sometimes accompanied by edema.
 - It is also important to discern whether wind or dampness predominates. Furthermore, because these conditions lodge primarily in the channels, ensuring the free flow of healthy blood is an important aspect of treatment.
 - When the flow in the channels is open, the wind has no place to lodge, hence the adage, “when treating wind disorder, first treat the blood.”

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Formulas that drain dampness

- In general, the formulas in this chapter are comprised of acrid, aromatic, and warm substances that dry dampness, or sweet, bland substances that leach out dampness.
- They should be used with extreme caution in cases of Yin deficiency and depleted fluids.
- In patients with debility brought on by disease or pregnancy with edema or other signs of dampness, these formulas must be modified with Spleen-strengthening herbs to protect the normal Qi.

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Section 1 Formulas that transform damp turbidity

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Formulas that transform damp turbidity

- When dampness lingers in the interior, stagnation and turbidity ensue.
- This can be a relatively rapid process.
- Dampness obstructs the ascent of the clear (governed by the Spleen) and the descent of the turbid (governed by the Stomach), slowing or blocking the transportive function of the Spleen and the Stomach's ability to receive food.
- This leads to symptoms such as epigastric and abdominal distention and fullness, belching, acid reflux, vomiting, diarrhea, reduced appetite, and fatigue.
- These symptoms require the use of formulas that dry dampness and harmonize the Stomach. Such formulas rely on bitter and warming herbs that dry dampness and on aromatic herbs that transform dampness. The most important of these are Cang Zhu (*Atractylodis Rhizoma*), Hou Po (*Magnoliae officinalis Cortex*), Huo Xiang (*Pogostemonis/Agastaches Herba*), and Bai Dou Kou (*Amomi Fructus rotundus*).

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Formulas that transform damp turbidity

- Depending on the pattern, the formulas combine these chief herbs.
 - Severe obstruction to the Qi dynamic by dampness encumbers the Spleen: + Chen Pi, Mu Xiang, Sha Ren;
 - The herbs that strengthen Spleen: Ren Shen, Bai Zhu, Gan Cao, Da Zao;
 - In patterns where obstruction of the Qi dynamic in the interior has facilitated the infiltration of pathogens into the exterior: + Bai Zhi, Zi Su Ye, Xiang Ru, Chai Hu.

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Formulas that transform damp turbidity

- Section 1 Formulas that transform damp turbidity (2 types)
 - **Ping Wei San** (Calm the Stomach Powder)
 - **Huo Xiang Zheng Qi San** (Agastache Powder to Rectify the Qi)

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Ping Wei San (Calm the Stomach Powder)

平胃散

- **Source:** Concise Formulas to Aid the Multitudes (1051)
- **Actions:** Dries dampness, improves the Spleen's transportive function, promotes the movement of Qi, and harmonizes the Stomach;
- **Indications:** Dampness stagnating in the Spleen and Stomach marked by distention and fullness in the epigastrium and abdomen, loss of taste and appetite, a heavy sensation in the limbs, loose stools or diarrhea, easily-fatigued, increased desire to sleep, nausea and vomiting, belching, acid reflux, a swollen tongue with a thick, white, and greasy coating, and a moderate or slippery pulse.

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Ping Wei San (Calm the Stomach Powder)

平胃散

- **Pathological analysis**
 - The Spleen is responsible for transforming food into nutrients and for transporting those nutrients throughout the body.
 - It prefers dryness and the smooth flow of Qi, and is averse to dampness and stagnation.
 - Overconsumption of raw or cold foods leads to dampness, which encumbers the Spleen and produces turbid dampness. This in turn causes the Qi of Middle Jiao to stagnate, giving rise to distention and fullness throughout the abdomen.
 - The symptoms of loss of taste and appetite, a heavy sensation in the limbs, fatigue, an increased desire to sleep, and loose stools or diarrhea indicate that the Spleen Yang is unable to function.
 - The encumbrance of the Spleen allows dampness to flow into the Intestines, which exacerbates the diarrhea.

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Ping Wei San (Calm the Stomach Powder)
平胃散

- The failure of the Spleen's transportive function prevents the Stomach from receiving and passing the fluids downward.
- This causes the turbid Yin to rise, which is characterized by nausea, vomiting, and acid reflux.
- The swollen tongue reflects deficient Qi, and the tongue coating the presence of turbid dampness.
- The moderate or slippery quality of the pulse reflects dampness encumbering the Spleen and Stomach.

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Ping Wei San (Calm the Stomach Powder)
平胃散

• **Composition**

- **Chief**
 - Chao Cang Zhu (dry-fried Atractylodis Rhizoma) 120g (12-15g)
- **Deputy**
 - Jiang Chao Hou Po (ginger-fried Magnoliae officinalis Cortex) 90g (9-12g)
- **Assistant**
 - Chen Pi (Citri reticulatae Pericarpium) 60g (9-12g)
- **Envoy**
 - Zhi Gan Cao (Glycyrrhizae Radix preparata) 30g (3-6g)
 - Sheng Jiang (Zingiberis Rhizoma recens) 6-9g
 - Da Zao (Jujubae Fructus) 6-9g

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Ping Wei San (Calm the Stomach Powder)

平胃散

• Analysis of Formula

- The chief herb, Cang Zhu, acrid, bitter and warm, dispels dampness and strengthens the transportive function of the Spleen.
- The deputy, Hou Po, bitter and warm, moves the Qi, disperses fullness, and directs the Qi downward; it is also aromatic and fragrant, and thereby transforms dampness; it works synergistically with Cang Zhu to dry the dampness and strengthen the Spleen.
- The assistant, Chen Pi, regulates the Qi and harmonizes the Stomach; it assists Hou Po in directing rebellious Qi downward and eliminating distention; it works synergistically with Hou Po in reviving the Spleen and improving the appetite.
- The envoy
 - Zhi Gan Cao, tonifies the Spleen, harmonizes the actions of the other herbs and enhances their Spleen-strengthening properties;
 - Sheng Jiang and Da Zao mildly regulate and harmonize the relationship between the Spleen and Stomach.

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Ping Wei San (Calm the Stomach Powder)

平胃散

• Key Point of diagnosis

- Distention and fullness in the epigastrium and abdomen, a heavy sensation in the limbs, a swollen tongue with a thick, white, and greasy coating.

• Caution and contraindication

- Use with significant modification for patients with Yin or blood deficiency. Caution must also be exercised when using the formula during pregnancy.

• Modification

- For severe cold-dampness with generalized cold and pain: + Rou Gui; Gan Jiang;
- For damp-heat with a bitter taste in the mouth, a dry throat with no thirst, and a yellow, greasy tongue coating: + Huang Qin; Huang Lian;
- For food stagnation with severe distention and constipation: + Lai Fu Zi; Da Fu Pi; Zhi Ke;
- For severe vomiting: + Zhi Ban Xia;
- For more Spleen deficiency marked by a loss of appetite with less distention and fullness: substitute Bai Zhu for Cang Zhu; + Huang Qi and Shan Yao;
- For delayed labor or fetal death with a similar presentation: + Mang Xiao; Zhi Shi;
- For stones in the common bile duct: + Yin Chen; Zhi Zi; Yu Jin;

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Ping Wei San (Calm the Stomach Powder)
平胃散

- **Clinic use**

- Digestive disorders such as peptic ulcer, chronic gastritis, chronic colitis, irritable bowel syndrome, intestinal obstruction, infantile diarrhea, and infectious hepatitis;
- Gynecological disorders such as amenorrhea, premenstrual syndrome, and cervicitis.

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Huo Xiang Zheng Qi San (Agastache Powder to Rectify the Qi)
藿香正气散

- **Source:** Formulary of the Pharmacy Service for Benefiting the People in the Taiping Era (1107)
- **Actions:** Releases the exterior, transforms dampness, regulates the Qi, and harmonizes the middle Jiao;
- **Indications:** Externally-contracted wind-cold with concurrent internal injury due to dampness and stagnation marked by fever and chills, headache, a sensation of fullness and stifling oppression in the chest, pain in the epigastrium and abdomen, nausea and vomiting, borborygmus, diarrhea, loss of taste, a white, greasy tongue coating, and a moderate, soggy pulse. Also for sudden turmoil disorders or malarial disorders with the above symptomatology.

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Huo Xiang Zheng Qi San (Agastache Powder to Rectify the Qi)
藿香正气散

• **Pathological analysis**

- Externally-contracted wind-cold fetters the protective Yang, producing fever and chills.
- The Tai Yang channels, the most Yang aspects of which traverse the head, are the first to be affected by wind-cold, which causes headache.
- The internal stagnation obstructs the Qi dynamic in the Middle Jiao, leading to a sensation of fullness and stifling oppression in the chest and abdominal pain.
- It also disrupts the normal ascending and downward-directing functions of the Middle Jiao.
- This causes abdominal pain, nausea, vomiting, borborygmus, and diarrhea.

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Huo Xiang Zheng Qi San (Agastache Powder to Rectify the Qi)
藿香正气散

- In the present case, this pathology is further exacerbated by wind-cold fettering the exterior and constraining the Lung's dispersing functions.
- This further disrupts the ascending and downward-directing actions of the Qi dynamic, leading to an intermingling of external and internal pathogens.
- Internal stagnation of dampness causes a loss of taste, and produces a white, greasy tongue coating and a moderate, soggy pulse.

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Huo Xiang Zheng Qi San (Agastache Powder to Rectify the Qi)

藿香正气散

• **Composition**

– **Chief**

- Huo Xiang (Pogostemonis/Agastaches Herba) 90g (12g)

– **Deputy**

- Jiang Chao Hou Po (ginger-fried Magnoliae officinalis Cortex) 60g (9g)
- Chen Pi (Citri reticulatae Pericarpium) 60g (9g)
- Zi Su Ye (Perillae Folium) 30g (6g)
- Bai Zhi (Angelicae dahuricae Radix) 30g (6g)

– **Assistant**

- Zhi Ban Xia (Pinelliae Rhizoma preparatum) 60g (9g)
- Da Fu Pi (Arecae Pericarpium) 30g (9g)
- Bai Zhu (white atractylodes rhizome) 30g (9g)
- Fu Ling (Poria) 30g (9g)
- Jie Geng (Platycodi Radix) 60g (9g)

– **Envoy**

- Zhi Gan Cao (Glycyrrhizae Radix preparata) 75g (3g)
- Sheng Jiang (Zingiberis Rhizoma recens) 3-6g
- Da Zao (Jujubae Fructus) 1pc

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Huo Xiang Zheng Qi San (Agastache Powder to Rectify the Qi)

藿香正气散

• **Analysis of Formula**

- The chief herb, Huo Xiang, acrid and aromatic, addresses all the major aspects of this condition. It disperses wind-cold, transforms turbid dampness, revives the Spleen, and stops vomiting.
- The deputy
 - Hou Po and Chen Pi reinforces the actions of Huo Xiang in the Middle Jiao.
 - Hou Po moves the Qi and promotes proper water metabolism to expand the chest and reduce the sensation of fullness and stifling oppression in the chest.
 - Chen Pi regulates the Qi, transforms dampness, and harmonizes the functions of the Middle Jiao.
 - Zi Su Ye and Bai Zhi, help Huo Xiang dispel externally-contracted cold.
 - Zi Su Ye is a strong exterior-releasing herb that also harmonizes the Middle Jiao.
 - Bai Zhi is very effective in treating headache.

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Huo Xiang Zheng Qi San (Agastache Powder to Rectify the Qi)
藿香正气散

– The assistant

- Zhi Ban Xia harmonizes the Stomach and stops the vomiting.
- Da Fu Pi focuses on the lower Jiao.
- Both herbs act upon the Qi mechanism in the Middle and Lower Jiao and reinforce the actions of Huo Xiang, which focuses on the Upper Jiao.
- Bai Zhu and Fu Ling form a powerful combination for strengthening the Spleen and transforming dampness.
- Jie Geng promotes the proper functioning of the Lungs and the diaphragm, which strengthens the actions of Huo Xiang.

– The envoy

- Zhi Gan Cao, Sheng Jiang and Da Zao, harmonize the actions of the other herbs and regulate the Spleen and Stomach.

