

Herbal Formulas I

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Dryness

- Dryness is one of the six pathogenic Qi.
- It specifically damages the body fluids, which impairs their functions of moistening and providing lubrication the movements of the Qi dynamic.
- Dr. Wu, Jutong differentiated dryness into hot and cold types.
 - In the depth of autumn, the air begins to cool and the west wind is fierce. The externally-contracted condition that people usually get at this time is wind-dryness, a type of cool-dryness. This condition is milder than the wind-cold of winter.
 - If in autumn there are many sunny days and no rain, then the autumnal Yang “basks in the sun” Warm-dryness is commonly contracted at this time, which is a type of “hot-dryness”. It is more severe than the wind-warmth disease of spring.

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Dryness

- The seasonality of dryness in northern China does not, of course, necessarily correspond to its occurrence in other parts of the world.
- Moreover, the widespread use of central heating and air conditioning in modern times has become a common cause of dryness, irrespective of the season or locale.
- Externally-contracted dryness readily injures the Lungs and depletes the fluids.
- In its early stages, in addition to such typical exterior symptoms as fever and chills, there may also be a dry mouth, sore throat, and either a nonproductive cough or one with scanty sputum.

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Dryness

- Opposite of external dryness is internal dryness, which arises from the loss of an organ's essence and depletion of the fluids.
- It is most commonly associated with improper sweating or purging of a serious illness, severe vomiting, excessive urination, overindulgence in sex, or overconsumption of spicy foods.
- The clinical presentation of internal dryness is rather complex and will vary depending on the depth of the condition and which organs are affected.
- The Lungs, Spleen, Kidneys, and Large Intestine are most commonly involved.

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Dryness

- Internal dryness may also be understood from the perspective of the three Jiao:
 - Dryness in the upper Jiao leads to a hacking cough and thirst;
 - Dryness in the Middle Jiao produces vomiting and belching, with an inability to keep food down;
 - Dryness in the lower Jiao causes dry stools or wasting and thirsting disorders.

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Dryness

- Because of the complex relationships among the various organs and body regions, and between the exterior and interior, differentiation of external and internal dryness is not always a simple matter.
- External dryness may affect the interior, the organs may affect each other, and different parts of the body may interact on many levels.
- Such differentiation is especially difficult with the Lungs since external dryness almost immediately injures this organ.

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Dryness

- It is important to differentiate dryness disorders, where dryness is the root, from other types of disorders that cause damage to the fluid metabolism and deprive the body of moisture, but where dryness is just a manifestation.
- These are, on the other hand, **cold and Qi stagnation**, and on the other, **heat and Yin deficiency**.
- Cold and Qi stagnation interfere with the body's ability to disperse and disseminate fluids.
- Because the fluids are not actually damaged, however, dryness in some part of the body will invariably be accompanied by an accumulation or excess of fluids in another.
- With cold dryness, this is also the case, but symptoms of dryness will be significantly more pronounced.

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Dryness

- Yin deficiency and heat imply damage to the body fluids and therefore lead to dryness.
- However, dryness (associated with the Lungs and the Yang Ming) primarily indicates a failure of fluids to accomplish their functions of moistening and harmonizing movement.
- Dry pathologies are thus disorders of the Qi dynamic that manifest as coughing, constipation, or rebellious Qi.
- Yin deficiency, on the other hand, indicates an impairment of the Yin functions of holding and anchoring the Yang, and are thus invariably accompanied by Yang excess.
- Heat disorders, finally, damage to the Yin and fluids in terms of both its pathodynamic and manifestations.

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Formulas that moisten dryness

- Given the differentiation between internal and external dryness, formulas to treat dryness are generally grouped into two broad categories:
 - Those that gently disperse and moisten external dryness;
 - Those that enrich Yin and moisten internal dryness;
- All of these formulas contain enriching, cloying substances that may obstruct the Qi dynamic. They also encourage the development of dampness and should therefore not be used in those with a damp constitution.
- It is also important that they be used with caution (and appropriate modification) in cases with diarrhea due to Spleen deficiency or where there is marked Qi stagnation.

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Section 1 Formulas that disperse and moisten dryness

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Formulas that disperse and moisten dryness

- The formulas in this section are used in treating externally-contracted cool-dryness and warm-dryness.
- Cool-dryness, which results from the contraction of a wind-cold dry pathogen, impairs the Lung's functions of diffusing the Qi and clarifying by directing downward.
- This manifests as chills, headache, and a dry mouth and throat.
- Because patterns of cold-dryness share many characteristics with the more severe wind-cold patterns of winter, they were traditionally referred to as "lesser cold" (次寒, Ci Han).
- Warm-dryness, on the other hand, results from the contraction of dryness in conditions that are warm and where the air lacks moisture.
- It primarily injures the Lung Yang fluids, causing fever, headache, thirst, and irritability. Such patterns share many characteristics with wind-heat patterns but are generally less severe in nature.

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Formulas that disperse and moisten dryness

- The focus of all formulas that gently disperse and moisten dryness is to release the exterior.
- For this purpose, formulas that treat cool-dryness use light, acrid, warming herbs like Zi Su Ye (Perillae Folium), Dan Dou Chi (Sojae Semen preparatum), and Sheng Jiang (Zingiberis Rhizoma recens).
- Formulas that treat warm-dryness use light, acrid, cooling herbs like Sang Ye (Mori Folium) and Bo He (Menthae haplocalycis Herba).

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Formulas that disperse and moisten dryness

- Formulas generally combine these chief herbs with three other types of herbs as deputies and assistants.
 - The attack on the Lungs that is typical of exterior dryness disorders.
 - Herbs that stop coughing and transform phlegm: Xing Ren (Armeniacae Semen), Qian Hu (Peucedani Radix), Jie Geng (Platycodi Radix), and Bei Mu (Fritillariae Bulbus);
 - Dryness damages the fluids and blood, which must be replenished.
 - Herbs that nourish the Yin and moisten dryness: Sha Shen (Glehniae/Adenophorae Radix), E Jiao (Asini Corii), and Huo Ma Ren (Cannabis Semen).
 - Dryness diminishes the Yin but also produces stagnation. It therefore readily transforms into heat.
 - Herbs that clear heat: Shi Gao (Gypsum fibrosum), Zhi Zi (Gardeniae Fructus), and Lian Qiao (Forsythiae Fructus).

