

Herbal Formulas II

Dr. Li, Dongcheng

Office: 954 -763 -9840

E-mail: dcljdl@yahoo.com

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Chapter 8 Formulas that tonify deficiency

Dr. Li, Dongcheng

Office: 954 -763 -9840

E-mail: dcljdl@yahoo.com

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Formulas that tonify deficiency

- The formulas in this chapter are used in treating various forms of deficiency by tonifying, augmenting, nourishing, enriching, fortifying or supplementing the Qi, blood, Yin, or Yang.
- Tonifying method (补法, Bu Fa)
- Some doctrines about tonifying method
 - Augment those who suffer from harm, warm those who suffer from overexertion;
 - When the form (形, Xing) is insufficient, one warms by means of the Qi of herbs; when the essence is insufficient, one tonifies by means of the flavor of herbs;
 - When the Lungs are harmed, augment the Qi; when the Heart is harmed, regulate the nutritive and protective Qi; when the Spleen is harmed, regulate the diet and adjust (exposure) to heat and cold. When the Liver is harmed, relax the middle Jiao. 6
When the Kidneys are harmed, augment the essence.

Formulas that tonify deficiency

- For deficiency, tonify the mother.
- About 20 percent of tonifying formulas discussed in the Divine Husbandman's Classic of the Materia Medica are still used today.
- Tonifying formulas are relatively rare in medical classics as Discussion of Cold Damage.
- The majority of well-known formulas in use today were composed in the period from the Song to the Ming dynasties.
 - Si Jun Zi Tang, Si Wu Tang, Shen Ling Bai Zhu San and Shi Quan Da Bu Wan are from Formulas from Benevolent Sages Compiled during the Taiping Era in the Song dynasty.
 - Dr. Qian Yi's Liu Wei Di Huang Wan in the Song dynasty.

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Formulas that tonify deficiency

- During the Jin-Yuan dynasties, Dr. Li, Dongyuan emphasized the role of the Spleen and Stomach in formulas like Bu Zhong Yi Qi Tang, for tonifying the Qi, and Dang Gui Bu Xue Tang, for tonifying the blood.
- Dr. Li's emphasis on tonification with **sweet and warming** herbs was continued during the Ming dynasty by physicians like Zhang Jiebin, who extended it to the tonification of Kidney Yang and essence with formulas like You Gui Wan and Zuo Gui Yin.
- Tonification of Yin was shaped most importantly by Zhu, Danxi, the last of the four great masters of the Jin-yuan period. Formulas like Hu Qian Wan, Da Bu Yin Wan focus on enriching Kidney essence while simultaneously directing fire downward.

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Formulas that tonify deficiency

- Under the influence of physicians belonging to the warm pathogen current, this approach was extended to the tonification of the ST, LU and LV yin with an emphasis on generating fluids; Yi Wei Tang and Zeng Ye Tang are well-known examples.
- At present, tonifying formulas are used not only to treat illness, but also to increase resistance to disease, improve performance, and deal with the side effects of biomedical interventions such as chemotherapy or radiation therapy.
- Manifestation of deficiency are quite diverse and can arise in many factors such as constitutional factors, bad diet, overwork, emotional stress, trauma, illness, as well as the side effects of medical treatment.

Formulas that tonify deficiency

- Patterns of deficiency patterns can be differentiated by aspect (Yin, Yang, Qi, or Blood) or a combination of aspects (Yang and Qi, Yin and blood); by organ (Liver, Heart, Spleen, Lungs, Kidneys) or a combination of organs (LV-KD, SP-LU); or by both aspect and organ (LU Qi def., KD Yang def.)
- Because of the integral relationship between the Qi and blood, tonifying one will have a salutary effect on the other.
- The adage “Qi is the commander of blood, and blood is the mother of Qi” suggests that Qi moves the blood and that blood nourishes the Qi.

Formulas that tonify deficiency

- This understanding of the relationship between Qi and blood deficiency is reflected in a passage from Discussion of the Spleen and Stomach: “For blood deficiency, use Ren Shen to tonify, because when the Yang Qi is exuberant, it will generate Yin blood.”
- Huang Qi is another commonly used herb in many blood-tonifying formulas because its ability to augment the Qi of the middle and upper Jiao.

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Formulas that tonify deficiency

- A similar relationship exists between the Yin and Yang.
 - “To tonify the Yang well, you must search for the Yang within the Yin... To tonify the Yin well, you must search for the Yin within the Yang.”
- It is essential that deficiency and excess be properly differentiated. Conditions due to severe excess sometimes resemble those from deficiency, manifesting in such symptoms as weight loss and reduced vitality.
- Remember also that chronic conditions are not necessarily due to deficiency, nor are all deficient conditions chronic.
- It is not uncommon for an externally-contracted disease to injure the Qi, blood, Yin, or Yang.

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Formulas that tonify deficiency

- Tonifying formulas should not be used indiscriminately. If they are used for those who are not suffering from deficiency. Side effects like fever, headache, rash, pimples, insomnia, irritability, and digestive upset will ensue.
- The rich, cloying nature of tonifying herbs places a burden on the digestive system. It is therefore usually necessary to **add ingredients that promote digestion and assimilation**, such as those that strengthen the SP, harmonize the ST, and regulate the Qi.

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Formulas that tonify deficiency

- It is also advisable to reduce the dosage of tonifying ingredients for patients with marked SP and ST Qi deficiency.
- Furthermore, it is essential that the dosage be adjusted to the relative severity of the condition. Mild, chronic conditions require a smaller dosage than do acute, life-threatening conditions.
- Tonifying formulas are generally cooked for a rather long period of time over a low flame and are **taken on an empty ST** to realize their full effect.

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- Chapter 8 Formulas that tonify deficiency (35 types)
 - Section 1 Formulas that tonify Qi (8 types)
 - Section 2 Formulas that tonify blood (4 types)
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 - Section 4 Formulas that tonify Yin (10 types)
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Section 1 Formulas that tonify Qi

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Formulas that tonify Qi

- The formulas that tonify the Qi are primarily used in treating conditions that involve the **SP** and **LU**.
- These organs produce the body's Qi, which is derived from food absorbed by the SP and from air taken in by the LU.
- General symptoms of Qi deficiency include lethargy and fatigue.
- Qi deficiency pattern is precipitated by activity and improve with rest.

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Formulas that tonify Qi

- SP Qi deficiency symptoms
 - Fatigue, shortness of breath (with little exertion), laconic speech, a shiny, pale complexion, reduced appetite, loose stools, and a weak pulse.
- When Qi deficiency is accompanied by Qi stagnation, acrid herbs that facilitate the SP's functions of assimilation and transportation, such as Chen Pi, Mu Xiang or Sha Ren, are usually added to tonifying formulas.
- The Qi of the SP and ST is also known as the middle Qi which is the related to its pivotal role in the ascending and descending actions of the Qi mechanism.
- When the Qi of the middle Jiao is deficient, it will manifest above in symptoms of shortness of breath and laconic speech, and below in symptoms of prolapse, bleeding, and incontinence.

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Formulas that tonify Qi

- Tonifying the middle Qi will raise the sunken Yang Qi and thereby restore the Qi mechanism. Herbs that facilitate the upward movement of Qi in the body, such as Chai Hu, Sheng Ma, or Fang Feng, are commonly added to formulas that treat these patterns.
- LU Qi deficiency symptoms
 - Chronic cough accompanied by generalized weakness, a low voice, and profuse sweating (the Lungs control the skin and interstices and pores).
- Because the fluids may be injured by profuse sweating, these formulas also address the effects of injury to the Yin and fluids by adding Yin-tonifying herbs like Mai Men Dong or Sha Shen, and astringent herbs like Wu Wei Zi or Wu Mei.

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Formulas that tonify Qi

- Tonifying the Qi and Yin “firms up” or consolidates the protective Qi and thereby helps reduce sweating. This gives these formulas a stabilizing effect.
- When the SP and LU lose control over water metabolism, leading to the accumulation of internal dampness, herbs that leach out dampness and facilitate water metabolism, such as Fu Ling or Yi Yi Ren, and those that transform phlegm, like Zhi Ban Xia, are added to Qi-tonifying formulas.
- When Qi deficiency leads to or is accompanied by blood deficiency, blood tonics like Bai Shao, Dang Gui, and Gou Qi Zi are added.

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Formulas that tonify Qi

- For cases with deficiency of Heart Qi (usually more complex, because of the Heart's close relationship to the blood), the formulas that tonify the blood and calm the spirit will be prescribed.
- For conditions with deficiency of the KD Qi, including KD Yang deficiency and unstable KD Qi, consult the formulas that tonify the Yang and stabilize and bind.

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Formulas that tonify Qi

– Section 1 Formulas that tonify Qi (8 types)

- **Si Jun Zi Tang** (Four-Gentleman Decoction)
 - Liu Jun Zi Tang (Six-Gentleman Dec.)
 - Xiang Sha Liu Jun Zi Tang (Six-Gentleman Dec. with Aucklandia and Amomum)
 - Xiang Sha Yang Wei Wan (Nourish the stomach w/ aucklandia & amomum)
- **Bu Zhong Yi Qi Tang** (Tonify the Middle and Augment the Qi Decoction)
- **Sheng Mai San** (Generate the Pulse Powder)
- **Shen Ling Bai Zhu San** (Ginseng, Poria and Atractylodes Macrocephala Powder)
- Bu Fei Tang (Tonify the Lungs Dec.)

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Si Jun Zi Tang (Four-Gentleman Decoction)
四君子汤

- **Source:** Formulary of the Pharmacy Service for Benefiting the People in the Taiping Era (1107)
- **Actions:** Tonifies the Qi and strengthens the Spleen;
- **Indications:**
 - **Spleen Qi deficiency** caused by improper eating habits, excessive deliberation, or overworking manifested as **pallid complexion, low and soft voice, reduced appetite**, loose stools, and weakness in the limbs. **The body of the tongue is pale, and the pulse is deficient and/or frail.**

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Si Jun Zi Tang (Four-Gentleman Decoction)
四君子汤

- **Pathological analysis**
 - When the Spleen Qi is deficient, the transformation of food into blood and Qi will be impaired.
 - This manifests as a pallid complexion and a low, soft voice.
 - Spleen deficiency also leads to a decline in that organ's transportive functions and thus a lack of transport through the ST.
 - This manifests as reduced appetite and unformed stools.
 - Because the SP governs the limbs, the patient will first experience weakness in the limbs.
 - The pale tongue and deficient and/or frail pulse are typical signs of Spleen Qi deficiency.

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Si Jun Zi Tang (Four-Gentleman Decoction)
四君子汤

- **Composition**

- **Chief**

- Ren Shen (Ginseng Radix) 3-9g

- **Deputy**

- Bai Zhu (Atractylodis macrocephalae Rhizoma) 6-9g

- **Assistant**

- Fu Ling (Poria) 6-9g

- **Envoy**

- Zhi Gan Cao (Glycyrrhizae Radix preparata) 3-6g

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Si Jun Zi Tang (Four-Gentleman Decoction)
四君子汤

- **Analysis of Formula**

- The chief, Ren Shen, sweet and warm, is a powerful tonic for the SP Qi.
- The deputy, Bai Zhu, strengthens the SP and dries dampness. Combining with Ren Shen, both work synergistically to improve the transportive and transformative functions of the SP Qi.
- The assistant, Fu Ling, sweet and bland, leaches out dampness. It also assists Ren Shen and Bai Zhu in strengthening the SP.
- The envoy, Zhi Gan Cao, warms and regulates the Middle Jiao. The combination of Zhi Gan Cao and Fu Ling is instructive.
 - Fu Ling moderates the cloying nature of Zhi Gan Cao to prevent abdominal distention, while the tonifying properties of Zhi Gan Cao moderate the draining properties of the former ingredient.

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Si Jun Zi Tang (Four-Gentleman Decoction)

四君子汤

- **Key Point of diagnosis**

- Pallid complexion, low and soft voice, reduced appetite, the body of the tongue is pale, and the pulse is deficient and/or frail.

- **Caution and contraindication**

- The long-term use of this formula may result in a dry mouth, thirst, and irritability. It should not be used without modification in patients with high fever, heat from deficiency, or a combination of irritability, thirst, and constipation.

- **Modification**

- For indigestion, reduced appetite, abdominal distention, and weight loss: + Xiang Fu; Hou Po;
- For morning sickness: + Sha Ren; Chen Pi; Hou Po;
- For edema during pregnancy, take with Wu Pi Yin;
- For periodic paralysis: + Huang Qi; Mai Men Dong; Bai Zhi; Fang Feng;
- For uterine fibroids: + E Zhu; Sang Leng; Niu Xi;
- For palpitations and insomnia: + Suan Zao Ren;

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Si Jun Zi Tang (Four-Gentleman Decoction)

四君子汤

- **Clinic use**

- Those primarily affecting the digestive system such as chronic gastritis, peptic ulcer, irritable bowel syndrome, chronic hepatitis, and to reduce the recovery time after gastric surgery;
- Fever of unknown origin, recurrent nosebleed, and sequelae of infections, especially in children;
- Hemopoietic functions in anemia and neutropenia, as well as the basis for adjunctive therapy in conjunction with chemotherapy or radiation therapy for cancer patients;
- Diabetes mellitus, periodic paralysis, coronary artery disease, uterine fibroids, and chronic bronchitis;

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Si Jun Zi Tang (Four-Gentleman Decoction) 四君子汤

- Vs. Li Zhong Wan (Regulate the Middle Pill)
 - Both formulas treat patterns characterized by deficiency of the middle Jiao with symptoms such as reduced appetite, fatigue, and abdominal distention.
 - Si Jun Zi Tang **focuses on Qi deficiency leading to impaired movement and transformation**. In practice, therefore, this formula is often modified by including herbs that move the Qi or promote water metabolism in order to deal with increased dampness and Qi stagnation due to Qi deficiency.
 - Li Zhong Wan **focuses on Yang deficiency leading to symptoms such as abdominal distention and pain, increased urination, and aversion to cold**.

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Liu Jun Zi Tang (Six-Gentleman Dec.) 六君子汤

- **Source:** Formulary of the Pharmacy Service for Benefiting the People in the Taiping Era (1107)
- **Actions:** Strengthens the Spleen, transforms phlegm, and stops vomiting;
- **Indications:** **Concurrent deficient Spleen Qi and phlegm** characterized by a **loss of appetite, nausea or vomiting, focal distention and a stifling sensation in the chest and epigastrium**, and often coughing of **copious, thin, and white sputum**.
- **Composition:** Si Jun Zi Tang + **Chen Pi; Zhi Ban Xia**;
- **Characteristics:** In addition to tonifying the Qi, this formula focuses on removing obstruction to the Middle Jiao by phlegm-dampness, characterized by rebellious Qi of the Stomach and Lungs.

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Xiang Sha Liu Jun Zi Tang (Six-Gentleman Dec. with Aucklandia and Amomum) 香砂六君子汤

- **Source:** Discussion of Famous Physician's Formulas Past and Present (1675)
- **Actions:** Strengthens the Spleen, harmonizes the Stomach, regulates the Qi, and alleviates pain;
- **Indications:** Spleen and Stomach Qi deficiency with damp-cold stagnating in the Middle Jiao marked by reduced appetite with a feeling of surfeit after eating very little, belching, abdominal distention or pain, and sometimes vomiting and diarrhea.
- **Composition:** Liu Jun Zi Tang + Mu Xiang; Sha Ren;
- **Characteristics:** Compared to Liu Jun Zi Tang, it is even more drying and moving, such that it regulates the Qi as much as it tonifies it.

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Xiang Sha Yang Wei Wan (Nourish the stomach w/ ancklandia & amomum)
香砂养胃丸

- **Source:** Restoration of Health from the Myriad Disease (1587)
- **Actions:** Strengthens and harmonizes the Spleen and Stomach and resolves dampness;
- **Indications:** Disharmony between the Spleen and Stomach together with dampness manifested as reduced appetite, a loss of taste, inability to eat more than a little at a time, bloating after eating, focal distention, an uncomfortable feeling in the epigastrium, and generalized weakness.
- **Composition:** Xiang Sha Liu Jun Zi Tang – Zhi Ban Xia + Cang Zhu; Hou Po; Xiang Fu; Bai Dou Kou; Sheng Jiang; Da Zao;

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Bu Zhong Yi Qi Tang (Tonify the Middle and Augment the Qi
Decoction) 补中益气汤

- **Source:** Clarifying Doubts about Damage from Internal and External Causes (1247)
- **Actions:** Tonifies the middle Jiao, augments the Qi, raises the Yang, and lifts what has sunken;
- **Indications:**
 - 1. **Spleen and Stomach deficiency with inability to raise the clear** characterized by dizziness, unsteadiness, impaired or unclear vision, deafness, tinnitus, **shortness of breath, laconic speech, a weak voice, a shiny, pale complexion**, reduced intake of food, loose stools, a **pale tongue, and a frail pulse.**

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Bu Zhong Yi Qi Tang (Tonify the Middle and Augment the Qi
Decoction) 补中益气汤

- 2. **Qi deficiency fever** manifests as **intermittent fever that worsen upon exertion**, spontaneous sweating, aversion to cold, a thirst for warm beverages, a pale and swollen tongue, and a large but forceless pulse.
- 3. **Sinking of the middle Jiao Qi** marked by **hemorrhoids, rectal or uterine prolapse, prolapse of the internal organs**, chronic diarrhea or dysentery, irregular uterine bleeding, reduced intake of food, loose stools, a pale tongue, and a deficient and soft pulse.

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Bu Zhong Yi Qi Tang (Tonify the Middle and Augment the Qi
Decoction) 补中益气汤

• **Pathological analysis**

- The food assimilated by the Spleen and Stomach nourishes the various organs and structures of the body.
- Hence, they are referred to as “the root of the postnatal constitution, the source of generation and transformation of the nutritive and protective Qi, of Qi and blood.”
- Raising the clear essence of food and drink to the upper Jiao, while directing the turbid waste products downward to the lower Jiao, the Spleen and Stomach serve as the function for the entire Qi dynamic.
- Thus, failure of the Spleen to raise the refined essences (the clear Yang) means that the turbid Yin cannot be directed downward.
- This leads to obstruction of the sensory orifices (related to the upper Jiao) causing such symptoms as dizziness, unsteadiness, impaired or unclear vision, deafness, and tinnitus.

Bu Zhong Yi Qi Tang (Tonify the Middle and Augment the Qi
Decoction) 补中益气汤

- The laconic speech, weak voice, and shiny, pale complexion indicate that the Lung Qi of the upper Jiao is not nourished by the essences from the middle Jiao.
- Reduced intake of food, loose stools, a pale tongue, and a frail pulse identify this as a pattern of middle Jiao deficiency and distinguish it from patterns of excess that manifest with similar symptoms (such as obstruction of the sensory orifices by phlegm-dampness or static blood).
- The middle Jiao Qi supports the circulation of all the Qi throughout the body. This includes the upward and outward diffusion of protective Yang from the gate of vitality in the lower Jiao as well as the circulation of gathering Qi controlled by the Lungs in the upper Jiao.
- If production of Qi in the middle Jiao fails, the upward movement of protective Yang is constrained, resulting in intermittent fever that worsens whenever extra demands are placed on the body.

Bu Zhong Yi Qi Tang (Tonify the Middle and Augment the Qi
Decoction) 补中益气汤

- Failure of the protective Yang to circulate in the superficial levels of the body between the interstices and pores manifests as aversion to cold that can be alleviated by wearing more clothing.
- This distinguishes it from the aversion to cold due to externally-contracted disorders, which is not as easily alleviated.
- Spontaneous sweating and thirst for warm beverages fluids. The pale and swollen tongue reflects the stagnation of fluids and the deficiency of Qi that characterize this pattern.
- A large but forceless pulse (which appears to be flooding but disappears with pressure) indicates that the nutritive Qi of the middle Jiao has lost its ability to fill and restrain the pulse.