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Huo Xiang Zheng Qi San (Agastache Powder to Rectify the Qi)
藿香正气散

- The herbal groupings in this formula have been carefully matched and balanced.
 - Huo Xiang, Zi Su Ye, and Bai Zhi release the exterior.
 - Hou Po, Da Fu Pi, and Chen Pi promote the movement of Qi internally.
 - Zi Su Ye, Bai Zhi and Jie Geng provide an ascending action.
 - Fu Ling, Zhi Ban Xia, Da Fu Pi cause the turbid, rebellious Qi to descend.

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Huo Xiang Zheng Qi San (Agastache Powder to Rectify the Qi)
藿香正气散

- **Key Point of diagnosis**
 - Fever and chills, nausea and vomiting, borborygmus, diarrhea, a white, greasy tongue coating.
- **Caution and contraindication**
 - Should not be used without significant modification for conditions of wind-heat or fire due to deficiency.
- **Modification**
 - For severe wind-cold: increase the dosage of Zi Su Ye;
 - For food stagnation: — Gan Cao and Da Zao; + Shen Qu; Ji Nei Jin;
 - For severe dampness with a very thick, greasy tongue coating: substitute Cang Zhu for Bai Zhu;
 - For brief, scanty urination: + Mu Tong; Ze Xie;
 - For pronounced Qi stagnation, with abdominal distention and pain: + Mu Tong; Yan Hu Suo;
- **Clinic use**
 - Acute gastroenteritis, stomach flu, the common cold contracted during the summer, and urticaria.

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Huo Xiang Zheng Qi San (Agastache Powder to Rectify the Qi)
藿香正气散

- **Sudden Turmoil Disorders**
 - Another type of diarrhea is that of sudden turmoil disorders (霍乱, Huo Luan).
 - These are acute conditions characterized by the simultaneous onset of vomiting and diarrhea.
 - They were first described in Discussion of Cold Damage and are associated with the penetration of wind-cold-dampness into the body.
 - Huo Xiang Zheng Qi San is not a remedy for the biomedically-defined disease of cholera.
 - It is suited for treating those types of sudden turmoil disorders that occur during the summertime, when dampness is the predominant aspect.
 - The primary symptoms are abdominal pain, vomiting, and diarrhea, together with signs of an exterior condition.

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Huo Xiang Zheng Qi San (Agastache Powder to Rectify the Qi)
藿香正气散

- **Miasmatic Malarial Disorder**

- Huo Xiang Zheng Qi San is also used for mild cases of mountain mist miasmatic malarial disorder (山岚瘴疰, Shan Lan Zhang Nue).
- This is thought to be contracted from the mists of the mountains and forests, considered to be damp and hot in nature.
- Manifestations include intermittent fever and chills, disorientation, and madness with delirious speech or loss of voice.
- Miasmatic disorders were viewed as one type of abnormal seasonal Qi, regarded as one of the main causes of epidemic disorders in traditional China.
- Huo Xiang Zheng Qi San is one of the most important formulas for treating digestive disorders contracted while traveling, that is, when one encounters Qi to which one is not accustomed.

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Huo Xiang Zheng Qi San (Agastache Powder to Rectify the Qi)
藿香正气散

- **Use in interior disorders**

- Although the formula simultaneously disperses the exterior and regulates the interior, its cold-dispersing and exterior-releasing powers are mild compared to its ability to transform dampness.
- Hence, Huo Xiang Zheng Qi San can also be used where no pathogens are present in the exterior.

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Huo Xiang Zheng Qi San (Agastache Powder to Rectify the Qi)
藿香正气散

- Vs. Ping Wei San (Calm the Stomach Powder)
 - Huo Xiang Zheng Qi San contains all the ingredients of both Ping Wei San and Er Chen Tang (Two-Aged Decoction). Ping Wei San's ability to **transform dampness is accordingly stronger than its ability to release exterior conditions.**
 - Huo Xiang Zheng Qi San **focuses more on the exterior and on dispersing pathogenic Qi.** It is therefore indicated when dampness lodges not only in the **Tai Yin Spleen**, but also in the **Tai Yin Lungs aspect.**

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Huo Xiang Zheng Qi San (Agastache Powder to Rectify the Qi)
藿香正气散

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

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Formulas that transform damp turbidity

- Section 1 Formulas that transform damp turbidity (2 types)
 - Ping Wei San (Calm the Stomach Powder)
 - Huo Xiang Zheng Qi San (Agastache Powder to Rectify the Qi)

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Study guideline

- 1. Ping Wei San's indications and ingredients;
- 2. Huo Xiang Zheng Qi San's indications;
- 3. The difference between Huo Xiang Zheng Qi San and Ping Wei San;
- 4. The difference between Huo Xiang Zheng Qi San and Xiang Ru San;

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Section 2 Formulas that clear damp-heat

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Formulas that clear damp-heat

– Section 2 Formulas that clear damp-heat (1 types)

- **Ba Zheng San** (Eight-herb powder for rectification)

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Ba Zheng San (Eight-herb powder for rectification)
八正散

- **Source:** Formulary of the Pharmacy Service for Benefiting the People in the Taiping Era (1107)
- **Actions:** Clears heat, drains fire, promotes urination, and unblocks painful urinary dribbling;
- **Indications:**
 - 1. Damp-heat collecting in the lower Jiao, specifically the Bladder marked by dark, turbid, scanty, difficulty, and painful urination, a dry mouth and throat, a yellow, greasy tongue coating, and a slippery, rapid pulse. In severe cases, there may be urinary retention and lower abdominal distention and pain.
 - 2. Heat in the Heart channel characterized by a parched throat, severe thirst, irritability, eye redness and pain, scorched lips, nosebleed, and sores in the mouth, tongue, or throat.

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Ba Zheng San (Eight-herb powder for rectification)
八正散

- **Pathological analysis**
 - Damp-heat in the Urinary Bladder causing urinary dribbling or urinary retention.
 - The promotion and regulation of the waterways is governed by the San Jiao.
 - Accepting and storing the body fluids so that the Qi transformation can issue from it is governed by the Bladder.
 - If the waterways do not transport the fluids causing a buildup of water internally that manifests as wheezing and distention, or a flooding of the exterior that manifests as edema of the skin, then this is a disorder of the San Jiao.
 - If having been received and stored the body fluids are not transformed causing all kinds of urinary dribbling, roughness, and pain or urinary retention, then this is a disorder of the Bladder.

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Ba Zheng San (Eight-herb powder for rectification)

八正散

- Commonly, there is a history of overindulgence in spicy, sweet, or rich foods, or overconsumption of the alcohol.
- Damp-heat in the UB manifests as a turbid, dark urine that is scanty, difficult to pass, and painful.
- The urine will become dark red if there is injury to the blood vessels.
- If especially severe, the patient may be unable to urinate and will experience lower abdominal distention and pain.
- The presence of heat with accumulation of dampness in the Lower Jiao is reflected in the dry mouth and throat.
- The tongue and pulse signs are typical of damp-heat.

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Ba Zheng San (Eight-herb powder for rectification)

八正散

• **Composition**

– **Chief**

- Qu Mai (Dianthi Herba) 6-12g
- Bian Xu (Polygoni avicularis Herba) 6-12g

– **Deputy**

- Hua Shi (Talcum) 12-30g
- Che Qian Zi (Plantaginis Semen) 9-15g
- Mu Tong (Akebiae Caulis) 3-6g

– **Assistant**

- Zhi Zi (Gardeniae Fructus) 3-9g
- Jiu Xi Da Huang (wine-washed Rhei Radix et Rhizoma) 6-9g

– **Envoy**

- Deng Xin Cao (Junci Medulla) 3-6g
- Zhi Gan Cao (Glycyrrhizae Radix preparata) 3-9g

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Ba Zheng San (Eight-herb powder for rectification)

八正散

- **Analysis of Formula**

- The chief herb
 - Qu Mai directs the HT fire downward, unblocks the SI, expels damp-heat from the UB, and is an essential herb for the treatment of dribbling disorders. It enters the blood aspect to invigorate the blood and is thus particularly useful in the treatment of bloody and painful urinary dribbling.
 - Bian Xu enters the Qi aspect to promote urination, unblock painful urinary dribbling, and clear damp-heat.
- The deputy
 - Both Hua Shi and Che Qian Zi slippery and thus smooth the passage of urine despite any stagnation along its passage.
 - Mu Tong clears heat, bitter and cold, promotes urination, and is very effective in clearing the obstruction caused by damp stagnation.
- The assistant
 - Zhi Zi drains heat from the San Jiao through the urine.
 - Da Huang drains heat through the stool.
- The envoy
 - Deng Xin Cao guides heat downward;
 - Zhi Gan Cao harmonizes the actions of the other ingredients and relieves the abdominal pain; combined with Hua Shi also helps to alleviate irritability.

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Ba Zheng San (Eight-herb powder for rectification)

八正散

- **Key Point of diagnosis**
 - Dark, turbid, scanty, difficulty, and painful urination, a yellow, greasy tongue coating, and a slippery, rapid pulse.
- **Caution and contraindication**
 - Long-term use of this formula may cause weakness, lightheadedness, palpitations, and a loss of appetite. It should not be used without significant modification in treating conditions of cold from deficiency, or during pregnancy.
- **Modification**
 - For bloody painful urinary dribbling: increase the dosage of Bian Xu; + Bai Mao Gen; Xiao Ji;
 - For stony painful urinary dribbling: + Jin Qian Cao; Hai Jin Sha; Shi Wei; Niu Xi;
 - For cloudy painful urinary dribbling: + Bi Xie; Shi Chang Pu;
 - For urinary retention: increase the dosage of Mu Tong, Hua Shi, and Bian Xu; + Huang Bai; Rou Gui;
 - For stomatitis: + Dan Zhu Ye; Sheng Di Huang;
- **Clinic use**
 - Glomerulonephritis, cystitis, urethritis, urinary tract calculi, prostatitis, and stomatitis.

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Formulas that clear damp-heat

– Section 2 Formulas that clear damp-heat (1 types)

- **Ba Zheng San** (Eight-herb powder for rectification)

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Study guideline

- 1. Ba Zheng San's indications;

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Section 3 Formulas that promote urination & drain dampness

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Formulas that promote urination & drain dampness

- The formulas in this section are used when dampness clogs the water pathways, primarily those associated with urination.
- Since urination is the principal vehicle for expelling dampness from the body, promoting urination is an effective method for leaching out dampness.
- The most common signs of dampness affecting urination include edema, urinary obstruction, and painful urinary dribbling. Diarrhea may also appear in cases due to dysfunction of water metabolism.

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Formulas that promote urination & drain dampness

- The chief herbs used to promote urination and leach out dampness are Fu Ling (Poria), Zhu Ling (Polyporus), Ze Xie (Alismatis Rhizoma) and Fang Ji (Stephaniae/Cocculi/etc. Radix).
- Depending on the pattern, they may be combined with deputies and assistants drawn from three other groups of herbs.
 - Herbs that strengthen the Spleen and facilitate the dispelling of dampness such as Huang Qi (Astragali), Bai Zhu (Atractylodis macrocephalae Rhizoma).
 - Herbs that warm the Yang and promote the transformation of Qi such as Gui Zhi (Cinnamomi Ramulus). Promoting the Qi transformation of the UB is an effective way of dispelling water buildup by activating the body's own physiological water metabolism.
 - Herbs that nourish the Yin such as E Jiao (Asini Corii). Their use is necessary when dampness has caused stagnation that transforms into heat, which then damages the Yin.

