

Herbal Formulas II

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Chapter 7 Formulas that warm interior

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Formulas that warm interior

- The formulas in this chapter contain as their chief ingredients herbs that are warming and heating. Such herbs dispel cold from the interior of the body by assisting the Yang, and unblock the channels and collaterals by dispersing cold.
- Warming method (温法, Wen Fa)
- Cold in the interior may be externally-contracted, or internally-generated from Yang or Qi deficiency.
- Externally-contracted cold can directly invade the interior, or it can first attack the exterior, and then, if not properly treated, penetrate to deeper levels of the body.
- The excessive or improper use of cooling herbs and medicinals, and the consumption of cooling food and beverages, can also lead to interior cold.

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Formulas that warm interior

- Warming formulas are of particular significance in the treatment of disorders associated with the three Yin patterns and of many Yin organ patterns.
- Warm tonification current (温补学派, Wen Bu Xue Pai) during the Ming dynasty.
 - Zhu Danxi: “ Excess of Qi leads to fire.”
 - Zhang Jiebin: “ Insufficiency of Qi leads to cold.”
- The formulas in this chapter contain substances of a heating and drying nature. They must therefore be used with caution in patients with Yin deficiency or blood loss, and should never be used in cases with true heat and false cold, which is characterized by cold extremities, aversion to wind, a dry mouth and thirst, constipation, and a red tongue, among other markers.

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Formulas that warm interior

- The dosage of the chief ingredients in these formulas, particularly Zhi Fu Zi (*Aconiti Radix lateralis preparata*) and Gan Jiang (*Zingiberis Rhizoma*), must be adjusted to suit the season, climate, and constitution of the individual patient.
- If the dosage is too small, it will have no therapeutic effect; if it is too large, it may cause such side effects as a dry mouth, a burning sensation in the tongue, palpitations, and manic behavior.
- Patients with pronounced or long-standing internal cold, particularly with cold in the middle Jiao, may have difficulty ingesting warming formulas.
- In severe cases, vomiting may be induced by even small amounts of a decoction or pill.

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Formulas that warm interior

- In such cases, it is often necessary to include a small dose of a cooling herb such as Huang Lian, or to take the decoction cold in order to facilitate its assimilation.
- Very severe cold pushes what heat remains to the surface of the body, including that from the digestive tract.
- A small amount of cooling will reduce this surface heat to allow penetration of the heating herbs into the interior.

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- Chapter 7 Formulas that warm interior (10 types)
 - Section 1 Formulas that warm Middle and dispel cold (6 types)
 - Section 2 Formulas that warm channel and dispel cold (2 types)
 - Section 3 Formulas that rescue devastated Yang (2 types)

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Section 1 Formulas that warm Middle and dispel cold

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Formulas that warm Middle and dispel cold

- The formulas in this section are used to treat cold from deficiency in the middle Jiao.
- The spleen and stomach control the transformation and transportation of food and nutrients, and play a pivotal role in regulating the ascending and descending functions of the Qi.
- When the Yang Qi of these organs is weak and the patient suffers an invasion of external cold, the Qi dynamic is disrupted causing epigastric and abdominal distention and pain, fatigue, cold extremities, a white, slippery tongue coating, and a submerged pulse that is either slow or thin. Sometimes there is also acid reflux, nausea and vomiting, abdominal pain with diarrhea, reduced appetite, or reduced thirst.

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Formulas that warm Middle and dispel cold

- The chief herbs in formulas used to treat these disorders are warming and acrid or heating and acrid in nature.
- Such as Gan Jiang, Ding Xiang, Gao Liang Jiang, Gui Zhi, Sheng Jiang, Hua Jiao, Wu Zhu Yu.
- They may be combined with herbs that strengthen the Spleen and augment the Qi, such as Huang Qi, Ren Shen, Bai Zhu;
- Or with herbs that nourish the blood and enrich the Yin, such as Dang Gui, Bai Shao, Shu Di Huang;

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Formulas that warm Middle and dispel cold

– Section 1 Formulas that warm Middle and dispel cold (6 types)

- **Li Zhong Wan** (Regulate the Middle Pill)
- **Wu Zhu Yu Tang** (Evodia Decoction)
- **Xiao Jian Zhong Tang** (Minor Construct the Middle Decoction)
- **Da Jian Zhong Tang** (Major Construct the Middle Decoction)
- Huang Qi Jian Zhong Tang (Astragalus Decoction to Construct the Middle)
- Gan Cao Gan Jiang Tang (Licorice and Ginger Decoction)

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Li Zhong Wan (Regulate the Middle Pill)
理中丸

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Warms the middle Jiao and strengthens the Spleen and Stomach;
- **Indications:**
 - 1. **Middle Jiao cold from (Yang) deficiency** characterized by **diarrhea with watery stools**, nausea and vomiting, no particular thirst, loss of appetite, **abdominal pain, a pale tongue with a white coating, and a submerged, thin pulse.**

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Li Zhong Wan (Regulate the Middle Pill)
理中丸

- 2. **Bleeding due to middle Jiao Yang deficiency**, including nose bleeds, vomiting of blood, excessive menstrual bleeding, bleeding from the rectum, and various types of internal bleeding. In all cases, the blood is pale and the bleeding is accompanied by cold extremities, a wan complexion, pale tongue, frail pulse, and other symptoms indicating middle Jiao cold.
- 3. Other presentations include **chronic childhood convulsions** (惊风, Jing Feng) characterized by emaciation, cold hands and feet, vomiting, and diarrhea; spitting of frothy saliva during the recovery stage of an illness; **sudden turmoil disorder with cold** marked by an absence of thirst; and **chest painful obstruction** characterized by rigid focal distention in the heart region, a sense of fullness in the chest, and pain in the hypochondria that shoots toward the heart.

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Li Zhong Wan (Regulate the Middle Pill)
理中丸

• **Pathological analysis**

- When the Spleen Yang is deficient, the clear Yang can not ascend, which causes diarrhea with watery stools.
- When the Stomach loses its ability to make the turbid Yin descend, nausea and vomiting ensue.
- The loss of appetite is indicative of Spleen deficiency.
- When cold invades the abdomen, it causes contraction, and thus pain.
- This process is reflected in the saying, “When the Yang is deficient, the Yin ascends.”
- The absence of thirst is indicative of cold.
- Cold from deficiency is also reflected in the pale tongue with a white coating and the submerged, thin pulse.

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Li Zhong Wan (Regulate the Middle Pill)
理中丸

- The spleen governs the blood, and the power of Qi contains the blood.
- Cold invading the middle Jiao or insufficiency of Spleen Yang impairs these functions.
- If the Spleen Qi lacks the power to contain the blood, bleeding may occur throughout the body.
- This disease dynamic is aptly summarized by Tang Zonghai in Discussion of Blood Patterns: When the classics state that the Spleen governs the blood, they mean that the movement of blood above and below depends entirely on the Spleen. If the Spleen Yang is deficient, it is unable to govern the blood.”

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Li Zhong Wan (Regulate the Middle Pill)
理中丸

- Chronic childhood convulsions are attributed to disharmony of the protective and nutritive Qi due to insufficient development of middle Jiao Yang.
- This is manifested in such symptoms as emaciation, cold hands and feet, vomiting, and diarrhea.
- Spitting of frothy saliva in the recovery stage of an illness indicates damage to the Spleen Yang, which is unable to contain the Yang fluids.

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Li Zhong Wan (Regulate the Middle Pill)
理中丸

- Sudden turmoil disorder can be caused by an external cold pathogen that directly attacks the middle Jiao, especially where the Spleen and Stomach are deficient due to irregular eating and a poor diet.
- Damage to the middle Jiao Yang Qi results in insufficient separation of the clear and turbid, as well as a disorder in the ascending and descending actions of the Qi dynamic, which manifests in vomiting and diarrhea.