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Bu Zhong Yi Qi Tang (Tonify the Middle and Augment the Qi
Decoction) 补中益气汤

- Hemorrhoids, prolapse of the uterus, bowel, or other internal organs, chronic diarrhea, irregular uterine bleeding and similar symptoms indicate that the Spleen Qi has lost its ability to hold things in place.
- This is known as “sinking of the middle Jiao Qi.” Typically, there will also be other symptoms of Qi deficiency such as reduced intake of food, loose stools, a pale tongue, and a deficient and soft pulse.

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Bu Zhong Yi Qi Tang (Tonify the Middle and Augment the Qi
Decoction) 补中益气汤

- **Composition**

- **Chief**

- Huang Qi (Astragali Radix) 3g (12-24g)

- **Deputy**

- Ren Shen (Ginseng Radix) 0.9g (9-12g)
- Bai Zhu (Atractylodis macrocephalae Rhizoma) 0.9g (9-12g)
- Zhi Gan Cao (Glycyrrhizae Radix preparata) 1.5g (3-6g)

- **Assistant**

- Dang Gui (Angelicae sinensis Radix) 6g (6-12g)
- Chen Pi (Citri reticulatae Pericarpium) 0.9g (6-9g)

- **Envoy**

- Sheng Ma (Cimicifugae Rhizoma) 0.9g (3-6g)
- Chai Hu (Bupleuri Radix) 0.9g (3-9g)

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Bu Zhong Yi Qi Tang (Tonify the Middle and Augment the Qi
Decoction) 补中益气汤

- **Analysis of Formula**

- The chief, Huang Qi, strongly augments the Qi and raises the Yang Qi of the Spleen and Stomach.
- The deputy
 - Ren Shen, Bai Zhu, and Zhi Gan Cao, are sweet and warm, tonify the Qi the middle Jiao.
- The assistant
 - Dang Gui tonifies the Qi in the blood. It works synergistically with the Huang Qi to augment the Qi by invigorating the blood. It also moistens and fills the blood, thereby preventing the warming and drying Qi tonics from damaging the Yin.
 - Chen Pi regulates the Qi. It facilitates digestion of the tonifying herbs (which are quite rich and cloying) and thereby increases their effectiveness; and its Qi-regulating properties contribute slightly to the Qi-raising action of the formula.
- The Envoy, Sheng Ma and Chai Hu, help raise the sunken Yang Qi, especially in conjunction with the chief herb.

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Bu Zhong Yi Qi Tang (Tonify the Middle and Augment the Qi
Decoction) 补中益气汤

• **Key Point of diagnosis**

- Shortness of breath, laconic speech, a weak voice, a shiny, pale complexion, or intermittent fever that worsen upon exertion, or hemorrhoids, rectal or uterine prolapse, prolapse of the internal organs, a pale tongue, and a frail pulse.

• **Caution and contraindication**

- Contraindicated for fever due to heat from Yin deficiency or for excess disorders caused by the contraction of external pathogens. Contraindicated for patterns rooted in deficiency of the lower Jiao.

• **Modification**

- For abdominal pain: increase the dosage of Zhi Gan Cao; + Bai Shao;
- For pronounced aversion to cold: + Rou Gui;
- For pronounced headache: + Man Jing Zi; + Chuan Xiong (if severe);
- For headache at the vertex or pain inside the head: + Gao Ben;
- For severe pain: + Xi Xin;

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Bu Zhong Yi Qi Tang (Tonify the Middle and Augment the Qi
Decoction) 补中益气汤

- For generalized pain or a sensation of heaviness in the body (both of which are due to dampness): take Wu ling San; — Gui Zhi;
- For diarrhea due to excessive deliberation: + Mu Xiang;
- For vertigo and headache: + Chuan Xiong; Zhi Ban Xia;
- For tinnitus and diminished hearing due to Qi deficiency (low pitch): + Shan Zhu Yu; Yi Zhi Ren;
- For diminished visual acuity or double vision: + Gou Qi Zi; Chuan Xiong;
- For recurrent miscarriage: + Du Zhong; Tu Si Zi;
- For leukorrhea: + Cang Zhu; Huang Bai;
- For abdominal distention: + Zhi Shi; Hou Po; Mu Xiang;₄₂ Sha Ren;

Bu Zhong Yi Qi Tang (Tonify the Middle and Augment the Qi
Decoction) 补中益气汤

- For bulging disorders: + Ju He; Xiao Hui Xiang; Li Zhi He;
- For constipation due to Spleen deficiency: + honey and sesame oil;
- For painful urinary difficulty in the elderly due to sunken Yang Qi: + Ze Xie; Mu Tong;
- For premenstrual diarrhea: + Pao Jiang; Huang Lian;
- For enuresis in children: + Sang Piao Xiao; Yi Zhi Ren;
- For chronic rhinitis: + Cang Er Zi; Xin Yi Hua;
- For corneal ulcers: + Gu Jing Cao; Jue Ming Zi; Shan Yao;

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Bu Zhong Yi Qi Tang (Tonify the Middle and Augment the Qi
Decoction) 补中益气汤

• **Clinic use**

- Those marked by signs of heat such as fever of unknown origin, chronic hepatitis, various types of arrhythmias, hypertension, chronic bronchitis, chronic rhinitis, aphthous ulcers, chronic laryngitis, and the side effects of radiation treatments;
- Those related to a slackening of muscles or other tissues such as uterine prolapse, prolapsed rectum, gastroptosis, hernias, stress incontinence, myasthenia gravis, primary hypotension, and constipation due to decreased peristalsis;
- Those related to flow of turbid substances in the lower parts of the body, including dysfunctional uterine bleeding, leukorrhea, and chyluria;
- Postpartum problems (including urinary incontinence, lochioschesis, and insufficient lactation), recurrent miscarriages, infertility in both men and women, corneal ulcers, cerebral arteriosclerosis, Alzheimer's disease, pernicious anemia, paralytic strabismus leukopenia, chronic nephritis, the side effect of immunosuppressive treatment, and as a general adaptogen.

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Bu Zhong Yi Qi Tang (Tonify the Middle and Augment the Qi Decoction) 补中益气汤

- Vs. Si Jun Zi Tang (Four-Gentlemen Decoction)
 - Both formulas treat deficiency of the middle Jiao manifesting with symptoms such as fatigue, pallor, lack of appetite, and diarrhea.
 - Si Jun Zi Tang focuses primarily on tonifying the transportive and transformative functions of the SP and ST. It is typically accompanied by a frail pulse and a pale and wan complexion.
 - Bu Zhong Yi Qi Tang focuses on the Qi dynamic, augmenting the power of the Qi to lift the Yang and direct the turbid Yin downward. It is thus better suited for treating patterns characterized by the downward sinking of Qi, such as various types of prolapse, incontinence, or heavy menstruation; by heat from constraint, such as deficient fevers or chronic inflammatory conditions; or by failure of the Qi and turbid Yin to be directed downward, leading to such symptoms as headache, dizziness, and tinnitus. It is typically large and deficient pulse indicating the upward and outward movement of Yang that cannot be contained by deficient Qi. The complexion tends to be pale and shiny, again reflecting the combination of internal deficiency and external excess. 45

Bu Zhong Yi Qi Tang (Tonify the Middle and Augment the Qi Decoction) 补中益气汤

- Vs. Xiao Jian Zhong Tang (Minor Construct The Middle Decoction)
 - Both formulas can be used to treat conditions with heat.
 - Xiao Jian Zhong Tang is used when the condition is used to a lack of regulation between the Yin and Yang. This usage illustrates the method of treating fever with sweet, warming substances. The characteristic low-grade fever (precipitated and aggravated by overexertion) is often accompanied by cool extremities and a desire to drink hot beverages. This distinguishes it from the heat due to Yin deficiency, in which the palms are always warm and there is a desire to drink cool beverages.
 - Bu Zhong Yi Qi Tang relies on sweet, warming herbs to treat fever. It focuses on constraint from Qi deficiency.

Sheng Mai San (Generate the Pulse Powder)
生脉散

- **Source:** Expounding on the Origins of Medicine (Yuan)
- **Actions:** Augments the Qi, generates fluids, preserves the Yin and stops excessive sweating;
- **Indications:** Concurrent deficiency of Qi and Yin, primarily of the Lungs marked by chronic cough with sparse sputum that is difficult to expectorate, shortness of breath, spontaneous sweating, a dry mouth and tongue, a pale, red tongue with a dry, thin coating, and a deficient, rapid or deficient, thin pulse.

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Sheng Mai San (Generate the Pulse Powder)
生脉散

- **Pathological analysis**
 - Chronic cough not only injures the Lung Qi, but is also a manifestation of injured Lung Qi, as are shortness of breath and spontaneous sweating.
 - Prolonged, profuse sweating injures the fluids and Yin, which is manifested here in the sparse sputum that is difficult to expectorate, and the dry mouth and tongue.
 - The pulse is deficient, which reflects deficient Qi, and rapid or thin, which reflects deficient Yin.
 - A similar pattern can develop over a relatively short period of time due to profuse sweating, as in summerheat-stroke or heat-stroke.
 - The dynamic in such cases is that excessive sweating injures not just the fluids.
 - When Qi deficiency develops quickly, it almost always produces a tendency to curl up, as well as shortness of breath and laconic speech.
 - The pulse in this pattern will be deficient and rapid, indicating the outward movement of Qi due to pathogenic heat.

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Sheng Mai San (Generate the Pulse Powder)
生脉散

- **Composition**

- **Chief**

- Ren Shen (Ginseng Radix) 1.5g (9-15g)

- **Deputy**

- Mai Men Dong (Ophiopogonis Radix) 1.5g (9-12g)

- **Assistant**

- Wu Wei Zi (Schisandrane Fructus) 7 seeds (3-6g)

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Sheng Mai San (Generate the Pulse Powder)
生脉散

- **Analysis of Formula**

- The chief, Ren Shen, strongly tonifies the source Qi and strengthens the Qi that generates fluids and calms the spirit. When the source Qi is strong, the Lung Qi is replete and properly regulates the interstices and pores so that the fluids are no longer lost through the superficial levels of the body.
- The deputy, Mai Men Dong, nourishes the Yin and moistens the Lungs. It also benefits the ST and generates fluids, and clears heat from the HT to eliminate the irritability that may occur with this condition. The chief herb acts on the Qi of the fluids, while the deputy herb acts directly on the fluids, a combination that gives the formula a very strong, fluid-generating effect.
- The assistant, Wu Wei Zi, restrains the leakage of Lung Qi (and sweat) and generates fluids in the Kidneys, by tonifying the Kidneys, it also checks the excessive ascent of Qi. In concert with the deputy, it forms a powerful combination for generating fluids. Together with the chief herb, it enables the formula to rescue the injured Qi and Yin.
- This formula is simple yet well-balanced: the chief herb tonifies,⁵⁰ the deputy clears, and the assistant restrains leakage.

Sheng Mai San (Generate the Pulse Powder)

生脉散

- **Key Point of diagnosis**

- Chronic cough with sparse sputum that is difficult to expectorate, shortness of breath, a dry mouth and tongue, a pale, red tongue with a dry, thin coating, and a deficient, rapid or deficient, thin pulse.

- **Caution and contraindication**

- Should be used with extreme caution in cases with high fever, or where the pathogenic influence has not been resolved or has yet to injure the fluids. If it is used in cases where the external pathogenic influence remains in the system, it will prolong the disease.

- **Modification**

- For profuse sweating with dark, scanty, and difficult urination: + Huang Qi; Dang Gui;
- For severe coughing: + Kuan Dong Hua; Bai He;
- For irritability with relatively severe insomnia: + Suan Zao Ren; He Huan Pi;
- For marked palpitations: + Gui Zhi; Long Gu; Mu Li;
- For coronary artery disease: + Zhi Gan Cao; Dan Shen; Hong Hua; Chi Shao;

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Sheng Mai San (Generate the Pulse Powder)

生脉散

- **Clinic use**

- Those primarily involving the cardiovascular system such as coronary artery disease, acute myocardial infarction, myocarditis, heart arrhythmias, congestive heart disease, and various types of shock.
- Those affecting the pulmonary system including chronic bronchitis, pulmonary tuberculosis, and cardiopulmonary disease.
- Recovery phase of acute infections, sunstroke, senility, scleremaneonatorum, and neurasthenia-like disorders.

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Shen Ling Bai Zhu San (Ginseng, Poria and Atractylodes
Macrocephala Powder) 参苓白术散

- **Source:** Formulary of the Pharmacy Service for Benefiting the People in the Taiping Era (1107)
- **Actions:** Augments the Qi, strengthens the Spleen, leaches out dampness, and stops diarrhea;
- **Indications:** Spleen Qi deficiency leading to internally-generated dampness marked by loose stools or diarrhea, reduced appetite, weakness of the extremities, weight loss, distention and a stifling sensation in the chest and epigastrium, pallid and wan complexion, a pale tongue with a white coating, and a thin, moderate or deficient, moderate pulse. There may also be vomiting.

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Shen Ling Bai Zhu San (Ginseng, Poria and Atractylodes
Macrocephala Powder) 参苓白术散

- **Pathological analysis**
 - The Spleen is responsible for transforming and transporting food and nutrients, which it sends upward and to the extremities.
 - When the Spleen Qi is weakened, usually from improper eating habits or overworking, the fluids accumulate and transform into dampness.
 - The primary signs of this process are loose stools or diarrhea and a white coating on the tongue.
 - When the Spleen and Stomach Qi are weakened, the individual cannot take in food, which manifests as reduced appetite.
 - The loss of the Spleen's ability to transform and transport nutrients leads to weight loss, weakness of the extremities, and a pallid and wan complexion.
 - The internally-generated dampness obstructs the Qi mechanism in the Middle Jiao, which manifests as distention and a stifling sensation in the chest and epigastrium.
 - In some patients this can lead to rebellious ST Qi, manifested as vomiting.
 - The pale tongue body and the Yin or deficient pulse reflect SP and ST Qi deficiency, while the tongue coating and moderate pulse reflect dampness.

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Shen Ling Bai Zhu San (Ginseng, Poria and Atractylodes
Macrocephala Powder) 参苓白术散

- In other contexts, the same pathological process may also manifest as Lung and Spleen Qi deficiency with accumulation of phlegm-dampness.
- The formula also treats this pattern, which is characterized by coughing up copious amounts of white sputum and a thin, slippery pulse, in addition to the symptoms outlined above.
- When phlegm-dampness accumulates in the Middle Jiao, it often collects in the Lungs, the upper source of water metabolism, leading to coughing up of white phlegm.
- The pulse is thin because the physiological fluids are reduced, and slippery due to the presence of pathological phlegm-dampness.

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Shen Ling Bai Zhu San (Ginseng, Poria and Atractylodes
Macrocephala Powder) 参苓白术散

- **Composition**

- **Chief**

- Ren Shen (Ginseng Radix) 1000g
 - Bai Zhu (Atractylodis macrocephalae Rhizoma) 1000g
 - Fu Ling (Poria) 1000g
 - Zhi Gan Cao (Glycyrrhizae Radix preparata) 1000g

- **Deputy**

- Shan Yao (Dioscoreae Rhizoma) 1000g
 - Yi Yi Ren (Coicis Semen) 500g
 - Chao Bian Dou (Dry-fried Lablab Semen album) 750g
 - Lian Zi (Nelumbinis Semen) 500g

- **Assistant**

- Sha Ren (Amomi Fructus) 500g

- **Envoy**

- Chao Jie Geng (Dry-fried Platycodi Radix) 500g

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Shen Ling Bai Zhu San (Ginseng, Poria and Atractylodes
Macrocephala Powder) 参苓白术散

• **Analysis of Formula**

- The chief, Ren Shen, Bai Zhu, Fu Ling and Zhi Gan Cao (Si Jun Zi Tang) tonify the Spleen Qi.
- The deputy
 - Shan Yao tonifies the Spleen and supports the chief herbs.
 - Yi Yi Ren strengthens the Spleen and leaches out dampness;
 - Bian Dou and Lian Zi strengthen the Spleen and stop diarrhea.
 - In relation to the chief herbs, the deputies support the functions of Bai Zhu and Fu Ling in strengthening the Spleen and eliminating dampness, which are the most important aspects of this condition.
- The assistant
 - Sha Ren transforms dampness and promotes the movement of Qi. It enables the formula to tonify without causing stagnation.
- The envoy
 - Jie Geng unblocks the flow of Lung Qi. Its functions are threefold: by disseminating the Lung Qi, it helps spread nourishment throughout the body; its ascending nature helps treat the diarrhea; and it guides the actions of the other herbs into the Lungs. This last function prevents the development of Lung deficiency, which is a common sequela of Spleen deficiency.

Shen Ling Bai Zhu San (Ginseng, Poria and Atractylodes
Macrocephala Powder) 参苓白术散

• **Key Point of diagnosis**

- Loose stools or diarrhea, a pale tongue with a white coating, and a thin, moderate or deficient, moderate pulse.

• **Caution and contraindication**

- Use with caution, and then only after significant modification, in cases with concurrent heat from Yin deficiency.

• **Modification**

- For coughing up copious, watery sputum with generalized weakness and a stifling sensation in the chest: + Chen Pi; Zhi Ban Xia; Xing Ren;
- For interior cold with abdominal pain: + Gan Jiang; Rou Gui;
- For reduced appetite: + Shan Zha; Shen Qu; Mai Ya;
- For childhood nutritional impairment: — Jie Geng; + Ji Nei Jin;
- For a dusky-yellow color of the skin and eyes with lethargy, focal distention in the epigastrium, pain in the hypochondria, and nausea: + Si Ni San;
- For postpartum fever with spontaneous sweating: + Dang Gui Bu Xue Tang;
- For diabetes mellitus: + Huang Qi; Wu Wei Zi; Ji Nei Jin;
- For chronic proteinuria accompanied by edema of the legs and signs of Spleen deficiency: + Huang Qi⁵⁸

Shen Ling Bai Zhu San (Ginseng, Poria and Atractylodes
Macrocephala Powder) 参苓白术散

- **Clinic use**

- Chronic gastritis and enteritis, gastrointestinal side effects of chemotherapy and radiation therapy, irritable bowel syndrome, chronic hepatitis, chronic bronchitis, chronic nephritis, various forms of anemia, diabetes mellitus, malabsorption syndromes, and malnutrition (especially in children).

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Bu Fei Tang (Tonify the Lungs Dec.)
补肺汤

- **Source:** Everlasting Categorization of Inscribed Formulas (1331)
- **Actions:** Augments the Qi and stabilizes the exterior;
- **Indications:** Lung Qi deficiency marked by shortness of breath, spontaneous sweating, occasional chills and feverishness, coughing, wheezing, a pale tongue, and a frail or deficient and large pulse.

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Bu Fei Tang (Tonify the Lungs Dec.)
补肺汤

• **Pathological analysis**

- The Lungs control the body's Qi. When the Lung Qi is weak and unstable, the individual is likely to experience shortness of breath, spontaneous sweating, and occasional chills or feverishness.
- The weakened Qi's inability to stabilize the exterior of the body leads to recurrent colds with resulting cough.
- The wheezing in this case is primarily due to deficient Lung Qi, but also involves the inability of the Kidneys to grasp the Qi.
- The pale tongue, and the frail or deficient and large pulse, reflect the deficiency of Qi.

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Bu Fei Tang (Tonify the Lungs Dec.)
补肺汤

• **Composition**

- **Chief**
 - Ren Shen (Ginseng Radix) 9g
 - Huang Qi (Astragali Radix) 24g
- **Deputy**
 - Sang Bai Pi (Mori Cortex) 12g
 - Zi Wan (Asteris Radix) 9g
 - Wu Wei Zi (Schisandrae Fructus) 6g
- **Assistant**
 - Shu Di Huang (Rehmanniae Radix preparata) 24g

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Bu Fei Tang (Tonify the Lungs Dec.)