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Formulas that promote urination & drain dampness

- Section 3 Formulas that promote urination & drain dampness (5 types)
 - **Wu Ling San** (Five-Ingredient Powder with Poria)
 - **Zhu Ling Tang** (Polyporus Decoction)
 - **Wu Pi San** (Five-Peel Powder)
 - Fang Ji Huang Qi Tang (Stephaniae and astragalus decoction)
 - Fang Ji Fu Ling Tang (stephaniae and poria decoction)

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Wu Ling San (Five-Ingredient Powder with Poria)
五苓散

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Promotes urination, drains dampness, strengthens the Spleen, warms the Yang, and promotes the transforming functions of Qi;
- **Indications:**
 - 1. **Water buildup, a Tai Yang meridian disorder in which the pathogenic influences have not been released from the exterior, but have also penetrated to the Tai Yang organ, the Bladder** manifested by headache, fever, irritability, strong thirst but with vomiting immediately after drinking, **urinary difficulty, a floating pulse, and a white tongue coating;**

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Wu Ling San (Five-Ingredient Powder with Poria)
五苓散

- 2. **Spleen deficiency that can be described in terms of fiver-phase theory as earth failing to transport water** marked by edema, generalized sensation of heaviness, diarrhea, urinary difficulty, and possibly vomiting and diarrhea due to sudden turmoil disorder;
- 3. **Retention of thin mucus in the lower Jiao** marked by throbbing pulsations just below the umbilicus, vomiting frothy saliva, vertigo, shortness of breath, and coughing.

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Wu Ling San (Five-Ingredient Powder with Poria)
五苓散

• **Pathological analysis**

- 1. Water buildup, a Tai Yang meridian disorder in which the pathogenic influences have not been released from the exterior, but have also penetrated to the Tai Yang organ, the Bladder.
 - The headache, fever, irritability, and floating pulse indicate an exterior condition.
 - The pathogenic influences attack and disrupt the functions of the Bladder, resulting in urinary difficulty.
 - Disruption of Bladder Qi transformation also leads to water retention, which interferes with the upward transportation and downward elimination of fluids.
 - Although this causes strong thirst, fluids cannot be transported downward and are vomited up. This is known as “water rebellion disorder” (水逆证, Shui Ni Zheng).55

Wu Ling San (Five-Ingredient Powder with Poria)
五苓散

- 2. Spleen deficiency that can be described in terms of five-phase theory as earth failing to transport water.
 - This causes internal accumulation of water and dampness that overflows into the muscles and skin and produces edema and a sensation of heaviness.
 - Because the water and dampness are not properly transformed by the Spleen and transported to the Bladder, there may also be diarrhea and urinary difficulty.
 - The effects of the Spleen serve as a pivot in the water pathways of the San Jiao, providing the key link between the upper and lower Jiao.
 - In addition to these problems with water metabolism, when the Yang of the middle Jiao is deficient, external pathogenic influences more readily penetrate to the interior.
 - This disrupts the normal function of the Stomach and Intestines, and thereby prevents the clear Yang from ascending and the turbid Yin from descending.
 - This gives rise to the simultaneous vomiting and diarrhea that are characteristic of sudden turmoil disorders.56

Wu Ling San (Five-Ingredient Powder with Poria)
五苓散

- 3. Retention of thin mucus in the lower Jiao.
 - Retention of thin mucus in the lower Jiao causes a throbbing pulsation below the umbilicus as the thin mucus prevents the clear Yang Qi from ascending.
 - The stagnation produced by thin mucus leads to an upward rebellion (vomiting) of frothy saliva.
 - When the ascent of clear Yang is obstructed, turbid Yin cannot move downward, which causes vertigo.
 - If the thin mucus encroaches on the Lungs, there may also be coughing.

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Wu Ling San (Five-Ingredient Powder with Poria)
五苓散

- **Composition**
 - **Chief**
 - Ze Xie (Alismatis Rhizoma) 15g
 - **Deputy**
 - Fu Ling (Poria) 9g
 - Zhu Ling (Polyporus) 9g
 - **Assistant**
 - Bai Zhu (Atractylodis macrocephalae Rhizoma) 9g
 - **Envoy**
 - Gui Zhi (Cinnamomi Ramulus) 6g

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Wu Ling San (Five-Ingredient Powder with Poria)

五苓散

- **Analysis of Formula**

- The chief herb, Ze Xie, sweet, cold and bland, leaches out dampness and promotes urination. It is the strongest of the three diuretic herbs in this formula. It can eliminate the heat constraint caused by water buildup or thin mucus obstructing the ascent of Yang Qi.
- The deputy
 - Fu Ling is particularly effective in leaching out dampness by promoting urination, strengthening the Spleen, and assisting the Yang.
 - Zhu Ling, bitter, eliminates dampness and promotes urination.
- The assistant herb, Bai Zhu, strengthens the Spleen Qi, thereby aiding in the transformation and transportation of fluids, and thus the resolution of dampness.
- The envoy herb
 - Gui Zhi warms the fire at the gate of vitality, which is like adding firewood under the cauldron; Not only does this assist the Bladder in transforming and discharging urine, it also helps the Spleen Qi to raise the clear, thus facilitating the movement and steaming of the fluids by the Kidneys and Bladder. It also helps to dispel pathogenic influences from the exterior and thereby release the exterior aspects of the Tai Yang meridian disorder.

Wu Ling San (Five-Ingredient Powder with Poria)

五苓散

- **Key Point of diagnosis**

- Urinary difficulty, a floating pulse, and a white tongue coating.

- **Caution and contraindication**

- Overdose and long-term use may cause dizziness, vertigo, a blandtaste, and reduced appetite. In cases with deficiency, this formula is often combined with others that tonify and nourish the Spleen and Stomach to prevent injury to the normal Qi. In case of urinary difficulty with Yin deficiency, it should be modified to protect the Yin from further injury. It is not indicated for thirst due to heat excess or from Yin deficiency.

- **Modification**

- For severe edema: + Sang Bai Pi; Chen Pi; Da Fu Pi;
- For cold-damp painful obstruction accompanied by thirst and urinary difficulty: + Qiang Huo;
- For painful wind obstruction contracted during the summer: + Wei Ling Xian; Fang Feng; Fang Ji; Xi Xin; Mu Gua; Yi Yi Ren; Cang Er Zi;
- For concurrent fever: — Bai Zhu; Gui Zhi; + Yin Chen; Jin Yin Hua;
- For summerheat diarrhea or sudden turmoil disorder: + Hua Shi;
- For lurking summerheat with whole body fever and thirst: take with Bai Hu Tang;
- For both exterior signs and edema: take with Yue Bi Tang;
- For concurrent edema and Qi obstruction due to excessive water retention: take with Wu Pi Yin;

Wu Ling San (Five-Ingredient Powder with Poria)
五苓散

• **Clinic use**

- Urogenital disorders such as glomerulonephritis, pyelonephritis, nephrotic syndrome, early-stage renal insufficiency, cystitis, hydrocele, and benign prostatic hypertrophy.
- Disorders affecting the head and neck such as migraine, trigeminal neuralgia, headache from increased intracranial pressure, motion sickness, and Meniere's disease.
- Digestive system disorders such as infectious hepatitis, gastrectasis, acute enteritis, and infantile indigestion;
- Disorders involving increased fluid accumulation such as ascites, congestive heart failure, pericardial and pleural effusions, hydrocephalus, and polyhydramnios;
- Eent disorders such as central serous retinopathy, glaucoma, catarrhal conjunctivitis, otitis media, allergic rhinitis, aphthous ulcers, and diffuse polyps of the vocal cords;
- Dermatological disorders such as flat warts, urticaria, alopecia areata, eczema, and herpes zoster.
- Renal hypertension, gestational hypertension, premenstrual syndrome, epilepsy, pertussis, erectile dysfunction, and obesity as well as a wide variety of other disorders.

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Wu Ling San (Five-Ingredient Powder with Poria)
五苓散

- **Vs. Bai Hu Tang (White Tiger Decoction)**
 - Both formulas treat patterns characterized by irritability and thirst.
 - Wu Ling San: although the patient is **thirsty**, they **either do not want to drink or will vomit what has been drunk**.
 - Bai Hu Tang, **the thirst is intense**, even unquenchable, and will usually be for **cold beverage**.

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Wu Ling San (Five-Ingredient Powder with Poria)
五苓散

- Vs. Xiao Qing Long Tang (Minor Bluegreen Dragon Decoction)
 - Both formulas treat accumulation of water excess in the interior with cold in the exterior.
 - Xiao Qing Long Tang **focuses on the upper Jiao (chest and Lungs)** and is used primarily for patterns characterized by **wheezing**. Secondary symptoms are an **absence of sweating and no thirst**.
 - Wu Ling San **focuses on the lower Jiao and the Bladder** and is used primarily for patterns characterized by **inhibited urination**. Both thirst and sweating are important secondary symptoms.

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Zhu Ling Tang (Polyporus Decoction)
猪苓汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Promotes urination, clears heat, and nourishes the Yin;
- **Indications:** Injury from cold entering the Yang Ming or Shao Yin meridian where it transforms into heat. **The heat battles with the water** (controlled by the Kidneys, the organ corresponding to the leg Shao Yin channel) marked by **urinary difficulty** accompanied by **fever and thirst with a desire to drink, red tongue and thin, rapid pulse**. There may also be diarrhea, cough, nausea, irritability, or insomnia.

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Zhu Ling Tang (Polyporus Decoction)

猪苓汤

- **Pathological analysis**
 - The heat battles with the water leads to clumping of water and heat.
 - Heat also injures the Yin (fluids) and disturbs the water pathways, resulting in urinary difficulty.
 - It is also common for this pattern to develop in patients with constitutional Yin deficiency and invasion of heat in the lower Jiao.
 - Heat gives rise to fever. Obstruction of the Qi transformation in the lower Jiao means that the fluids are not spread throughout the body.
 - Complicated by injury to the fluids, the result is thirst with a desire to drink (in contrast to thirst without a desire to drink, which is characteristic of damp-heat).
 - When fluids cannot be eliminated through the urine, they filter out into the Large Intestine, resulting in diarrhea.
 - If the disturbance to the water pathways affects the flow of Qi in the Lungs, there will be coughing. If the disturbance affects the middle Jiao, there will be nausea.
 - Vigorous heat due to Yin deficiency agitates the Heart and leads to irritability and insomnia.

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Zhu Ling Tang (Polyporus Decoction)

猪苓汤

- **Composition**
 - **Chief**
 - Zhu Ling (Polyporus) 3g
 - **Deputy**
 - Fu Ling (Poria) 3g
 - Ze Xie (Alismatis Rhizoma) 3g
 - **Assistant**
 - Hua Shi (Talcum) 3g
 - E Jiao (Asini Corii Colla) 3g

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Zhu Ling Tang (Polyporus Decoction)

猪苓汤

- **Analysis of Formula**

- The chief herb, Zhu Ling, strongly reinforces the proper functioning of the water pathways and thereby promotes urination.
- The deputy
 - Fu Ling promotes urination, benefits the Spleen, and harmonizes the Stomach.
 - Ze Xie promotes water metabolism, unblocks the deep parts of the water pathways that involve the Kidneys, and aids Zhu Ling in promoting urination.
- The assistant
 - Hua Shi clears heat and unblocks painful urinary dribbling.
 - E Jiao is a moist substance that enriches the Yin (without causing retention of the pathogenic influences) and prevents excessive urination and thus further injury to the Yin.

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Zhu Ling Tang (Polyporus Decoction)

猪苓汤

- **Key Point of diagnosis**
 - Urinary difficulty accompanied by fever and thirst with a desire to drink, red tongue and thin, rapid pulse.
- **Caution and contraindication**
 - Contraindicated in patients with abundant heat and severely damaged Yin fluids because its diuretic power will further aggravate the Yin deficiency. Contraindicated in cases with pronounced dampness because E Jiao will aggravate this pathogen.
- **Modification**
 - For severe thirst from Yin deficiency: + Sha Shen; Tian Hua Fen;
 - For bloody painful urinary dribbling: + Bai Mao Gen; Qu Mai; Xiao Ji;
 - For hot painful urinary dribbling: + Zhi Zi; Bian Xu;
- **Clinic use**
 - Urinary disorders such as cystitis, urethritis, gonorrhea, pyelonephritis, glomerulonephritis, renal calculus, and benign prostatic hypertrophy.
 - Hemorrhages such as dysfunctional uterine bleeding, hematuria, thrombocytopenic purpura, and bleeding secondary to cirrhosis.
 - Cardiogenic edema, chronic gastritis, epilepsy, insomnia, perimenopausal syndrome, ulcerative colitis, ascites, eczema, and upper respiratory infections.