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Li Zhong Wan (Regulate the Middle Pill)

理中丸

- Chest obstruction is characterized by exuberance of Yin and deficiency of Yang.
- The cold of deficiency in the middle Jiao shows down the movement of Qi, causing the Yin fluids and blood to stagnate in the chest.
- Yin occupying the position of Yang manifests as rigid focal distention in the Heart region, a sense of fullness in the chest, and pain in the hypochondria that shoots toward the heart.

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Li Zhong Wan (Regulate the Middle Pill)

理中丸

- **Composition**

- **Chief**

- Gan Jiang (Zingiberis Rhizoma) 9g

- **Deputy**

- Ren Shen (Ginseng Radix) 9g

- **Assistant**

- Bai Zhu (Atractylodis macrocephalae Rhizoma) 9g

- **Envoy**

- Zhi Gan Cao (Glycyrrhizae Radix preparata) 9g

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Li Zhong Wan (Regulate the Middle Pill)

理中丸

• Analysis of Formula

- The chief
 - Gan Jiang warms the Spleen and Stomach Yang and eliminates interior cold. The Yang and the Qi are intimately related.
- The deputy
 - Ren Shen strongly tonifies the source Qi; this reinforces the Yang and rectifies the ascending and descending functions of the middle Jiao. When the Spleen is deficient, its ability to transform and transport is impaired, which leads to internal stagnation of water and dampness.
- The assistant
 - Bai Zhu, not only aids the deputy herb in tonifying the Spleen and Stomach, but also strengthens the Spleen and dries dampness. This combination of herbs---one warming, one tonifying, and one drying---- is quite effective in warming and improving the functions of the middle Jiao.
- The envoy, Zhi Gan Cao, augments the Qi of the middle Jiao 23 and harmonizes the actions of the other herbs in the formula.

Li Zhong Wan (Regulate the Middle Pill)

理中丸

• Key Point of diagnosis

- Diarrhea with watery stools, abdominal pain, a pale tongue with a white coating, and a submerged, thin pulse.

• Caution and contraindication

- Should not be used for externally-contracted disorders with fever or Yin deficiency. For sudden turmoil disorder, its use should be discontinued once the vomiting and diarrhea have stopped.

• Modification

- For severe vomiting: + Sheng Jiang;
- For bleeding due to Yang deficiency: substitute Pao Jiang for Gan Jiang; + Huang Qi, Dang Gui, E Jiao.
- For palpitations: + Fu Ling;
- For “butterflies” above the navel indicating KD deficiency with water Qi encroaching upward: — Bai Zhu; Gui Zhi;
- For vomiting of thin fluids: increase the dosage of Bai Zhu;
- For more severe signs of cold marked by cold extremities: + Zhi Fu Zi, Rou Gui;

Li Zhong Wan (Regulate the Middle Pill)

理中丸

- For incessant coughing: + Zhi Ban Xia, Chen Pi, Xi Xin, Wu Wei Zi;
- For cold-type jaundice: + Yin Chen Hao
- For Yang deficiency bleeding: + Huang Qi, Dang Gui, E Jiao;
- For wheezing, fullness, edema, and reduced urination: combine with Wu Ling San;
- **Clinic use**
 - Abdominal pain and diarrhea and includes gastroenteritis (particularly in children), peptic ulcers, functional digestive problems, irritable bowel syndrome, chronic dysentery, and ulcerative colitis.
 - Fluid and mucous issues, including allergic rhinitis, benign prostatic hypertrophy, gastritis from biliary reflux, chronic bronchitis, vaginitis, and pelvic inflammatory disease.
 - Exudative eczema and dermatitis, and for an assortment of problems marked by bleeding, including bronchiectasis, upper GI bleeds, allergic purpura, idiopathic thrombocytopenic purpura, and functional uterine bleeding.
 - Chest pain, including those from coronary artery disease.

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Li Zhong Wan (Regulate the Middle Pill)

理中丸

- Vs. Si Ni Tang (Frigid Extremities Decoction)
 - Both formulas treat diarrhea due to cold from deficiency.
 - Li Zhong Wan uses for **spontaneous diarrhea** which means **diarrhea that comes and goes in relation to factors** such as food intake, climate, or physical and mental exhaustion. It implies that diarrhea occurs when the Yang and Qi of the middle Jiao become **deficient** relative to the task they have to carry out.
 - Si Ni Tang, the **diarrhea is incessant**. This is because the Yang of the Middle Jiao has been **cut off** from its source in the gate of vitality. This is also reflected in the fact that the extremities in a Li Zhong Wan pattern may be **warm**, whereas in a Si Ni Tang pattern, they must be **cold**.

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Wu Zhu Yu Tang (Evodia Decoction)
吴茱萸汤

- **Source:** Discussion of Cold Damage (c.220)
- **Actions:** Warms and tonifies the Liver and Stomach, directs rebellious Qi downward, and stops vomiting;
- **Indications:**
 - 1. **Yang Ming channel pattern** characterized by **vomiting** immediately after eating, indeterminate gnawing hunger, and acid reflux with or without epigastric pain.
 - 2. **Jue Yin channel pattern** characterized by **dry heaves or spitting of clear fluids** with a vertex headache.
 - 3. **Shao Yin channel pattern** characterized by **vomiting and diarrhea with cold hands and feet**, and agitation so severe that the patient wants to die.
 - In all cases, the tongue is not red, but has **a white, slippery coating and the pulse is thin and slow or thin and wiry.**²⁷

Wu Zhu Yu Tang (Evodia Decoction)
吴茱萸汤

- **Pathological analysis**
 - In terms of its disease dynamic, the first pattern (**Yang Ming channel pattern**) is one of ST deficiency cold, where cold in the ST causes stagnation and pain.
 - Stagnation leads to upward rebellion of ST Qi, manifesting as vomiting.
 - When the ST is deficient, it is unable to accept food. This causes vomiting immediately after eating.
 - Indeterminate gnawing hunger is commonly interpreted as a sign of phlegm that irritates the ST Qi. This phlegm is due to fluid accumulation caused by deficiency of the ST Yang.

Wu Zhu Yu Tang (Evodia Decoction)
吴茱萸汤

- The second presentation (**Jue Yin channel pattern**) is thought to be due to ST and LV deficiency cold.
- Cold in the LV inhibits its ability to cause the clear to ascend, while ST cold inhibits its ability to direct the turbid downward.
- This results in the accumulation of turbid fluids manifesting as headache at the vertex (the end point of the foot Jue Yin channel) as well as dry heaves or spitting of clear fluids.

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Wu Zhu Yu Tang (Evodia Decoction)
吴茱萸汤

- The third presentation (**Shao Yin channel pattern**) is due to cold attacking the middle Jiao. In this pattern, the movement of ST Qi is misdirected while the Yang Qi produced in the gate of vitality is neither spread to the limbs, resulting in cold hands and feet, nor to the middle Jiao, resulting in diarrhea.
- The combination of headache, vomiting, diarrhea, and cold hands and feet is so unbearable that the patient feels as if they want to die.

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Wu Zhu Yu Tang (Evodia Decoction)
吴茱萸汤

- To summarize, although there are different manifestations of this disorder, they all share a common primary symptom (**vomiting**) and mechanism (**ST deficiency cold**).
- There is no heat present because the tongue is not red, nor is the pulse rapid.
- The white, slippery tongue coating and the thin and slow or thin and wiry pulse reflect the cold from deficiency and the disruption of the ascending and descending functions of the middle Jiao.