补肺汤

- **Analysis of Formula**

- The chief, Ren Shen and Huang Qi, work synergistically to tonify the Qi and fortify the protective Qi.
- The deputy
 - Sang Bai Pi causes the Lung Qi to descend.
 - Zi Wan moistens the Lungs and stops the coughing.
 - Wu Wei Zi preserves the Lungs Qi and helps the Kidneys grasp the Qi.
- The assistant
 - Shu Di Huang tonifies the essence, the lower and basal aspects of the body.

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Bu Fei Tang (Tonify the Lungs Dec.)

补肺汤

- **Key Point of diagnosis**
 - Shortness of breath, coughing, wheezing, a pale tongue, and a frail or deficient and large pulse.
- **Caution and contraindication**
 - Contraindicated in case of coughing due to exterior syndrome.
- **Clinic use**
 - Pulmonary tuberculosis

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Formulas that tonify Qi

– Section 1 Formulas that tonify Qi (8 types)

- **Si Jun Zi Tang** (Four-Gentleman Decoction)
 - Liu Jun Zi Tang (Six-Gentleman Dec.)
 - Xiang Sha Liu Jun Zi Tang (Six-Gentleman Dec. with Aucklandia and Amomum)
 - Xiang Sha Yang Wei Wan (Nourish the stomach w/ ancklandia & amomum)
- **Bu Zhong Yi Qi Tang** (Tonify the Middle and Augment the Qi Decoction)
- **Sheng Mai San** (Generate the Pulse Powder)
- **Shen Ling Bai Zhu San** (Ginseng, Poria and Atractylodes Macrocephala Powder)
- Bu Fei Tang (Tonify the Lungs Dec.)

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Study guide

- 1. Si Jun Zi Tang's indications and ingredients;
- 2. The difference between Si Jun Zi Tang and Li Zhong Wan;
- 3. Liu Jun Zi Tang's indications and ingredients;
- 4. Xiang Sha Liu Jun Zi Tang's indications and ingredients;
- 5. Xiang Sha Yang Wei Wan's indications;
- 6. Bu Zhong Yi Qi Tang's indications and ingredients;
- 7. The difference between Bu Zhong Yi Qi Tang and Si Jun Zi Tang;
- 8. The difference between Bu Zhong Yi Qi Tang and Xiao Jian Zhong Tang;
- 9. Sheng Mai San's indications and ingredients;
- 10. Shen Ling Bai Zhu San's indications;
- 11. Bu Fei Tang's indications;

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Section 2 Formulas that tonify blood

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Formulas that tonify blood

- Disorders of the blood can be divided into three basic types:
 - Blood deficiency
 - Blood stasis
 - Blood loss
- Although each type has its own distinctive characteristics, they often blend into each other.
- Chronic blood deficiency commonly leads to blood stasis;
- Blood stasis can lead to a reduction in the production and circulation of blood (known as “bad blood preventing the generation of new blood”)
- Blood loss is one of the most common etiologies of blood deficiency.

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Formulas that tonify blood

- The formulas in this section are used in treating conditions due to blood deficiency.
- Common indications of blood deficiency include dizziness, vertigo, a pale and lusterless complexion, a pale tongue and lips, dry and cracked nails, palpitations, dry and itchy skin, insomnia, constipation, long menstrual cycles with scanty, pale flow, and a thin pulse.
- Clinically, a condition of blood deficiency is often encountered in women due to the loss of menstrual blood or in any patient who has lost blood or suffered from chronic malnutrition.

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Formulas that tonify blood

- Formulas to tonify the blood focus particularly on the physiological functions of the **HT, LV and SP**, which **govern, store, and control** the blood, respectively.
- Because of the integral relationship between the Qi and blood, tonifying one will have a salutary effect on the other.
- The adage “ Qi is the commander of blood, and blood is the mother of Qi” suggests that Qi moves the blood and that blood nourishes the Qi.
- “For blood deficiency, use **Ren Shen** to tonify, because when the Yang Qi is exuberant, it will generate Yin blood.”

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Formulas that tonify blood

- **Huang Qi** is another commonly used herb in many blood-tonifying formulas because of its ability to augment the Qi of the middle and upper Jiao.
- Gui Pi Tang and Dang Gui Bu Xue Tang are well-known examples.
- Herbs that invigorate the blood and transform stasis are also frequently added to blood-tonifying formulas for the reasons outlined above.
- These include Hong Hua, Tao Ren, Dan Shen, Chuan Xiong, and Chi Shao.

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Formulas that tonify blood

– Section 2 Formulas that tonify blood (4 types)

- **Si Wu Tang** (Four-Substance Decoction)
 - Tao Hong Si Wu Tang (Four Substance Dec. with Safflower and Peach Pit)
- **Shao Yao Gan Cao Tang** (Peony and Licorice Decoction)
- Dang Gui Shao Yao San (Tangkuei and Peony Powder)

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Si Wu Tang (Four-Substance Decoction)
四物汤

- **Source:** Secret Formulas to Manage Trauma and Reconnect Fractures Received from an Immortal (c. 846)
- **Actions:** Tonifies the blood and regulates the Liver;
- **Indications:**
 - Generalized blood deficiency and stagnation marked by dizziness, blurred vision, lusterless complexion and nails, generalized muscle tension, insomnia, palpitations, a thin body lacking strength, irregular menstruation with little flow or amenorrhea, periumbilical and lower abdominal pain, a pale tongue, and a thin and wiry or thin and choppy pulse.
 - Also used for menorrhagia, hard abdominal masses with recurrent pain, restless fetus disorder, or lochioschesis with a firm and painful abdomen and sporadic fever and chills.

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Si Wu Tang (Four-Substance Decoction)
四物汤

- **Pathological analysis**
 - From an organ perspective, this is associated primarily with the complex of functional systems that Chinese medicine refers to as the “sea of blood,” that is, the Liver, Penetrating vessel, and Womb.
 - When the Liver blood is deficient, it is unable to rise and nourish the head. This manifests as dizziness and a lusterless complexion.
 - The Liver’s ability to supply its associated sensory organ (eyes) and tissues (muscles and sinews) is also impaired, which leads to blurred vision or chronic eye strain and generalized muscle tension.
 - As the blood becomes deficient, the muscles will diminish, and the body will become thin and lack strength.
 - The health of the Liver is also reflected in the nails; when the Liver blood is deficient, the nails will become soft, dry, and lusterless (described as being “wretched”).

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Si Wu Tang (Four-Substance Decoction) 四物汤

- A normal menstrual cycle depends on the health of the Penetrating vessel, the Womb, and the Liver.
- When the sea of blood is empty, the menses are typically irregular with a scanty flow. There may even be amenorrhea.
- However, when the blood becomes disordered, menorrhagia may also occur.
- When the blood is deficient, it does not move well, and there is a tendency for blood stasis to develop.
- This commonly manifests as periumbilical and lower abdominal pain, often occurring at the onset of menstruation, which is due to stasis and insufficiency of blood in the Womb.
- This same process can also lead to hard abdominal masses with recurrent pain, restless fetus, or lochioschesis.

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Si Wu Tang (Four-Substance Decoction) 四物汤

- The blood houses the spirit and the Liver the ethereal soul.
- When the blood becomes deficient, the spirit and ethereal soul no longer have a place to which to return.
- As a result, one becomes restless, and sleep is disturbed.
- The Heart is also dependent on the Liver blood; when it is deficient, one may experience palpitations.
- The pale tongue reflects blood deficiency, as does the thin pulse.
- The wiry or choppy quality of the pulse, which almost always accompanies this condition, signals the stasis of blood and demonstrates the link between blood deficiency and stasis.

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Si Wu Tang (Four-Substance Decoction)
四物汤

- **Composition**

- **Chief**

- Shu Di Huang (Rehmanniae Radix preparata) 9-21g

- **Deputy**

- Dang Gui (Angelicae sinensis Radix) 9-12g

- **Assistant**

- Bai Shao (Paeoniae Radix alba) 9-15g
- Chuan Xiong (Chuanxiong Rhizoma) 3-6g

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Si Wu Tang (Four-Substance Decoction)
四物汤

- **Analysis of Formula**

- The chief, Shu Di Huang, a very strong tonifying effect on the Liver and Kidneys and nourishes the Yin of the blood. “It tonifies the true Yin of the five Yin organs.”
- The deputy, Dang Gui, warming and moistening, enters the Liver and Heart to tonify and invigorate the blood. “It moves as it tonifies and it tonifies as it moves. It truly is the Qi herb within the blood. It is also a sagely herb for the blood.” It also moistens the Intestines and regulates the dynamic between the Liver (movement) and Kidneys (storage).

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Si Wu Tang (Four-Substance Decoction)

四物汤

– The assistant

- Bai Shao tonifies the blood and preserves the Yin. Its sour and astringent character helps to settle the muscle spasm caused by blood deficiency, and it is particularly well-suited to treat abdominal pain. In concert with Shu Di Huang, it provides a strong tonic for the blood.
- Chuan Xiong primarily acts to invigorate the blood and promote the movement of Qi. Above, it directs the blood to the head, relieving symptoms like headache, dizziness, and blurred vision, while, below, it moves the sea of blood. Facilitating the flow of blood through the vessels and collaterals, it releases constraint, opens knotting, and alleviates pain. The combination of these herbs with Shu Di and Dang Gui facilitates the production of blood. At the same time, the ability of Bai Shao to preserve the Yin prevents the aromatic nature of Dang Gui and Chuan Xiong from injuring the Yin.

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Si Wu Tang (Four-Substance Decoction)

四物汤

• **Key Point of diagnosis**

- Lusterless complexion and nails, a pale tongue, and a thin and wiry or thin and choppy pulse.

• **Caution and contraindication**

- Should not be used in treating acute, severe blood loss or other problems of blood deficiency characterized by severe weakness and labored breathing. Due to the cloying nature of its main ingredients, the formula is inappropriate for treating patterns characterized by an overabundance of dampness with abdominal fullness, poor appetite, and loose stools.

• **Modification**

- For restless fetus disorder with continuous bleeding from the vagina: + Ai Ye; E Jiao;
- For signs of heat: substitute Sheng Di for Shu Di; + Huang Qin; Mu Dan Pi;
- For a predominance of blood stasis: substitute Chi Shao for Bai Shao; + Tao Ren; Hong Hua;
- For Qi deficiency: + Ren Shen; Huang Qi;
- For blood deficiency with internal cold: + Rou Gui; Wu Zhu Yu;⁸⁰
- For blood deficiency and cold in the womb: + Ai Ye; Xiang Fu;

Si Wu Tang (Four-Substance Decoction)

四物汤

- For a short menstrual cycle with steaming bone disorder in which the fever worsens early in the evening: + Di Gu Pi; Mu Dan Pi;
- For dry and itchy skin: + Fang Feng; Jing Jie;
- For premenstrual vomiting and nosebleed due to excessive heat: + Huang Lian; Huang Qin; Da Huang;
- **Clinic use**
 - Those related to obstetrics and gynecology such as irregular menstruation as primary dysmenorrhea, irregular menstruation, threatened miscarriage, postpartum weakness, and insufficient lactation.
 - Anemia of various etiologies, urticaria, plantar warts, allergic purpura, and neurogenic headache.

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Tao Hong Si Wu Tang (Four Substance Dec. with Safflower and Peach Pit) 桃红四物汤

- **Source:** Supreme Commanders of the Medical Ramparts (1291)
- **Actions:** Tonifies and invigorates the blood and regulates menstruation;
- **Indications:** Concurrent blood deficiency and blood stasis leading to a shortened menstrual cycle with copious bleeding of dark-purple, sticky blood, with or without clots. Also used when menstruation is accompanied by abdominal pain and distention due to the same mechanism.
- **Composition:** Si Wu Tang+ Tao Ren; Hong Hua;

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Shao Yao Gan Cao Tang (Peony and Licorice Decoction)
芍药甘草汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Nourishes the blood, augments the Yin, moderates painful spasms, and alleviates pain;
- **Indications:**
 - 1. (Original use) Inappropriate use of sweating had injured the blood or Yin manifested by irritability, slight chills, **spasms of the calf muscles**, and the absence of coating on the tongue.
 - 2. (Current use) **Any type of pain in the calves with blood deficiency or injury to the fluids** marked by **cramps in the hands, and abdominal pain that improves with pressure.**

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Shao Yao Gan Cao Tang (Peony and Licorice Decoction)
芍药甘草汤

- **Pathological analysis**
 - The irritability and lack of tongue coating are attributed to injury to the Yin.
 - The slight chills are due to weakness of the Yang that follows injury to the Yin, and may not always be present.
 - The spasms, cramps, and abdominal pain are typically spasmodic, wind-like manifestations that are commonly associated with patterns of Liver blood deficiency or exuberant wood (Liver) overwhelming earth (Spleen).
 - The fact that the pain improves with pressure indicates that it is neither due to heat (i.e., inflammatory in nature) nor to an organic lesion.

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Shao Yao Gan Cao Tang (Peony and Licorice Decoction)
芍药甘草汤

- **Composition**

- **Chief**

- Shao Yao (Paeoniae Radix) 12g (30-100g)

- **Deputy**

- Zhi Gan Cao (Glycyrrhizae Radix preparata) 12g (10-30g)

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Shao Yao Gan Cao Tang (Peony and Licorice Decoction)
芍药甘草汤

- **Analysis of Formula**

- The chief,

- Bai Shao, nourishes the blood and preserves the Yin. It enters the Spleen, softens the Liver, and alleviates pain. It thereby addresses the primary aspects of this condition. The Liver is a hard, “edgy” organ, and its Qi has a tendency to rebel transversely. This herb is effective in moderating the wayward inclinations of the Liver Qi, especially when it overacts on earth, and preserving the Liver Yin; this is what is meant by “softening of the Liver”.

- The deputy

- Zhi Gan Cao augments the Qi of the Middle Jiao, especially that of the Spleen, and moderates urgency.

- Together, these herbs regulate the relationship between the Liver and Spleen and nourish the sinews and blood, which in turn the spasms and pain.

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Shao Yao Gan Cao Tang (Peony and Licorice Decoction)
芍药甘草汤

- **Key Point of diagnosis**
 - Spasms of the calf muscles, any type of pain in the calves with blood deficiency or injury to the fluids marked by cramps in the hands, and abdominal pain that improves with pressure.
- **Caution and contraindication**
 - Should not be used with caution in case of ST heat or LV heat causing the pain.
- **Modification**
 - For fixed pain that increases with pressure: substitute Chi Shao for Bai Shao;
 - For a slow pulse and other signs of cold: + Gan Jiang;
 - For a flooding pulse and other signs of heat: + Huang Lian;
 - To increase the efficacy of the formula in treating spasms of the calf muscles: + Niu Xi; Mu Gua;
 - For abdominal pain: + Xiang Fu;
 - For wind rash: + Chan Tui; Da Zao; Di Fu Zi;
 - For spasm of the extremities and stiff neck and back associated with encephalitis, after the fever has broken: + Quan Xie; Wu Gong;

Shao Yao Gan Cao Tang (Peony and Licorice Decoction)
芍药甘草汤

- **Clinic use**
 - Pain and discomfort from spasms of skeletal muscles, ligaments, and related tissues including fibromyalgia, cramping calf muscles, vaginismus, priapism, laryngeal spasm, post-stroke contractures, peri-arthritis of the shoulder, acute lumbar strain, and spinal osteophytes.
 - Pain, often severe, from smooth muscle spasm such as biliary colic, renal colic, gastric spasm, intestinal adhesions, peptic ulcers, atrophic gastritis, bronchial asthma, pertussis, ulcerative colitis, end-stage hepatic carcinoma, and threatened miscarriage.
 - Bone and joint pain such as rheumatoid arthritis, heel pain, cervical spine syndrome, necrosis of the femoral head, and disc disease.
 - Neuralgia including trigeminal neuralgia, intercostal neuralgia, postherpetic neuralgia, sciatica, and diabetic neuropathy.
 - Disorders marked by involuntary stimulation such as recalcitrant hiccups, restless leg syndrome, bruxism, facialtics, Parkinson's disease, essential tremor, atrial fibrillation, night terrors, and enuresis.
 - Bleeding disorders such as thrombocytopenic purpura, allergic purpura, upper GI bleeding, bronchiectasis, and recurrent nosebleeds.
 - Problems due to decreases in humoral functionality such as male and female infertility, hypotestosteronemia, impotence from increased prolactin levels, and myasthenia gravis.
 - Hepatitis, diabetes, acute mastitis, bacillary dysentery, habitual constipation, anal fissures, and coronary artery disease.

Dang Gui Shao Yao San (Tangkuei and Peony Powder)
当归芍药散

- **Source:** Essentials from the Golden Cabinet (c. 220)
- **Actions:** Nourishes the Liver blood, spreads the Liver Qi, strengthens the Spleen, and resolves dampness;
- **Indications:** Abdominal pain due to disharmony between the Liver and Spleen characterized by both blood stasis and Qi stagnation due to dampness marked by continuous, cramping pain of the abdomen that is not severe, urinary difficulty, and slight edema (primarily of the lower limbs). Such pain can occur during pregnancy or with a variety of gynecological disorders.

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Dang Gui Shao Yao San (Tangkuei and Peony Powder)
当归芍药散

- **Pathological analysis**
 - The Liver stores the blood and dredges the Qi. The stronger the Liver blood, the better it is able to control the Liver Qi. The stronger the Liver Qi, the better it is able to regulate the Qi dynamic, a process that includes upward diffusion of clear Yang as well as downward draining of turbid fluids.
 - When the Liver blood and Qi are insufficient, dampness accumulates, the Qi stagnates, and the blood becomes static.
 - This is reflected in continuous cramping pain (a wind-like pain that reflects its root in a Liver disorder), which is, however, not as severe as pain from Qi stagnation, cold, or blood stasis (reflecting its deficient nature).
 - The Liver is closely connected to the sea of blood in the lower abdomen; it governs women's physiology. Thus, such symptoms occur more readily (but not exclusively) in women, both in relation to the menstrual cycle and during pregnancy.
 - When the Liver over-controls the Spleen, the metabolism of water is disrupted, which gives rise to internally-generated dampness. Dampness contributes to the abdominal pain by causing stagnation. It also causes urinary difficulty and edema, primarily in the lower limbs⁹⁰ where it tends to collect.

Dang Gui Shao Yao San (Tangkuei and Peony Powder)
当归芍药散

• **Composition**

– **Chief**

- Shao Yao (Paeoniae Radix) 48g

– **Deputy**

- Dang Gui (Angelicae sinensis Radix) 9g
- Chuan Xiong (Chuanxiong Rhizoma) 24g
- Ze Xie (Alismatis Rhizoma) 24g

– **Assistant**

- Fu Ling (Poria) 12g
- Bai Zhu (Atractylodis macrocephalae Rhizoma) 12g

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Dang Gui Shao Yao San (Tangkuei and Peony Powder)
当归芍药散

• **Analysis of Formula**

- The chief, Shao Yao, sour, bitter, and slightly cooling, enters the Liver and Spleen, it nourishes blood, softens the Liver, and moderates spasmodic abdominal pain; but it is also able to unblock the blood vessels and promote water metabolism.
- The deputy
 - Chuan Xiong enters into the sea of blood to dispel stasis and invigorate the blood.
 - Ze Xie, sweet, bland and cool, enters into the KD and UB to promote water metabolism and leach out dampness.
 - Dang Gui, acrid, sweet and warm, nourishes and invigorates the blood, supports Shao Yao in harmonizing the Liver and Chuan Xiong in invigorating the blood.
- The assistant
 - Fu Ling and Bai Zhu tonify the Qi and leach out dampness.
 - The combination of Bai Shao and Bai Zhu is often used in treating concurrent problems of the Liver and Spleen. This is because tonifying the Spleen as the source of postnatal Qi also tonifies the Liver Qi, while softening the Liver prevents its Qi from overacting on the Spleen.