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Zhu Ling Tang (Polyporus Decoction)
猪苓汤

- Vs. Wu Ling San (Five-ingredient Powder with Poria)
 - Both formulas treat urinary difficulty due to disturbances of the water pathways by promoting urination. Both formulas contain Fu Ling, Zhu Ling, Ze Xie;
 - Wu Ling San treats **a condition where the disease is still active in the exterior by focusing on unblocking the flow of Yang to encourage the transformation of Qi.**
 - Zhu Ling Tang treats **pathogenic influences that have transformed into heat in the interior by clearing the heat and nourishing the Yin.**

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Wu Pi San (Five-Peel Powder)
五皮散

- **Source:** Treasury Classic (c. 4th century)
- **Actions:** Resolves dampness, reduces edema, regulates the Qi, and strengthens the Spleen;
- **Indications:** **Skin edema** manifested by **generalized edema with a sensation of heaviness, distention, and fullness in the epigastrium and abdomen**, labored and heavy breathing, **urinary difficulty**, a white, greasy tongue coating, and a submerged and moderate pulse.

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Wu Pi San (Five-Peel Powder)

五皮散

- **Pathological analysis**

- The development of edema may be attributed to various pathological mechanisms:
 - The invasion of wind disrupting the Lungs' ability to disseminate and move the Qi downward;
 - Kidney Yang deficiency leading to the accumulation of fluids and dampness;
 - Spleen deficiency with vigorous dampness and Qi stagnation; or any combination of these.
- This formula treats a pattern characterized by vigorous dampness and Qi stagnation obstructing the Tai Yin meridian (Lungs and Spleen).
- One of the primary functions of the Spleen and Lungs, the transportation of fluids, is inhibited when their Qi is obstructed.
- This leads to internally-generated dampness that further disrupts their functions of transporting and directing downward.

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Wu Pi San (Five-Peel Powder)

五皮散

- It prevents the proper elimination of fluids, which instead spread through the tissues and cause generalized edema.
- Dampness, a Yin pathogen, readily obstructs the Qi dynamic leading to Qi stagnation and the accumulation of fluids.
- The generalized sensation of heaviness is indicative of dampness.
- Distention and fullness in the epigastrium and abdomen reflects Qi stagnation in the Middle Jiao (SP and ST).
- The dampness and surplus of fluids flood the upper source of the fluids (the Lungs), which causes labored and heavy breathing.
- The stagnation of fluids prevents the water pathways from fully opening, causing urinary difficulty.
- The pulse and tongue signs reflect the presence of internal dampness.

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Wu Pi San (Five-Peel Powder)

五皮散

• **Composition**

- Sang Bai Pi (Mori Cortex) 15g
- Sheng Jiang Pi (Zingiberis Rhizomatis Cortex) 6g
- Fu Ling Pi (Poriae Cutis) 15g
- Chen Pi (Citri reticulatae Pericarpium) 9g
- Da Fu Pi (Arecae Pericarpium) 15g

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Wu Pi San (Five-Peel Powder)

五皮散

• **Analysis of Formula**

- Sang Bai Pi promotes urination by directing the Lung Qi downward and opening up the water pathways;
- Sheng Jiang Pi transforms dampness and disperses edema; The dispersing and descending actions of these herbs restore the water metabolism function to the Lungs and facilitate the smooth flow of fluids into the Bladder.
- Fu Ling Pi leaches out dampness, promotes urination, and strengthens the transportive function of the Spleen;
- Chen Pi and Da Fu Pi promote the smooth flow of Qi by eliminating Qi stagnation. If the smooth flow of Qi is reestablished, the fluids will follow.

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Wu Pi San (Five-Peel Powder)

五皮散

- **Key Point of diagnosis**
 - Generalized edema with a sensation of heaviness, distention, and fullness in the epigastrium and abdomen, urinary difficulty.
- **Caution and contraindication**
 - Although this is a relatively mild formula, Spleen-tonifying herbs should be added for cases with severe Spleen deficiency.
- **Modification**
 - For externally-contracted wind edema above the waist: + Fang Feng; Zi Su Ye; Jing Jie; Bai Zhi;
 - For dampness lodged in the lower Jiao with edema below the waist: + Han Fang Ji; Che Qian Zi;
 - For damp-heat lodged in the lower Jiao with edema below the waist: + Hua Shi; Che Qian Zi; Yi Yi Ren;
 - For internal cold-dampness: + Gan Jiang; Zhi Fu Zi;
 - For severe abdominal distention: + Lai Fu Zi; Hou Po;
 - For marked signs of Spleen deficiency: + Dang Shen; Bai Zhu;
 - For constipation due to accumulation in the ST and Intestines: + Da Huang; Zhi Shi;
 - For edema due to pregnancy: + Yu Mi Xu;
 - For edema: + Dong Gua Pi; Che Qian Cao; Huang Qi

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Wu Pi San (Five-Peel Powder)

五皮散

- **Clinic use**
 - Pre-eclampsia, protein-deficiency edema, ascites from cirrhosis, congestive heart failure, urticaria, and menopausal edema.
 - Chronic glomerulonephritis.

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Wu Pi San (Five-Peel Powder)

五皮散

- Wu Pi Yin (Five-Peel Drink)
 - Wu Pi Yin = Wu Pi San — Chen Pi and Sang Bai Pi; + Wu Jia Pi and Di Gu Pi;
 - Focus on the lower Jiao and nourish the Kidneys.
 - Wu Jia Pi enters the KD to move the water;
 - Di Gu Pi clears heat from deficiency in the LU and KD;
 - This formula **does not** treat upper Jiao symptoms like wheezing and shortness of breath. Instead, it is indicated for patterns where **edema constrains the KD Qi and generates heat;**

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Wu Pi San (Five-Peel Powder)

五皮散

- Vs. Wu Ling San (Five-Ingredient Powder with Poria)
 - Both formulas treat edema characterized by reduced urination and are therefore often combined in practice.
 - Wu Ling San focuses on **water buildup in the lower Jiao that is associated with impairment of Qi transformation in the UB and Tai Yang meridian.**
 - Wu Pi San focuses on **Qi stagnation in the Lungs and Spleen, the organs associated with the Tai Yin meridian,** which leads to edema because the fluids are not properly transported.

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Fang Ji Huang Qi Tang (Stephania and astragalus decoction)
防己黄芪汤

- **Source:** Essentials from the Golden Cabinet (c. 220)
- **Actions:** Augments the Qi, dispels wind, strengthens the Spleen, promotes urination, and reduces edema;

Indications: Wind-dampness or wind edema (风水, Feng Shui) caused by deficiency in the exterior and an invasion of wind and dampness marked by sweating, aversion to wind, a heavy sensation in the body, superficial edema, urinary difficulty, a pale tongue with a white coating, and a floating pulse. ⁷⁹

Fang Ji Huang Qi Tang (Stephania and astragalus decoction)
防己黄芪汤

- **Pathological analysis**
 - Sweating and an aversion to wind are indicative of unstable protective Qi.
 - A heavy sensation in the body is due to dampness in the channels.
 - Superficial edema and a floating pulse indicate that the condition is lodged in the superficial aspects of the body.
 - When wind-dampness invades the body, it first lodges in the Tai Yang meridian.
 - This inhibits the Qi dynamic, manifesting as urinary difficulty, which contributes to superficial edema.
 - Exterior deficiency or unstable protective Qi is generally related to Lung and Spleen Qi deficiency;
 - The Lungs control the Qi, skin, and body hair, also control the exterior;
 - The Spleen is the source of movement and transformation. ⁸⁰

Fang Ji Huang Qi Tang (Stephania and astragalus decoction)
防己黄芪汤

- If the Lungs Qi is deficient, it is no longer able to move the fluids downward to the UB.
- Instead, they accumulate in the skin.
- If the Spleen Qi is deficient, dampness accumulates in the middle, inhibiting movement of the Qi and exacerbating the problems noted above.
- The pale tongue with a white coating also reflects these deficiencies as well as the obstructive dampness.

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Fang Ji Huang Qi Tang (Stephania and astragalus decoction)
防己黄芪汤

• **Composition**

- **Chief**
 - Huang Qi (Astragali Radix) 3.8g (15g)
 - Han Fang Ji (Stephaniae tetrandrae Radix) 3g (12g)
- **Deputy**
 - Bai Zhu (Atractylodis macrocephalae Rhizoma) 2.3g (9g)
- **Assistant**
 - Zhi Gan Cao (Glycyrrhizae Radix preparata) 1.5g (6g)
- **Envoy**
 - Sheng Jiang (Zingiberis Rhizoma recens) 4pcs (3g)
 - Da Zao (Jujubae Fructus) 1-2pcs

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Fang Ji Huang Qi Tang (Stephania and astragalus decoction)
防己黄芪汤

• **Analysis of Formula**

- The chief
 - Huang Qi stabilizes the protective Qi in cases of deficiency.
 - Hang Fang Ji releases the exterior, unblocks the channels, promotes urination, expels dampness, and relieves pain.
- The deputy
 - Bai Zhu strengthens the Spleen and resolves dampness; it assists Huang Qi in stabilizing the exterior (protective Qi), and Han Fang Ji in resolving the dampness;
- The assistant
 - Zhi Gan Cao helps tonify the Spleen.
- The envoy
 - Sheng Jiang and Da Zao regulate and harmonizes the nutritive and protective Qi to assist in the stabilization of the exterior and the strengthening of the Qi and blood.

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Fang Ji Huang Qi Tang (Stephania and astragalus decoction)
防己黄芪汤

• **Key Point of diagnosis**

- Sweating, aversion to wind, urinary difficulty, a pale tongue with a white coating, and a floating pulse.

• **Caution and contraindication**

- Contraindicated for excess-type edema manifesting as nausea, abdominal distention, loose stools, or other ST and Intestinal symptoms. It should also not be used in cases of water dampness constraining the protective Yang in the exterior, characterized by an absence of sweating, even though the pulse is also superficial and the patient has an aversion to wind.
- Administration of the formula should lead only to slight sweating. A strong sweat would not only be ineffective in removing dampness (a Yin pathogen), it would also further weaken the Yang Qi in the exterior.

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Fang Ji Huang Qi Tang (Stephania and astragalus decoction)
防己黄芪汤

- **Modification**

- For abdominal pain: + Bai Shao;
- For wheezing: + a small amount (1-3g) of Ma Huang;
- For a sense of upward-surgings: + Gui Zhi;
- For vigorous cold below: + Xi Xin;
- For severe dampness with a sensation of heaviness in the lower back and legs: + Fu Ling; Cang Zhu;
- For fullness and pain in the chest and abdomen: + Chen Pi; Zhi Ke; Zi Su Ye;

- **Clinic use**

- Rheumatic heart disease, ascites, acute glomerulonephritis, chronic nephritis, rheumatoid arthritis, and lumbar disc disease.
- Elevated blood lipids in overweight patients with Qi deficiency and dampness presentations; severe underarm sweating underlying LU and SP deficiency and excess dampness.

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Fang Ji Huang Qi Tang (Stephania and astragalus decoction)
防己黄芪汤

- **Vs. Ma Huang Jia Zhu Tang (Ephedra Decoction plus Atractylodes)**

- Ma Huang Jia Zhu Tang is indicated for **cold-dampness in the exterior**, characterized by edema, aversion to cold, and **an absence of sweating**.
- Fang Ji Huang Qi Tang treats **wind-dampness in the exterior with Qi deficiency** characterized by superficial edema, aversion to wind, and **the presence of sweating**.

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Fang Ji Fu Ling Tang (stephania and poria decoction)
防己茯苓汤

- **Source:** Essentials from the Golden Cabinet (c. 220)
- **Actions:** Augments the Qi, unblocks the Yang, promotes urination, and reduces edema;
- **Indications:** Skin edema (皮水, Pi Shui), which does not disappear under pressure from the finger marked by edema that most pronounced in the extremities, a sensation of heaviness in the body and extremities, fibrillations of the skin and muscles in the extremities, a white, slippery tongue coating, and a superficial pulse.