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Wu Zhu Yu Tang (Evodia Decoction)
吴茱萸汤

- **Composition**
 - **Chief**
 - Wu Zhu Yu (Evodiae Fructus) 9-12g
 - **Deputy**
 - Sheng Jiang (Zingiberis Rhizoma recens) 18g
 - **Assistant**
 - Ren Shen (Ginseng Radix) 9g
 - **Envoy**
 - Da Zao (Jujubae Fructus) 12 pcs

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Wu Zhu Yu Tang (Evodia Decoction)

吴茱萸汤

• **Analysis of Formula**

- The chief, Wu Zhu Yu, acrid and hot, enters the LV, ST, and SP. It warms the middle, disperses cold, promotes the movement of Qi, and directs rebellious Qi downward.
- The deputy, Sheng Jiang, helps Wu Zhu Yu accomplish this task by warming the ST and directing its Qi downward. Sheng Jiang excels at dispersing clear fluids from the ST, Wu Zhu Yu treats acid reflux due to LV cold accosting the ST and its bitterness directs the ST Qi downward. Together, the two herbs combine to treat all aspects of vomiting due to cold-phlegm.
- The assistant, Ren Shen, serves the function by strengthening the middle Jiao. It also promotes the generation of fluids and calms the spirit (severe vomiting damages the SP and ST, injures the fluids, and disturbs the spirit).
- The envoy, sweet Da Zao, moderates the acrid, drying properties of the chief and deputy ingredients, and supports the Qi-tonifying action of the assistant ingredient.

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Wu Zhu Yu Tang (Evodia Decoction)

吴茱萸汤

• **Key Point of diagnosis**

- Vomiting, or dry heaves or spitting of clear fluids, or vomiting and diarrhea with cold hands and feet, a white, slippery coating and the pulse is thin and slow or thin and wiry.

• **Caution and contraindication**

- For particularly severe vomiting, the decoction will be easier to keep down if taken cool. Rarely, patients may experience a transitory sensation of discomfort in the chest, dizziness, and a worsening of the headache after taking the decoction. These symptoms will disappear once the formula begins to take effect (within 30 min). The patient should rest after taking the decoction to minimize these side effects. This formula is contraindicated in cases with vomiting or acid reflux due to heat.

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Wu Zhu Yu Tang (Evodia Decoction)

吴茱萸汤

- **Modification**

- For severe vomiting or morning sickness: + Zhi Ban Xia; Sha Ren;
- For severe headache: + Chuan Xiong; Dang Gui;
- For severe cold: + Hua Jiao; Gan Jiang;
- For severe epigastric pain: + Dan Shen; Mu Xiang;
- For palpitations and insomnia: + Dang Gui; Fu Ling;
- For bulging disorders due to cold: + Zhi Fu Zi;
- For acid reflux: + Wa Leng Zi; Hai Piao Xiao;

- **Clinic use**

- Those associated with vomiting of clear fluids such as chronic gastritis, acute gastroenteritis, cholecystitis, morning sickness, pyloric spasm, and recalcitrant perimenopausal vomiting.
- Those associated with excruciating headaches including neurogenic headache, migraine headache, headaches from increased intracranial pressure, hypertension, trigeminal neuralgia, and Meniere's disease.
- Eye disorders that involve pain accompanied by nausea and vomiting including eye fatigue, corneal ulcers, conjunctivitis, acute congestive glaucoma, and recalcitrant hordeolum.
- Digestive disorders marked by abdominal pain and diarrhea such as gastritis, peptic ulcers, chronic hepatitis, chronic cholecystitis, bacillary dysentery, and ulcerative colitis.

Xiao Jian Zhong Tang (Minor Construct the Middle Decoction)

小建中汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Warms and tonifies the middle Jiao and moderates the spasmodic abdominal pain;
- **Indications:** **Consumptive deficiency (虚劳, Xu Lao)** which refers to **middle Jiao deficiency cold** brought on by overwork, improper eating habits, poor diet, etc leading to insufficiency of transportation and transformation marked by **intermittent, spasmodic abdominal pain that responds favorably to local application of warmth and pressure, a lusterless complexion, reduced appetite, a pale tongue with a white coating, and a thin, wiry, and moderate pulse.** There may also be **low-grade fever, palpitations, irritability, cold and sore extremities with nonspecific discomfort, and a dry mouth and throat.**

Xiao Jian Zhong Tang (Minor Construct the Middle Decoction)
小建中汤

• **Pathological analysis**

- When the abdomen is deprived of the warmth of the Yang Qi, the result is intermittent, spasmodic abdominal pain that responds favorably to local application of warmth and pressure.
- A lusterless complexion, reduced appetite, and pale tongue with a white coating indicate cold from deficiency of the Middle Jiao.
- The pulse is of particular interest. The combination of deficiency cold and the body's reaction to the pain caused by it results in a thin, wiry, and moderate pulse.

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Xiao Jian Zhong Tang (Minor Construct the Middle Decoction)
小建中汤

- The middle Jiao is the source of the transformation and transportation of nutrients in the body.
- When it is weakened, the Yin and Yang both suffer, leading to dissipation of both Qi and blood.
- Lack of regulation between the nutritive and protective Qi ensues because the protective Yang is no longer controlled by the nutritive Yin.
- This can manifest as low-grade fever combined with cold from deficiency leads to the seemingly paradoxical signs of a pale tongue with a dry throat.
- Note that if the patient is thirsty, there will be a desire for hot beverages.
- The inadequate supply of nutritive Qi to the Heart, combined with the insufficiency of protective Yang, causes palpitations, irritability, and a complexion that lacks luster.

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Xiao Jian Zhong Tang (Minor Construct the Middle Decoction)
小建中汤

- **Composition**

- **Chief**

- Yi Tang (Maltosum) 18-30g

- **Deputy**

- Gui Zhi (Cinnamomi Ramulus) 9g
- Bai Shao (Paeoniae Radix alba) 18g

- **Assistant**

- Sheng Jiang (Zingiberis Rhizoma recens) 9g
- Da Zao (Jujubae Fructus) 12 pcs

- **Envoy**

- Zhi Gan Cao (Glycyrrhizae Radix preparata) 6g

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Xiao Jian Zhong Tang (Minor Construct the Middle Decoction)
小建中汤

- **Analysis of Formula**

- The chief

- Yi Tang (Maltosum), is distilled from grains such as rice, wheat, or barley, all of which are associated with sweetness and earth. It tonifies both the Qi and blood, generates fluids, alleviates thirst, and moderates spasmodic abdominal pain.

- The deputy

- Gui Zhi (Cinnamomi Ramulus) warms the middle Jiao and disperses cold;
- Bai Shao (Paeoniae Radix alba), sweet and sour, benefits the Yin;
- The combination of Gui Zhi and Bai Shao harmonizes the nutritive and protective Qi; One warming, the other cooling, one dispersing, the other astringing.
- When combined with Yi Tang, their balanced opposition enhances the balancing and moderating actions of the chief herb. This function is further augmented by the relative dosage of the two deputies: in Gui Zhi Tang they are equal, while here the dosage of Bai Shao is doubled.