Dang Gui Shao Yao San (Tangkuei and Peony Powder)
当归芍药散

- **Key Point of diagnosis**
 - Cramping pain of the abdomen that is not severe, urinary difficulty.
- **Caution and contraindication**
 - Use with caution during pregnancy, specifically because too high dosage of Chuan Xiong can affect the fetus, particularly in mothers who have deficient and weak KD Qi.
- **Modification**
 - For relatively cold presentations: + Gui Zhi; Wu Zhu Yu;
 - For relatively hot presentations: + Mu Dan Pi; Zhi Zi;
 - For habitual miscarriage: — Ze Xie; + Sheng Ma; E Jiao; Huang Qi; Ai Ye;
 - For threatened miscarriage: + Sha Ren; Du Zhong; Xu Duan; Ai Ye; Huang Qin;
 - For abdominal pain during pregnancy: — dosage of Chuan Xiong; + Zi Su Geng; Zhu Ma Gen; Du Zhong; Sang Ji Sheng;
 - For edema during menstruation due to KD Qi deficiency: + Xian Mao; Yin Yang Huo;

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Dang Gui Shao Yao San (Tangkuei and Peony Powder)
当归芍药散

- For dysmenorrhea: + Xiang Fu; Yan Hu Suo; Chuan Lian Zi;
- For rather severe dampness with edema and amenorrhea: combine with Wu Ling San;
- For hepatomegaly: + Mu Xiang; Yu Jin; Zhi Shi;
- For epigastric pain: + Wu Ling Zi; Mu Xiang;
- For abdominal pain accompanied by acid reflux: + Hai Piao Xiao; Wa Leng Zi;
- For pain in the flanks: + Yu Jin; Chuan Lian Zi;
- For numbness and painful obstruction of the lower extremities: + Gan Jiang; Han Fang Ji; Huang Qi;
- For red and painful eyes: + Che Qian Zi;

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Dang Gui Shao Yao San (Tangkuei and Peony Powder)
当归芍药散

• **Clinic use**

- Obstetrical and gynecological disorders including dysfunctional uterine bleeding, perimenstrual migraines, endometritis, polycystic ovaries, threatened miscarriage, habitual miscarriage, pre-eclampsia, postpartum depression, perimenopausal syndrome, uterine leiomyoma, breast hyperplasia, and infertility.
- Disorders marked by pain including chronic gastritis, peptic ulcers, cholecystitis, urinary tract stones, intestinal obstruction, gout, coronary artery disease, vascular headaches, trigeminal neuralgia, sciatica, and rheumatoid arthritis;
- Skin disorders marked by a lack of luster including acne, chilblains, eczema, urticaria, varicose veins, and psoriasis.
- Swellings from congestive heart disease, renal disease, ascites from cirrhosis, postconcussion syndrome, Meniere's disease, thrombotic stroke, and allergic rhinitis.
- Tension, hypotension, cystitis, benign prostatic hypertrophy, appendicitis, hemorrhoids, conjunctivitis, beriberi, and senile dementia.

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Dang Gui Shao Yao San (Tangkuei and Peony Powder)
当归芍药散

• **Vs. Xiao Yao San (Rambling Powder) and Si Ni San (Frigid Extremities Powder)**

- All three formulas can be used in the treatment of abdominal pain, particularly in the context of gynecological disorders and of combined Liver and Spleen, and Qi and blood patterns.
- Si Ni San focuses mainly on **Qi stagnation**. It thus treats **relatively severe abdominal pain** and **colic** accompanied by symptoms such as **bloating** and **cold extremities**.
- Dang Gui Shao Yao San focuses on **blood deficiency and dampness**. It thus treats **milder but often more persistent pain** accompanied by **edema or other signs of excess water**.
- Xiao Yao San treats **Qi stagnation, blood and Qi deficiency, and dampness patterns**. Although it does treat pain, its focus is on **resolving constraint and tonifying**.

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Formulas that tonify blood

– Section 2 Formulas that tonify blood (4 types)

- **Si Wu Tang** (Four-Substance Decoction)
 - Tao Hong Si Wu Tang (Four Substance Dec. with Safflower and Peach Pit)
- **Shao Yao Gan Cao Tang** (Peony and Licorice Decoction)
- Dang Gui Shao Yao San (Tangkuei and Peony Powder)

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Study guide

- 1. Si Wu Tang's ingredients and indications;
- 2. Tao Hong Si Wu Tang's ingredients and indications;
- 3. Shao Yao Gan Cao Tang's ingredients and indications;
- 4. Dang Gui Shao Yao San's indications;
- 5. The difference between Dang Gui Shao Yao San and Xiao Yao San;

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Section 3 Formulas that tonify Qi and blood

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Section 3 Formulas that tonify Qi and blood

– Section 3 Formulas that tonify Qi and blood (6 types)

- **Ba Zhen Tang** (Eight-Treasure Decoction)
- **Shi Quan Da Bu Tang** (All Inclusive Great Tonifying Decoction)
- **Gui Pi Tang** (Restore the Spleen Decoction)
- **Dang Gui Bu Xue Tang** (Tangkuei Decoction to Tonify the Blood)
- **Tai Shan Pan Shi San** (Powder that Gives the Stability of Mount Tai)
- **Zhi Gan Cao Tang** (Honey-Fried Licorice Decoction)

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Ba Zhen Tang (Eight-Treasure Decoction)
八珍汤

- **Source:** Experiential Formulas from the Auspicious Bamboo Hall (1326)
- **Actions:** Tonifies and augments the Qi and blood;
- **Indications:**
 - **Concurrent deficiency of the Qi and blood**, most often due to imbalances caused by chronic disease or excessive loss of blood. The manifestations are **pallid or sallow complexion**, palpitations with anxiety that may be continuous, **reduced appetite**, **shortness of breath**, laconic speech, **extremities that are easily fatigued**, **lightheadedness and/or vertigo**, **a pale tongue with a white coating**, and **a pulse which is either thin and frail or large, deficient, and without strength**.

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Ba Zhen Tang (Eight-Treasure Decoction)
八珍汤

- **Pathological analysis**
 - The Lungs control the body's Qi; when the Qi is deficient, the Lung Qi will also be deficient. This manifests as shortness of breath and laconic speech.
 - A poor appetite is almost a pathognomonic sign of Spleen Qi deficiency. In this case, the Spleen Qi is too weak to transform and transport nutrients to the extremities. When this is combined with blood deficiency, the extremities are easily fatigued.
 - Concurrent deficiency of the Qi and blood also prevents nourishment (the clear Yang and the blood) from reaching the head and Heart. This leads to palpitations (which may be continuous), lightheadedness and/or vertigo, and a pallid or sallow complexion.

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Ba Zhen Tang (Eight-Treasure Decoction)

八珍汤

- The complexion will be more pallid if the condition is primarily one of Qi deficiency, and more sallow if blood deficiency predominates.
- The pale tongue with a white coating combines signs of blood and Qi deficiency.
- If blood deficiency predominates, the pulse will be thin and frail, and if Qi deficiency predominates, the pulse will be large, deficient, and without strength.

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Ba Zhen Tang (Eight-Treasure Decoction)

八珍汤

- **Composition**

- **Chief**

- Ren Shen (Ginseng Radix) 30g (6-9g)
 - Shu Di Huang (Rehmanniae Radix preparata) 30g (15-18g)

- **Deputy**

- Bai Zhu (Atractylodis macrocephalae Rhizoma) 30g (9-12g)
 - Fu Ling (Poria) 30g (12-15g)
 - Bai Shao (Paeoniae Radix alba) 30g (12-15g)
 - Dang Gui (Angelicae sinensis Radix) 30g (12-15g)

- **Assistant**

- Chuan Xiong (Chuanxiong Rhizoma) 30g (6-9g)
 - Zhi Gan Cao (Glycyrrhizae Radix preparata) 30g (3-6g)

- **Envoy**

- Sheng Jiang (Zingiberis Rhizoma recens) 5 slices
 - Da Zao (Jujubae Fructus) 1pc

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Ba Zhen Tang (Eight-Treasure Decoction)

八珍汤

• **Analysis of Formula**

- The chief
 - Ren Shen augments the Qi.
 - Shu Di Huang nourishes the blood.
- The deputy
 - Bai Zhu and Fu Ling strengthen the Spleen and dry or leach-out dampness, thereby assisting Ren Shen in strengthening the Qi of the SP and LU.
 - Bai Shao and Dang Gui nourish the blood and thereby reinforce the action of Shu Di Huang.
- The assistant
 - Chuan Xiong invigorates the blood and promotes the movement of Qi.
 - Zhi Gan Cao augments the Qi and harmonizes the middle Jiao.
- The Envoy
 - Sheng Jiang and Da Zao regulate the absorptive function of the ST and SP. They also regulate the relationship between the protective and nutritive Qi, which allows a patient suffering from deficiency to recover without developing other problems. 105

Ba Zhen Tang (Eight-Treasure Decoction)

八珍汤

• **Key Point of diagnosis**

- Pallid or sallow complexion, reduced appetite, shortness of breath, extremities that are easily fatigued, lightheadedness and/or vertigo, a pale tongue with a white coating, and a pulse which is either thin and frail or large, deficient, and without strength.

• **Caution and contraindication**

- Should not be used in case of coughing with phlegm, epigastric or abdominal distention or pain, indigestion or loose stool.

• **Modification**

- For insomnia: + Suan Zao Ren; Xing Ren;
- For Stomach deficiency with reduced appetite: + Sha Ren; Shen Qu;
- For galactorrhea from deficiency and weakness of the Stomach Qi that causes it to become unstable: — Chuan Xiong; + Huang Qi; Wu Wei Zi; Qian Shi;

Shi Quan Da Bu Tang (All Inclusive Great Tonifying Decoction)
十全大补汤

- **Source:** Transmitted Trustworthy and Suitable Formulas (1180)
- **Actions:** Warms and tonifies the Qi and blood;
- **Indications:**
 - Combined Qi and blood deficiency, often seen in consumptive disorders marked by a wan complexion, fatigue, reduced appetite, dizziness, listlessness, dyspnea, palpitations, spontaneous sweating, night sweats, cold extremities, spermatorrhea, a pale tongue, and a thin and frail pulse.
 - Sores that do not heal, irregular periods, or continuous spotting from uterine bleeding.

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Shi Quan Da Bu Tang (All Inclusive Great Tonifying Decoction)
十全大补汤

- **Pathological analysis**
 - When the Qi is deficient, the entire body loses its warmth and nourishment, leading to symptoms like fatigue, listlessness, dyspnea, spontaneous sweating, cold extremities, and a frail pulse.
 - When the blood is deficient, the organs, channels, and collaterals are no longer moistened and nourished, leading to symptoms like a wan complexion, dizziness, palpitations, night sweats, a pale tongue, and a thin pulse.
 - If the Qi and blood fail to nourish the Penetrating and Conception vessels, the sea of blood becomes empty, leading to irregular periods and uterine bleeding in women, and to spermatorrhoea in men.
 - If the muscle sinews, bones, and joints are not nourished, this leads to sores that do not heal.

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Shi Quan Da Bu Tang (All Inclusive Great Tonifying Decoction)
十全大补汤

- **Composition**

- Ba Zhen Tang + Rou Gui (Cinnamomi Cortex) and Huang Qi (Astragali Radix)

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Shi Quan Da Bu Tang (All Inclusive Great Tonifying Decoction)
十全大补汤

- **Analysis of Formula**

- Si Jun Zi Tang augments Qi;
- Si Wu Tang nourishes the blood;
- Huang Qi, sweet and warm, powerfully stimulates the Qi dynamic, raises the Yang, and disperses the blood and essences throughout the entire body.
- Rou Gui, acrid and strongly warm, tonifies the fire at the gate of vitality to assist the Yang. Its warmth enters the blood to open the vessels and facilitate the movement of blood, and it stimulates the Qi dynamic and transformation throughout the entire body.

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Shi Quan Da Bu Tang (All Inclusive Great Tonifying Decoction)
十全大补汤

- **Key Point of diagnosis**
 - Wan complexion, fatigue, reduced appetite, dizziness, listlessness, dyspnea, palpitations, spontaneous sweating, night sweats, cold extremities, spermatorrhea, a pale tongue, and a thin and frail pulse.
- **Caution and contraindication**
 - Should not be used for treating disorders of excess reflected in such symptoms as a thick tongue coating or a strong and forceful pulse.
- **Modification**
 - For palpitations: + Wu Wei Zi; Suan Zao Ren;
 - For severe sweating: + Mu Li; Long Gu;
 - For Lung and Heart Yin deficiency in chronic conditions like bronchial carcinoma or tuberculosis: + Yuan Zhi; Wu Wei Zi; Zhi Ke;
- **Clinic use**
 - Various forms of anemia, nervous exhaustion, chronic urticaria, nonhealing ulcers, to improve postoperative recovery, and as adjunctive treatment to chemotherapy and radiation therapy. ¹¹¹

Shi Quan Da Bu Tang (All Inclusive Great Tonifying Decoction)
十全大补汤

- **Vs. Ba Zhen Tang (Eight-Treasure Decoction)**
 - Both formulas tonify the Qi and blood and are derived from the combination of Si Jun Zi Tang and Si Wu Tang.
 - Shi Quan Da Bu Tang **focuses more strongly on warming the Yang and moving the Qi and blood**. It is thus preferred for patterns that include symptoms like **cold extremities** or **weakness in the lower body**.
 - Ba Zhen Tang, on the other hand, can be used for patterns characterized by **periodic chills and fevers**.

Gui Pi Tang (Restore the Spleen Decoction)
归脾汤

- **Source:** Categorized Essentials for Normalizing the Structure (1529)
- **Actions:** Augments the Qi, tonifies the blood, strengthens the Spleen, and nourishes the Heart;
- **Indications:** Excessive deliberation for a long period of time or obsessive behavior injures both the Spleen and Heart and leads to this disorder. The manifestations are forgetfulness, palpitations (with or without anxiety), insomnia, dream-disturbed sleep, anxiety and phobia, feverishness, withdrawal, reduced appetite, a pallid and wan complexion, a pale tongue with a thin, white coating, and a thin, frail pulse. Chronic bleeding syndromes may also be part of the presentation. Women may experience early periods with copious, pale blood or prolonged, almost continuous periods with little flow. 113

Gui Pi Tang (Restore the Spleen Decoction)
归脾汤

- **Pathological analysis**
 - The primary injury is to the Spleen, which is the organ that generates blood. When it is weak, the blood becomes deficient and is unable to nourish the Heart.
 - The Heart stores the spirit and the Spleen stores the intention (意, Yi). When they are insufficient, one loses the ability to concentrate and becomes forgetful.
 - Spleen Qi deficiency manifests as a reduction in appetite and withdrawal.
 - When the Heart is deprived of nourishment, the patient may have palpitations, with or without anxiety. When this affects the spirit, the patient will present with anxiety and phobia, insomnia, and dream-disturbed sleep.
 - Blood deficiency may give rise to the feverishness associated with heat from deficiency.
 - The pallid and wan complexion, pale tongue with a thin, white coating, and the thin, frail pulse are all signs of Qi and blood deficiency. 114

Gui Pi Tang (Restore the Spleen Decoction)
归脾汤

- In this cycle, the relationship between fire (Heart) and earth (Spleen) is one of mother and child.
- When the child is deficient, the mother will in turn become drained and deficient.
- Here, the Spleen deficiency brought on by excessive deliberation (or other causes) will lead to deficiency of the Heart.
- Because the relationship between these two organs is expressed primarily through the blood, it is the blood aspects of the organs that are primarily affected.

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Gui Pi Tang (Restore the Spleen Decoction)
归脾汤

- **Composition**

- **Chief**

- Ren Shen (Ginseng Radix) 3g (3-6g)
 - Chao Huang Qi (Dry-fried Astragali Radix) 3g (9-12g)
 - Bai Zhu (Atractylodis macrocephalae Rhizoma) 3g (9-12g)
 - Zhi Gan Cao (Glycyrrhizae Radix preparata) 0.9g (3-6g)

- **Deputy**

- Long Yan Rou (Longan Arillus) 3g (6-9g)
 - Dang Gui (Angelicae sinensis Radix) 3g (6-9g)
 - Chao Suan Zao Ren (Dry-fried Ziziphi spinosae Semen) 3g (9-12g)
 - Fu Shen (Poriae Sclerotium paradiscis) 3g (9-12g)
 - Zhi Yuan Zhi (Processed Polygalae Radix) 3g (6-9g)

- **Assistant**

- Mu Xiang (Aucklandiae Radix) 1.5g (3-6g)

- **Envoy**

- Sheng Jiang (Zingiberis Rhizoma recens) 5 slices
 - Da Zao (Jujubae Fructus) 2pcs

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Gui Pi Tang (Restore the Spleen Decoction)

归脾汤

• **Analysis of Formula**

– The chief

- Ren Shen and Huang Qi are very powerful substances for tonifying the Spleen Qi.
- Bai Zhu strengthens the Spleen and dries dampness.
- Zhi Gan Cao tonifies the Spleen and augments the Qi.
- Together, these four herbs have a strong tonifying effect on the Spleen, which enables it to generate blood.

– The deputy

- Long Yan Rou performs tonifying the blood and calming the spirit.
- Dang Gui tonifies the blood and regulates the menses. The combination of Dang Gui and Huang Qi is very effective in generating and tonifying the blood.
- Suan Zao Ren and Fu Shen both serve to calm the spirit, while the latter ingredient also reinforces the Spleen-tonifying action of the chief herbs.
- Zhi Yuan Zhi calms the spirit by facilitating the flow of Qi in the Heart. It is especially effective when it is balanced by the astringent properties of Suan Zao Ren.

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Gui Pi Tang (Restore the Spleen Decoction)

归脾汤

– The assistant

- Mu Xiang regulates the Qi and revives the Spleen. It is especially effective when combined with Bai Zhu. Its use also prevents indigestion due to the rich, cloying properties of the other herbs.

– The envoy

- Sheng Jiang and Da Zao improve the appetite and regulate the nutritive and protective Qi, thereby facilitating the actions of the other ingredients. They also assist the chief herbs in strengthening the Spleen.

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Gui Pi Tang (Restore the Spleen Decoction)
归脾汤

- **Key Point of diagnosis**
 - Forgetfulness, palpitations, insomnia, dream-disturbed sleep, reduced appetite, chronic bleeding syndromes, a pale tongue with a thin, white coating, and a thin, frail pulse.
- **Caution and contraindication**
 - Should not be used for the fever due to Yin deficiency.
- **Modification**
 - For numbness in the upper extremities: + Qiang Huo; Chuan Xiong;
 - For numbness in the lower back and lower extremities: + Du Huo; Wei Ling Xian; Niu Xi;
 - For painful menstruation with clots in the blood: + Yu Jin; Xiang Fu;
 - For very dark menstrual blood: + Hong Hua; Mu Dan Pi; Zhi Zi;
 - For menstruation that suddenly changes in volume and flows continuously: + Shan Zhu Yu; Wu Wei Zi;

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Gui Pi Tang (Restore the Spleen Decoction)
归脾汤

- **Clinic use**
 - Those affecting the neurological system such as postconcussion syndrome, myasthenia gravis, and nervous exhaustion.
 - Those affecting the hematological system such as congestive heart disease and supraventricular tachycardia.
 - Gynecological problems such as cervicitis and dysfunctional uterine bleeding.
 - Digestive disorders such as peptic ulcers and nonspecific colitis.
 - Psychoemotional disorders such as depression, anxiety, the now outdated disorder neurasthenia that is still diagnosed in Asia, and disorders involving mood changes including perimenopausal syndrome, insomnia, and treatment of addiction.
 - Hypertension, Meniere's disease, and diabetes.

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Gui Pi Tang (Restore the Spleen Decoction)
归脾汤

- Vs. Bu Zhong Yi Qi Tang (Tonify the Middle to Augment the Qi Decoction)
 - Both formula strengthen the Spleen, but they have different applications.
 - Gui Pi Tang is used for **Spleen and Heart deficiency** with palpitations, withdrawal, reduced appetite, and perhaps chronic bleeding.
 - Bu Zhong Yi Qi Tang is used for **Spleen and Stomach Qi deficiency** with shortness of breath, weight loss, withdrawal, and perhaps signs of ptosis or sinking.