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Fang Ji Fu Ling Tang (stephania and poria decoction)
防己茯苓汤

- **Pathological analysis**
 - Skin edema usually results from excess-type disorders that have been improperly treated, from overwork, or from constitutional factors that are harmful to the Spleen is unable to control water.
 - This leads to an accumulation of dampness manifesting as edema.
 - Because the Spleen governs the four extremities, the edema will be more pronounced there.
 - The accumulation of dampness makes the body and extremities feel heavy, and the tongue coating appear slippery.
 - The superficial nature of the pulse reflects the location of the disorder in the skin.
 - The battle between the constrained Yang Qi and dampness in the exterior becomes visible as fibrillations in the skin and superficial muscles.

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Fang Ji Fu Ling Tang (stephania and poria decoction)
防己茯苓汤

- **Composition**

- **Chief**

- Fu Ling (Poria) 18g
- Han Fang Ji (Stephaniae tetrandrae Radix) 9g

- **Deputy**

- Gui Zhi (Cinnamomi Radmulus) 9g

- **Assistant**

- Huang Qi (Astragali Radix) 6g

- **Envoy**

- Gan Cao (Glycyrrhizae Radix) 6g

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Fang Ji Fu Ling Tang (stephania and poria decoction)
防己茯苓汤

- **Analysis of Formula**

- The chief

- Fu Ling filters out dampness to reduce swelling while also strengthening the Spleen to support the normal Qi; It thus attends to both the root and branch at the same time.
- Han Fang Ji promotes urination and bowel movement to eliminate water-dampness. In combination with Fu Ling, it focuses the formula's action on reducing the skin edema.

- The deputy

- Gui Zhi unblocks the Yang, improves the transformation of Qi, and moves water via the urine to facilitate the reduction of edema.

- The assistant

- Huang Qi augments the Qi and strengthens the Spleen.

- The envoy

- Gan Cao regulates and harmonizes the function of all the ingredients.

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Fang Ji Fu Ling Tang (stephania and poria decoction)
防己茯苓汤

- **Key Point of diagnosis**
 - Edema that most pronounced in the extremities, a white, slippery tongue coating, and a superficial pulse.
- **Caution and contraindication**
 - Should not be used for skin edema accompanied by heat constraint. It is also unsuitable for the treatment of edema in the interior characterized by generalized edema and a submerged pulse.
- **Modification**
 - For more severe Spleen deficiency: + Dang Shen;
 - For Kidneys Yang deficiency: + Zhi Fu Zi; Yin Yang Huo;
 - For severe edema: + Ze Xie; Zhu Ling;

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Fang Ji Fu Ling Tang (stephania and poria decoction)
防己茯苓汤

- Vs. Fang Ji Huang Qi Tang (Stephania and Astragalus Decoction)
 - Both formulas eliminate water from the exterior of the body.
 - Fang Ji Huang Qi Tang focuses **more strongly on strengthening the Qi of the Tai Yin**; it thus eliminates dampness **not only from the limbs**, but also from the **interior of the body**. The **Qi deficiency** treated by this formula manifests as **sweating** and **aversion to wind**;
 - Fang Ji Fu Ling Tang **warms and opens the yang to improve the Qi transformation within the Tai Yang meridian**. It **focuses entirely on the exterior**. **Yang deficiency** treated by Fang Ji Fu Ling Tang manifests as **a cold body without subjective aversion to wind**. 92

Fang Ji Fu Ling Tang (stephania and poria decoction)
防己茯苓汤

- Vs. Wu Pi San (Five-Peel powder)
 - Fang Ji Fu Ling Tang **warms and opens the Yang to improve Qi transformation within the Tai Yang meridian**; It is used for cases of **skin edema** where **protective Yang is deficient** and where fire no longer transforms water, as reflected in fibrillations in the skin and superficial muscles.
 - Wu Pi San focuses on the **Tai Yin meridian and on resolving dampness and regulating the Qi**. It is indicated for cases where the **dampness and Qi stagnation are relatively strong, but the deficiency is mild**.

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Formulas that promote urination & drain dampness

- Section 3 Formulas that promote urination & drain dampness (5 types)
 - **Wu Ling San** (Five-Ingredient Powder with Poria)
 - **Zhu Ling Tang** (Polyporus Decoction)
 - **Wu Pi San** (Five-Peel Powder)
 - Fang Ji Huang Qi Tang (Stephania and astragalus decoction)
 - Fang Ji Fu Ling Tang (stephania and poria decoction)

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Formulas that promote urination & drain dampness

Study Guideline

- 1. The indications and ingredients of Wu Ling San.
- 2. The difference between Wu Ling San and Bai Hu Tang.
- 3. The difference between Wu Ling San and Xiao Qing Long Tang.
- 4. The indications and ingredients of Zhu Ling Tang.
- 5. The difference between Wu Ling San and Zhu Ling Tang.
- 6. The indications and ingredients of Wu Pi San.
- 7. The difference between Wu Pi San and Wu Pi Yin.
- 8. The difference between Wu Pi San and Wu Ling San.
- 9. The indications of Fang Ji Huang Qi Tang.
- 10. The difference between Fang Ji Huang Qi Tang and Ma Huang Jia Zhu Tang.
- 11. The indications of Fang Ji Fu Ling Tang.
- 12. The difference between Fang Ji Huang Qi Tang and Fang Ji Fu Ling Tang.
- 13. The difference between Fang Ji Fu Ling Tang and Wu Pi Yin.

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Section 4 Formulas that warm and transform dampness

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Formulas that warm and transform dampness

- The formulas in this section are used in treating patterns of dampness caused by cold, or where cold and dampness clump together.
- The reasons for this may be Yang deficiency or invasion of cold-dampness from the outside.
- When the Kidney Yang is deficient and its Qi loses the ability to transform water, the water becomes pathogenic by overflowing and causing edema, or stagnant and giving rise to dampness.
- Symptoms include urinary difficulty, edema, and lower abdominal numbness.
- Spleen Yang deficiency can give rise to similar problems.

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Formulas that warm and transform dampness

- Cold-dampness, which has many etiologies, tends to settle in the lower parts of the body.
- It may lodge in the Intestines, manifesting as thin mucus; or it may cause cloudy painful urinary dribbling, leg Qi, or various types of edema.

脚气〔脚气〕 *jiǎo qì, leg qì* [*leg tʃi*]: A disease characterized by numbness, pain, limpness, and in some cases any of a variety of possible signs such as hypertonicity or swelling, withering, redness and swelling of the calf, heat effusion, and in advanced stages by abstraction of spirit-mind, heart palpitations, panting, oppression in the chest, nausea and vomiting, and deranged speech. **Leg qì** arises when externally contracted damp evil and wind toxin or accumulating dampness due to damage by excessive consumption of rich food engenders heat and pours down into the legs. Chest and abdominal signs are attributed to **leg qì** surging into the heart (脚气冲心 *jiǎo qì chōng xīn*). In Western medicine **leg qì** corresponds to beriberi, which is attributed to vitamin B₁ deficiency.

Formulas that warm and transform dampness

- To treat cold-dampness, the formulas in this chapter rely on chief herbs that warm the Yang and promote the resolution of dampness such as **Gui Zhi** (Cinnamomi Ramulus), **Zhi Fu Zi** (Aconiti Radix lateralis preparata), **Fu Ling** (Poria), and **Bai Zhu** (Atractylodis macrocephalae Rhizoma).

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Formulas that warm and transform dampness

- Depending on the pattern, they may be combined with deputies and assistants that strengthen the Spleen and tonify the Kidneys, or that regulate the Qi.
 - Herbs that strengthen the Spleen and tonify the Kidneys
 - Yi Zhi Ren (Alpiniae oxyphyllae Fructus)
 - Bai Zhu (Atractylodis macrocephalae Rhizoma)
 - Gan Cao (Glycyrrhizae Radix)
 - Da Zao (Jujubae Fructus)
 - Zhi Fu Zi (Aconiti Radix lateralis preparata).
 - Kidney and Spleen Yang is essential in supporting the body's water metabolism and, in turn, is easily damaged by cold-dampness. This makes it essential to ensure its vitality.
 - Herbs that regulate the Qi, like **Hou Po** (Magnoliae officinalis Cortex), **Wu Yao** (Linderae Radix), **Mu Xiang** (Aucklandiae Radix), **Chen Pi** (Citri reticulatae Pericarpium), or **Da Fu Pi** (Arecae Pericarpium), are used to open the Qi dynamic in order to facilitate the dispelling of dampness.

Formulas that warm and transform dampness

– Section 4 Formulas that warm and transform dampness (7 types)

- **Zhen Wu Tang** (True Warrior Decoction)
- **Du Huo Ji Sheng Tang** (Angelica Pubescens and Sangjisheng Decoction)
- **Gui Zhi Shao Yao Zhi Mu Tang** (Cinnamon Twig, Peony, and Anemarrhena Decoction)
- **Juan Bi Tang** (Remove Painful Obstruction Decoction from Medical Revelations)
- **Qiang Huo Sheng Shi Tang** (Notopterygium Decoction to Overcome Dampness)
- **Bi Xie Fen Qin Yin** (dioscorea hypoglauca decoction to separate the clear)
- **Shi Pi Yin** (Bolster the spleen decoction)

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Zhen Wu Tang (True Warrior Decoction) 真武汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Warms the Yang and promotes urination;
- **Indications:**
 - 1. **Kidney Yang deficiency, or Spleen and Kidney Yang deficiency, with retention of pathogenic water** marked by **abdominal pain** that is aggravated by cold, **urinary difficulty**, and deep aching and heaviness in the extremities. There may also be **generalized edema**, loose stools, dizziness, heavy sensation in the head, **palpitations**, coughing, and vomiting. The tongue is pale or dark and swollen with tooth marks, and has a **white, slippery coating**. **The pulse tends to be submerged, thin, and forceless.**

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Zhen Wu Tang (True Warrior Decoction)
真武汤

- 2. **Externally-contracted disorders at the Tai Yang meridian** marked by sweating that does not reduce the fever, palpitations in the epigastrium, dizziness, generalized twitching, the patient feeling unstable on their feet as if they were about to fall, a white, slippery tongue coating, and a submerged, thin, and forceless pulse.

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Zhen Wu Tang (True Warrior Decoction)
真武汤

- **Pathological analysis**

- 1. Kidney Yang deficiency, or Spleen and Kidney Yang deficiency, with retention of pathogenic water.
 - The kidneys are the Yin organ associated with water and fire.
 - They control the process of water metabolism and urination.
 - When the true Yang is deficient, the Kidney Qi loses its ability to transform water, which thereupon accumulates as pathogenic water in the lower Jiao where it causes urinary difficulty.
 - Because this obstructs the Qi, it causes abdominal pain that is aggravated by cold.
 - The kidneys are the root of the body's Yang Qi and support the generative and transforming processes of the other organs.
 - For this reason, Kidney Yang deficiency is often accompanied by Spleen Yang deficiency.
 - The Spleen governs the transformation and transportation of water and dampness.

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Zhen Wu Tang (True Warrior Decoction)

真武汤

- The inability of the Spleen Yang to transport water leads to various problems associated with the retention of pathogenic water and dampness. They may flood or spill over into the flesh and skin, producing generalized edema with deep aching and heaviness in the extremities.
- In the Intestines, this may cause loose stools.
- Water and dampness prevent the clear Yang from ascending and the turbid Yin from descending. This veils the sensory orifices and produces dizziness and a heavy sensation in the head.
- Internal accumulation of cold-dampness obstructs the flow of water and Qi and causes abdominal pain. When pathogenic water ascends and affects the Heart, it causes epigastric palpitations;

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Zhen Wu Tang (True Warrior Decoction)

真武汤

- When it attacks the Lungs, it disrupts the Lung Qi and produces coughing;
- When it attacks the middle Jiao, it disturbs the Spleen and Stomach and causes vomiting and diarrhea.
- The pale or dark swollen tongue with tooth marks, the white, slippery tongue coating, and the submerged, thin, and forceless pulse are signs of Yang deficiency with internal retention of pathogenic water and dampness.

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Zhen Wu Tang (True Warrior Decoction)
真武汤

- 2. Externally-contracted disorders at the Tai Yang meridian.
 - When sweating does not alleviate the fever, the continuous loss of fluids causes the body to wither and severely depletes the Yang Qi.
 - This deprives the sinews and flesh of nourishment, and the channels and extremities of warmth.
 - As a result, a generalized twitching of the muscles may be observed.
 - The patient also feels weak and unstable, as if she were about to fall.
 - This sensation may range from lightheadedness and positional vertigo to severe dizziness even when lying down.