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Xiao Jian Zhong Tang (Minor Construct the Middle Decoction)
小建中汤

- The assistant
 - The protective Qi is Yang in nature; its tonification requires acrid, warming herbs. The nutritive Qi is Yin; its tonification requires sweet herbs.
 - Sheng Jiang and Da Zao, combine these functions while also strengthening the middle Jiao.
- The envoy
 - Zhi Gan Cao works with the deputies to stop spasmodic abdominal pain. It also harmonizes the functions of the middle Jiao and of the formula in general.
- Overall, this formula emphasizes the use of sweet and warming herbs to tonify the cold of deficiency but balances these with acrid and sour herbs to harmonize the protective and nutritive Qi. It thus synthesizes two of the most fundamental strategies of Chinese medicine; the combination of acrid and sweet herbs to facilitate the transformation into Yang, and sour and sweet herbs to facilitate the transformation into Yin. 41

Xiao Jian Zhong Tang (Minor Construct the Middle Decoction)
小建中汤

- **Key Point of diagnosis**
 - Intermittent, spasmodic abdominal pain that responds favorably to local application of warmth and pressure, a lusterless complexion, a pale tongue with a white coating, and a thin, wiry, and moderate pulse.
- **Caution and contraindication**
 - Contraindicated for heat from Yin deficiency. It should not be used without modification in patients with vomiting or roundworms because these conditions are often aggravated by sweet substances. It must also be modified in cases with abdominal distention.
- **Modification**
 - For more severe cold: substitute Rou Gui for Gui Zhi;
 - For relapse due to consumption of raw or cold food: increase the dosage of Gui Zhi and Wu Yao;
 - For concurrent Qi stagnation: + Mu Xiang; Ji Nei Jin;
 - For diarrhea: + Bai Zhu;
 - For roundworms: — the dosage of Yi Tang; Bai Shao; + Wu Mei;
 - For abdominal fullness or nausea after taking this formula: + Chen Pi; Sha Ren to moderate the cloying nature of the sweet herbs. 42

Xiao Jian Zhong Tang (Minor Construct the Middle Decoction)
小建中汤

• **Clinic use**

- Paroxysmal spasmodic pain, such as chronic gastritis, peptic ulcers, inflammatory bowel disease, autonomic dystonia, chronic hepatitis, cholelithiasis, chronic nephritis, benign prostatic hypertrophy, and migraines.
- Palpitations and dizziness, such as anemia, hypoglycemia, and hypertension.
- Assortment of miscellaneous disorders, including fever of unknown origin, enuresis, idiopathic thrombocytopenic purpura, hemolytic jaundice, and leukemia.

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Xiao Jian Zhong Tang (Minor Construct the Middle Decoction)
小建中汤

• Vs. Gui Zhi Tang (Cinnamomi Twig Decoction)

- Both formulas harmonize the nutritive and protective Qi and can be used to treat symptoms such as fever with aversion to wind and cold. They also can be used to treat Tai Yin disorders that involve the Spleen.
- Gui Zhi Tang contains **Gui Zhi as its chief herb** and **focuses on releasing the muscle layer**. It is indicated where **wind-cold invades from the exterior and obstructs the circulation of nutritive Qi**, in cases where such invasion is accompanied by signs of middle Jiao deficiency such as diarrhea. The pulse will be relaxed and floating. It can also be used where the protective Yang is unable to move the nutritive Yin, resulting in **disharmony between the two**.
- Xiao Jian Zhong Tang treats **deficiency in the interior** characterized by a substantive insufficiency of both Yin and Yang, which no longer interpenetrate each other. This leads to symptoms of wind (spasmodic pain) in the interior. In these cases, the pulse will be submerged, thin, and wiry.

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Da Jian Zhong Tang (Major Construct the Middle Decoction)
大建中汤

- **Source:** Essentials from the Golden Cabinet (c. 220)
- **Actions:** Warms and tonifies middle Jiao deficiency, directs rebellious Qi downward, and alleviates pain;
- **Indications:** Weakness and deficiency of the middle Jiao Yang (the root) and Yin or cold that is ascendant in the interior (the manifestation) marked by excruciating epigastric and abdominal pain such that the patient cannot tolerate being touched, a strong sensation of cold in the epigastrium, vomiting to the point of being unable to eat, a white, slippery tongue coating, and a thin and tight or slow and wiry (or, especially in severe cases, hidden) pulse. There may also be borborygmus.

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Da Jian Zhong Tang (Major Construct the Middle Decoction)
大建中汤

- **Pathological analysis**
 - The combination of deficiency and excess is reflected in the distinctive characteristics of the pain and cold in the epigastrium.
 - The ST Qi follows the upsurge of cold Qi, causing vomiting and an inability to keep food down.
 - The tongue coating reflects the presence of vigorous cold in the interior.
 - A thin pulse is indicative of Yang deficiency, and a tight pulse reflects cold in the interior.
 - If the cold is more severe, the pulse will be slow (indicating cold) and wiry (pain).
 - In especially severe cases when the pain is intolerable, the pulse will be hidden.
 - If the cold causes the fluids to congest, borborygmus will ensue.

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Da Jian Zhong Tang (Major Construct the Middle Decoction)
大建中汤

- **Composition**
 - **Chief**
 - Hua Jiao (Zanthoxyli Pericarpium) 3-9g
 - **Deputy**
 - Gan Jiang (Zingiberis Rhizoma) 12g
 - **Assistant**
 - Ren Shen (Ginseng Radix) 6g
 - Yi Tang (Maltosum) 18-30g

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Da Jian Zhong Tang (Major Construct the Middle Decoction)
大建中汤

- **Analysis of Formula**
 - The chief herb, Hua Jiao, very hot and acrid, stimulates the Yang of the Middle Jiao and dispels cold, thereby alleviating the pain. This herb also warms the gate of vitality, extending its action from the mobilization of Yang at its root all the way up to the upper Jiao.
 - The deputy, Gan Jiang (Zingiberis Rhizoma) reinforces Hua Jiao and also quiets the upsurge of cold Qi. Without this upsurge, the ST Qi would not rebel upward and the vomiting would thus cease.
 - The assistant herbs
 - Ren Shen and Yi Tang tonify and strengthen the Middle Jiao, which ameliorates the painful abdominal spasms. Yi Tang is also considered as counteracting the excessively acrid and drying actions of the chief herb, which might otherwise readily injury the normal Qi.

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Da Jian Zhong Tang (Major Construct the Middle Decoction)
大建中汤

- **Key Point of diagnosis**
 - Excruciating epigastric and abdominal pain such that the patient cannot tolerate being touched, a strong sensation of cold in the epigastrium, vomiting to the point of being unable to eat.
- **Caution and contraindication**
 - Contraindicated in cases with internal clumping, damp-heat, or Yin and blood deficiency.
- **Modification**
 - For roundworms: — the dosage of Yi Tang; + Wu Mei; Bing Lang; Shi Jun Zi;
 - To strengthen the pain-relieving actions of the formula: + Dan Shen; Yuan Hu Suo; Mu Xiang;
 - For nausea: + Zhi Ban Xia; Sheng Jiang;
 - For numb hands and feet: + Gui Zhi;
- **Clinic use**
 - Chronic gastritis, gastric ulcer, duodenal ulcer, chronic pancreatitis, chronic cholecystitis, urinary calculi, intestinal spasms, and uncomplicated intestinal obstruction, postoperative ileus or cases of severe constipation as well.

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Da Jian Zhong Tang (Major Construct the Middle Decoction)
大建中汤

- Vs. Xiao Jian Zhong Tang (Minor Construct the Middle Decoction)
 - Both formulas warm the middle Jiao and tonify deficiency, and both treat pain due to cold against a background of deficiency.
 - Da Jian Zhong Tang, the middle Jiao cold is **severe and primary**. This is very acute presentation characterized by **severe pain, a strong sensation of cold in the abdomen, and upsurging of Qi with nausea and vomiting**.
 - Xiao Jian Zhong Tang patterns also include **abdominal pain**, it is a **milder form** characterized by **periods of remission**. Furthermore, in addition to **symptoms of deficiency cold**, there will also be apparently **contradictory symptoms** like **thirst, dry mouth, fever, or irritability**.