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Gui Pi Tang (Restore the Spleen Decoction)
归脾汤

- Vs. Si Wu Tang (Four-Substance Decoction)
 - Both formulas can be used to tonify the blood and treat heavy menstruation, or blood deficiency resulting from heavy menstruation.
 - Gui Pi Tang **tonifies the Qi in order to tonify the blood**. It improves the assimilation functions of the Spleen and Stomach in order to facilitate the production of blood. Because the Spleen manages blood by providing the Qi that contains it. It also uses **chronic blood loss** accompanied by signs of **Spleen deficiency**. Gui Pi Tang patterns are characterized by the **presence of dampness** that comes from Spleen deficiency.
 - Si Wu Tang **focuses on the Liver and on the Penetrating and Conception vessels**. It aims **to tonify the blood** in its role as an essence rather than the functions that produce and manage it. In clinical practice, the patterns of blood deficiency for Si Wu Tang show **signs of dryness** because essence is lacking. The **digestive function**, on the other hand, is **not impaired**.

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Dang Gui Bu Xue Tang (Tangkuei Decoction to Tonify the Blood)
当归补血汤

- **Source:** Clarifying Doubts about Injury from Internal and External Causes (1247)
- **Actions:** Tonifies the Qi and generates blood;
- **Indications:** Heat from deficiency characterized by blood deficiency and floating Yang. The manifestations are hot sensation in the muscles, a red face, irritability, thirst with a desire to drink warm beverages, a pale tongue, and a flooding, large, and deficient pulse that is forceless when pressed hard. Also for fever and headache due to loss of blood.

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Dang Gui Bu Xue Tang (Tangkuei Decoction to Tonify the Blood)
当归补血汤

- **Pathological analysis**
 - Blood stores Qi by providing a substance to which its dynamic can attach itself.
 - When the blood is deficient, the Yin is then unable to contain the Yang, which floats to the superficial aspects of the body.
 - “When the blood is deficient, this manifests with fever and sweating. For when the blood does not match the Qi, the Qi becomes exuberant and discharges to the outside.”
 - Symptomatically, the classic signs of “floating Yang” include a hot sensation in the muscles, a red face, irritability, and thirst with a desire for warm beverages.
 - The definitive (almost pathognomonic) sign is the flooding, large, and deficient pulse that reflects perfectly the weak Yang Qi dilating in an attempt to reach the superficial parts of the body.

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Dang Gui Bu Xue Tang (Tangkuei Decoction to Tonify the Blood)
当归补血汤

- The pale tongue is indicative of blood deficiency.
- The same pathological mechanism underlies the fever that follows a severe loss of blood.
- In these cases, headache occurs because the process is relatively acute and therefore has some force behind it; when the Yang floats to the head, it causes pain.

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Dang Gui Bu Xue Tang (Tangkuei Decoction to Tonify the Blood)
当归补血汤

• **Compositions**

- The chief
 - Huang Qi (Astragali Radix) 30g
- The deputy
 - Jiu Xi Dang Gui (Wine-washed Angelicae sinensis Radix) 6g

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Dang Gui Bu Xue Tang (Tangkuei Decoction to Tonify the Blood)
当归补血汤

• **Analysis of Formula**

– The chief

- Huang Qi not only strongly tonifies the original Qi of the Spleen, but also secures the exterior. As explained in Rectification of the Meaning of Materia Medica: “ Its cortex reaches directly to the exterior skin and muscle, securing the protective Yang and amply filling the exterior level. These are its specific strengths, so it is really marvelous for all disorders involving exterior deficiency.” Turning this Qi inward will, in turn, facilitate the production of blood, which is produced by the Qi transformations of the Middle Jiao. Furthermore, augmenting Qi also supports movement and transformation, and thereby reinforces the generation of blood on a second level.

– The deputy

- Dang Gui is utilized to address the root cause which is blood deficiency. It tonifies but also invigorates the blood, and therefore works better in generating new blood than do other, more cloying substances. It works particularly well in conjunction with Huang Qi, which indirectly tonifies the blood by tonifying the Qi. ¹²⁷

Dang Gui Bu Xue Tang (Tangkuei Decoction to Tonify the Blood)
当归补血汤

• **Key Point of diagnosis**

- Hot sensation in the muscles, a red face, irritability, thirst with a desire to drink warm beverages, a pale tongue, and a flooding, large, and deficient pulse that is forceless when pressed hard.

• **Caution and contraindication**

- Use with caution in cases with tidal fever from Yin deficiency.

• **Modification**

- For bleeding due to Qi failing to secure the blood: + Xian He Cao; Xue Yu Dan;
- For ulcerated sores in which the toxin has not been completely discharged: + Jin Yin Hua; Gan Cao;
- For allergic purpura: + Bai Jiang Can; Niu Xi;

• **Clinic use**

- Those affecting women such as perimenstrual and postpartum fevers, and dysfunctional uterine bleeding.
- Various types of anemia, thrombocytopenic purpura, leukopenia, and nonhealing sores and ulcers.

Dang Gui Bu Xue Tang (Tangkuei Decoction to Tonify the Blood)
当归补血汤

- Vs. Bai Hu Tang (White Tiger Decoction)
 - Both formulas treat feverishness, hot sensations in the muscles, flushing, irritability, restlessness, and other symptoms of heat through to the exterior.
 - Bai Hu Tang treats patterns of **Yang Ming excess**, as reflected in thirst with a **desire for cold drinks**, profuse sweating, and a flooding, **excessive pulse** that is **forceful** when pressed.
 - Dang Gui Bu Xue Tang treats **patterns of deficiency where the Qi in the exterior is too weak to contain the Yang**. This is reflected in thirst with a **desire for warm drinks**, sweating aggravated by exertion, and a large but **deficient pulse** that appears strong at the surface¹²⁹ but is revealed as weak with pressure.

Dang Gui Bu Xue Tang (Tangkuei Decoction to Tonify the Blood)
当归补血汤

- Vs. Other formulas that treat heat due to Qi deficiency
 - Dang Gui Bu Xue Tang treats patterns characterized by **blood deficiency failing to secure the Yang**, which then floats to the exterior.
 - Xiao Yao San can be used to treat patterns where the **Yang Qi becomes constraint in the interior**.
 - Bu Zhong Yi Qi Tang treats **Yang Qi constraint due to failure of the clear Qi to ascend**.
 - Xiao Jian Zhong Tang treats **patterns characterized by nutritive Qi deficiency leading to a relative excess of protective Qi**.

Dang Gui Bu Xue Tang (Tangkuei Decoction to Tonify the Blood)
当归补血汤

- Vs. Si Wu Tang (Four-Substance Decoction)
 - Both formulas can be used to tonify the blood and treat heavy menstruation, or blood deficiency resulting from heavy menstruation.
 - Dang Gui Bu Xue Tang **tonifies the Qi in order to tonify the blood**. It improves the assimilation functions of the Spleen and Stomach in order to facilitate the production of blood. Because the Spleen manages blood by providing the Qi that contains it. It is also used for **acute blood loss**.
 - Si Wu Tang **focuses on the Liver and on the Penetrating and Conception vessels**. It aims **to tonify the blood** in its role as an essence rather than the functions that produce and manage it. In clinical practice, the patterns of blood deficiency for Si Wu Tang show **signs of dryness** because essence is lacking. The **digestive function**, on the other hand, is **not impaired**.

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Dang Gui Bu Xue Tang (Tangkuei Decoction to Tonify the Blood)
当归补血汤

- Vs. Ba Zhen Tang (Eight-Treasure Decoction)
 - Both formulas can be used to tonify the Qi and blood in the treatment of fevers, uterine bleeding, or nonhealing abscesses or sores.
 - Dang Gui Bu Xue Tang is to **secure the floating Yang through tonifying the blood which is the root**.
 - Ba Zhen Tang aims at **nourishing the Qi and blood more generally**.

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Tai Shan Pan Shi San (Powder that Gives the Stability of Mount Tai)
泰山磐石散

- **Source:** Systematic Great Compendium of Medicine Past and Present (1556)
- **Actions:** Augments the Qi, strengthens the Spleen, nourishes the blood, and quiets the fetus;
- **Indications:** Qi and Blood deficiency with lack of nourishment to the fetus marked by restless fetus, threatened miscarriage, or habitual miscarriage. There will be a pale complexion, fatigue, a lack of appetite, a pale tongue with a slippery coating, and a slippery but forceless pulse.

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Tai Shan Pan Shi San (Powder that Gives the Stability of Mount Tai)
泰山磐石散

- **Pathological analysis**
 - Qi and blood deficiency in women causes the sea of blood --- a system that encompasses the Womb, Liver, and Conception and Penetrating vessels --- to become malnourished.
 - When the women becomes pregnant, this system's role in supporting fetal growth and development is impaired.
 - The fetus becomes restless and miscarriage is threatened, or may well be habitual.
 - The pale complexion, fatigue, and lack of appetite indicate Spleen and Stomach deficiency, while the pale tongue is a manifestation of blood deficiency.
 - The slippery but forceless pulse indicates restless fetus pattern, where the body is unable to secure the fetus.

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Tai Shan Pan Shi San (Powder that Gives the Stability of Mount Tai)
泰山磐石散

• **Composition**

– **Chief**

- Ren Shen (Ginseng Radix) 3g
- Shu Di Huang (Rehmanniae Radix preparata) 2.4g
- Zhi Gan Cao (Glycyrrhizae Radix preparata) 1.5g

– **Deputy**

- Bai Zhu (Atractylodis macrocephalae Rhizoma) 1.5g
- Xu Duan (Dipsaci Radix) 3g
- Huang Qin (Scutellariae Radix) 3g

– **Assistant**

- Huang Qi (Astragali Radix) 3g
- Dang Gui (Angelicae sinensis Radix) 3g
- Bai Shao (Paeoniae Radix alba) 2.4g
- Chuan Xiong (Chuanxiong Rhizoma) 2.4g

– **Envoy**

- Sha Ren (Amomi Fructus) 1.5g
- Nuo Mi (Glutinous rice) 1 scoop

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Tai Shan Pan Shi San (Powder that Gives the Stability of Mount Tai)
泰山磐石散

• **Analysis of Formula**

– The chief

- Ren Shen strongly tonifies the primal Qi to secure the fetus.
- Shu Di Huang tonifies the blood and enriches the Yin, which nourish the fetal origin.
- Together, these two herbs treat Qi and blood deficiency in the Conception and Penetrating vessels, which is the precondition for healthy fetal development.

– The deputy

- Xu Duan tonifies the Kidneys.
- Huang Qin drains heat.
- Bai Zhu tonifies the Spleen.
- These three herbs are extensively used in formulas treating habitual or threatened miscarriage. Focusing on the branch rather than the root, they deal with the acute problem of threatened miscarriage.

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Tai Shan Pan Shi San (Powder that Gives the Stability of Mount Tai)
泰山磐石散

– The assistant

- Huang Qi assists Ren Shen and Bai Zhu in tonifying the Qi.
- Dang Gui, Bai Shao, and Chuan Xiong assist Shu Du Huang in tonifying and regulating the blood.
- Together, they serve as assistants, nourishing the Liver blood and ensuring that its Qi is strong and ascending, which is the root for miscarriage.

– The envoy

- Sha Ren moves the Qi, harmonizes the Stomach, quiets the fetus, stops nausea, and facilitates the digestion of the more cloying tonifying herbs.
- Nuo Mi also tonifies the Spleen and Stomach, and as a sweet substance, harmonizes the actions of the other ingredients. Facilitating digestion and tonifying the Penetrating vessel via the Stomach.

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Tai Shan Pan Shi San (Powder that Gives the Stability of Mount Tai)
泰山磐石散

• **Key Point of diagnosis**

- Restless fetus, a pale tongue with a slippery coating, and a slippery but forceless pulse.

• **Caution and contraindication**

- While taking this formula, women are advised to avoid alcohol as well as sour, spicy, and hot foods, and to regulate their emotions.

• **Modification**

- For more severe heat, increase the dosage of Huang Qi and reduce that of Sha Ren;
- For patients with a weak Stomach: increase the dosage of Sha Ren and reduce that of Huang Qin;
- For nausea and vomiting: + Zhi Ban Xia; Sheng Jiang; Zhu Ru or Pi Pa Ye;
- For vomiting of yellow or greenish bile: + Huang Lian;
- For more severe deficiency with soreness of the back and knees: + Du Zhong; Tu Si Zi;
- For insomnia and palpitations: + Suan Zao Ren; Long Yan Rou; Ye Jiao Teng;
- For threatened miscarriage with vaginal bleeding: + E Jiao; Ai Ye;

• **Clinic use**

- Threatened miscarriage or recurrent miscarriage.

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Zhi Gan Cao Tang (Honey-Fried Licorice Decoction)
炙甘草汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Augments the Qi, nourishes the blood, enriches the Yin, and restores the pulse;
- **Indications:**
 - 1. **Consumptive conditions with Qi and blood deficiency (Heart)** marked by **palpitations** that may be accompanied by anxiety, irritability, insomnia, **emaciation, shortness of breath**, constipation, a dry mouth and throat, a pale, shiny tongue, and **a pulse that is consistently irregular, slow-irregular, or thin, faint, and forceless.**
 - 2. **Lung atrophy due to consumption** marked by **coughing of frothy sputum** or coughing of blood-streaked sputum accompanied by emaciation, **shortness of breath**, irritability, insomnia, **spontaneous sweating or night sweats**, a dry throat and tongue, constipation, heat from deficiency, and **a deficient, rapid pulse.**¹³⁹

Zhi Gan Cao Tang (Honey-Fried Licorice Decoction)
炙甘草汤

- **Pathological analysis**
 - The Heart controls the pulse and is nourished by the Qi and blood. When the Heart is undernourished, it loses its vitality, which manifests as palpitations accompanied by anxiety.
 - The Heart blood provides the foundation for the activities of the spirit; when it is deficient, the spirit has no place to calmly reside. This leads to irritability and insomnia.
 - Qi and blood deficiency also manifest as emaciation and shortness of breath.
 - The blood and fluids are intimately related, such that deficiency of one usually leads to deficiency of the other. Insufficient fluids lead to constipation, a dry mouth and throat, and a lack of coating on the tongue.
 - A pale tongue is a sign of Qi and blood deficiency. When the Qi is deficient and can only weakly push a pulse that is lacking in blood, the pulse will either be irregular or thin, frail, and forceless.

Zhi Gan Cao Tang (Honey-Fried Licorice Decoction)

炙甘草汤

- Irregular pulses (due to Yang deficiency)
 - Slow-irregular, also known as **Knotted** (结, Jie) ---- a slow pulse with an occasional dropped beat
 - Consistently-irregular or **Intermittent** (代, Dai) --- beats are dropped at regular intervals.
- When the Lung Qi is deficient, it rebels upward leading to coughing, shortness of breath, spontaneous sweating, and a deficient pulse.
- Damage to the body fluids by long-standing consumption leads to dryness, manifesting in symptoms like dry throat and tongue, constipation, and frothy sputum (i.e., water that cannot be contained by the dry mucous membranes).
- Yin deficiency invariably leads to symptoms of Yang excess such as irritability, insomnia, night sweats, heat from deficiency, and a rapid pulse.

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Zhi Gan Cao Tang (Honey-Fried Licorice Decoction)

炙甘草汤

- **Composition**
 - **Chief**
 - Zhi Gan Cao (Glycyrrhizae Radix preparata) 12g
 - **Deputy**
 - Sheng Di Huang (Rehmanniae Radix) 48g
 - **Assistant**
 - Ren Shen (Ginseng Radix) 6g
 - Da Zao (Jujubae Fructus) 30pcs
 - E Jiao (Asini Corii Colla) 6g
 - Mai Men Dong (Ophiopogonis Radix) 9g
 - Huo Ma Ren (Cannabis Semen) 9g
 - Gui Zhi (Cinnamomi Ramulus) 9g
 - Sheng Jiang (Zingiberis Rhizoma recens) 9g
 - **Envoy**
 - Rice Wine 1 liter

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Zhi Gan Cao Tang (Honey-Fried Licorice Decoction)
炙甘草汤

• **Analysis of Formula**

– The chief

- Zhi Gan Cao augments the Qi of the middle Jiao. It nourishes the Heart and quiets the ethereal soul (Hun) and settles the corporeal soul (Po).

– The deputy

- Sheng Di Huang, sweet and cooling, enriching and moistening, restores the Heart Yin and tonifies the blood.
- Together with Zhi Gan Cao, it fills the vessels with Qi and fluids, providing the basis for returning the pulse to its normal status.

– The assistant

- Ren Shen strongly tonifies the source Qi and thus all of the organs. It also calms the spirit, which relieves the palpitations and anxiety, especially when combined with the chief ingredient.
- Da Zao benefits the Spleen and nourishes the Heart. The combination of these two herbs with Zhi Gan Cao tonifies the Qi of the Spleen and Stomach (the postnatal Qi), which is the root of the Heart Qi and the source of blood generation.

Zhi Gan Cao Tang (Honey-Fried Licorice Decoction)
炙甘草汤

- E Jiao effectively enriches the Yin, tonifies the blood, and moistens dryness.
- Mai Men Dong moistens dryness in the Stomach and Lungs (upper Jiao).
- Huo Ma Ren nourishes the Yin and moistens the Intestines (Lower Jiao). Together, these three herbs assist Sheng Di Huang in enriching the Yin, moistening dryness, and cooling heat from deficiency.
- Gui Zhi unblocks the flow of Heart Qi. Its combination with Ren Shen strengthens this effect.
- Sheng Jiang strengthens the Stomach and enable it to cope with the tonifying substances in the formula. In concert with Da Zao, it also regulates the relationship between the protective and nutritive Qi. This function plays an important part in restoring vitality to individuals suffering from consumption, as it enables their systems to revive without developing other problems.

• The envoy

- Rice wine helps the assistant ingredients keep things moving. Although this condition is due to an underlying deficiency, there is also an element of stagnation due to both cold and dryness.

Zhi Gan Cao Tang (Honey-Fried Licorice Decoction)
炙甘草汤

- **Key Point of diagnosis**
 - Palpitations, emaciation, shortness of breath, or coughing of frothy sputum, spontaneous sweating or night sweats, a pulse that is consistently irregular, slow-irregular, or thin, faint, and forceless.
- **Caution and contraindication**
 - Should not be used without modification in cases with heat from deficient Yin or where there is severe diarrhea.
- **Modification**
 - For Lung atrophy: reduce the dosage or remove Gui Zhi; Sheng Jiang; Rice Wine; + Bai Bu; Ge Jie;
 - For chest pain and discomfort: + Dan Shen; Tao Ren;
 - For nosebleed from Yin deficiency: increase the dosage of Sheng Di; Mai Men Dong; + Huang Qin; Huang Lian;
 - For insomnia: substitute Suan Zao Ren for Huo Ma Ren; + Bai Zi Ren or Long Gu; Ci Shi;
- **Clinic use**
 - Irregular heartbeats such as sick sinus syndrome, atrial flutter, atrial fibrillation, coronary artery disease, viral myocarditis, rheumatic heart disease, and hyperthyroidism, various types of anemia and upper GI bleeding secondary to cirrhosis.

Zhi Gan Cao Tang (Honey-Fried Licorice Decoction)
炙甘草汤

- Vs. Gui Pi Tang (Restore the Spleen Decoction)
 - Both formulas tonify the Qi and blood and treat palpitations.
 - Gui Pi Tang is **stronger at tonifying the Qi**. It **focuses on strengthening the Spleen and calming the spirit**. It can be used to treat patterns of **Spleen Qi and Heart Blood deficiency**, as well as **bleeding** attributed to inability of the Spleen to contain the blood.
 - Zhi Gan Cao Tang is **stronger at nourishing the blood and the Yin fluids**. In addition, it also **opens the Yang with acrid and warming herbs**. Its action does **not focus on the middle Jiao**, but on **harmonizing the nutritive and protective Qi** to restore the pulse.