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Zhen Wu Tang (True Warrior Decoction)
真武汤

- **Composition**
 - **Chief**
 - Zhi Fu Zi (baked Aconiti Radix lateralis) 9g
 - **Deputy**
 - Bai Zhu (Atractylodis macrocephalae Rhizoma) 6g
 - Fu Ling (Poria) 9g
 - **Assistant**
 - Sheng Jiang (Zingiberis Rhizoma recens) 9g
 - Shao Yao (Paeoniae Radix) 9g

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Zhen Wu Tang (True Warrior Decoction)

真武汤

• Analysis of Formula

- The chief herb, Zhi Fu Zi, hot and acrid, tonifies the fire at the gate of vitality, restores the Kidney Yang, and thereby enables the Kidneys to resume their function of transforming water.
- The deputy, Bai Zhu and Fu Ling, strengthen the Spleen and promote urination. Fu Ling also drains the dampness and pathogenic water that has been retained in the body through the urine.
- The assistant,
 - Sheng Jiang warms and dispels the pathogenic water and thereby strengthens the action of the deputy herbs. It disseminates the Lungs Qi, warms the Stomach, and assists the Chief herb by dispelling the dampness that has overflowed into the flesh and skin.
 - Sheng Jiang, Bai Zhu, and Fu Ling thus reinforce the earth (Spleen/Stomach) to control the water (Kidneys), thereby indirectly assisting Zhi Fu Zi in warming and strengthening the Kidney Yang.
 - Shao Yao preserves the Yin and alleviates pain. It prevents the dry, hot herbs that promote urination from injuring the Yin.

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Zhen Wu Tang (True Warrior Decoction)

真武汤

• Key Point of diagnosis

- Abdominal pain, urinary difficulty, generalized edema, palpitations, a white, slippery coating. The pulse tends to be submerged, thin, and forceless.

• Caution and contraindication

- Contraindicated in case of pregnancy.

• Modification

- For more pronounced Spleen Yang deficiency with diarrhea: — Bai Shao; + Gan Jiang;
- For coughing: + Wu Wei Zi; Xi Xin; Gan Jiang;
- For urinary frequency: — Fu Ling;
- For palpitations due to source Qi deficiency: + Ren Shen;
- For palpitations, wheezing, or coughing with copious, water sputum: + Xi Xin; Wu Wei Zi;
- For unremitting spontaneous sweating due to Yang deficiency and instability of the exterior: + Ren Shen; Huang Qi; Wu Wei Zi;
- For vomiting due to retention of pathogenic water in the Stomach with no signs of lower Jiao dysfunction: — Zhi Fu Zi to avoid irritation of the ST; increase the dosage of Sheng Jiang;
- For painful obstruction of the chest: + Gua Lou Ren; Xie Bai; Gui Zhi; Dan Shen;
- For improper purging that has injured the SP Yang and caused abdominal distention: + Hou Po; Cao Dou Kou; Ze Xie;

Zhen Wu Tang (True Warrior Decoction)

真武汤

- For leukorrhea due to cold-dampness: + Gui Zhi; Dang Shen;
- For urinary difficulty, aching and heaviness in the extremities, and edema: take with Wu Ling San or Fang Ji Huang Qi Tang;
- For edema due to chronic nephrotic syndrome: + Dang Shen; Sha Ren; Du Zhong; Tu Si Zi; Yin Yang Huo;
- For edema due to chronic heart failure with Yang deficiency: + Che Qian Zi; Ze Xie; Guang Fang Ji;
- For ascites due to LV cirrhosis with SP and KD Yang deficiency: + Dang Shen; Huang Qi; Ba Ji Tian; Hu Lu Ba; Lu Jiao Jiao;
- For rheumatoid arthritis: + Gui Zhi; Dang Shen;
- For chronic bronchitis with SP and KD Yang deficiency: substitute Gan Jiang for Sheng Jiang;

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Zhen Wu Tang (True Warrior Decoction)

真武汤

• Clinic use

- Disorders marked by edema and other types of swellings such as congestive heart failure, chronic glomerulonephritis, hyperaldosteronism, hypothyroidism, ascites from cirrhosis, Menere's disease, chronic pelvic inflammatory disease with effusion, and rheumatoid arthritis with joint effusion.
- Disorders marked by dizziness such as hypertension, orthostatic hypotension, carbon monoxide poisoning, basilar insufficiency, and postconcussion syndrome.
- Disorders marked by pain such as osteoarthritis, sciatica, lumbar disc disease, piriformis syndrome, trigeminal neuralgia, and postconcussion headache.
- Chronic bronchitis, corpulmonare, essential tremors, facial tics, prostatitis, benign prostatic hypertrophy, allergic rhinitis, chronic sinusitis, scrotal eczema, and prolapsed uterus.

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Du Huo Ji Sheng Tang (Angelica Pubescens and Sangjisheng Decoction) 独活寄生汤

- **Source:** Important Formulas Worth a Thousand Gold Pieces (650)
- **Actions:** Expels wind-dampness, disperses painful obstruction, and tonifies deficiency;
- **Indications:** Painful obstruction with Liver and Kidney deficiency marked by heavy and painful sensations at fixed locations in the lower back and lower extremities accompanied by weakness and stiffness or hypertonicity and immobility, and an aversion to cold and attraction to warmth, palpitations, shortness of breath, a pale tongue with a white coating, and a thin, weak, slow pulse. There may also be paresthesias or numbness.

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Du Huo Ji Sheng Tang (Angelica Pubescens and Sangjisheng Decoction) 独活寄生汤

- **Pathological analysis**
 - The lower back and lower extremities are the province of the Kidneys.
 - The knees are the province of the sinews and are therefore associated with the Liver.
 - Chronic painful obstruction can lead to deficiency in these organs.
 - Individuals with Liver and Kidney deficiency are especially prone to problems with the joints in the Lower extremities.
 - Kidney Yang deficiency is often involved, which is manifested in the aversion to cold and attraction to warmth, palpitations, shortness of breath, pale tongue, and thin, weak pulse.
 - This condition is commonly due to cold-predominant painful obstruction, which is indicated by the fixed pain, white tongue coating, and slow pulse.

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Du Huo Ji Sheng Tang (Angelica Pubescens and Sangjisheng Decoction) 独活寄生汤

- **Composition**
 - **Chief**
 - Du Huo (Angelicae pubescentis Radix) 9g
 - **Deputy**
 - Xi Xin (Asari Herba) 6g
 - Fang Feng (Saposhnikoviae Radix) 6g
 - Qin Jiao (Gentianae macrophyllae Radix) 6g
 - **Assistant**
 - Sang Ji Sheng (Taxilli Herba) 6g
 - Du Zhong (Eucommiae Cortex) 6g
 - Niu Xi (Achyranthis Radix) 6g
 - Rou Gui (Cinnamomi Cortex) 6g
 - Dang Gui (Angelicae Radix) 6g
 - Chuan Xiong (Chuanxiong Rhizoma) 6g
 - Sheng Di Huang (Rehmanniae Radix) 6g
 - Bai Shao (Paeoniae Radix alba) 6g
 - Ren Shen (Ginseng Radix)
 - Fu Ling (Poria) 6g
 - **Envoy:** Gan Cao (Glycyrrhizae Radix) 6g

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Du Huo Ji Sheng Tang (Angelica Pubescens and Sangjisheng Decoction) 独活寄生汤

- **Analysis of Formula**
 - The chief herb, Du Huo, expels wind, dampness, and cold from the lower Jiao, bones, and sinews.
 - The deputy
 - Xi Xin scatters cold in the channels and scours out wind-dampness from the sinews and bones to stop the pain.
 - Fang Feng expels the wind and overcomes dampness.
 - Qin Jiao relaxes the sinews and expels the wind and dampness.

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Du Huo Ji Sheng Tang (Angelica Pubescens and Sangjisheng Decoction) 独活寄生汤

– The assistant

- Sang Ji Sheng, Du Zhong, and Niu Xi expel wind-dampness and tonify the LV and KD.
- Niu Xi also serves as an envoy and directs the actions of the other herbs toward the lower extremities.
- Rou Gui warms and unblocks the channels and fortifies the Yang. It thereby opens up the lower back and is an important herb for treating lower back pain.
- Dang Gui, Chuan Xiong, Sheng Di Huang, and Bai Shao serve the important function of nourishing and invigorating the blood.
- Ren Shen and Fu Ling strengthen the Spleen.

– The envoy

- Zhi Gan Cao tonifies the Middle Qi and harmonizes the actions of the other herbs in the formula.

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Du Huo Ji Sheng Tang (Angelica Pubescens and Sangjisheng Decoction) 独活寄生汤

- **Key Point of diagnosis**
 - Heavy and painful sensations at fixed locations in the lower back and lower extremities accompanied by weakness and stiffness or hypertonicity and immobility, palpitations, shortness of breath, a thin, weak, slow pulse.
- **Caution and contraindication**
 - Contraindicated for painful obstruction marked by strong excess conditions or damp-heat.
- **Modification**
 - For severe pain: + Bai Hua She; Di Long; Hong Hua;
 - For severe cold: + Zhi Fu Zi; Gan Jiang;
 - For severe dampness: + Guang Fang Ji; Cang Zhu;
 - For signs of only mild deficiency: — Ren Shen; Bai Shao; Sheng Di Huang;
 - For sequelae of poliomyelitis: + San Qi, Wei Ling Xian; Mu Gua;
- **Clinic use**
 - Osteoarthritis, rheumatoid arthritis, sciatica, peri-arthritis of the shoulder, lumbar disc disease, postpolio syndrome, temporomandibular joint dysfunction, and eczema.

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Gui Zhi Shao Yao Zhi Mu Tang (Cinnamon Twig, Peony, and Anemarrhena Decoction) 桂枝芍药知母汤

- **Source:** Essentials from the Golden Cabinet (c. 220)
- **Actions:** Unblocks the flow of Yang Qi, promotes movement (in areas with painful obstruction), dispels wind, eliminates dampness, and clears heat;
- **Indications:** Recurrent wind-cold-damp painful obstruction in which localized constraint generates heat manifested by swollen and painful joints (especially of the lower extremities) that are warm to the touch and worsen at night, reduced range of motion in the affected joints, chills, absence of sweating, weight loss, headache, dizziness, shortness of breath, a feeling as if one wants to vomit, a white, greasy tongue coating, and a wiry, slippery pulse.

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Gui Zhi Shao Yao Zhi Mu Tang (Cinnamon Twig, Peony, and Anemarrhena Decoction) 桂枝芍药知母汤

- **Pathological analysis**
 - Wind-cold-damp painful obstruction with constraint heat causes swollen, painful joints that are warm to the touch.
 - Heat from constraint tends to worsen at night when the Yin is waxing.
 - At this level of disease, the heat from constraint is confined to the affected joints and produce systemic heat signs.
 - When dampness has no way to exit from the body, it tends to accumulate in the lower extremities where it causes edema, stiffness, and a reduced range of motion in the joints.
 - Wind, on the other hand, moves upward, causing headaches and dizziness.
 - When it invades the ST, it causes the ST Qi to rebel, producing a feeling as if one wants to vomit.

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Gui Zhi Shao Yao Zhi Mu Tang (Cinnamon Twig, Peony,
and Anemarrhena Decoction) 桂枝芍药知母汤

- At this stage there is a predisposition toward internal dampness, indicated by a white, greasy tongue coating and a slippery pulse.
- The chronic nature of the disorder and the obstruction of the Qi dynamic that this involves leads to a loss of appetite and weight.
- The wiry pulse is a sign of pain and constraint.