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Formulas that disperse and moisten dryness

- Section 1 Formulas that disperse and moisten dryness (3 types)
 - **Qing Zao Jiu Fei Tang** (Eliminate Dryness and Rescue the Lungs Decoction)
 - **Sang Xing Tang** (Mulberry Leaf and Apricot Kernel Decoction)
 - **Xing Su San** (Apricot kernel and perilla leaf powder)

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Qing Zao Jiu Fei Tang (Eliminate Dryness and Rescue the Lungs
Decoction) 清燥救肺汤

- **Source:** Precepts for Physicians (1658)
- **Actions:** Clears dryness and moistens the Lungs;
- **Indications:** Warm-dryness attacking the Lungs with damage to both the Qi and Yin manifested by headache, fever, hacking cough, wheezing, a dry and parched throat, dry nasal passages, a sensation of fullness in the chest, hypochondriac pain, irritability, thirst, a dry tongue without coating, and a deficient, big, and rapid pulse.

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Qing Zao Jiu Fei Tang (Eliminate Dryness and Rescue the Lungs
Decoction) 清燥救肺汤

- **Pathological analysis**
 - Invasion of external warm-dryness constrains the protective Yang and causes fever.
 - There is no aversion to cold, indicating that the pathogen has already penetrated to the Qi level of the upper Jiao, that is, the Lungs.
 - This causes the Lung Qi to rebel, which is reflected in headaches, cough, and wheezing.
 - When the Lung Qi is unable to spread, a sensation of fullness in the chest and pain in the hypochondria develops.
 - The presence of dryness is reflected in the dry, hacking cough, dry nasal passages, parched throat, irritability and thirst, and dry tongue without coating.
 - The injury to the Lungs from warm-dryness also causes a mild deficiency of Qi, which is reflected in the deficient and big pulse₂₀ and of Yin, which is reflected in the rapid pulse.

Qing Zao Jiu Fei Tang (Eliminate Dryness and Rescue the Lungs
Decoction) 清燥救肺汤

• **Composition**

– **Chief**

- Sang Ye (Mori Folium) 9g

– **Deputy**

- Shi Gao (Gypsum fibrosum) 7.5g
- Mai Men Dong (Ophiopogonis Radix) 3.6g

– **Assistant**

- E Jiao (Asini Corii Colla) 2.4g
 - Dissolve in strained decoction
- Chao Hei Zhi Ma (dry-dried Seami Semen nigrum) 3g
- Xing Ren (Armeniacae Semen) 2.1g
- Mi Zhi Pi Pa Ye (honey-prepared Eriobotryae Folium) 3g
- Ren Shen (Ginseng Radix) 2.1g

– **Envoy**

- Gan Cao (Glycyrrhizae Radix) 3g

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Qing Zao Jiu Fei Tang (Eliminate Dryness and Rescue the Lungs
Decoction) 清燥救肺汤

• **Analysis of Formula**

- The chief herb, Sang Ye, clears and disperses dryness from the Lungs. It is soft and moist, and because they don't fall off the mulberry trees until after a frost, they are said to acquire the metal Qi of autumn.

– The deputy

- Shi Gao, clears heat from the Lungs (and Stomach) channels and thereby relieves thirst. The relatively small dosage of Shi Gao prevents it from inhibiting the spreading action of Sang Ye.
- Mai Men Dong, sweet and cooling, nourishes the Yin by generating Yang fluids. It assists Sang Ye by preventing damage to Yin due to warm-dryness and by protecting the Lungs as the tender organ.

– The assistant

- E Jiao and Hei Zhi Ma moisten the Lungs and nourish the Lung Yin. These herbs work to counterbalance the heat-clearing and Lung Qi-disseminating actions of the other ingredients with a moistening action.
- Xing Ren and Mi Zhi Pi Pa Ye cause the Lung Qi to descend and also moisten the Lungs.
- Ren Shen and Gan Cao augment the Qi and harmonize the Middle, thereby supplementing the "mother" (Spleen) to benefit the "child" (Lungs).

– The envoy

- Gan Cao harmonizes the actions of the other herbs in the formula.

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Qing Zao Jiu Fei Tang (Eliminate Dryness and Rescue the Lungs Decoction) 清燥救肺汤

- **Key Point of diagnosis**
 - Fever, hacking cough, wheezing, a dry and parched throat, a dry tongue without coating, and a deficient, big, and rapid pulse.
- **Caution and contraindication**
 - Should be used with caution in patients with SP and ST deficiency. Should not be used for cases of deficiency in the absence of exterior signs.
- **Modification**
 - For profuse, thick, and sticky sputum: + Chuan Bei Mu; Gua Lou Ren;
 - For blood-streaked sputum: + Sheng Di Huang; Ce Bai Ye;
 - For constipation: + Tao Ren; Hua Ma Ren;
 - For hot Lung atrophy: + Sang Bai Pi; Lu Gen; Qing Dai; Ge Jie;
- **Clinic use**
 - Upper respiratory tract infection, influenza, acute and chronic bronchitis, asthma, bronchiectasis, pulmonary tuberculosis, pneumonia, and pertussis; also for some symptoms of Lung cancer.

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Sang Xing Tang (Mulberry Leaf and Apricot Kernel Decoction) 桑杏汤

- **Source:** Systematic Differentiation of Warm Pathogen Diseases (1798)
- **Actions:** Clears and disperses warm-dryness;
- **Indications:** Externally contracted warm-dryness injuring the Lung Qi at a relatively superficial (exterior) level marked by moderate fever, headache, thirst, a dry, hacking cough or one with scanty, thick, and sticky sputum, a red tongue with a thin, dry, and white coating, and a floating, rapid pulse (especially on the right).