Zhi Gan Cao Tang (Honey-Fried Licorice Decoction)
炙甘草汤

- Vs. Sheng Mai San (Generate the Pulse Powder)
 - Both formulas tonify the Qi and Yin, treat deficiency of both the Heart and the Lungs, and focus on the pulse. Both can also be used to treat chronic coughs.
 - Zhi Gan Cao Tang **strongly tonifies both the Qi and Yin and focuses on the root of the coughing by fortifying the Lung's restraining action.** Because it contains acrid and warming herbs, it is **not suitable for treating** patterns characterized by **internal heat.**
 - Sheng Mai San combines tonifying with restraining herbs to **treat both the root and branch.** Although it contains Ren Shen, even this warming herb is not drying and, in fact, generates fluids. It is therefore **better at stopping coughs and can be used both to clear heat and tonify the Qi and Yin.**

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Section 3 Formulas that tonify Qi and blood

- Section 3 Formulas that tonify Qi and blood (6 types)
 - **Ba Zhen Tang** (Eight-Treasure Decoction)
 - **Shi Quan Da Bu Tang** (All Inclusive Great Tonifying Decoction)
 - **Gui Pi Tang** (Restore the Spleen Decoction)
 - **Dang Gui Bu Xue Tang** (Tangkuei Decoction to Tonify the Blood)
 - **Tai Shan Pan Shi San** (Powder that Gives the Stability of Mount Tai)
 - **Zhi Gan Cao Tang** (Honey-Fried Licorice Decoction)

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Study guide

- 1. Ba Zhen Tang's indications and ingredients;
- 2. Shi Quan Da Bu Tang's indications and ingredients;
- 3. The difference between Shi Quan Da Bu Tang and Ba Zhen Tang;
- 4. Gui Pi Tang's indications;
- 5. The difference between Gui Pi Tang and Bu Zhong Yi Qi Tang;
- 6. The difference between Gui Pi Tang and Si Wu Tang;
- 7. Dang Gui Bu Xue Tang's indications and ingredients;
- 8. The ratio of dose for Huang Qi and Dang Gui in Dang Gui Bu Xue Tang;
- 9. The difference between Dang Gui Bu Xue Tang and Bai Hu Tang;
- 10. The difference between Dang Gui Bu Xue Tang, Xiao Yao San, Bu Zhong Yi Qi Tang and Xiao Jian Zhong Tang;
- 11. The difference between Dang Gui Bu Xue Tang and Si Wu Tang;
- 12. The difference between Dang Gui Bu Xue Tang and Ba Zhen Tang;
- 13. Tai Shan Pan Shi San's indications;
- 14. Zhi Gan Cao Tang's indications;
- 15. The difference between Zhi Gan Cao Tang and Gui Pi Tang;
- 16. The difference between Zhi Gan Cao Tang and Sheng Mai San;

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Section 4 Formulas that tonify Yin

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Formulas that tonify Yin

- These formulas are used when the body fluids and essences are damaged such that Yin becomes deficient and Yang relatively excessive.
- This type of condition may occur for many reasons and usually affects two groups of organs.
- When the disorder is relatively superficial, with damage predominantly to the Yang fluids, it is regarded as dryness of the **Lungs and Stomach**.
- Damage to the Yin fluids or essences, which occurs more often in connection with chronic disorders, affects the **Liver and Kidneys**, which is the focus of the formulas here.
- The therapeutic strategies for these disorders focus on nourishing and enriching the Kidney and Liver Yin and regulating the storage and transformation of fluids in the lower Jiao as a means of tonification.

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Formulas that tonify Yin

- The Yin of the Kidneys and Liver serves as the basic reserve of Yin for the entire body (True or fundamental Yin).
- Many long-term problems associated with environment or lifestyle (e.g., excessive sexual activity, a hard-driven lifestyle, or a dry environment with insufficient fluid intake) will, over time, deplete the Kidney and Liver Yin, thereby damaging the true Yin.
- Common symptoms include soreness and weakness of the lower back and legs, lightheadedness, vertigo, tidal fever with malar flush, irritability, heat in the five centers, night sweats, insomnia, and spontaneous emissions. The tongue is usually red and thin with little or no coating. The pulse is rapid and thin.
- In clinical practice, such textbook presentations are often complicated, however, by concomitant signs of other problems such as Yang or Qi deficiency, water toxin, phlegm, or blood stasis.
- In such cases, care must be taken to properly assess root and branch, selecting and modifying treatment strategies and formulas₁₅₂ accordingly.

Formulas that tonify Yin

- The chief ingredients of the formulas in this section are for the most part nourishing in nature and therefore have rich, cloying characteristics. They include Tian Men Dong, Shi Hu, Yu Zhu, Sheng Di Huang, Shu Di Huang, Wu Wei Zi, Bie Jia, and Gui Ban
- Herbs that tonify the blood, such as Dang Gui and Bai Shao, are also used as blood is also an essence, and damage to one type of essence readily damages others. Therefore, Shu Di Huang, Gou Qi Zi can be used to tonify both substances.
- Three other types of ingredients are combined with the chief herbs in the formulas.
 - Because the Yin and Yang have the same source, deficiency of one readily leads to deficiency of the other, substances that tonify the Yang such as Lu Jiao Jiao, Du Zhong, Gou Ji, and Tui Si Zi can be added.
 - Because Yin deficiency gives rise to Yang excess, which usually manifests as heat, many formulas also include herbs that clear fire or drain heat such as Mu Dan Pi, Zhi Mu, or Huang Bai.
 - Due to prevent the formulas from clogging the body's digestion and water metabolism, herbs like Fu Ling, Ze Xie, Sha Ren, or Chen Pi should be used to promote the movement of fluids and Qi.

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Formulas that tonify Yin

- **Cautions and contraindication**
 - The formulas in this section should be used with caution and appropriately modified in patients with weakness of the Spleen and Stomach.
 - The use of these formulas is contraindicated if an active pathogenic influence is still the main problem.

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Section 4 Formulas that tonify Yin

– Section 4 Formulas that tonify Yin (10 types)

- **Liu Wei Di Huang Wan** (Six-Ingredient Pill with Rehmannia)
 - **Du Qi Wan** (Capital Qi Pill)
 - **Qi Ju Di Huang Wan** (Lycium Fruit, Chrysanthemum and Rehmannia Pill)
 - **Zhi Bai Di Huang Wan** (Anemarrhena Phellodendron and Rehmannia Pill)
 - **Ba Wei Di Huang Wan** (Eight-Ingredient Pill with Rehmannia)
- **Da Bu Yin Wan** (Great Tonify the Yin Pill)
- **Er Zhi Wan** (Two-Ultimate Pill)
- **Yi Guan Jian** (Linking Decoction)
- **Zuo Gui Wan** (Restore the Left (Kidney) Pill)
- **Zuo Gui Yin** (Restore the Left (Kidney) Decoction)

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Liu Wei Di Huang Wan (Six-Ingredient Pill with Rehmannia)
六味地黄丸

- **Source:** Craft of Medicinal Treatment for Childhood Disease Patterns (1119)
- **Actions:** Enriches the Yin and nourishes the Kidneys;
- **Indications:**
 - **Kidney and Liver Yin deficiency** manifested by **soreness and weakness in the lower back, lightheadedness, vertigo, tinnitus**, diminished hearing, night sweats, spontaneous and nocturnal emissions, **a red tongue with little coating, and a rapid, thin pulse**. The patient may also presents with a variety of other symptoms including hot palms and soles, **a chronic dry and sore throat**, toothache, or wasting and thirsting disorder.

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Liu Wei Di Huang Wan (Six-Ingredient Pill with Rehmannia)
六味地黄丸

• **Pathological analysis**

- The lower back is the abode of the Kidneys, which are also associated with the bones and are responsible for generating marrow (which gives the bones their resiliency and strength).
- When the Kidneys are weak, the marrow will become depleted, and there will be general weakness of the skeletal structure, which is focused in the area of the body most closely associated with the Kidneys, the lower back and legs.
- Kidney and Liver Yin deficiency also mean that the essence (Kidneys) and blood (Liver) are not flourishing and are therefore unable to nourish the upper parts of the body, primarily the sensory orifices.
- The eyes are nourished by the Liver; lack of nourishment manifests as lightheadedness and vertigo.
- The ears are nourished by the Kidneys; lack of nourishment manifests as tinnitus and diminished hearing.

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Liu Wei Di Huang Wan (Six-Ingredient Pill with Rehmannia)
六味地黄丸

- When the Yin is deficient, it cannot retain substances during the night, which is the time associated with Yin. This leads to night sweats and nocturnal emissions.
- The deficient Yin is also unable to preserve the essence, which is manifested in men as spontaneous emissions. Yin deficiency and internally-generated heat is reflected in the red color of the tongue and its less-than-normal moisture (little or no coating), and also in the pulse, which has little volume (thin) and is rapid.
- Depending on the individual and the particular etiology of the Kidney and Liver Yin deficiency, other problems may also occur. If the heat from deficiency is more severe, the patient may present with hot palms and soles, a flushed face, or a dry and sore throat.
- If the heat transforms into fire and ascends to the teeth (which are connected with the Kidneys), there may be toothache. And if the Kidney Qi is also unstable, there may be wasting and thirsting disorder with copious urination.

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Liu Wei Di Huang Wan (Six-Ingredient Pill with Rehmannia)
六味地黄丸

- **Composition**

- **Chief**

- Shu Di Huang (Rehmanniae Radix preparata) 240g

- **Deputy**

- Shan Zhu Yu (Corni Fructus) 120g
- Shan Yao (Dioscoreae Rhizoma) 120g

- **Assistant**

- Ze Xie (Alismatis Rhizoma) 90g
- Fu Ling (Poria) 90g
- Mu Dan Pi (Moutan Cortex) 90g

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Liu Wei Di Huang Wan (Six-Ingredient Pill with Rehmannia)
六味地黄丸

- **Analysis of Formula**

- This formula is an elegant combination of two groups of ingredients, each consisting of three herbs. The first group is comprised of the tonifying herbs (Shu Di Huang; Shan Zhu Yu; Shan Yao); The second group of ingredients has a predominantly draining action in the context of this formula (Ze Xie; Mu Dan Pi; Fu Ling).
- The chief
 - Shu Di Huang strongly enriches the Kidney Yin and essence.
- The deputy
 - Shan Zhu Yu nourishes the Liver and restrains the leakage of essence. It performs the latter function by inhibiting the improper dispersion and drainage through the Liver, thereby enabling the essence to build up in the Kidneys.
 - Shan Yao stabilizes the essence by tonifying the Spleen. To reinforce the essence and improve its function, the Spleen (the source of postnatal essence) must function properly.

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Liu Wei Di Huang Wan (Six-Ingredient Pill with Rehmannia)
六味地黄丸

- The assistant
 - Ze Xie clears and drains the overabundance of Kidney fire. It is used here to prevent the rich, cloying properties of the chief herb from congesting the mechanisms of the Kidneys, which will include even more fire from deficiency.
 - Mu Dan Pi clears and drains Liver fire and is used here to counterbalance the warm properties of Shan Zhu Yu.
 - Fu Ling is a bland herb that leaches out dampness from the Spleen. It is paired with Shan Yao to strengthen the transportive functions of the Spleen. This prevents the formula from clogging of nourishing the body. Fu Ling and Ze Xie work together to improve the metabolism of fluids and promote urination, thereby preventing a buildup of stagnant fluids.

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Liu Wei Di Huang Wan (Six-Ingredient Pill with Rehmannia)
六味地黄丸

- **Key Point of diagnosis**
 - Soreness and weakness in the lower back, lightheadedness, vertigo, tinnitus, a chronic dry and sore throat, a red tongue with little coating, and a rapid, thin pulse.
- **Caution and contraindication**
 - This formula has cloying properties and should be used with caution in cases with indigestion, diarrhea due to Spleen deficiency, or a white, greasy tongue coating.
- **Modification**
 - For severe depletion of the fluids with heat signs: substitute Sheng Di Huang for Shu Di Huang;
 - For wasting and thirsting disorder: — Ze Xie; + large dosage of Tian Hua Fen;
 - For Spleen deficiency: + Bai Zhu; Sha Ren; Chen Pi;
 - For childhood nutritional impairment with abdominal distention and loose, watery stools: — Shu Di Huang; + Bai Zhu; Ji Nei Jin; Sha Ren;

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Liu Wei Di Huang Wan (Six-Ingredient Pill with Rehmannia)
六味地黄丸

- For optic neuritis, optic nerve atrophy, or central retinitis: + Chai Hu; Dang Gui; Wu Wei Zi;
- For hypertension: + Sang Ye; Di Long; Niu Xi;
- For chronic nephritis: + Yi Mu Cao; Tian Hua Fen; Dan Zhu Ye;
- For irregular menstruation: + Ai Ye; Xiang Fu;
- **Clinic use**
 - Genitourinary disorders such as chronic nephritis, prostate diseases, chronic glomerulonephritis, urinary tract infection, renal tuberculosis.
 - Endocrine disorders such as diabetes mellitus, hyperthyroidism, and diabetes insipidus.
 - Cardiovascular disease such as hypertension, atherosclerosis, and coronary artery disease.
 - Women's disorders such as perimenopausal syndrome and dysfunctional uterine bleeding.
 - Ophthalmic diseases such as cataracts, glaucoma, central retinopathy, optic nerve atrophy, and optic neuritis.
 - Neurasthenia, pulmonary tuberculosis, chronic hepatitis, cirrhosis, and failure to thrive.

Liu Wei Di Huang Wan (Six-Ingredient Pill with Rehmannia)
六味地黄丸

- Vs. Bu Zhong Yi Qi Tang (Tonify the Middle to Augment the Qi Decoction)
 - Comparing these two formulas will help illuminate the concept of ascending and descending functions in traditional Chinese medicine.
 - When the **Yang is deficient**, the **Qi collapses**. A combination of relatively “light” herbs should therefore be used to **strengthen and raise it**. This is the thrust of Bu Zhong Yi Qi Tang. Collapse of the Qi is usually accompanied by some stagnation. To move the Qi, Chen Pi is used in Bu Zhong Yi Qi Tang.
 - By contrast, when the **Yin is deficient**, the **Qi rises but does not return downward**. Thus, cloying, “heavy” herbs such as Shu Di Huang are combined with herbs that leach out fluids through the urine to **encourage the Qi to descend**. This is the mechanism underlying Liu Wei Di Huang Wang. When the Qi floats, there is usually heat. To clear this type of heat from Yin deficiency, Mu₆₄ Dan Pi is used in Liu Wei Di Huang.

Du Qi Wan (Capital Qi Pill)

都气丸

- **Source:** Symptom, Cause, Pulse, and Treatment (1706)
- **Compositions:** Liu Wei Di Huang Wan + Wu Wei Zi (Schisandrae Fructus);
- **Indications:**
 - 1. Chronic wheezing in those who are always short of breath and begin wheezing with little exertion.
 - 2. Premature ejaculation or spermatorrhea from Kidney deficiency.
- **Analysis of the formula:**
 - Wu Wei Zi tonifies and gently warms the Kidneys, while its sourness prevents its Qi from ascending in an uncontrolled fashion, focusing it instead on Kidney Qi transformation. This makes it a formula whose range of application is between Shen Qi Wan and Zhi Bai Di Huang Wan.

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Qi Ju Di Huang Wan (Lycium Fruit, Chrysanthemum and Rehmannia Pill)

杞菊地黄丸

- **Source:** Complete Treatise on Measles (Yuan Dynasty)
- **Compositions:** Liu Wei Di Huang Wan + Gou Qi Zi (Lycii Fructus); Ju Hua (White Chrysanthemi Flos)
- **Indications:**
 - Dry eyes with diminished visual acuity, photophobia, tearing when exposed to drafts, or painful eyes.
- **Analysis of the formula:**
 - The use of this formula has been expanded to include all conditions of Kidney and Liver Yin deficiency in which Liver deficiency is the predominant aspect.

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Zhi Bai Di Huang Wan (Anemarrhena Phellodendron and Rehmannia Pill)
知柏地黄丸

- **Source:** Investigations of Medical Formulas (1584)
- **Compositions:** Liu Wei Di Huang Wan + Yan Chao Zhi Mu (salt-fried Anemarrhenae Rhizoma); Yan Chao Huang Bai (salt-fried Phellodendri Cortex);
- **Indications:**
 - 1. Yin deficiency with vigorous fire, consumptive heat, or steaming bone disorder characterized by night sweats, a dry mouth and tongue, and a large pulse only in the rear position.
 - 2. Urinary difficulty and lower back pain from damp-heat in the lower Jiao in patients with underlying Kidney Yin deficiency.
- **Analysis of the formula:**
 - When using this formula, it is important to remember that Zhi Mu and Huang Bai are, in fact, bitter, cooling herbs that drain excess heat from the body.

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Ba Wei Di Huang Wan (Eight-Ingredient Pill with Rehmannia)
八味地黄丸

- **Source:** Women's Diseases According to Fu Qing-Zhu (1826)
- **Actions:** Tonifies the Yin; nourishes the blood, and stops excessive sweating;
- **Compositions:** Liu Wei Di Huang Wan + Wu Wei Zi (Schisandrae Fructus); Zhi Huang Qi (honey-prepared Astragali Radix);
- **Indications:**
 - Postpartum continuous sweating from deficiency.
- **Note:**
 - Alternative name: Mai Wei Di Huang Wan; Shen Qi Wan.

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Da Bu Yin Wan (Great Tonify the Yin Pill)
大补阴丸

- **Source:** Essential Teaching of Zhu Dan-xi (1481)
- **Actions:** Enriches the Yin and directs fire downward;
- **Indications:**
 - Yin deficiency and flourishing fire, with both pathologies contributing equally to the pattern marked by steaming bone disorder with afternoon tidal fever, night sweats, spontaneous emissions, irritability, a sensation of heat and pain in the knees and legs that is sometimes accompanied by weakness, a red tongue with little coating, and a pulse that is rapid and forceful in the rear position. May also be accompanied by coughing of blood or constant hunger.

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Da Bu Yin Wan (Great Tonify the Yin Pill)
大补阴丸

- **Pathological analysis**
 - Internally-generated heat against a background of Yin deficiency leads to tidal fever (which appears as the Yin becomes ascendant) and night sweats (a forcing out of the fluids during the Yin phase of the daily cycle).
 - The deficient Yin is unable to restrain the essence, which moves recklessly and manifests as spontaneous emissions in men.
 - When the rising fire disturbs the spirit, the patient will become irritable.
 - Intense heat from deficiency in the Kidneys and Liver causes heat and pain (and sometimes weakness) in the knees and legs, which is the area of the body governed by those organs.
 - A red tongue with little coating is a classic sign of Yin deficiency with heat.
 - A rapid, forceful pulse in the rear position is a manifestation of intense heat in the Kidneys.
 - If the rising fire attacks the collaterals of the Lungs, the patient will cough blood; if it disturbs the Stomach, there will be constant hunger.

Da Bu Yin Wan (Great Tonify the Yin Pill)

大补阴丸

- **Composition**

- **Chief**

- Shu Di Huang (Rehmanniae Radix preparata) 180g
- Su Gui Ban (crisp Testudinnis Plastrum) 180g

- **Deputy**

- Chao Huang Bai (dry-fried Phellodendri Cortex) 120g
- Jiu Chao Zhi Mu (wine-fried Anemarrhenae Rhizoma) 120g

- **Assistant**

- Marrow of the vertebrae of pigs

- **Envoy**

- Honey

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Da Bu Yin Wan (Great Tonify the Yin Pill)

大补阴丸

- **Analysis of Formula**

- The chief

- Shu Di Huang is a very effective herb for enriching and tonifying the Liver and Kidneys.
- Gui Ban nourishes the Yin and weighs down the floating Yang fire.
- The use of these ingredients is a good example of enriching the water to control the fire.

- The deputy

- Huang Bai quells Kidney fire;
- Zhi Mu clears heat, enriches the Lungs, and generates fluids.
- These herbs work synergistically, one of which focuses on the lower Jiao and the other on the upper Jiao.
- They are fried in order to moderate their bitter, cold properties. The ratio of Yin-tonifying to fire-draining substances in this formula is 3:2, indicating that Yin deficiency is regarded as the root and fire as the branch of this pattern.