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Huang Qi Jian Zhong Tang (Astragalus Decoction to Construct the Middle)
黄芪建中汤

- **Source:** Essentials from the Golden Cabinet (c. 220)
- **Actions:** Warms and tonifies middle Jiao deficiency, directs rebellious Qi downward, and alleviates pain;
- **Indications:** More severe Qi deficiency characterized by spontaneous sweating, shortness of breath, occasional fevers, and a thin, faint, frail pulse.
- **Ingredients:** Xiao Jian Zhong Tang + Huang Qi (9g)
- **Modifications:**
 - For shortness of breath and chest fullness due to thin mucus: increase the dosage of Sheng Jiang;
 - For abdominal fullness: — the cloying sweetness of Da Zao and substitute 4.5g of Fu Ling;
 - For Lung deficiency where the Lung's clearing and clarifying function is impaired: + Zhi Ban Xia

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Gan Cao Gan Jiang Tang (Licorice and Ginger Decoction)
甘草干姜汤

- **Source:** Essentials from the Golden Cabinet (c. 220)
- **Actions:** Warms the Lungs and strengthens the Stomach;
- **Indications:** Lung atrophy (肺痿, Fei Wei) which means a decline in the Lung's ability to govern the Qi due to cold in the Lungs that impedes its dissemination and control of the fluids marked by cold extremities, absence of thirst, a dry throat, excessive salivation with spitting up of clear fluids, absence of coughing, irritability, dizziness, frequent urination, a pale, moist tongue without a coating, and a pulse that is either frail or submerged and slow.

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Gan Cao Gan Jiang Tang (Licorice and Ginger Decoction)
甘草干姜汤

• **Pathological analysis**

- The disorder of dissemination and loss control of the fluids can manifest in a number of ways in different parts of the body. In the mouth, it appears as excessive salivation and spitting up of clear fluids.
- The absence of thirst is important because it distinguishes this pattern from Lung atrophy due to heat.
- The failure of the lungs to disseminate the fluids is likewise responsible for the paradoxical dryness of the throat, indicating a generalized lack of irrigation throughout the body.
- Instead, the fluids seep directly into the Bladder from which they are voided through increased urination.
- There is no coughing because the Lung Qi, although weak, is not obstructed.
- Because cold prevents the clear Yang from rising upward, there is dizziness, irritability, and coldness of the limbs.
- The pale and moist tongue without a coating, and the pulse that is either frail or submerged and slow, reflect the presence of deficiency cold.

Gan Cao Gan Jiang Tang (Licorice and Ginger Decoction)
甘草干姜汤

• **Composition**

- Zhi Gan Cao (Glycyrrhizae Radix preparata) 12g
- Pao Jiang (Zingiberis Rhizoma preparata) 6g

Gan Cao Gan Jiang Tang (Licorice and Ginger Decoction)
甘草干姜汤

• **Analysis of Formula**

- Gan Jiang warms the Lungs and disperse cold. It is used here primarily to restore the Yang of the chest. However, its acrid, hot nature can readily deplete the source Qi. To ameliorate this effect, the form used is Pao Jiang, as blast-firing reduces its acrid and dispersing characteristics.
- Zhi Gan Cao tonifies the Qi.
- Together these herbs warm and strengthen the ST, which in turn helps to resolve the disorder in the Lungs. This is called “nurturing the earth (ST) to generate the metal (LU).”
- The combination of sweet and acrid herbs warms the Yang and augments the Qi in a balanced manner.

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Gan Cao Gan Jiang Tang (Licorice and Ginger Decoction)
甘草干姜汤

• **Key Point of diagnosis**

- Excessive salivation with spitting up of clear fluids, a pale, moist tongue without a coating, and a pulse that is either frail or submerged and slow.

• **Caution and contraindication**

- Contraindicated in cases with Lung heat.

• **Modification**

- For incontinence of urine: + Yi Zhi Ren; Wu Yao;
- For epigastric and abdominal pain due to cold from deficiency of the SP and ST: + Gao Liang Jiang; Rou Gui;
- For nosebleeds, blood in the stool, or vomiting of blood due to cold from deficiency: use Pao Jiang instead of Gan Jiang;

• **Clinic use**

- Enuresis, excessive drooling, allergic rhinitis, and hayfever;
- Bleeding such as recurrent epistaxis or dysfunctional uterine bleeding;
- Peptic ulcer, chronic gastritis, and emphysema.

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Formulas that warm Middle and dispel cold

- Section 1 Formulas that warm Middle and dispel cold (6 types)
 - **Li Zhong Wan** (Regulate the Middle Pill)
 - **Wu Zhu Yu Tang** (Evodia Decoction)
 - **Xiao Jian Zhong Tang** (Minor Construct the Middle Decoction)
 - **Da Jian Zhong Tang** (Major Construct the Middle Decoction)
 - Huang Qi Jian Zhong Tang (Astragalus Decoction to Construct the Middle)
 - Gan Cao Gan Jiang Tang (Licorice and Ginger Decoction)

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Study guideline

- 1. Li Zhong Wan's ingredients and indications;
- 2. The difference between Li Zhong Wan and Si Ni Tang;
- 3. Wu Zhu Yu Tang's ingredients and indications;
- 4. Xiao Jian Zhong Tang's ingredients and indications;
- 5. The difference between Xiao Jian Zhong Tang and Gui Zhi Tang;
- 6. Da Jian Zhong Tang's ingredients and indications;
- 7. The difference between Da Jian Zhong Tang and Xiao Jian Zhong Tang;
- 8. Huang Qi Jian Zhong Tang's ingredients and indications;
- 9. Gan Cao Gan Jiang Tang's ingredients and indications;

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Section 2 Formulas that warm channel and dispel cold

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Formulas that warm channel and dispel cold

- The formulas in this section treat cold pathogens congealing in the channels and collaterals where they obstruct the flow of Qi and blood.
- This gives rise to cold inversion, cold-type obstruction patterns, and Yin sores.
- It occurs more readily in patients with preexisting blood and nutritive Qi deficiency, where the body's Yang lacks substance to which it might attach itself.
- The formulas scatter cold with the help of herbs like Gui Zhi, Sheng Jiang.
- To address any underlying deficiency, they combine these with herbs like Dang Gui, Shao Yao, Huang Qi or Lu Rong that tonify the Qi and blood.

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Formulas that warm channel and dispel cold

- Section 2 Formulas that warm channel and dispel cold (2 types)
 - Dang Gui Si Ni Tang (Tangkui Decoction for Frigid Extremities)
 - Yang He Tang (Yang-Heartening Decoction)

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Dang Gui Si Ni Tang (Tangkui Decoction for Frigid Extremities)
当归四逆汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Warms the channels, disperse cold, nourishes the blood, and unblocks the blood vessels;
- **Indications:**
 - Long-standing cold hands and feet that are both cold to the touch and feel very cold to the patient, a pale tongue with a white coating, and a submerged, thin pulse or one that is so thin that it is almost imperceptible.

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Dang Gui Si Ni Tang (Tangkui Decoction for Frigid Extremities)
当归四逆汤

• **Pathological analysis**

- The extremities are rooted in the Yang. The hands and feet become cold when they are deprived of the warmth and nourishment of the Yang Qi.
- However, the Yang Qi also needs something to which it can attach itself in order to be carried to the extremities.
- Because the pattern for which this formula is indicated is characterized by cold hands (up to the wrists) and feet (up to the ankles), a thin pulse that is almost imperceptible (due to blood deficiency and the congealing effects of cold) but no other indications of Yang deficiency or ascendant Yin, it is regarded as being due to cold in the channels in a patient with underlying blood deficiency.
- The pale tongue is further evidence of blood deficiency, while the thin, white coating is indicative of cold.