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Gui Zhi Shao Yao Zhi Mu Tang (Cinnamon Twig, Peony,
and Anemarrhena Decoction) 桂枝芍药知母汤

• **Composition**

– **Chief**

- Gui Zhi (Cinnamomi Ramulus) 12g

– **Deputy**

- Ma Huang (Ephedrae Herba) 6g
- Zhi Fu Zi (baked Aconiti Radix lateralis) 15g
- Zhi Mu (Anemarrhenae Rhizoma) 12g
- Bai Shao (Paeoniae Radix) 9g

– **Assistant**

- Bai Zhu (Atractylodis macrocephalae Rhizoma) 15g
- Fang Feng (Saposhnikoviae Radix) 12g

– **Envoy**

- Sheng Jiang (Zingiberis Rhizoma recens) 15g
- Gan Cao (Glycyrrhizae Radix) 6g

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Gui Zhi Shao Yao Zhi Mu Tang (Cinnamon Twig, Peony,
and Anemarrhena Decoction) 桂枝芍药知母汤

• **Analysis of Formula**

- The chief herb, Gui Zhi, warms and unblocks the channels.
- The deputy
 - Ma Huang strengthens the actions of Gui Zhi and relieves the pain.
 - Zhi Mu and Bai Shao clear heat and prevent injury to the Yin by recurrent painful obstruction.
 - The combination of Gui Zhi and Bai Shao harmonizes the functions of the protective and nutritive Qi.
 - The combination of Gui Zhi and Zhi Mu effectively resolve heat from constraint in the joints.
 - Zhi Fu Zi warms the channels, dispels cold and then relieves the pain.

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Gui Zhi Shao Yao Zhi Mu Tang (Cinnamon Twig, Peony,
and Anemarrhena Decoction) 桂枝芍药知母汤

- The assistant
 - Bai Zhu works with Gui Zhi to unblock the flow of Yang Qi and leach out dampness.
 - Fang Feng strengthens the formula's function of expelling wind and dampness.
- The envoy
 - Sheng Jiang, warm and acrid, strengthens the spreading and mobilizing actions of the other herbs.
 - Zhi Gan Cao harmonizes the actions of the other herbs and regulates the functions of the Middle Jiao.

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Gui Zhi Shao Yao Zhi Mu Tang (Cinnamon Twig, Peony,
and Anemarrhena Decoction) 桂枝芍药知母汤

- **Key Point of diagnosis**
 - Swollen and painful joints (especially of the lower extremities) that are warm to the touch and worsen at night, a feeling as if one wants to vomit.
- **Caution and contraindication**
 - Contraindicated in case of Yin deficiency or fullness due to Qi stagnation.
- **Modification**
 - For severe pain and restricted movement that responds favorably to warmth: increase the dosage of Zhi Fu Zi and Ma Huang;
 - For a heavy sensation throughout the body which is especially severe in the affected joints: increase the dosage of Bai Zhu;
 - For symptoms that worsen at night: substitute Chi Shao for Bai Shao;
 - For pronounced heat in the joints: increase the dosage of Shao Yao and Zhi Mu; + Sang Zhi; Ren Dong Teng;
 - For Qi deficiency: + Huang Qi;
 - For blood and Yin deficiency: + Sheng Di Huang; Niu Xi;
 - For more severe dampness: + Yi Yi Ren; Cang Zhu;
 - For damp-heat: + Shi Gao; Huang Bai;
 - For blood stasis: + Ru Xiang; Mo Yao;

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Gui Zhi Shao Yao Zhi Mu Tang (Cinnamon Twig, Peony,
and Anemarrhena Decoction) 桂枝芍药知母汤

- **Clinic use**
 - Rheumatoid arthritis, connective tissue disorders, gouty arthritis, psoriatic arthritis, periartthritis of the shoulder, sciatica, deep vein thrombosis, erythema nodosum, and corpulmonare.

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Gui Zhi Shao Yao Zhi Mu Tang (Cinnamon Twig, Peony, and Anemarrhena Decoction) 桂枝芍药知母汤

- Vs. Bai Hu Tang (White Tiger Decoction)
 - Bai Hu Tang is indicated for hot painful obstruction with symptoms of systemic heat.
 - Gui Zhi Shao Yao Zhi Mu Tang is indicated for damp painful obstruction that has transformed into systemic heat.

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Juan Bi Tang (Remove Painful Obstruction Decoction from Medical Revelations) 蠲痹汤

- **Source:** Yang Family Formulas (1178)
- **Actions:** Tonifies and harmonizes the protective and nutritive Qi, dispels wind, and eliminates dampness;
- **Indications:** Painful obstruction in a patient with deficiency of Qi and blood manifested by a generalized sensation of heaviness in the body, stiffness in the neck, shoulder, and upper back, numbness in the extremities, difficulty in moving, a white tongue coating, and a moderate pulse.

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Juan Bi Tang (Remove Painful Obstruction Decoction from Medical Revelations) 蠲痹汤

• **Pathological analysis**

- As a Yang pathogen, wind tends to invade more easily if one's nutritive Qi or blood is already deficient.
- Dampness, a Yin pathogen, invades if Qi is deficient.
- Moreover, wind dries the blood even further, while dampness obstructs the Qi dynamic.
- When the circulation of Qi and blood are impeded, pain, stiffness, and numbness result.
- In painful obstruction, the impediment is located at the level of the channels and collaterals; thus there are no signs of internal illness.
- The presence of wind means that most symptoms are located in the upper body, that is, the back and neck.
- Dampness, on the other hand, causes stiffness, heaviness, and restricted movement.

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Juan Bi Tang (Remove Painful Obstruction Decoction from Medical Revelations) 蠲痹汤

• **Composition**

- **Chief**
 - Qiang Huo (Notopterygii Rhizoma seu Radix) 45g
 - Fang Feng (Saposhnikoviae Radix) 45g
- **Deputy**
 - Jiu Xi Dang Gui (wine-washed Angelicae sinensis Radix) 45g
 - Shao Yao (Paeoniae Radix alba) 45g
 - Mi Zhi Huang Qi (honey-prepared Astragali Radix) 45g
- **Assistant**
 - Jiang Huang (Curcumae longae Rhizoma) 45g
- **Envoy**
 - Zhi Gan Cao (Glycyrrhizae Radix preparata) 15g
 - Sheng Jiang (Zingiberis Rhizoma recens) 5pcs
 - Da Zao (Jububae Fructus) 3pcs

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Juan Bi Tang (Remove Painful Obstruction Decoction from Medical Revelations) 蠲痹汤

• **Analysis of Formula**

- The chief
 - Qiang Huo is specific for dispelling wind-dampness from the upper body;
 - Fang Feng opens the Yang and dispels dampness without being too drying.
- The deputy
 - Dang Gui and Shao Yao nourish the blood and harmonize the nutritive Qi, thereby facilitating the dispelling of the pathogenic Qi. They also prevent the acrid and drying nature of the Chief herbs from damaging the blood;
 - Huang Qi augments the Qi and firming up the protective Qi; in combination with Fang Feng, it dispels wind-dampness, while in combination with Dang Gui and Shao Yao, it harmonizes the nutritive and protective Qi.

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Juan Bi Tang (Remove Painful Obstruction Decoction from Medical Revelations) 蠲痹汤

- The assistant
 - Jiang Huang invigorates the blood and moves the Qi. It is specific for spasms and pain in the shoulders and upper arms. Together with Shao Yao and Dang Gui, it helps regulate the blood in accordance with the adage that, “To treat wind, one must first treat the blood, because when the blood moves, the wind is naturally extinguished.”
- The envoy
 - Gan Cao augments the Qi and harmonizes the functions of the other herbs.
 - Da Zao and Sheng Jiang harmonize the nutritive and protective Qi, enhances the formula’s ability to dispel wind and dampness.

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Juan Bi Tang (Remove Painful Obstruction Decoction from Medical Revelations) 蠲痹汤

- **Key Point of diagnosis**
 - Generalized sensation of heaviness in the body, stiffness, difficulty in moving, a white tongue coating.
- **Caution and contraindication**
 - It is not indicated for patterns of wind-damp-heat painful obstruction.
- **Modification**
 - For severe cold: + Gui Zhi; Xi Xin;
 - For more severe dampness: + Cang Zhu; Han Fang Ji; Yi Yi Ren;
 - For paraesthesia and numbness, indicating that the vessels and collaterals are blocked: increase the dosage of Huang Qi; + Gui Zhi; Quan Xie;
- **Clinic use**
 - Periarthritis of the shoulder and rheumatoid arthritis.

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Qiang Huo Sheng Shi Tang (Notopterygium Decoction to Overcome Dampness) 羌活胜湿汤

- **Source:** Clarifying Doubts about Damage from Internal and External Causes (1247)
- **Actions:** Expels wind and dampness;
- **Indications:** Painful obstruction with wind-dampness being predominant marked by a heavy and painful head, generalized sensation of heaviness, back pain or generalized pain, stiffness of the neck, difficulty in rotating or bending the trunk, mild fever, chills, a white tongue coating, and a floating pulse.

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Qiang Huo Sheng Shi Tang (Notopterygium Decoction to Overcome Dampness) 羌活胜湿汤

• **Pathological analysis**

- The invasion is into the muscle layer and channels only.
- It is commonly found in those who have caught cold after sweating profusely or who live in a damp environment.
- The chills, fever, and floating pulse indicate an exterior condition.
- Wind and dampness clog the interstices and pores and move upward to attack the head, where they cause heaviness and pain.
- The Tai Yang channel, the most superficial of the channels, controls the exterior level of the body, so when the pathogen mostly resides here, the shoulders and upper back will be painful and the muscles along the spine and in the neck will be stiff.
- The body may also feel heavy, with difficulty rotating the trunk.

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Qiang Huo Sheng Shi Tang (Notopterygium Decoction to Overcome Dampness) 羌活胜湿汤

- If the pathogen resides mainly in the Shao Yang and Jue Yin channels, the patient will frequently be frightened when lying down, as dampness constrains the movement of Qi in those channels, making them deficient.
- Since the condition is superficial, it does not affect the tongue and the coating remains a normal white.

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Qiang Huo Sheng Shi Tang (Notopterygium Decoction to Overcome Dampness) 羌活胜湿汤

- **Composition**

- **Chief**

- Qiang Huo (Notopterygii Rhizoma seu Radix) 3g
- Du Huo (Angelicae pubescentis Radix) 3g

- **Deputy**

- Gao Ben (Ligustici Rhizoma) 1.5g
- Fang Feng (Saposhnikoviae Radix) 1.5g

- **Assistant**

- Chuan Xiong (Chuanxiong Rhizoma) 1.5g
- Man Jing Zi (Viticis Fructus) 0.9g

- **Envoy**

- Gan Cao (Glycyrrhizae Radix) 1.5g

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Qiang Huo Sheng Shi Tang (Notopterygium Decoction to Overcome Dampness) 羌活胜湿汤

- **Analysis of Formula**

- The chief

- Qiang Huo expels wind-dampness from the upper reaches of the Tai Yang channel.
- Du Huo expels wind-dampness from the lower reaches of this channel.

- The deputy

- Gao Ben and Fang Feng expel wind and dampness from the exterior aspect of the Tai Yang channel, and reinforce the actions of Qiang Huo, especially its ability to treat headache.

- The assistant

- Chuan Xiong treats the headache and invigorates the blood, which helps relieve the generalized heaviness and pain.
- Man Jing Zi treats the headache.

- The envoy

- Gan Cao regulates and harmonizes the function of all the ingredients.

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Qiang Huo Sheng Shi Tang (Notopterygium Decoction to Overcome Dampness) 羌活胜湿汤

- **Key Point of diagnosis**
 - Heavy and painful head, generalized sensation of heaviness, back pain or generalized pain, a white tongue coating, and a floating pulse.
- **Caution and contraindication**
 - Use with caution in patients with constitutional Yin deficiency, or for any condition with heat.
- **Modification**
 - For cold-dampness obstructing the channels with heaviness of the body and lower back: + Han Fang Ji;
 - For hot, painful joints: + Cang Zhu; Huang Bai; Han Fang Ji; Yi Yi Ren;
 - For severe cases: + Zhi Fu Zi;
- **Clinic use**
 - Upper respiratory tract infection, rheumatic fever, and tension headache.