- The assistant, the marrow from the vertebrae of pigs, tonifies the essence and marrow, moderates the bitter, drying properties of Huang Bai, which otherwise could damage the Yin.

- The envoy, Honey, moderates the bitter and drying properties of other herbs.

Da Bu Yin Wan (Great Tonify the Yin Pill)
大补阴丸

- **Key Point of diagnosis**
 - Steaming bone disorder with afternoon tidal fever, a red tongue with little coating, and a pulse that is rapid and forceful in the rear position.
- **Caution and contraindication**
 - Use with caution in patients with poor appetite and loose stools. It is contraindicated in cases of fire from excess.
- **Modification**
 - For severe night sweats: + Mu Li; Fu Xiao Mai;
 - For coughing of blood: + Xian He Cao; Ce Bai Ye;
 - For sputum that is difficult to expectorate: + Bai Bu; Kuan Dong Hua;
 - For severe, spontaneous emissions: + Qian Shi; Jin Yin Zi;
- **Clinic use**
 - Tuberculosis (of the Lungs, Kidneys, or bones), bronchiectasis, diabetes mellitus, hyperthyroid conditions, and nervous exhaustion.

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Da Bu Yin Wan (Great Tonify the Yin Pill)
大补阴丸

- Vs. Liu Wei Di Huang Wan (Six-Ingredient Pill With Rehmannia)
 - The indications of these two formulas overlap.
 - Da Bu Yin Wan has a **stronger** effect in treating **Yin deficiency with ascendant Yang**, especially in causing the fire from deficiency to descend. It seeks to **conserve water by focusing primarily on quelling excess, fire**.
 - Liu Wei Di Huang Wan contains herbs that regulate the water metabolism. It **focuses on the Kidneys**, but also treats the **Liver and Spleen**. It can thus be used to treat **Yin deficiency that is accompanied by phlegm or other signs of water excess**, while **regulating the Qi dynamic** through the **adjustment of organ functions**.

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Da Bu Yin Wan (Great Tonify the Yin Pill)
大补阴丸

- Vs. Zhi Bai Di Huang Wan (Anemarrhena, Phellodendron, and Rehmannia Pill)
 - Both formulas treat patterns where Yin deficiency is accompanied by vigorous fire manifesting with symptoms such as night sweats, a dry mouth and tongue, and a large pulse only in the rear position. Both formulas also use the combination of Zhi Mu and Huang Bai to control hyperactive Yang and drain excess fire, as well as Shu Di Huang to tonify the Kidney Yin.
 - Da Bu Yin Wan, using a heavy substance such as Gui Ban, is able to control the Yang more successfully. Furthermore, as an animal substance, Gui Ban tonifies the essence and is frequently associated in the literature with deficiency of the Conception vessel.
 - Zhi Bai Di Huang Wan, which is built on Liu Wei Di Huang Wan, focuses more strongly on supplementing the Yin. Liu Wei Di Huang Wan, on the other hand, regulates the water metabolism as well as tonifying the Yin of the Kidneys, Liver, and Spleen. ¹⁷⁵

Er Zhi Wan (Two-Ultimate Pill)
二至丸

- **Source:** Essential Formulas to Support Longevity (1534)
- **Actions:** Tonifies and benefits the Liver and Kidneys;
- **Indications:** Deficiency of the Liver and Kidney Yin manifested by weakness and soreness of the lower back and knees, or even weakness and atrophy of the lower extremities, dry and parched mouth and throat, dizziness and blurred vision, insomnia and dream-disturbed sleep, spontaneous emissions, premature graying or loss of hair, and a red, dry tongue.

Er Zhi Wan (Two-Ultimate Pill)

二至丸

• **Pathological analysis**

- The Kidneys govern the bones and generate the marrow. When the Kidney Yin is deficient, the Yin and essence are unable to properly moisten and nurture the lower parts of the body; weakness and soreness of the lower back and knees ensue.
- In severe cases, this process can lead to weakness and atrophy of the lower extremities.
- The Kidney channel winds its way through the throat to reach the tongue. When the fluids are insufficient, the throat and mouth become parched, and the tongue becomes red and dry.
- The eyes are the adornment of the Liver. When the Liver Yin is deficient, the ethereal soul has no place to reside at night, and the patient will complain of insomnia and dream-disturbed sleep.
- Deficiency of the Kidney and Liver Yin also leaves no place for the essence to be stored, which often manifests as spontaneous emissions.
- Premature graying or loss of hair are another sign of Liver and Kidney deficiency.

Er Zhi Wan (Two-Ultimate Pill)

二至丸

• **Compositions**

- Nv Zhen Zi (Ligustri lucidi Fructus) 500g
- Mo Han Lian (Ecliptae Herba) 500g

Er Zhi Wan (Two-Ultimate Pill)
二至丸

- **Analysis of Formula**

- Nv Zhen Zi, sweet, bitter, and cool, enriches the Kidneys and nourishes the Liver.
- Mo Han Lian, sweet, sour, and cold herb, nourishes the Yin, benefits the essence, and cools the blood to stop bleeding.
- Together, they nourish the Yin aspects of the Liver and Kidneys, without being cloying.

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Er Zhi Wan (Two-Ultimate Pill)
二至丸

- **Key Point of diagnosis**

- Weakness and soreness of the lower back and knees, dry and parched mouth and throat, dizziness and blurred vision, spontaneous emissions.

- **Caution and contraindication**

- Should therefore be used with caution in patients with weak digestive systems due to cooling ingredients.

- **Modification**

- For a slightly stronger effect: + Sang Shen;

- **Clinic use**

- Insomnia, menorrhagia, and other forms of hemorrhage.

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Er Zhi Wan (Two-Ultimate Pill)
二至丸

- Vs. Liu Wei Di Huang Wan (Six-Ingredient Pill with Rehmannia)
 - Both formulas are quite similar in usage.
 - Liu Wei Di Huang Wan is regarded as a **slightly stronger** formulation.
 - Er Zhi Wan is preferred when **chronic bleeding** is part of the presentation and is considered by some to be **superior in treating premature graying or loss of hair**.

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Yi Guan Jian (Linking Decoction)
一贯煎

- **Source:** Continuation of Famous Physician's Cases Organized by Categories (1770)
- **Actions:** Enriches the Yin and spreads the Liver Qi;
- **Indications:** **Yin deficiency of the Liver and Kidneys with Qi stagnation** marked by **hypochondriac, epigastric, and chest pain**, a dry and parched mouth and throat, acid reflux, a red and dry tongue, and a thin, frail or deficient, wiry pulse.

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Yi Guan Jian (Linking Decoction)
一贯煎

• **Pathological analysis**

- The Yin deficiency may be caused by fire from constraint, or it may be an independent, but concurrent condition.
- The Liver is “Yin in essence but manifests through its Yang functions.” This means that while its ability to activate and control movement is the most visible external manifestation of its function, it depends entirely on its ability to store blood to carry out this function in a physiologically balanced manner.
- This is why here, the deficiency of Yin inhibits the dispersing and dredging function of the Liver.
- The Liver channel traverses the hypochondria and chest. Insufficient Liver blood deprives the channel of its moisture and nourishment, which in turn causes Qi stagnation and thereby pain in the chest and hypochondria.

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Yi Guan Jian (Linking Decoction)
一贯煎

- Many patients characterize this pain as being tight or “dry”, as if things were being stretched tight on the inside, although this part of the history may be difficult to elicit.
- Because the Liver spreads and controls the Yang Qi, stagnation of Liver Qi often results in fire from constraint that rebels transversely and attacks the Stomach.
- Not only does this generate epigastric pain and distention, but also acid reflux.
- The lack of flow, together with Yin deficiency, causes a dry and parched mouth and throat as well as a red and dry tongue.
- The pulse will vary depending on the relative intensity of the Yin deficiency and constraint.
- When Yin deficiency predominates, the pulse will be thin and frail, but when constraint is more significant, the pulse will be deficient and wiry.

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Yi Guan Jian (Linking Decoction)
一贯煎

• **Composition**

– **Chief**

- Gou Qi Zi (Lycii Fructus) 9-18g

– **Deputy**

- Dang Gui (Angelicae sinensis Radix) 9g

– **Assistant**

- Sheng Di Huang (Rehmanniae Radix) 18-45g
- Sha Shen (Glehniae/Adenophorae Radix) 9g
- Mai Men Dong (Ophiopogonis Radix) 9g

– **Envoy**

- Chuan Lian Zi (Toosendan Fructus) 4.5g

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Yi Guan Jian (Linking Decoction)
一贯煎

• **Analysis of Formula**

– **The chief**

- Gou Qi Zi softens the Liver by satisfying its needs, that is, by nourishing its blood and the Yin of its mother organ, the Kidneys. It enters the Lungs and also clears heat. In this way, it can facilitate the Lungs' function of regulating the Qi.

– **The deputy**

- Dang Gui nourishes the blood, but with its acrid and warming nature, focuses the formula's action on moving the Qi and blood rather than merely tonifying the Yin.

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Yi Guan Jian (Linking Decoction)

一贯煎

– The assistant

- Sheng Di Huang, sweet and cooling, is used in a large dosage to enrich the fluids, soften the Liver, and clear heat from constraint.
- Sha Shen and Mai Men Dong enrich and nourish the Yin fluids of the Stomach and Lungs. They treat the parched mouth and throat while indirectly helping to soften the Liver. From a five-phase perspective, or that of the Qi dynamic, improving the downward-directing functions of the Lung and Stomach helps to counterbalance and control Liver excess.

– The envoy

- Chuan Lian Zi is used to disperse the constrained Liver Qi and thereby directly attack the pain. Although it is bitter nature that would tend to damage the Yin. In this formula, however, this property is mitigated by the sweet, moistening nature of the other herbs in the formula. Conversely, the other herbs have a cloying tendency that can easily clog the digestive process and hinder the movement of Qi. This ¹⁸⁷ tendency is moderated here by the presence of the envoy.

Yi Guan Jian (Linking Decoction)

一贯煎

• **Key Point of diagnosis**

- Hypochondriac, epigastric, and chest pain, acid reflux, a red and dry tongue, and a thin, frail or deficient, wiry pulse.

• **Caution and contraindication**

- Should never be used for pain and distention from dampness or phlegm, as this will severely aggravate the condition.

• **Modification**

- For headache, dizziness, blurred vision, or other signs of Liver wind: + Bai Shao; Xuan Shen;
- For constipation: + Gua Lou Ren;
- For heat from deficiency: + Di Gu Pi;
- For severe Yin deficiency with a dry tongue: + Shi Hu;
- For firmness over the area of pain: + Bie Jia;
- For severe abdominal pain: + Bai Shao; Gan Cao;
- For a very dry and bitter mouth: + Huang Lian;
- For weakness in the lower extremities: + Yi Yi Ren;
- For hypertension with more severe Liver and Kidney deficiency: + Sheng Di Huang; Du Zhong;
- For hypertension with more Liver heat: + Xia Ku Cao; Huang Qin ¹⁸⁸

Yi Guan Jian (Linking Decoction)
一贯煎

• **Clinic use**

- Chronic active hepatitis, cirrhosis, liver pain due to liver cancer, costochondritis, peptic ulcer, essential hypertension, hypertension during pregnancy, Addison's disease, thrombocytopenic purpura, pulmonary tuberculosis, diabetes mellitus, chronic orchitis, restless leg syndrome, and nervous exhaustion.

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Yi Guan Jian (Linking Decoction)
一贯煎

- Vs. Si Ni San (Frigid Extremities Powder) and Xiao Yao San (Rambling Powder)
 - All of these formulas treat hypochondriac pain due to Liver constrain.
 - The ability of Si Ni San to relieve Liver constraint is **relatively strong**, and it is used for **hypochondriac pain with cold extremities**.
 - Xiao Yao San is used more in cases of **Liver constraint following emotional upset where is disharmony between the Liver and Spleen** manifested in fatigue, lethargy, reduced appetite, and a pale tongue.
 - Yi Guan Jian is the **deficiency of Liver Yin that leads to constraint, heat, and pain**. The heat from constraint then attacks the Stomach. Thus, this script is formulated to enrich and nourish the Liver and Kidney Yin in order to soften the Liver, while also dispersing the constrained Liver Qi, reflected in the **dry mouth** ¹⁹⁰ and **thin pulse**.

Zuo Gui Wan (Restore the Left (Kidney) Pill)
左归丸

- **Source:** Collected Treatises of Zhang Jing-Yue (1624)
- **Actions:** Nourishes the Yin, enriches the Kidneys, fills the essence, and augments the marrow;
- **Indications:**
 - True Yin (Kidney Yin) deficiency marked by lightheadedness, vertigo, tinnitus, soreness and weakness in the lower back and legs, spontaneous and nocturnal emission, spontaneous and night sweats, dry mouth and throat, thirst, a red, shiny tongue, and a thin, rapid pulse.

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Zuo Gui Wan (Restore the Left (Kidney) Pill)
左归丸

- **Pathological analysis**
 - When the true Yin of the Kidneys is damaged, the essence and marrow will be depleted.
 - Lightheadedness, vertigo, and tinnitus indicate that Yin has lost its ability to anchor the Yang.
 - Because the Kidneys reside in the lower back, there will also be soreness in this area.
 - Yin deficiency always leads to some degree of internal fire, which causes the essence (housed in the Kidneys) to move recklessly. This leads to spontaneous emissions.
 - The same process forces the fluids to dissipate externally in the form of sweat at night, which is the time of day associated with the Yin.
 - The depletion of fluids leads to internal dryness, evidenced in the dry mouth and throat, thirst with a desire to drink, and the peeled, shiny tongue.
 - A thin, rapid pulse is a classic sign of Yin deficiency.

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Zuo Gui Wan (Restore the Left (Kidney) Pill)
左归丸

• **Composition**

– **Chief**

- Shu Di Huang (Rehmanniae Radix preparata) 240g

– **Deputy**

- Shan Zhu Yu (Corni Fructus) 120g
- Gou Qi Zi (Lycii Fructus) 120g
- Chao Shan Yao (dry-fried Dioscoreae Rhizoma) 120g
- Lu Jiao Jiao (Cervi Cornus Colla) 120g
- Gui Ban Jiao (Testudinis Plastris Colla) 120g

– **Assistant**

- Jiu Chuan Niu Xi (wine-prepared Cyathulae Radix) 90g
- Tu Si Zi (Cuscutae Semen) 120g

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Zuo Gui Wan (Restore the Left (Kidney) Pill)
左归丸

• **Analysis of Formula**

– The chief

- Shu Di Huang tonifies Kidney Yin and essence.

– The deputy

- Shan Zhu Yu and Gou Qi Zi nourish the Liver blood.
- Shan Yao benefits the Yin and tonifies the Spleen as the source of the postnatal constitution.
- Gui Ban Jiao, sweet, salty, and cooling and thus able to sedate Liver Yang as well as cool heat from deficiency.
- Lu Jiao Jiao, sweet, salty, and slightly warming, entering the Governing vessel to tonify the essence and blood and mobilize the Yang.

– The assistant

- Chuan Niu Xi augments the Liver and Kidneys, strengthens the back and knees, and builds the sinews and bones. Due to its moving and draining character, Niu Xi is also used to treat spontaneous emissions.
- Tu Si Zi tonifies the Kidney Yin and Yang and secures the essence, supporting the overall action of the formula in a balanced manner.

Zuo Gui Wan (Restore the Left (Kidney) Pill)

左归丸

- **Key Point of diagnosis**
 - Lightheadedness, vertigo, soreness and weakness in the lower back and legs, a red, shiny tongue, and a thin, rapid pulse.
- **Caution and contraindication**
 - Use with caution in cases with Spleen and Stomach deficiency, and then only with modifications. This formula should only be considered in patterns without any signs of excess heat such as a yellow tongue coating or a wiry and rapid pulse.
- **Modification**
 - For spontaneous emission: — Chuan Niu Xi;
 - For patterns without heat signs: — Gui Ban Jiao;
 - For deficiency of true Yin with upflaring of fire: — Gou Qi Zi; Gui Ban Jiao; + Nv Zhen Zi; Mai Men Dong;
 - For fire scorching the Lungs with a dry cough and little phlegm: + Bai He;
 - For heat at night: + Di Gu Pi;
 - For urinary obstruction: + Fu Ling;
 - For dry stools: — Tu Si Zi; + Rou Cong Rong;
 - For Qi deficiency: + Ren Shen;

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Zuo Gui Wan (Restore the Left (Kidney) Pill)

左归丸

- **Clinic use**
 - Chronic bronchitis, chronic nephritis, and hypertension, especially in the elderly. It is also used for lumbar strain and infertility.

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Zuo Gui Wan (Restore the Left (Kidney) Pill)
左归丸

- Vs. Liu Wei Di Huang Wan (Six-Ingredient Pill with Rehmannia)
 - Both formulas tonify the Kidneys and Liver.
 - Liu Wei Di Huang Wan is a mixture of tonifying and draining herbs that are used to **clear signs of fire from deficiency** (vertigo, hot palms and soles, etc.). It is more suitable for **long-term use** due to its more balanced formulation.
 - Zuo Gui Wan directly tonifies and is used for treating relatively **pure conditions of deficiency with little fire**. It should be restricted to **short-term supplementation of severe deficiency**.

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Zuo Gui Yin (Restore the Left (Kidney) Decoction)
左归饮

- **Source:** Collected Treatises of Zhang Jing-Yue (1624)
- **Actions:** Nourishes the Yin and tonifies the Kidneys;
- **Indications:**
 - **Deficiency of the Kidneys (especially the marrow and essence) with lower back soreness, spontaneous emissions, night sweats, a dry mouth and throat, thirst with a desire to drink, a peeled, shiny tongue, and a thin, rapid pulse.**

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Zuo Gui Yin (Restore the Left (Kidney) Decoction)
左归饮

• **Composition**

- Shu Di Huang (Rehmanniae Radix preparata) 6-60
- Shan Yao (Dioscoreae Rhizoma) 3-6g
- Gou Qi Zi (Lycii Fructus) 6g
- Fu Ling (Poria) 4.5g
- Shan Zhu Yu (Corni Fructus) 3-6g
- Zhi Gan Cao (Glycyrrhizae Radix preparata) 3g

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Zuo Gui Yin (Restore the Left (Kidney) Decoction)
左归饮

- This is a **milder version** of Zuo Gui Wan.
- Its use as a drink rather than as a decoction (which implies that a shorter period of boiling is necessary) reflects its intended use as a mildly tonifying formula.
 - For heat in the Lungs with irritability: + Mai Men Dong;
 - For blood stasis: + Mu Dan Pi;
 - For heat in the Spleen with frequent hunger that cannot be satisfied: + Bai Shao;
 - For heat in the Kidneys with steaming bone disorder and profuse sweating: + Di Gu Pi;

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Section 4 Formulas that tonify Yin

- Section 4 Formulas that tonify Yin (10 types)
 - **Liu Wei Di Huang Wan** (Six-Ingredient Pill with Rehmannia)
 - **Du Qi Wan** (Capital Qi Pill)
 - **Qi Ju Di Huang Wan** (Lycium Fruit, Chrysanthemum and Rehmannia Pill)
 - **Zhi Bai Di Huang Wan** (Anemarrhena Phellodendron and Rehmannia Pill)
 - **Ba Wei Di Huang Wan** (Eight-Ingredient Pill with Rehmannia)
 - **Da Bu Yin Wan** (Great Tonify the Yin Pill)
 - **Er Zhi Wan** (Two-Ultimate Pill)
 - **Yi Guan Jian** (Linking Decoction)
 - **Zuo Gui Wan** (Restore the Left (Kidney) Pill)
 - **Zuo Gui Yin** (Restore the Left (Kidney) Decoction)

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Study guideline

- 1. Liu Wei Di Huang Wan's ingredients and indications;
- 2. The difference between Liu Wei Di Huang Wan and Bu Zhong Yi Qi Tang;
- 3. Du Qi Wan's ingredients and indications;
- 4. Qi Ju Di Huang Wan's ingredients and indications;
- 5. Zhi Bai Di Huang Wan's ingredients and indications;
- 6. Ba Wei Di Huang Wan's ingredients and indications;
- 7. Da Bu Yin Wan's indications;
- 8. The difference between Da Bu Yin Wan and Liu Wei Di Huang Wan;
- 9. The difference between Da Bu Yin Wan and Zhi Bai Di Huang Wan;
- 10. Er Zhi Wan's ingredients and indications;
- 11. The difference between Er Zhi Wan and Liu Wei Di Huang Wan;
- 12. Yi Guan Jian's indications;
- 13. The difference between Yi Guan Jian and Si Ni San;
- 14. Zuo Gui Wan's indications;
- 15. The difference between Zuo Gui Wan and Liu Wei Di Huang Wan;
- 16. Zuo Gui Yin's indications;
- 17. The difference between Zuo Gui Wan and Zuo Gui Yin;

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Section 5 Formulas that tonify Yang

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Formulas that tonify Yang

- The formulas in this section are used for treating patterns of Yang deficiency by warming and tonifying the Yang (Kidney Yang).
- The principal manifestation of the type of Yang deficiency treated by the formulas in this section is systemic exhaustion, usually accompanied by a sensation of cold or aversion to cold.
- Because this type of cold is due to deficiency, that is, something that the body is lacking, simply wearing more clothing will often alleviate it.
- This is in contrast to the sensation of cold or chills associated with an exterior condition, which cannot be alleviated by putting on more clothing.
- Other common manifestations of Yang deficiency include withdrawal into oneself, aversion to cold, cold extremities, soreness and weakness of the lower back and lower extremities, a pale tongue, and a submerged, frail pulse (particularly at the proximal position on the right).