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Dang Gui Si Ni Tang (Tangkui Decoction for Frigid Extremities)
当归四逆汤

• **Composition**

– **Chief**

- Dang Gui (Angelicae sinensis Radix) 9g
- Gui Zhi (Cinnamomi Ramulus) 9g

– **Deputy**

- Shao Yao (Paeoniae Radix) 9g
- Xi Xin (Asari Herba) 6g

– **Assistant**

- Zhi Gan Cao (Glycyrrhizae Radix preparata) 6g
- Da Zao (Jujubae Fructus) 25pcs

– **Envoy**

- Mu Tong (Akebiae Caulis) 6g

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Dang Gui Si Ni Tang (Tangkui Decoction for Frigid Extremities)

当归四逆汤

• **Analysis of Formula**

- The chief
 - Dang Gui, acrid, sweet and warming, tonifies and invigorates the blood to eliminate cold.
 - Gui Zhi warms the channels and disperses cold from the nutritive Qi.
- The deputy
 - Shao Yao strengthens Dang Gui to tonify blood. Combined with Gui Zhi to harmonize the protective and nutritive Qi, thereby helping to eliminate cold from the more superficial levels of the body.
 - Xi Xin disperses both internal and external cold.
- The assistant
 - Zhi Gan Cao and Da Zao augment the Qi and strengthen the Spleen. They assist Dang Gui and Shao Yao in tonifying the blood; assist Gui Zhi and Xi Xin in facilitating the flow of Qi
- The envoy, Mu Tong, facilitates the flow in the channels and vessels and also drains the static heat that may accumulate even in these conditions as the Qi is fettered by cold. ⁶⁵

Dang Gui Si Ni Tang (Tangkui Decoction for Frigid Extremities)

当归四逆汤

• **Key Point of diagnosis**

- Long-standing cold hands and feet that are both cold to the touch and feel very cold to the patient, a pale tongue with a white coating, and a submerged, thin pulse or one that is so thin that it is almost imperceptible.

• **Caution and contraindication**

- Should be used with caution during the spring and summer seasons, or in warm climates, since it readily injures the fluids. It is contraindicated in patients with fire from Yin deficiency.

• **Modification**

- For persistent, mild headache, vertigo, and tinnitus: + Bai Zhi; Fang Feng;
- For vague epigastric pain that responds well to the application of heat or pressure, and spitting of clear fluids: + Wu Zhu Yu; Fo Shou; Dang Shen;
- For cold and pain in the lower abdomen during menstruation (which is scanty): + Yi Mu Cao; Xiang Fu;
- For bulging disorders due to cold: +Wu Yao; Xiao Hui Xiang; Gao Liang Jiang;
- For chronic, resistant sciatica: + Zhi Fu Zi; Da Huang; Xu Duan; Gou Ji;

Dang Gui Si Ni Tang (Tangkui Decoction for Frigid Extremities)
当归四逆汤

- **Clinic use**

- Narrowing or occlusive problems with the peripheral circulation, such as vascular headaches, Raynaud's disease, thromboangiitis obliterans, frostbite, impotence, varicocele, and scleroderma.
- Other vascular problems such as Takayasu's arteritis, basilar artery insufficiency, and coronary artery insufficiency.
- Painful conditions with cold extremities such as hypertensive headache, traumatic headache, gingivitis, trigeminal neuralgia, lower back sprains, sciatica, peri-arthritis of the shoulders, peptic ulcer, cholecystitis, pelvic inflammatory disease, and pain from cancers.

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Dang Gui Si Ni Tang (Tangkui Decoction for Frigid Extremities)
当归四逆汤

- Vs. Si Ni Tang (Frigid Extremities Decoction)

- Si Ni Tang pattern, **the entire limb** (not just the hands and feet) are cold. In addition, the patient will also experience lethargy, an increased desire to sleep, watery diarrhea, and a submerged pulse.
- Dang Gui Si Ni Tang pattern, **long-standing cold hands and feet** that are both cold to the touch and feel very cold to the patient where **the hands and feet feel colder than the rest of the body**. The **nails and lips** tend to be **purple**, and the **general complexion** will be **pale**. The presence of **pain** is another important clinical marker. A pale tongue with a white coating, and a submerged, thin pulse or one that is so thin that it is almost imperceptible.

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Dang Gui Si Ni Tang (Tangkui Decoction for Frigid Extremities)
当归四逆汤

- Vs. Si Ni San (Frigid Extremities Powder)
 - Si Ni San pattern is known as Yang- or hot-type inversion. Generally, **only the tips of the hands and feet will be cold**, the nails and lips are of normal color, the **pulse is wiry rather than thin**, and there are usually **some heat signs** visible elsewhere in the body. These may include subjective sensation of heat, irritability, insomnia, constipation, dark urine, and a red tongue with a yellow coating. There is often an emotional component to the disorder. In special cases where intense heat leads to cold extremities, formulas that clear interior heat, such as Bai Hu Tang or Da Cheng Qi Tang are required.
 - Dang Gui Si Ni Tang pattern, **long-standing cold hands and feet** that are both cold to the touch and feel very cold to the patient, a pale tongue with a white coating, and a submerged, thin pulse or one that is so thin that it is almost imperceptible.

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Yang He Tang (Yang-Heartening Decoction)
阳和汤

- **Source:** Complete Collection of Patterns and Treatments in External Medicine (1740)
- **Actions:** Warms the Yang, tonifies the blood, disperses cold, and unblocks areas of stagnation;
- **Indications:**
 - **Yin-type flat abscess** (阴疽, Yin Ju) marked by **localized, painful swellings without a head that blend into the surrounding tissue and do not affect the texture or color of the skin, and are not hot to the touch**. There is **no thirst, the tongue is very pale, and the pulse is submerged, thin, and forceless**.
 - Yin-type flat abscess include not only problems in the flesh and muscles, but also in the joints, as in some types of **crane's knee wind** (鹤膝风, He Xi Feng), which is a swollen and painful knee joint accompanied by wasting of the muscles of the thigh and calf.

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Yin-type flat abscess



Crane's knee wind

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Yang He Tang (Yang-Heartening Decoction)

阳和汤

- **Pathological analysis**

- Yin-type localized swelling commonly occurs in those with blood deficiency when cold or phlegm (or both) congeal in a discrete area of the muscles, sinews, bones, or blood vessels, and the Yang Qi is too weak to disperse them.
- The cold or Yin nature of the swellings is evidenced by their blending into the surrounding tissue, the absence of heat signs, as well as more generalized signs of Yang and blood deficiency that include a pale tongue with a white coating, and a deep and thin, or a slow and thin pulse.

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Yang He Tang (Yang-Heartening Decoction)
阳和汤

• **Composition**

– **Chief**

- Rou Gui (Cinnamomi Cortex) 3g
- Pao Jiang (Zingiberis Rhizoma preparata) 1.5g

– **Deputy**

- Shu Di Huang (Rehmanniae Radix preparata) 30g
- Lu Jiao Jiao (Cervi Cornus Colla) 9g

– **Assistant**

- Bai Jie Zi (Sinapis Semen) 6g
- Ma Huang (Ephedrae Herba) 1.5g

– **Envoy**

- Gan Cao (Glycyrrhizae Radix) 3g

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Yang He Tang (Yang-Heartening Decoction)
阳和汤

• **Analysis of Formula**

- This formula is a good example of the interrelationship between treating the branch (swelling) and the root (blood deficiency). It also illustrates the method of “finding the Yang within the Yin.”
- The chief, Rou Gui and Pao Jiang, acrid and warming, enter the nutritive Qi to warm the channels, unblock the blood vessels, disperse cold, and eliminate pathogenic Qi.
- The deputy
 - Shu Di Huang tonifies the blood;
 - Lu Jiao Jiao tonifies the blood and assists the Yang;
- The assistant
 - Bai Jie Zi specifically expels phlegm lodged just beneath the skin. Combined with heavy deputy herbs, its dispersing action unfolds at deeper levels of the body, such as the muscles and bones.
 - Ma Huang opens up the interstices and pores and helps lead out the cold.
 - The acrid nature of the two assistants counteracts the colying nature of the deputies, preventing their tonifying nature from strengthening and retaining the pathogenic Qi. Conversely, the herbs that promote movement are prevented from injuring the normal Qi because of the presence of the chief ingredients.
- The envoy, Gan Cao, harmonizes the actions of the other ingredients in the formula.