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Sang Xing Tang (Mulberry Leaf and Apricot Kernel
Decoction) 桑杏汤

• **Pathological analysis**

- This type of disorder occurs most often in the early autumn when the warm Qi of summer has still not been dispersed, but the autumnal dryness is already prevalent.
- It is easily contracted because one does not yet wear appropriate clothing or because of a weakened constitution.
- The same conditions prevail in air-conditioned or centrally-heated environments.
- Because the Lungs are responsible for respiration and govern the skin, they are the organ most affected by the external environment.
- When the weather is dry, dryness will affect the Lungs first.
- At a relatively exterior level, this leads to moderate fever and headache.

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Sang Xing Tang (Mulberry Leaf and Apricot Kernel
Decoction) 桑杏汤

- Disruption in the flow of Lung Qi and the scorching effect of warm-dryness causes a dry, hacking cough.
- Dryness also depletes the Lung fluids, which manifests as thirst, a red tongue, and a dry tongue coating.
- The floating, rapid pulse indicates a relatively superficial disorder. It is especially floating on the right (Qi) side.
- Both the pulse and symptomatology resemble that of wind-heat, from which this condition must be distinguished.

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Sang Xing Tang (Mulberry Leaf and Apricot Kernel
Decoction) 桑杏汤

- **Composition**

- **Chief**

- Sang Ye (Mori Folium) 3g
- Xing Ren (Armeniaca Semen) 4.5g

- **Deputy**

- Zhi Zi (Gardeniae Fructus) 3g
- Dan Dou Chi (Sojae Semen preparatum) 3g
- Zhe Bei Mu (Fritillariae thunbergii Bulbus) 3g

- **Assistant**

- Sha Shen (Glehniae/Adenophorae Radix) 6g
- Li Pi (Pyri Exocarpium) 3g

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Sang Xing Tang (Mulberry Leaf and Apricot Kernel
Decoction) 桑杏汤

- **Analysis of Formula**

- The chief

- Sang Ye, sweet and moistening in nature, excels at clearing and dredging the Lung collaterals as well as resolving wind-heat in the exterior. It achieves these effects without damaging the Lung Yin. It disperses the protective Yang in the exterior and controls the Lungs via the Liver.
- Xing Ren causes the Lung Qi to direct downward, transforms phlegm, and stops coughs. It directly focuses on the interior and the Lungs. It has a synergism that regulates and moistens the Lung Qi while also dredging the exterior.

- The deputy

- Zhi Zi and Dan Zhu Ye, help Sang Ye and release constrained heat. This combination simultaneously prevents the pathogenic influence from penetrating further into the body while helping release it from the exterior.
- Zhe Bei Mu helps Xing Ren and cools and transforms the stagnation that might otherwise cause phlegm to form. This allows it to clear heat without causing stagnation.

- The assistant

- Sha Shen and Li Pi nourish the Yin and clear heat. Together, they have a cooling and moistening effect.

Sang Xing Tang (Mulberry Leaf and Apricot Kernel
Decoction) 桑杏汤

- **Key Point of diagnosis**
 - Moderate fever, a dry, hacking cough or one with scanty, thick, and sticky sputum, a red tongue with a thin, dry, and white coating, and a floating, rapid pulse (especially on the right).
- **Caution and contraindication**
 - Contraindicated in cases with injury to the Yin. Because this formula is composed of light, disseminating herbs, the dosage should not be too large.
- **Modification**
 - For more pronounced exterior symptoms like aversion to cold, fever, and the absence of sweating: + Jing Jie; Bo He;
 - For nosebleed: increase the dosage of Zhi Zi; + Mu Dan Pi; Qing Hao; alternatively, use Bai Mao Gen; Mo Han Lian;
 - For marked sore throat: + Gua Lou Pi; Ma Dou Ling;
 - For dryness of the skin and thirst: + Lu Gen; Tian Hua Fen;
- **Clinic use**
 - Upper respiratory tract infections, acute and chronic bronchitis, and pertussis. ²⁹

Sang Xing Tang (Mulberry Leaf and Apricot Kernel
Decoction) 桑杏汤

- Vs. Sang Ju Yin (Mulberry Leaf and Chrysanthemum Drink)
 - Both formulas are based on light, acrid, and sweet, moistening herbs.
 - Sang Ju Yin is used to treat **early-stage wind-heat disorders invading the Lung collaterals** that present with fever, headaches, and coughing.
 - Sang Xing Tang pattern, **the fever and other heat symptoms** will tend to be **more pronounced and the development more rapid** due to the presence of wind. For this reason, the formula combines sweet, moistening herbs with a larger number of light, acrid, and cooling herbs that clear heat and disperse wind. ³⁰

Xing Su San (Apricot kernel and perilla leaf powder)
杏苏散

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

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Xing Su San (Apricot kernel and perilla leaf powder)
杏苏散

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

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Xing Su San (Apricot kernel and perilla leaf powder)
杏苏散

- **Composition**

- **Chief**

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

- **Deputy**

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

- **Assistant**

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

- **Envoy**

- Zhi Gan Cao (Glycyrrhizae Radix preparata) 6-9g
- Sheng Jiang (Zingiberis Rhizoma recens) 2-3pcs
- Da Zao (Jujubae Fructus) 2-3pcs

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Xing Su San (Apricot kernel and perilla leaf powder)
杏苏散

- **Analysis of Formula**

- The chief

- Xing Ren, bitter, disseminates the Lung Qi and stops the coughing.
- Zi Su Ye, acrid, releases the exterior cold by promoting moderate sweating.