Qiang Huo Sheng Shi Tang (Notopterygium Decoction to Overcome Dampness) 羌活胜湿汤

- Vs. Jiu Wei Qiang Huo Tang (Nine-Herb Decoction with Notopterygium)
 - Both formulas treat systemic wind-dampness.
 - Qiang Huo Sheng Shi Tang focuses **less on releasing the exterior**, it is indicated for conditions with **mild exterior symptoms** and **relatively severe generalized pain and heaviness**.
 - Jiu Wei Qiang Huo Tang is **better for treating wind-cold-dampness fettering the exterior** accompanied by heat from constraint in the interior, characterized by aversion to cold with fever, a bitter taste in the mouth, and slight thirst.

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Bi Xie Fen Qin Yin (dioscorea hypoglauca decoction to separate the clear) 萹薺分清飲

- **Source:** Yang Family Formulas (1178)
- **Actions:** Warms the Kidneys, promotes the resolution of dampness, separates out the clear, and transforms the turbid;
- **Indications:** Cloudy painful urinary dribbling (膏淋, Gao Lin) due to cold from deficiency in the lower Jiao, which causes turbid dampness to pour downward marked by urinary frequency with cloudy, dense, milky (resembling rice water), or greasy urine, pale tongue and white coating, deep pulse.

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Bi Xie Fen Qin Yin (dioscorea hypoglauca decoction to separate the clear) 萹薺分清飲

- **Pathological analysis**
 - When the Kidney Qi is deficient and weak, it is unable to stabilize or restrain the water, and thus fails to assist the UB in retaining the urine.
 - This leads to frequent urination.
 - The turbid, pale, or whitish appearance of the urine is due to KD and UB Yang unable to separate the clear from the turbid in water.
 - However, it also involves deficiency of the middle Jiao, which is dependent on the KD Yang for its functioning.

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Bi Xie Fen Qin Yin (dioscorea hypoglauca decoction to separate the clear) 萹薺分清飲

- **Composition**

- **Chief**

- Bi Xie (Dioscoreae hypoglaucae Rhizoma) 9-12g

- **Deputy**

- Yi Zhi Ren (Alpiniae oxyphyllae Fructus) 9g

- **Assistant**

- Wu Yao (Linderae Radix) 9g
- Shi Cang Pu (Acori tatarinowii Rhizoma) 9g

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Bi Xie Fen Qin Yin (dioscorea hypoglauca decoction to separate the clear) 萹薺分清飲

- **Analysis of Formula**

- The chief

- Bi Xie, bitter and neutral, enters the UB, LV, and ST channels. It excels at eliminating dampness by promoting the separation of the turbid from the pure fluids and directing the turbid fluids through the UB. It is thus one of the most important herbs in the treatment of cloudy urinary difficulty or vaginal discharge.

- The deputy

- Yi Zhi Ren, acrid and aromatic, warms the SP and ST to harmonize the middle, and the KD Yang to secure the lower Jiao. It thereby reduces the frequency of urination and stabilizes the Qi. Together, the Chief and Deputy herbs moderate each other's actions so as to restrain the loss of primal Qi in the Lower Jiao, while promoting the expulsion of turbid dampness through the urine and thus eliminate the turbid damp Qi.

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Bi Xie Fen Qin Yin (dioscorea hypoglauca decoction to separate the clear) 萹薺分清飲

- The assistant
 - Wu Yao warms the KD and promotes the movement of Qi and the transformation of water.
 - Shi Chang PU, warm and acrid, transforms turbidity and eliminates dampness and cold from deficiency in the UB.

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Bi Xie Fen Qin Yin (dioscorea hypoglauca decoction to separate the clear) 萹薺分清飲

- **Key Point of diagnosis**
 - Urinary frequency with cloudy, dense, milky (resembling rice water), or greasy urine, pale tongue and white coating, deep pulse.
- **Caution and contraindication**
 - Should not be used in treating cloudy painful urinary dribbling characterized by milky, turbid urine due to an accumulation of damp-heat in the UB.
- **Modification**
 - To strengthen the actions of draining dampness and transforming turbidity: + Fu Ling; Gan Cao;
 - For Qi deficiency of the middle Jiao: + Dang Shen; Bai Zhu; Fu Ling; Zhi Gan Cao;
 - For leukorrhea due to cold-dampness: + Zhi Fu Zi; Rou Gui; Tu Si Zi; Cang Zhu; Fu Ling;
 - For chronic prostatitis with chyluria: + Tu Si Zi; Nv Zhen Zi; Jin Qian Cao; Chen Qian Zi;
- **Clinic use**
 - Chlamydia infection, Chronic prostatitis, nephrotic syndrome, acute exacerbations of chronic pyelonephritis, chronic pelvic inflammatory disease, and trichomoniasis.

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Shi Pi Yin (Bolster the spleen decoction)
实脾饮

- **Source:** Formulas to Aid the Living (1253)
- **Actions:** Warms the Yang, strengthens the Spleen, moves the Qi and promotes urination;
- **Indications:** Yin-type edema due to Spleen and Kidney Yang deficiency marked by generalized edema that is more severe below the waist, cold extremities, chest and abdominal fullness and distention, a heavy sensation in the body, loss of appetite, absence of thirst, scanty urine, semiliquid, unformed stools, a thick, greasy tongue coating, and a submerged, slow or submerged, thin pulse.

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Shi Pi Yin (Bolster the spleen decoction)
实脾饮

- **Pathological analysis**
 - The incapacity of the Yang Qi to transform water leads to internal accumulation of water and dampness.
 - It is the nature of water to descend; when it accumulates, it causes edema that is more severe below the waist. This is almost always pitting edema.
 - When the Yang Qi is deficient, it impedes the ability of the Spleen to warm the extremities.
 - The accumulation of water and dampness obstructs the Qi mechanism, producing chest and abdominal fullness and distention and a heavy sensation in the body.

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Shi Pi Yin (Bolster the spleen decoction)

实脾饮

- Loss of appetite, absence of thirst, scanty urine, semiliquid, unformed stools, the thick, greasy tongue coating, and the submerged, slow or submerged, thin pulse are all manifestations of Spleen and Kidney Yang deficiency and obstruction due to the accumulation of dampness.

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Shi Pi Yin (Bolster the spleen decoction)

实脾饮

- **Composition**

- **Chief**

- Zhi Fu Zi (baked Aconiti Radix lateralis) 30g
- Gan Jiang (Zingiberis Rhizoma preparata) 30g

- **Deputy**

- Fu Ling (Poria) 30g
- Bai Zhu (Atractylodis macrocephalae Rhizoma) 30g

- **Assistant**

- Mu Gua (Chaenomelis Fructus) 30g
- Jiang Chao Hou Po (ginger-fried Magnoliae officinalis Cortex) 30g
- Mu Xiang (Aucklandiae Radix) 30g
- Da Fu Pi (Arecae Pericarpium) 30g
- Cao Guo (Tsaoko Fructus) 30g

- **Envoy**

- Zhi Gan Cao (Glycyrrhizae Radix preparata) 15g
- Sheng Jiang (Zingiberis Rhizoma recens) 5pcs
- Da Zao (Jujubae Fructus) 1pc

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Shi Pi Yin (Bolster the spleen decoction)

实脾饮

- **Analysis of Formula**

- This is a variation of Fu Zi Li Zhong Wan (Aconite Accessory Root Pill to Regulate the Middle) to which herbs that move the Qi, dry dampness, and warm the middle have been added. Focusing on firming the SP.
- The chief
 - Gan Jiang warms and promotes the movement of SP Yang to invigorate the transportive processes in the Middle Jiao, and the SP Yang's ability to transform and transport water and dampness. It is very hot in nature but is not toxic.
 - Zhi Fu Zi, acrid and very hot in nature, tends to travel throughout the body unblocking and promoting the movement of Yang Qi in all twelve channels. It also tonifies the fire at the gate of vitality. It is therefore very effective in overcoming stagnation from the accumulation of Yin (water).
 - Together, Zhi Fu Zi and Gan Jiang work synergistically to warm and nourish the SP and KD, supporting the Yang and⁵¹ curbing the Yin.

Shi Pi Yin (Bolster the spleen decoction)

实脾饮

- The deputy
 - Fu Ling and Bai Zhu strengthen the SP and resolve dampness by promoting urination.
- The assistant
 - Mu Gua revives the SP, transforms dampness, and promote urination to strengthen the SP's transporting and transforming functions.
 - Hou Po, Mu Xiang, Da Fu Pi, Cao Guo, direct the Qi downward, guide out stagnation, transform dampness, and circulate the fluid.
 - Da Fu Pi also promotes the movement of Qi, promotes urination, and reduces edema. Once the circulation of Qi is restored, dampness will be transformed.
- The envoy
 - Zhi Gan Cao, Sheng Jiang and Da Zao regulate and harmonize the other herbs, benefit the SP, and harmonize¹⁵² the Middle Jiao.

Shi Pi Yin (Bolster the spleen decoction)

实脾饮

- **Key Point of diagnosis**
 - Generalized edema that is more severe below the waist, chest and abdominal fullness and distention, a thick, greasy tongue coating, and a submerged, slow or submerged, thin pulse.
- **Caution and contraindication**
 - Contraindicated for the treatment of any kind of Yang-type edema.
- **Modification**
 - For Qi deficiency characterized by shortness of breath, fatigue, and disinclination to talk: + Dang Shen; Huang Qi;
 - For scanty urine and severe edema: + Ze Xie; Zhu Ling;
 - For abdominal distention: + Chen Pi; Sha Ren;
 - In case of proteinuria: + Lu Xian Cao; Qian Shi;
 - For palpitations: increase the dosage of Zhi Fu Zi; + Long Gu; Ci Shi;
 - For painful distention of the Liver area: + Qing Pi; San Leng; E Zhu;
 - For ascites due to Liver cirrhosis: + Dang Shen; Ze Xie; Yu Jin; Chen Pi; ¹⁵³
 - For constipation: + Qian Niu Zi;

Shi Pi Yin (Bolster the spleen decoction)

实脾饮

- **Clinic use**
 - Chronic nephritis, rheumatic valvular heart disease, congestive heart failure, and cirrhosis or other chronic hepatic disorders.

Shi Pi Yin (Bolster the spleen decoction)

实脾饮

- Vs. Zhen Wu Tang (True Warrior Decoction)
 - Both formulas warm the SP and KD and support the Yang in circulating the fluids.
 - Zhen Wu Tang focuses on **warming the KD**. It warms the Yang, preserves the Yin, promotes urination, and relaxes spasms. It is thus a very important formula for treating fluid retention due to Yang deficiency characterized by abdominal pain and shivering.
 - Shi Pi Yin focuses on **warming the SP**. Its ability to support the Yang and dispel cold is slightly stronger than Zhen Wu Tang. It promotes the movement of Qi and transforms stagnation, and is therefore an important formula for treating Yang deficiency edema characterized by chest and abdominal fullness and distention.

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Formulas that promote urination & drain dampness

- Section 4 Formulas that warm and transform dampness (7 types)
 - Zhen Wu Tang (True Warrior Decoction)
 - Du Huo Ji Sheng Tang (Angelica Pubescens and Sangjisheng Decoction)
 - Gui Zhi Shao Yao Zhi Mu Tang (Cinnamon Twig, Peony, and Anemarrhena Decoction)
 - Juan Bi Tang (Remove Painful Obstruction Decoction from Medical Revelations)
 - Qiang Huo Sheng Shi Tang (Notopterygium Decoction to Overcome Dampness)
 - Bi Xie Fen Qin Yin (dioscorea hypoglauca decoction to separate the clear)
 - Shi Pi Yin (Bolster the spleen decoction)

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Study guideline

- 1. Zhen Wu Tang's indications;
- 2. Du Huo Ji Sheng Tang's indications;
- 3. Gui Zhi Shao Yao Zhi Mu Tang's indications;
- 4. The difference between Gui Zhi Shao Yao Zhi Mu Tang and Bai Hu Tang;
- 5. Juan Bi Tang's indications;
- 6. Qiang Huo Sheng Shi Tang's indications;
- 7. The difference between Qiang Huo Sheng Shi Tang and Jiu Wei Qiang Huo Tang;
- 8. Bi Xie Fen Qing Yin's indications
- 9. Shi Pi Yin's indications;
- 10. The difference between Shi Pi Yin and Zhen Wu Tang;