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Yang He Tang (Yang-Heartening Decoction)

阳和汤

- **Key Point of diagnosis**
 - Localized, painful swellings without a head that blend into the surrounding tissue and do not affect the texture or color of the skin, and are not hot to the touch. There is no thirst, the tongue is very pale, and the pulse is submerged, thin, and forceless.
- **Caution and contraindication**
 - Contraindicated in patients with Yang-type localized swellings, Yin deficiency, or with swellings (even of the Yin type) that have ulcerated for a long time. If the formula is modified, the ratio of Shu Di Huang to Ma Huang specified in the source text must be followed. If the relative dosage of Ma Huang is too high, the deficiency will worsen and aggravate the condition.
- **Modification**
 - For general signs of cold: + Zhi Fu Zi;
 - For severe Qi deficiency: + Huang Qi; Ren Shen;
 - For fibrocystic breasts: + Xiang Fu; Chen Pi; Yu Jin;
 - For more severe pain: + Ru Xiang; Mo Yao;

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Yang He Tang (Yang-Heartening Decoction)

阳和汤

- **Clinic use**
 - Rheumatic and vascular diseases such as thromboangitis obliterans, rheumatoid arthritis, Raynaud's disease, polyarthritis, idiopathic bone hyperplasia, and scleroderma.
 - Inflammatory diseases such as aseptic suppuration, lymphatic tuberculosis, tubercular joint disease, chronic osteomyelitis, chronic erysipelas, and chronic ulcerative colitis;
 - Neuromusculoskeletal disorders such as peripheral neuritis, sciatica, and intervertebral disc disease;
 - Women's diseases such as early-stage endometriosis, mastitis, and fibrocystic breasts;
 - Respiratory conditions such as chronic bronchitis, bronchial asthma, and emphysema;
 - Sick sinus syndrome, urticaria, benign prostatic hypertrophy, epilepsy, and frostbite.

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Formulas that warm channel and dispel cold

- Section 2 Formulas that warm channel and dispel cold (2 types)
 - Dang Gui Si Ni Tang (Tangkui Decoction for Frigid Extremities)
 - Yang He Tang (Yang-Heartening Decoction)

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Study guideline

- 1. Dang Gui Si Ni Tang's indications;
- 2. The difference between Dang Gui Si Ni Tang and Si Ni Tang;
- 3. The difference between Dang Gui Si Ni Tang and Si Ni San;
- 4. Yang He Tang's indications;

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Section 3 Formulas that rescue devastated Yang

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Formulas that rescue devastated Yang

- The formulas in this section are used to treat debilitated Yang and exuberant Yin with cold in both the exterior and interior.
- In extreme cases, this may lead to exuberant Yin repelling Yang, or upcast Yang.
- Such patterns are characterized by cold extremities, aversion to cold, fatigue, a desire to lie down and curl up, clear, watery diarrhea, and a submerged, faint, and almost imperceptible pulse.
- In severe cases, the patient will break into a strong sweat that seems to pour out like water.
- Only formulas that contain substances with strong warming properties, such as **Zhi Fu Zi**, Rou Gui, Gan Jiang, Bu Gu Zhi, and Hu Lu Ba (Fenugreek seed), are able to rescue the Yang in such cases.

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Formulas that rescue devastated Yang

- Depending on the context, these chief herbs are combined with four different types of deputies and assistants.
 - In cases of severe debility of the fire at the gate of vitality, or sudden abandonment of Yang, one should add herbs that **tonify the Qi**, such as Ren Shen, Gan Cao, or Bai Zhu, because the force generated by acrid herbs alone is too light to secure abandonment.
 - Where the Yin and Yang separate or fail to interpenetrate due to exuberance of Yin cold in the interior, one should add **herbs that unblock the Yang and open the orifices**, such as Cong Bai or She Xiang;

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Formulas that rescue devastated Yang

- In order to prevent Yang abandonment, one can also add **astrigent herbs** like Wu Wei Zi, Rou Dou Kou, or Chi Shi Zhi.
- Where accumulation of Yin cold leads to Qi stagnation, one can **add a small amount of Qi-moving herbs** like Chen Pi, Mu Xiang, or Chuan Lian Zi to promote the dispersion of cold and facilitate the revival of Yang

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Formulas that rescue devastated Yang

- Section 3 Formulas that rescue devastated Yang (2 types)
 - **Si Ni Tang** (Frigid Extremities Decoction)
 - Shen Fu Tang (Ginseng and Prepared Aconite Decoction)

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Si Ni Tang (Frigid Extremities Decoction)

四逆汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Rescues devastated Yang, warms the middle Jiao and stops diarrhea;
- **Indications:**
 - **Cold inversion pattern** most typically associated with a **Shao Yin disorder** marked by **extremely cold extremities**, aversion to cold, curling up when lying down, lethargy with a constant desire to sleep, vomiting, **diarrhea with undigested food particles**, abdominal pain and cold, **lack of thirst**, **a pale tongue with a white, slippery coating**, and a **submerged and thin or faint pulse**.

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Si Ni Tang (Frigid Extremities Decoction)
四逆汤

• **Pathological analysis**

- Cold is a Yin pathogenic influence that readily injures the Yang Qi.
- The fire at the gate of vitality, which is the foundation of the body's Yang Qi, is responsible for transmitting warmth to all the organs.
- When cold invades the interior and injures this fire, its warming function is inhibited, which is manifested in various signs of deficiency and cold.
- The most typical of these are extreme cold in the extremities, aversion to cold, curling up when lying down, and lethargy with a constant desire to sleep.

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Si Ni Tang (Frigid Extremities Decoction)
四逆汤

- The spleen and Stomach, which transform food and fluids into refined essence, depend on the fire at the gate of vitality to carry out their respective functions.
- When it is deficient, the Middle Jiao is reduced to a “cauldron without a fire underneath”; thus it cannot digest, assimilate, transform, or transport the essence of food and fluids.
- As a result, the clear Yang cannot ascend, nor can the turbid Yin properly descend.
- Vomiting, diarrhea with undigested food particles, and an absence of thirst ensue.
- Because cold contracts, congeals, and stagnates, congealed cold and Qi stagnation causes pain and cold in the abdomen.

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Si Ni Tang (Frigid Extremities Decoction)
四逆汤

- The Yang Qi also nourishes the spirit. When the Yang Qi is sufficient, the spirit will be vigorous, but when the spirit is deprived of nourishment, it will weaken, which manifests as lethargy and a desire to sleep.
- A pale tongue with a white, slippery coating and a submerged or faint and thin pulse are also indicative of Yang deficiency with internal cold.

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Si Ni Tang (Frigid Extremities Decoction)
四逆汤

- **Composition**
 - **Chief**
 - Zhi Fu Zi (Aconiti Radix lateralis) 1pc (6-9g)
 - **Deputy**
 - Gan Jiang (Zingiberis Rhizoma) 4.5g
 - **Assistant**
 - Zhi Gan Cao (Glycyrrhizae Radix preparata) 6g

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Si Ni Tang (Frigid Extremities Decoction)

四逆汤

- **Analysis of Formula**
 - The chief
 - Zhi Fu Zi, strongly heating and acrid, breaks through the Yin and revive the Yang. It is especially effective in warming and stimulating the fire at the gate of vitality so that it disseminates throughout the body and reaches the extremities.
 - The deputy
 - Gan Jiang warms the middle Jiao and eliminates cold, which strengthens the Spleen's functions of transforming and transporting food and fluids. The chief and deputy work synergistically: the deputy assists the chief in strengthening the fire at the gate of vitality, while the chief assists the deputy in strengthening the Yang of the middle Jiao.
 - The assistant
 - Zhi Gan Cao augments the Qi, strengthens the Spleen, reduces the toxicity of the chief ingredient, and moderates the drying properties of the chief and deputy ingredients. Being sweet, it also provides a substratum to which the acrid and heating Qi of the chief and deputy herbs can attach in order to achieve their intended functions without merely dissipating.