- The deputy

- Qian Hu assists the chief herbs by directing the Qi downward and releasing the exterior;
- Jie Geng causes the Lung Qi to descend and stop the coughing;
- Zhi Ke moves the Qi, expands the chest, and stops the coughing by regulating the Qi.

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Xing Su San (Apricot kernel and perilla leaf powder)
杏苏散

- The assistant
 - Chen Pi, Fu Ling, and Zhi Ban Xia regulate the Qi of the middle Jiao, which is the fulcrum of the Qi dynamic, and thereby transform the phlegm.
- The envoy
 - Sheng Jiang, Da Zao, and Gan Cao, harmonize the actions of the other herbs and regulate the nutritive and protective Qi. They thereby contribute both to the release of the exterior and the regulation of the Middle Qi.

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Xing Su San (Apricot kernel and perilla leaf powder)
杏苏散

- **Key Point of diagnosis**
 - Chills without sweating, cough with watery sputum, dry throat.
- **Caution and contraindication**
 - Use with caution in case of febrile disease or Yin fluid deficiency due to warm properties of this formula.
- **Modification**
 - For absence of sweating and a very wiry or tight pulse: + Qiang Huo;
 - For diarrhea and a sensation of fullness in the abdomen: + Cang Zhu; Hou Po;
 - For headache involving the supraorbital ridge: + Bai Zhi;
 - For pronounced fever: + Huang Qin;
- **Clinic use**
 - Upper respiratory tract infections, acute and chronic bronchitis, and emphysema.

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Xing Su San (Apricot kernel and perilla leaf powder)
杏苏散

- Vs. Sang Xing Tang (Mulberry Leaf and Apricot Kernel Decoction)
 - Both are light formulas that treat externally-contracted dryness.
 - Xing Su San treats **cool-dryness** where the **fluids are constrained but have not been damaged**. Thus, one employs acrid and warming herbs to disperse the exterior and the spreading of the fluids.
 - Sang Xing Tang treats **warm-dryness**, where **the fluids have already been damaged**. Thus, one employs sweet, moistening herbs in addition to acrid, cooling herbs that disperse the exterior.

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Xing Su San (Apricot kernel and perilla leaf powder)
杏苏散

- Vs. Zhi Sou San (Stop coughing powder)
 - Both formulas treat coughing due to an externally-contracted pathogen and combine herbs that resolve the exterior with those that transform phlegm and regulate the Qi.
 - Xing Su San focuses on **externally-contracted cold-dryness** in the exterior; The **cold tends to be more severe**, and the **pathogen is still predominantly in the exterior**; For this reason, it combines the more acrid and warming Zi Su Ye with Er Chen Tang (Two-Aged Decoction), a drying and Qi-regulating formula that powerfully transforms phlegm.
 - Zhi Sou San focuses on **wind-cold constraining the Lung Qi**. It is composed of lighter and less acrid herbs that are neither excessively warming nor cooling in order to gently promote the movement of Qi in the Lungs and dispel wind from the exterior. For this reason, it is more suitable for patterns of wind-cold, where coughing rather than chills and fever is the main symptom.

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Formulas that disperse and moisten dryness

- Section 1 Formulas that disperse and moisten dryness (3 types)
 - **Qing Zao Jiu Fei Tang** (Eliminate Dryness and Rescue the Lungs Decoction)
 - **Sang Xing Tang** (Mulberry Leaf and Apricot Kernel Decoction)
 - **Xing Su San** (Apricot kernel and perilla leaf powder)

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Study guideline

- 1. Qing Zao Jiu Fei Tang's indications;
- 2. Sang Xing Tang's indications;
- 3. The difference between Sang Ju Yin and Sang Xing Tang;
- 4. Xing Su San's indications;
- 5. The difference between Xing Su San and Sang Xing Tang;
- 6. The difference between Xing Su San and Zhi Sou San;

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Section 2 Formulas that enrich Yin and moisten dryness

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Formulas that enrich Yin and moisten dryness

- The formulas in this section treat internal dryness where the fluids of the organs have been exhausted and harmed.
- The most common symptoms of this pattern include cough with scanty sputum, nausea and vomiting, a dry mouth, wasting and thirsting disorder, constipation, dry or cracked skin, a tongue with little coating, and a thin pulse.
- This condition is often caused by internal disharmonies but may also appear as the sequelae of externally-contracted dryness.

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Formulas that enrich Yin and moisten dryness

- The chief herbs used for treating this disorder are those that moisten dryness by enriching the Yin and generating fluids such as Mai Men Dong (Ophiopogonis Radix), Sheng Di Huang (Rehmanniae Radix), and Xuan Shen (Scrophulariae Radix).
- These herbs are combined with others that augment the Qi and harmonize the Middle, or that clear heat.
 - Herbs that augment the Qi and harmonize the Middle: Bai Zhu; Fu Ling; Huang Qi; Zhi Ban Xia;
 - Herbs that clear heat: Mu Dan Pi; Zhi Mu; Tian Hua Fen;

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Formulas that enrich Yin and moisten dryness

- When using the formulas in this section, it is important to properly differentiate between internal and external dryness.
- Prescribing a formula that enriches the Yin and moistens dryness for a condition in which the pathogenic influence is still active in the exterior may cause the pathogenic influence to linger or may exacerbate the condition.
- Conversely, the use of herbs that disperse externally-contracted dryness where the condition is actually one of internal dryness with Yin deficiency will aggravate the injury to the Qi and Yin

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Formulas that enrich Yin and moisten dryness

– Section 2 Formulas that enrich Yin and moisten dryness (5 types)

- **Bai He Gu Jin Tang** (lily metal-consolidating decoction)
- **Mai Men Dong Tang** (Ophiopogonis Decoction)
- **Bu Fei E Jiao Tang** (tonify the lung and decoction with ass-hide gelatin)
- **Yang Yin Qing Fei Tang** (Nourish the yin and clear the lung decoction)
- **Zeng Ye Tang** (Increase Fluid Decoction)

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Bai He Gu Jin Tang (lily metal-consolidating decoction)

百合固金汤

- **Source:** Writing s for Posterity of (Zhou) Shen-Zhai (1573)
- **Actions:** Nourishes the Yin, moistens the Lungs, transforms phlegm, and stops coughing;
- **Indications:** Internal dryness of the Lungs due to Lungs and Kidney Yin deficiency with heat from deficiency marked by coughing with blood-streaked sputum, wheezing, a dry and sore throat, hot palms and soles, night sweats, a red tongue with little coating, and a thin, rapid pulse.