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Si Ni Tang (Frigid Extremities Decoction)

四逆汤

- **Key Point of diagnosis**
 - Extremely cold extremities, diarrhea with undigested food particles, lack of thirst, a pale tongue with a white, slippery coating, and a submerged and thin or faint pulse.
- **Caution and contraindication**
 - Contraindicated in cases with true heat and false cold characterized by cold extremities, thirst with a desire to drink cool beverages, dark urine, and a red tongue with a yellow coating.
- **Modification**
 - For intractable arthritis due to wind-dampness: + Rou Gui; Bai Zhu;
 - For edema or leukorrhea due to cold from deficiency of the Spleen and Kidneys: + Dang Shen; Fu Ling; Ze Xie;
- **Clinic use**
 - Circulatory problems such as acute cardiac insufficiency, cerebrovascular insufficiency, and shock dysfunction such as acute gastroenteritis, chronic colitis, and cirrhosis;
 - Hypopituitarism, hypothyroidism, adrenal insufficiency, functional uterine bleeding, chronic prostatitis, recurrent aphthous ulcers,⁹⁰ and intractable arthritis.

Si Ni Tang (Frigid Extremities Decoction)
四逆汤

- Vs. Dang Gui Si Ni Tang (Tangkui Decoction for Frigid Extremities)
 - Si Ni Tang pattern, **the entire limb** (not just the hands and feet) are cold. In addition, the patient will also experience lethargy, an increased desire to sleep, watery diarrhea, and a submerged pulse.
 - Dang Gui Si Ni Tang pattern, **long-standing cold hands and feet** that are both cold to the touch and feel very cold to the patient where the **hands and feet feel colder than the rest of the body**. The **nails and lips** tend to be **purple**, and the **general complexion** will be **pale**. The presence of **pain** is another important clinical marker. A pale tongue with a white coating, and a submerged, thin pulse or one that is so thin that it is almost imperceptible.

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Si Ni Tang (Frigid Extremities Decoction)
四逆汤

- Vs. Zhen Wu Tang (True Warrior Decoction)
 - Both formulas treat patterns characterized by debilitated Yang and exuberant Yin.
 - The patterns differ in the nature of the Yin excess and, by implication, their disease dynamic. The Zhen Wu Tang **warms the Yang and promotes water metabolism to treat water collecting in the interior**. The **excess of water** (which quells fire) is **as important here as the deficiency of Yang**.
 - Si Ni Tang **revives the Yang and stems rebelliousness** in cases where the **Yang is too debilitated to move and transform the Yin**. As a result, there are frigid extremities, watery diarrhea, and a floating upward of the Yang.

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Si Ni Tang (Frigid Extremities Decoction)
四逆汤

- Vs. Li Zhong Wan (Regulate the Middle Pill)
 - Both formulas treat diarrhea due to cold from deficiency.
 - Li Zhong Wan **treat spontaneous diarrhea** that means diarrhea comes and goes in relation to factors such as food intake, climate, or physical and mental exhaustion. It implies that diarrhea occurs when the Yang and Qi of the middle Jiao become deficient relative to the task they have to carry out.
 - Si Ni Tang treats **the diarrhea that is incessant**. This is because the Yang of the Middle Jiao has been cut off from its source in the gate of vitality. This is also reflected in the fact that the extremities in Li Zhong Wan pattern maybe warm, whereas in Si Ni Tang patter, they must be cold.

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Shen Fu Tang (Ginseng and Prepared Aconite Decoction)
参附汤

- **Source:** Classified Compilation of Medical Prescriptions (1445)
- **Actions:** Restores the Yang, strongly tonifies the source Qi, and rescues the Qi from collapse due to devastated Yang;
- **Indications:**
 - **Severe deficiency of the source Qi with sudden collapse of the Yang Qi marked by cold extremities, sweating, weak breathing and shortness of breath, dizziness, an extremely pale complexion, a pale tongue, and a faint pulse that is almost imperceptible.**

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Shen Fu Tang (Ginseng and Prepared Aconite Decoction)
参附汤

- **Pathological analysis**

- The function of the Yang Qi is to warm the body and promote the physiological activity of the entire organism.
- Its source is the gate of vitality in the lower Jiao and its strength is an expression of the prenatal constitution.
- As the most Yang aspect of the Qi dynamic, it must attach itself to more substantive elements, such as the nutritive Qi, body fluids, or blood, in order to carry out its functions.
- If this happens, the interpenetration of Yin and Yang ensures the smooth functioning of the Qi dynamic.
- On the other hand, if the Yang Qi collapses, all physiological processes begin to break down and the movement of any other type of Qi ceases.

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Shen Fu Tang (Ginseng and Prepared Aconite Decoction)
参附汤

- In sudden collapse, the processes that are most visibly affected are at the more Yang aspects of the Qi dynamic associated with the Heart and Lungs.
- If the Yang Qi is unable to support the pulse, this manifests as cold extremities and a faint, almost imperceptible, pulse.
- If it is unable to stabilize the superficial levels of the body, this leads to sweating and a drainage of the Yin and fluids.
- Weak breathing and shortness of breath, dizziness, pale complexion, and a pale tongue indicate Yang deficiency leading to Lung Qi deficiency.

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Shen Fu Tang (Ginseng and Prepared Aconite Decoction)
参附汤

- **Composition**

- **Chief**

- Ren Shen (Ginseng Radix) 15g (9g)

- **Deputy**

- Zhi Fu Zi (Aconiti Radix lateralis preparata) 30g (15g)

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Shen Fu Tang (Ginseng and Prepared Aconite Decoction)
参附汤

- **Analysis of Formula**

- The chief, Ren Shen, sweet and warm, strongly tonifies the source Qi within the Heart and Lungs, augments the Qi and enriches the fluids.
- The deputy, Zhi Fu Zi, warms and tonifies the true Yang at the gate of vitality.
- Together with the main herb, it assists the Spleen earth at the center of all transformation in the body.
- In this manner, it unfolds a rapid supportive action into the entire Qi dynamic, even though it is composed of just two herbs. It is therefore suitable for conditions of acute collapse of the Yang Qi.

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Shen Fu Tang (Ginseng and Prepared Aconite Decoction)
参附汤

- **Key Point of diagnosis**
 - Cold extremities, sweating, weak breathing and shortness of breath, an extremely pale complexion, a pale tongue, and a faint pulse that is almost imperceptible.
- **Caution and contraindication**
 - This is very strong tonic designed for the treatment of acute conditions. It should not be administered long term. Once the Yang Qi has been restored and the acute stage has passed, the pattern of disharmony should be reevaluated and the formula modified accordingly. Extended use generates fire, which injures the Yin and consumes the blood.
- **Modification**
 - For shock or cardiac failure: + Long Gu; Mu Li; Bai Shao; Zhi Gan Cao;
- **Clinic use**
 - Cardiac failure, myocardial infarction, cardiogenic shock, postpartum hemorrhage, uterine bleeding, and other causes of hypovolemic shock.

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Formulas that rescue devastated Yang

- Section 3 Formulas that rescue devastated Yang (2 types)
 - **Si Ni Tang** (Frigid Extremities Decoction)
 - Shen Fu Tang (Ginseng and Prepared Aconite Decoction)

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Study guideline

- 1. Si Ni Tang's ingredients and indications;
- 2. The difference between Dang Gui Si Ni Tang and Si Ni Tang;
- 3. The difference between Si Ni Tang and Zhen Wu Tang;
- 4. The difference between Si Ni Tang and Li Zhong Wan;
- 5. Shen Fu Tang's indications and ingredients;