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Bai He Gu Jin Tang (lily metal-consolidating decoction)
百合固金汤

• **Pathological analysis**

- The Lungs and Kidneys are known respectively as the upper and lower sources of water.
- In this pattern both are deficient, as reflected in the dry throat, dry tongue with little coating, and thin pulse. Deficiency of Yin always implies an excess of Yang.
- This manifests as heat from deficiency that rises from the Kidneys to cause a sore throat, “steams” the delicate, uppermost organ (the Lungs), and interferes with the regulation of Lung Qi, producing coughing and wheezing.
- Heat from deficiency also “scorches” the collaterals of the Lungs, leading to blood-streaked sputum.
- The red tongue color and the rapid pulse are other classic signs of internal heat.

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Bai He Gu Jin Tang (lily metal-consolidating decoction)
百合固金汤

• **Composition**

- **Chief**
 - Bai He (Lilii Bulbus) 4.5g
 - Sheng Di Huang (Rehmanniae Radix) 9g
 - Shu Di Huang (Rehmanniae Radix preparata) 9g
- **Deputy**
 - Mai Men Dong (Ophiopogonis Radix) 4.5g
 - Xuan Shen (Scrophulariae Radix) 2.4g
- **Assistant**
 - Chuan Bei Mu (Fritillariae Bulbus) 4.5g
 - Jie Geng (Platycodi Radix) 2.4g
 - Dang Gui (Angelicae sinensis Radix) 9g
 - Bai Shao (Paeoniae Radix alba) 3g
- **Envoy**
 - Gan Cao (Glycyrrhizae Radix) 3g

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Bai He Gu Jin Tang (lily metal-consolidating decoction)
百合固金汤

• **Analysis of Formula**

– The chief herb

- Bai He moistens and nourishes dryness in the Lungs, and clears heat.
- Sheng Di Huang strongly enriches the Yin and tonifies the Kidneys. It also performs the important function of cooling the blood to stop the bleeding.
- Shu Di Huang tonifies the Liver and Kidney Yin and blood. In concert with Sheng Di Huang, it is also especially helpful in treating fire due to Yin deficiency.

– The deputy

- Mai Men Dong tonifies the Yin, especially that of the upper Jiao. It also potentiates the actions of Bai He on the Lungs and the Yin-tonifying actions of the two other chief herbs.
- Xuan Shen helps the Kidney water ascend to the Lungs and is extremely useful in clearing fire from deficiency and treating steaming bone condition.

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Bai He Gu Jin Tang (lily metal-consolidating decoction)
百合固金汤

– The assistant

- Chuan Bei Mu moistens the Lungs, transforms phlegm, and stops coughing.
- Jie Geng facilitates the movement of Lung Qi and stops coughing, especially when combined with Chuan Bei Mu.
- Dang Gui and Bai Shao nourish the blood to support the Yin. They calm the Liver and protect the Lungs from violation.

– The envoy

- Gan Cao harmonizes the actions of the other herbs and in combination with Jie Geng, improves⁵⁰ the condition of the throat.

Bai He Gu Jin Tang (lily metal-consolidating decoction)
百合固金汤

- **Key Point of diagnosis**
 - Coughing with blood-streaked sputum, a dry and sore throat, a red tongue with little coating, and a thin, rapid pulse.
- **Caution and contraindication**
 - Most of the herbs in this formula are of a sweet, cold, and cloying nature. For this reason, it should be used with caution or modified (using herbs that strengthen the Spleen and regulate the Qi) in cases with Spleen deficiency or food stagnation. Failure to do so may result in indigestion or diarrhea. It should not be used for patients with exterior conditions.
- **Modification**
 - For copious sputum: + Gua Lou Pi; Sang Bai Pi;
 - For coughing up profuse blood: — Jie Geng, which has an ascending action; + Bai Mao Gen; Xian He Cao;
 - For pronounced fever and dark-yellow sputum: + Zhi Mu; Yu Xing Cao;
 - For Lung cancer with Yin deficiency: + Yu Xing Cao; Chi Shao; Bai Hua She; Ban Zhi Lian;
- **Clinic use**
 - Chronic bronchitis, bronchiectasis, chronic pharyngitis, spontaneous pneumothorax, cor pulmonale, silicosis, and pulmonary tuberculosis.

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Bai He Gu Jin Tang (lily metal-consolidating decoction)
百合固金汤

- **Vs. Qing Zao Jiu Fei Tang (Eliminate Dryness and Rescue the Lungs Decoction)**
 - Both formulas moisten and nourish the Lung Yin.
 - Bai He Gu Jin Tang **only nourishes the Lung and Kidney Yin and treats fire from deficiency. Throat pain** is one of its main symptoms.
 - Qing Zao Jiu Fei Tang **augments the Qi and has a slight, exterior-releasing action**, also addresses **injury to the Qi and Yin**. However, its main action is in clearing **excess heat from the Qi aspect**.

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Mai Men Dong Tang (Ophiopogonis Decoction)
麦门冬汤

- **Source:** Essentials from the Golden Cabinet (c. 220)
- **Actions:** Benefits the Stomach, generates fluids, and directs rebellious Qi downward;
- **Indications:** Lung atrophy (肺萎, Fei Wei) due to heat marked coughing, wheezing, shortness of breath, coughing up of phlegm that is difficult to expectorate, or spitting of saliva, a dry and uncomfortable sensation in the throat, dry mouth, heat of the palms and soles, a dry, red tongue with little coating, and a deficient, rapid pulse.

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Mai Men Dong Tang (Ophiopogonis Decoction)
麦门冬汤

- **Pathological analysis**
 - Although the symptoms are primarily related to the Lungs, the condition is actually caused by heat from deficiency in the Stomach, which rises rebelliously and scorches the Lung Yin.
 - Mother (ST) transmits the problem to the child (LU).
 - The Lungs are the most delicate of the Yin organs and serve as a canopy for the trunk.
 - They depend on the earth (SP/ST) for nourishment and for some of their fluids.
 - If, over an extended period of time, the Lungs do not receive proper nourishment or moisture, they shrivel up or “atrophy”.
 - The rebellious Qi from the ST prevents the LU Qi from descending property, and results in coughing and wheezing.
 - The scorching of the LU Yin causes shortness of breath and depletes the fluids.

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Mai Men Dong Tang (Ophiopogonis Decoction)
麦门冬汤

- The depletion of the fluids leaves only saliva or a thick, viscous sputum that becomes lodged in the throat, causes a dry, uncomfortable sensation, and is difficult to expectorate.
- The dry mouth and the tongue and pulse signs are classic indications of heat from deficiency leading to internal dryness.

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Mai Men Dong Tang (Ophiopogonis Decoction)
麦门冬汤

• **Composition**

– **Chief**

- Mai Men Dong (Ophiopogonis Radix) 15-64g

– **Deputy**

- Ren Shen (Ginseng Radix) 9g

– **Assistant**

- Da Zao (Jujubae Fructus) 12 pcs
- Gan Cao (Glycyrrhizae Radix)
- Jing Mi (Nonglutinous rice) 6-15g
- Zhi Ban Xia (Pinelliae Rhizoma preparatum) 6-9g

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Mai Men Dong Tang (Ophiopogonis Decoction)
麦门冬汤

• **Analysis of Formula**

– The chief

- Mai Men Dong clears in the Stomach and Lungs. It is very useful in the treatment of Lung atrophy.

– The deputy

- Ren Shen augments the Qi, generates fluids, and revives the Qi and Yin.
- Mai Men Dong and Ren Shen form a particularly powerful combination for reviving the Qi and Yin of the Lungs and Stomach.

– The assistant

- Jing Mi and Da Zao work synergistically with the chief and deputy herbs to assist the Stomach Qi and generate fluids.
- Zhi Ban Xia facilitates the flow of Stomach Qi and directs the Qi downward. Its acrid and dispersing will assist in the distribution of nourishment from the Middle Jiao to the upper Jiao, and redirect the Qi, thereby facilitating the replenishment of fluids in the Lungs.

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Mai Men Dong Tang (Ophiopogonis Decoction)
麦门冬汤

• **Key Point of diagnosis**

- Coughing, wheezing, shortness of breath, coughing up of phlegm that is difficult to expectorate, or spitting of saliva, a dry, red tongue with little coating, and a deficient, rapid pulse.

• **Caution and contraindication**

- Use with caution in cases with high fever and irritability, where the pathogenic influence remains in the exterior, and the Qi and Yin have yet to be affected. Contraindicated in cases with dampness or Lung atrophy due to cold from deficiency.

• **Modification**

- For severe depletion of the fluids: + Sha Ren; Yu Zhu;
- For tidal fever: + Yin Chai Hu; Di Gu Pi;
- For severe cough: + Chuan Bei Mu; Gua Lou Ren;
- For oral side effects of radiation therapy with dryness that is worse at night, irritability, a dry tongue, and a rapid and thin pulse: + Ju Hua; Tian Hua Fen; Sha Shen; Shan Yao; Mu Dan Pi;

• **Clinic use**

- Laryngitis, pertussis, bronchiectasis, pneumonia, acute and chronic bronchitis, asthma, hypertension, diabetes, peptic ulcers, reactive lymphoid hyperplasia, and the side effects of radiation therapy.

Bu Fei E Jiao Tang (tonify the lung and decoction with ass-hide gelatin)
补肺阿胶汤

- **Source:** Craft of Medicinal Treatment for Childhood Disease Patterns (1119)
- **Actions:** Nourishes the Yin, tonifies the Lungs, controls coughing, and stops bleeding;
- **Indications:** Lung Yin deficiency with vigorous heat, which disrupts the flow of Lung Qi marked by cough with wheezing, a dry and parched throat, scanty or blood-streaked sputum, a red tongue with little coating, and a floating, thin, and rapid pulse.

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Bu Fei E Jiao Tang (tonify the lung and decoction with ass-hide gelatin)
补肺阿胶汤

- **Pathological analysis**
 - The disruption of the flow of Lung Qi results in cough with wheezing.
 - The dry throat and cough with scanty sputum is due to scorching of the fluids.
 - Heat also scorches the collaterals of the Lungs, leading to blood-streaked sputum.
 - The tongue signs reflect heat from Yin deficiency.
 - The floating, rapid pulse indicates heat in the Lungs, the most superficial of the Yin organs.
 - The tongue signs and the thin pulse also indicate that this is not an externally-contracted exterior disorder, which would show no change in the color of the tongue body (or only a red tip) and some coating would remain.

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Bu Fei E Jiao Tang (tonify the lung and decoction with ass-hide gelatin)
补肺阿胶汤

- **Composition**

- **Chief**

- E Jiao (Asini Corii) 45g (9g)

- **Deputy**

- Ma Dou Ling (Aristolochiae Fructus) 15g (6g)
- Chao Xing Ren (dry-fried Armeniacae Semen) 70g (6g)
- Chao Niu Bang Zi (dry-fried Arctii Fructus) 7.5g (3g)

- **Assistant**

- Chao Nuo Mi (dry-fried Glutinous rice) 30g (6g)
- Zhi Gan Cao (Glycyrrhizae Radix preparata) 7.5g (3g)

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Bu Fei E Jiao Tang (tonify the lung and decoction with ass-hide gelatin)
补肺阿胶汤

- **Analysis of Formula**

- The chief

- E Jiao nourishes the Yin and tonifies the Lungs, stops the bleeding, and nourishes the blood.

- The deputy

- Ma Dou Ling clears heat and stops the coughing;
- Xing Ren directs the Lung Qi downward and calms the wheezing;
- Niu Bang Zi spreads the Lung Qi and unblocks areas of congestion in the throat.

- The assistant

- Chao Nuo Mi and Zhi Gan Cao tonify the Spleen and benefit the Lungs.
- This combination cultivates the earth (Spleen) to generate metal (Lungs) in order to tonify the Lungs and prevents the other herbs from disrupting the digestive process.

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Bu Fei E Jiao Tang (tonify the lung and decoction with ass-hide gelatin)
补肺阿胶汤

- **Key Point of diagnosis**

- Cough with wheezing, a dry and parched throat, scanty or blood-streaked sputum, a red tongue with little coating, and a floating, thin, and rapid pulse.

- **Caution and contraindication**

- Should not be used if there is Lung deficiency without heat, when there is any cold in the exterior, or when there is internal phlegm.

- **Modification**

- For blood-streaked sputum with severe heat signs due to Liver fire violating the Lungs: + Qing Dai; Zhi Zi;
- For cough with very little phlegm that is difficult to cough up: + Gua Lou Pi; Chuan Bei Mu;

- **Clinic use**

- Chronic bronchitis, bronchiectasis, pulmonary tuberculosis, and chronic pharyngitis.

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Bu Fei E Jiao Tang (tonify the lung and decoction with ass-hide gelatin)
补肺阿胶汤

- Vs. Bai He Gu Jin Tang (lily metal-consolidating decoction)

- Bai He Gu Jin Tang possesses **stronger Yin-nourishing actions.**

- Bu Fei E Jiao Tang **focuses on clearing heat and stopping the bleeding.**

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Yang Yin Qing Fei Tang (Nourish the yin and clear the lung decoction)
养阴清肺汤

- **Source:** Jade Key to Layered Stories (18th century)
- **Actions:** Nourishes the Yin, clears the Lungs, improves the condition of the throat, and resolves toxicity;
- **Indications:** “White throat” (白喉, Bai Hou) or diphtherial disorder, which usually develops in those with constitutional Yin deficiency and internal clumping of heat who contract epidemic toxin marked by development of a white, curd-like membrane in the throat that is difficult to scrape off, swollen and sore throat, fever, dry nasal passage, parched lips, raspy breathing resembling wheezing, a red and dry tongue, and a rapid, usually thin pulse. There may also be coughing.

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Yang Yin Qing Fei Tang (Nourish the yin and clear the lung decoction)
养阴清肺汤

- **Pathological analysis**
 - Epidemic toxin further injures the deficient fluids, and hot epidemic toxin fumes upward, causing the distinctive symptom of a white, curd-like membrane in the throat that is difficult to scrape off.
 - This membrane interferes with breathing and causes it to become raspy.
 - The fever, tongue, and pulse signs are characteristic of heat with Yin deficiency.
 - The sore and swollen throat, dry nasal passages, and parched lips are due to hot epidemic toxin and heat (from Kidney and Lung Yin deficiency) rising upward.
 - This type of deficiency can also disrupt the Qi mechanism of the Lungs, which produces coughing.

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Yang Yin Qing Fei Tang (Nourish the yin and clear the lung decoction)
养阴清肺汤

• **Composition**

– **Chief**

- Sheng Di Huang (Rehmanniae Radix) 6g

– **Deputy**

- Xuan Shen (Scrophulariae Radix) 4.4g - 5g
- Mai Men Dong (Ophiopogonis Radix) 3.6g
- Bai Shao (Paeoniae Radix alba) 2.4g

– **Assistant**

- Mu Dan Pi (Moutan Cortex) 2.4g
- Chuan Bei Mu (Fritillariae cirrhosae Bulbus) 2.4g
- Bo He (Menthae haplocalycis Herba) 1.5g

– **Envoy**

- Gan Cao (Glycyrrhizae Radix) 1.5g

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Yang Yin Qing Fei Tang (Nourish the yin and clear the lung decoction)
养阴清肺汤

• **Analysis of Formula**

– The chief

- Sheng Di Huang enriches the Yin fluids to support the normal Qi while cooling the blood and resolving toxicity to dispel the pathogenic Qi.

– The deputy

- Xuan Shen, salty and cooling, enriches the Yin, directs fire downward, resolves toxicity, and improves the condition of the throat. This herb is routinely used in the treatment of sores from Yin deficiency, particularly of the throat.
- Mai Men Dong acts on the Lungs, which are connected to the throat as a main pathway of Qi.
- Xuan Shen focuses on the Kidney Yin, while Mai Men Dong focuses on the Lung Yin. Together, they nourish the upper and lower sources of water.
- Bai Shao preserves and protects the Yin.

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Yang Yin Qing Fei Tang (Nourish the yin and clear the lung decoction)
养阴清肺汤

- The assistant
 - Mu Dan Pi cools the blood, reduces swelling, and thereby supports the functions of the chief herb.
 - Chuan Bei Mu moistens the Lungs, stops coughing, and clears and transforms phlegm-heat. Together with Mu Dan Pi and Bai Shao, it disperses the swelling in the throat and stops the pain.
 - Bo He is added to help vent the pathogenic Qi to the exterior. Being acrid, it also provides movement to the Qi and thereby facilitates the unclogging of the throat.
- The envoy
 - Gan Cao resolves toxicity, improves the condition of the throat, and harmonizes the actions of the other herbs in the formula.

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Yang Yin Qing Fei Tang (Nourish the yin and clear the lung decoction)
养阴清肺汤

- **Key Point of diagnosis**
 - Development of a white, curd-like membrane in the throat that is difficult to scrape off, swollen and sore throat, dry nasal passage, parched lips, a rapid, usually thin pulse.
- **Caution and contraindication**
 - Diphtheria is a very serious, even life-threatening disease, and extreme care must be exercised in its treatment. In China, this condition is treated with a combination of herbs and biomedicine, especially in cases with breathing difficulties.
- **Modification**
 - For severe constitutional Yin deficiency: + Shu Di Huang;
 - For severe dryness: + Tian Men Dong; Zhi Mu; Lu Gen;
 - For severe swelling and pain in the throat: + She Gan; Jie Geng; Bai Jiang Can; Ma Bo;
 - For marked exterior signs: + Sang Ye; Chan Tui;
 - For more pronounced fever: + Lian Qiao; Jin Yin Hua; Ban Lan Gen;
- **Clinic use**
 - Diphtheria, tonsillitis, pharyngitis, and the side effects of radiation therapy to tumors of the head and throat.

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Zeng Ye Tang (Increase Fluid Decoction)
增液汤

- **Source:** Systematic Differentiation of Warm Pathogen Disease (1798)
- **Actions:** Generates fluids, moistens dryness, and unblocks the bowels;
- **Indications:** Constipation due to exhaustion of the fluids, usually from a warm-febrile disease marked by constipation, thirst, a dry, red tongue, and a thin and slightly rapid, or a weak and forceless pulse.

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Zeng Ye Tang (Increase Fluid Decoction)
增液汤

- **Pathological analysis**
 - When a warm-febrile disease persists for a long time, or occurs in a patient with constitutional Yin deficiency, heat will begin to clump at the Yang Ming level.
 - This depletes the fluids (especially in the Large Intestine) and leads to constipation.
 - As they become depleted, the fluids are unable to rise to the mouth, causing thirst and a dry tongue.
 - The tongue and pulse signs reflect heat from Yin deficiency.

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Zeng Ye Tang (Increase Fluid Decoction)

增液汤

- **Composition**

- **Chief**

- Xuan Shen (Scrophulariae Radix) 30g

- **Deputy**

- Mai Men Dong (Ophiopogonis Radix) 24g
- Sheng Di Huang (Rehmanniae Radix) 24g

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Zeng Ye Tang (Increase Fluid Decoction)

增液汤

- **Analysis of Formula**

- The chief herb, Xuan Shen, nourishes the Yin and generates fluids, while moistening what is dried and softening what is hard.

- The deputy

- Mai Men Dong, sweet, cold and juicy, assists in enriching and moistening the Yin, especially of the Stomach and Intestines.
- Sheng Di Huang, bitter, cold and sweet, nourishes the Yin, clears heat, and cools the blood.

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Zeng Ye Tang (Increase Fluid Decoction)

增液汤

- **Key Point of diagnosis**
 - Constipation, thirst, a dry, red tongue, and a thin and slightly rapid, or a weak and forceless pulse.
- **Caution and contraindication**
 - This formula is not a purgative, but promotes evacuation of the bowels by clearing heat and replenishing the fluids. It is not strong enough for conditions with severe dryness; in such cases, Zeng Ye Tang is a better choice. Moreover, to be effective, a large dose of this formula must also be used.
- **Modification**
 - For a peeled tongue with a shiny coating and parched mouth and lips due to severe Stomach Yin deficiency: + Sha Shen, Yu Zhu; Shi Hu;
 - For toothache: + Niu Xi; Mu Dan Pi; Bu Gu Zhi; Feng Fang;
 - For signs of more severe clumped heat: combine with Tiao Wei Cheng Qi Tang;
- **Clinic use**
 - Habitual constipation, sequelae of infectious diseases, hemorrhoids, irritable bowel syndrome, aphthous ulcers, gingivitis, chronic pharyngitis, hyperthyroid conditions, diabetes, chronic pancreatitis, and the oral side effects associated with radiation therapy. ⁷⁵

Zeng Ye Tang (Increase Fluid Decoction)

增液汤

- Vs. Zeng Ye Cheng Qi Tang (Increase the Fluids and Order the Qi Decoction)
 - Both formulas treat Yang Ming patterns with constipation as the chief symptom that arise in the course of a warm pathogen disorder.
 - Because it incorporates Da Huang and Mang Xiao, Zeng Ye Cheng Qi Tang combines purgation with the tonification of fluids. **It is indicated when acute signs of heat clumping**, such as rebound tenderness of the abdomen, are accompanied by signs that indicate desiccated fluids, such as a thin pulse.
 - Zeng Ye Tang must be **prescribed only when the heat clumping does not constitute a primary symptom**. If its use does not show an immediate effect, this is a sign that the clumping heat must be drained. Thus, one should follow through with a dose of Zeng Ye Cheng Qi Tang.

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Formulas that enrich Yin and moisten dryness

- Section 2 Formulas that enrich Yin and moisten dryness (5 types)
 - **Bai He Gu Jin Tang** (lily metal-consolidating decoction)
 - **Mai Men Dong Tang** (Ophiopogonis Decoction)
 - **Bu Fei E Jiao Tang** (tonify the lung and decoction with ass-hide gelatin)
 - **Yang Yin Qing Fei Tang** (Nourish the yin and clear the lung decoction)
 - **Zeng Ye Tang** (Increase Fluid Decoction)

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Study guideline

- 1. Bai He Gu Jin Tang's indications;
- 2. The difference between Bai He Gu Jin Tang and Qing Zao Jiu Fei Tang;
- 3. Mai Men Dong Tang's indications;
- 4. Bu Fei E Jiao Tang's indications;
- 5. The difference between Bu Fei E Jiao Tang and Bai He Gu Jin Tang;
- 6. Yang Yin Qing Fei Tang's indications;
- 7. Zeng Ye Tang's ingredients and indications;
- 8. The difference between Zeng Ye Tang and Zeng Ye Cheng Qi Tang;

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