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Formulas that tonify Yang

- Accompanying signs and symptoms are manifold and include impotence, spermatorrhea, watery leukorrhea, enuresis, frequent and copious urination, wheezing, daybreak diarrhea, and wasting and thirsting disorder.
- In these formulas, the interdependence of Yin and Yang is clearly seen. Ingredients that tonify the Yang are generally combined with those that tonify the Yin.
- Neither Yang nor Yin can exist and flourish independently of the other. In this respect, Yin and Yang are said to have a mutual root and should be tonified together so that Yang may be generated from Yin.
- Sometimes this is achieved by combining a Yin-tonifying herb like Shu Di Huang with one that mobilizes the Yang, such as Zhi Fu Zi or Rou Gui;

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Formulas that tonify Yang

- At other times, these functions are inherent to a greater or lesser extent within individual substances, such as Lu Rong (which is warming, but is itself the essence of an animal), Rou Cong Rong (which is both moistening and Yang-tonifying), or Tu Si Zi (which tonifies both the Yang and the Yin).
- Because the production of Yang Qi is intimately associated with the transformation of water, Yang deficiency invariably is accompanied by fluid pathologies.
- For this reason, the formulas in this section tend to include herbs that promote the metabolism of water, drain dampness, or transform phlegm.

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Section 5 Formulas that tonify Yang

– Section 5 Formulas that tonify Yang (7 types)

- **Jin Gui Shen Qi Wan** (Kidney Qi Pill from the Golden Cabinet)
 - Ji Sheng Shen Qi Wan (Kidney Qi Pill From Formulas to Aid the Living)
- **Er Xian Tang** (Two-Immortal Decoction)
- **You Gui Wan** (Restore the Right (Kidney) Pill)
- **You Gui Yin** (Restore the Right (Kidney) Decoction)
- **Tu Si Zi Wan** (Cuscuta Seed Pill)
- **Zan Yu Dan** (Special Pill to Aid Fertility)

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Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet)
金匱腎氣丸

- **Source:** Essentials from the Golden Cabinet (c. 220)
- **Actions:** Warms and tonifies the Kidney Yang;
- **Indications:**
 - **Kidney Yang deficiency with insufficient fire at the gate of vitality** marked by **lower back pain, weakness of the lower extremities**, a cold sensation in the lower half of the body, tenseness in the lower abdomen, **a pale, swollen tongue with a thin, white, and moist coating, and an empty or frail pulse that is submerged and faint at the proximal position**. The patient may also be irritable to the point of experiencing difficulty lying down, and will breathe most comfortably while leaning against something. There is either **urinary difficulty with edema, or excessive urination**, sometimes to the point of incontinence.

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Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet)
金匱腎氣丸

• **Pathological analysis**

- From an organ systems perspective, the Kidneys are the foundation of the prenatal essence and store the essence.
- Essence transforms into Qi, and the Qi that arises from the transformation of Kidney essence is what is meant by the term “Kidney Qi”.
- Kidney Qi is also known as “Kidney Yang” or “source Yang”, as it is the basis for the Yang of the entire body and the source of motivating power underlying the body’s functions of movement.
- The Kidneys govern the bones and reside in the lower back, and the Kidney channel ascends from the foot and enters the spine to pass upward through the lower back.
- Kidney deficiency is therefore accompanied by lower back pain and weakness of the lower extremities.
- From the spine, a branch of the channel diverges and enters the abdomen.

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Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet)
金匱腎氣丸

- When the Kidney Yang is deficient, it is unable to warm the lower Jiao, which causes a cold sensation in the lower half of the body and tenseness in the lower abdomen.
- Stagnation of water and fluids produces a pale, swollen tongue with a thin, white, and moist coating.
- Kidney Yang deficiency generally manifests as an empty or frail pulse that is submerged and faint at the proximal (Kidney) position.
- The Yang Qi of the Kidneys drives the functional transformation and movement of water in the body, directing the pure upward and the turbid downward.
- When the Kidney Yang is insufficient, its ability to regulate the ascent and descent of water and fluids is impaired. Various symptoms of urinary difficulty may result.

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Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet)
金匱腎氣丸

- If the Kidneys are unable to transform Qi and move water, there will be difficulty and edema.
- The water and Qi may also rebel upward, causing painting and irritability to the point that the patient will have difficulty lying down, and will lean against something for support.
- In those instances where the debilitated Kidney Qi is unable to provide stability in the governance of water, the Bladder may lose its ability to restrain the water, manifesting as frequent and copious urination, or, in severe cases, incontinence.

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Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet)
金匱腎氣丸

• **Composition**

– **Chief**

- Zhi Fu Zi (Baked Aconiti Radix Radix lateralis) 3g
- Gui Zhi (Cinnamomi Cortex) 6-9g

– **Deputy**

- Shu Di Huang (Rehmanniae Radix preparata) 24g
- Shan Zhu Yu (Corni Fructus) 12g
- Shan Yao (Dioscoreae Rhizoma) 12g

– **Assistant**

- Ze Xie (Alismatis Rhizoma) 9g
- Fu Ling (Poria) 9g
- Mu Dan Pi (Moutan Cortex) 9g

212

Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet)
金匱腎氣丸

• **Analysis of Formula**

- This formula is composed of Liu Wei Di Huang Wan + Zhi Fu Zi; Rou Gui
- The chief
 - Zhi Fu Zi, acrid and strongly warming, tonifies the source fire, dispels cold, and eliminates dampness.
 - Rou Gui, acrid, hot and sweet, ignites the fire to assist Yang, disperses cold to stop pain, warms and unblocks the channels.
- The deputy
 - Shu Di Huang, enriches the Yin, blood and essence;
 - Shan Zhu Yu, sour and slightly warming, tonifies the Liver and Kidneys, help to preserve the essential Qi while nourishing the Yin and reinforcing the blood. Strengthening the Kidney Qi is beneficial to its role as repository of the body's Yin and Yang. It also ensures that nourishment will be supplied to the Liver, which derives its essence from the Kidneys. The supply of Yin and essence to the Liver serves to facilitate the free and smooth operation of its spreading function.

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Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet)
金匱腎氣丸

- Shan Yao, sweet and bland, strengthens the Spleen, stabilizes the Kidneys, and nourishes the essence. It is effective in treating deficiency and various consumptive patterns.
- The assistant
 - Ze Xie unblocks and regulates the water passageway;
 - Fu Ling strengthens the Spleen and drains dampness;
 - Mu Dan Pi clears heat and quells Liver fire, cools the blood, dispels blood stasis, and in concert with Rou Gui, helps move blood stasis.
- This elegantly-balanced formula nourishes without being cloying, warms without producing dryness, tonifies the deficiency of Yin to promote the generation of Qi, assists the frail Yang in its transformation of water, and stimulates the Yang to overcome this disorder by restoring the functional capacity of the Kidneys.

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Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet)

金匱腎氣丸

• **Key Point of diagnosis**

- Lower back pain, weakness of the lower extremities, urinary difficulty with edema, or excessive urination, a pale, swollen tongue with a thin, white, and moist coating, and an empty or frail pulse that is submerged and faint at the proximal position.

• **Caution and contraindication**

- Contraindicated in cases of Yin deficiency with a dry mouth and throat and a red tongue with little coating.

• **Modification**

- For urination at night: + Wu Wei Zi;
- For frequent, copious, and clear urination with emaciation: + Bu Gu Zhi; Lu Rong;
- For impotence: + Ba Ji Tian; Rou Cong Rong; Suo Yang; Gou Qi Zi;
- For painful urinary dribbling due to cold lodging in the lower Jiao characterized by frequent, scanty urination with continuous dripping: + Lu Rong; Chen Xiang;
- For incontinence or turbid urine after overuse of excessively bitter and cold herbs: — Ze Xie; + Wu Wei Zi;
- For edema of the lower extremities: combine with Wu Pi Yin. 215

Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet)

金匱腎氣丸

• **Clinic use**

- Endocrine disorders including diabetes mellitus, primary hyperaldosteronism, hypothyroidism, perimenopausal syndrome, and Addison's disease.
- Urinary disorders including chronic glomerular, interstitial or diffuse nephritis, pyelonephritis, renal tuberculosis, renal stones, cystitis, chronic urethritis, benign prostatic hypertrophy, paralysis of the detrusor muscle, postpartum urinary retention, postsurgical urinary incontinence, and urinary retention from spinal cord injuries;
- Disorders of the eyes, ears, nose, and throat including cataracts, glaucoma, vitreous opacity, keratitis, chronic rhinitis, chronic tonsillitis, Meniere's disease, neurogenic tinnitus, recurrent aphthous ulcers, and periodontal disease;
- Genital disorders including erectile dysfunction, premature ejaculation, infertility (male and female), and dysmenorrhea;
- Respiratory disease including emphysema, chronic bronchitis, and bronchial asthma.
- Eczema, sciatica, ascites, rectal prolapse, cerebral hemorrhage, atherosclerosis, and hypertension. 216

Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet)
金匮肾气丸

- Vs. Zhen Wu Tang (True Warrior Decoction)
 - Both formulas are used for problems of fluid metabolism due to Kidney Yang deficiency;
 - Zhen Wu Tang focuses on **Shao Yin pattern disorders** characterized by **more severe flooding of the entire body by pathogenic fluids**. There are **more severe manifestations of Yin excess**, including abdominal pain that is aggravated by cold, deep aching and heaviness in the extremities, and a pale or dark, swollen tongue.
 - Jin Gui Shen Qi Wan, on the other hand, is for **problems of fluid metabolism due to Kidney Qi** deficiency characterized by problems of **opening and closing**. Accordingly, the symptoms of **deficiency and stagnation** will be relatively **more pronounced than those of Yin excess**.

217

Ji Sheng Shen Qi Wan (Kidney Qi Pill From Formulas to Aid the Living)
济生肾气丸

- **Source:** Formulas to Aid the Living (1253)
- **Compositions:** Jin Gui Shen Qi Wan + Niu Xi (Cyathulae Radix) 15g; Che Qian Zi (Plantaginis Semen) 30g;
- **Actions:** Warms the Yang, tonifies the Kidneys, assists the Qi in transforming water, promotes urinations, and reduces edema.
- **Indications:**
 - For **Kidney deficiency** with overflow of water, aversion to cold, cold extremities, scanty urination, edema of the legs, abdominal distention, soreness of the lower back, a pale, swollen, tooth-marked tongue with a white, slippery coating, and a submerged, wiry pulse.
- **Analysis of the formula:**
 - This formula has **a stronger effect on water metabolism** and is often used for **edema due to Kidney Yang deficiency**. It is also **suitable for directing floating fire from the gate of vitality downward to its source**.

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Er Xian Tang (Two-Immortal Decoction)

二仙汤

- **Source:** Clinical Handbook of Chinese Medical Formulas (1950s)
- **Actions:** Warms the Kidney Yang, tonifies the Kidney essence, drains fire from the Kidneys, and regulates the Penetrating and Conception vessels;
- **Indications:**
 - Deficiency of both the Kidney Yin and Yang accompanied by a flaring-up of fire at the gate of vitality marked by symptoms of menopause including hypertension, menstrual irregularity, hot flushes, sweating, nervousness, fatigue, lassitude, depression, irritability, insomnia, palpitations, and urinary frequency.
 - The formula may also be used for other chronic disorders which present with signs and flaring-up of fire at the gate of vitality.

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Er Xian Tang (Two-Immortal Decoction)

二仙汤

- **Pathological analysis**
 - This is a complicated pattern of disharmony that can present with rather complex patterns of symptoms, such as those seen in menopause.
 - In contemporary Chinese medicine, menopause can be associated with deficiency of the Penetrating and Conception vessels.
 - Together with a decline of the Kidney Qi, this produces such symptoms as menstrual disturbances or amenorrhea, hot flushes, sweating, and nervousness.
 - From a combined Western and Chinese medical perspective, this process can also lead to hypertension.
 - Waning of the Kidney Yang is responsible for such symptoms as fatigue, lassitude, depression, and urinary frequency.
 - Ascending fire at the gate of vitality presents with irritability, insomnia, and palpitations.

220

Er Xian Tang (Two-Immortal Decoction)

二仙汤

- **Composition**

- **Chief**

- Xian Mao (Curculiginis Rhizoma) 6-15g
- Yin Yang Huo (Epimedii Herba) 9-15g

- **Deputy**

- Ba Ji Tian (Morindae officinalis Radix) 9g

- **Assistant**

- Huang Bai (Phellodendri Cortex) 4.5-9g
- Zhi Mu (Anemarrhenae Rhizoma) 4.5-9g
- Dang Gui (Angelicae sinensis Radix) 9g

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Er Xian Tang (Two-Immortal Decoction)

二仙汤

- **Analysis of Formula**

- The chief

- Xian Mao and Yin Yang Huo warm the Kidney Yang and tonify the Kidney essence. Yin Yang Huo also tonifies the Yin and Yang and harnesses the ascendant fire, which makes it an ideal ingredient for this pattern of disharmony.

- The deputy

- Ba Ji Tian warms the Kidney Yang and tonifies the Kidney essence.

- The assistant

- Huang Bai and Zhi Mu drain ascending fire at the gate of vitality.
- Dang Gui moistens and nourishes the blood and regulates the Penetrating and Conception vessels.

222

Er Xian Tang (Two-Immortal Decoction)

二仙汤

- **Key Point of diagnosis**
 - Hypertension, menstrual irregularity, hot flushes, sweating, nervousness, fatigue, lassitude, depression, irritability, insomnia, palpitations, and urinary frequency.
- **Caution and contraindication**
 - None.
- **Clinic use**
 - Perimenopausal syndrome, essential hypertension, chronic glomerulonephritis, chronic pyelonephritis, polycystic kidneys, renal vascular disease, hyperthyroidism, urinary tract infection, and hypofunction of the anterior pituitary.

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You Gui Wan (Restore the Right (Kidney) Pill)

右归丸

- **Source:** Collected Treatises of Zhang Jing-Yue (1624)
- **Actions:** Warms and tonifies the Kidney Yang, replenishes the essence, and tonifies the blood;
- **Indications:** Kidney Yang deficiency with waning of the fire at the gate of vitality marked by exhaustion from long-term illness, aversion to cold, coolness of the extremities, impotence, spermatorrhea, and aching and weakness of the lower back and knees, deep and slow pulse. There may also be infertility, loose stools (sometimes with undigested food particles), incontinence, and edema of the lower extremities.

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You Gui Wan (Restore the Right (Kidney) Pill)

右归丸

- **Pathological analysis**

- The root aspect of this condition, Kidney Yang deficiency, causes such symptoms as aversion to cold, coolness of the extremities, impotence, spermatorrhea, aching and weakness of the lower back and knees, infertility, incontinence, and edema of the lower extremities.
- The secondary aspect, cold and deficiency of the middle Jiao, causes loose stools to the point of containing undigested food particles.

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You Gui Wan (Restore the Right (Kidney) Pill)

右归丸

- **Compositions**

- The Chief
 - Zhi Fu Zi (Aconiti Radix lateralis preparata) 60-180g
 - Rou Gui (Cinnamomi Cortex) 60-120g
 - Lu Jiao Jiao (Cervi Vornus Colla) 120g
- The deputy
 - Shu Di Huang (Rehmanniae Radix preparata) 240g
 - Shan Zhu Yu (Corni Fructus) 90g
 - Shan Yao (Dioscoreae Rhizoma) 120g
 - Gou Qi Zi (Lycii Fructus) 120g
 - Tu Si Zi (Cuscutae Semen) 120g
 - Du Zhong (Eucommiae Cortex) 120g
- The assistant
 - Dang Gui (Angelicae sinensis Radix) 90g

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You Gui Wan (Restore the Right (Kidney) Pill)

右归丸

• **Analysis of Formula**

– The chief

- Zhi Fu Zi, Rou Gui, and Lu Jiao Jiao, warm and fortify the source Yang.
- Lu Jiao Jiao also has a certain “flesh-and-blood” quality that replenishes the essence and tonifies the marrow.

– The deputies

- Shu Di Huang, Shan Zhu Yu, Shan Yao, Gou Qi Zi, Tu Si Zi, and Du Zhong, nourish the Yin to benefit the Kidneys, nourish the Liver, and tonify the Spleen.
- Shu Di Huang nourishes the Yin and tonifies the Kidneys, especially the blood.
- Shan Zhu Yu and Shan Yao tonify the Liver and benefit the Spleen in order to indirectly tonify and supplement the essence and blood.
- Gou Qi Zi, Tu Si Zi, Du Zhong nourish and tonify the Liver and Kidneys; they are especially helpful in treating lower back pain and weakness.

– The assistant

- Dang Gui tonifies the blood and nourish the Liver.

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You Gui Wan (Restore the Right (Kidney) Pill)

右归丸

• **Key Point of diagnosis**

- Exhaustion from long-term illness, aversion to cold, coolness of the extremities, aching and weakness of the lower back and knees, deep and slow pulse.

• **Caution and contraindication**

- Because this formula tonifies without draining, it is inappropriate when Kidney deficiency is accompanied by dampness or turbidity.

• **Modification**

- For waning of the Yang and Qi deficiency: + Ren Shen;
- For Yang deficiency with manifestations of spermatorrhea, turbid leukorrhea, and/or pasty stools: + Bu Gu Zhi;
- For incessant Kidney diarrhea: + Wu Wei Zi; Rou Dou Kou;
- For reduced appetite, poor digestion, nausea, and acid reflux due to cold and deficiency of the Spleen and Stomach: + Gan Jiang;
- For incessant abdominal pain: + Wu Zhu Yu;
- For impotence: + Ba Ji Tian; Rou Cong Rong;

• **Clinic use**

- Nephrotic syndrome, osteoporosis, infertility (especially due to low sperm count), various forms of anemia, leukopenia, and asthma.

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You Gui Wan (Restore the Right (Kidney) Pill)

右归丸

- Vs. Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet)
 - Both formulas warm and fortify the source Yang and tonify the Kidneys.
 - You Gui Wan focuses on **tonification without draining**. In addition to Zhi Fu Zi and Rou Gui, which secure and tonify the fire at the gate of vitality (or source Yang), it primarily relies on Kidney tonics. These herbs are not only warming, but are also sweet in nature, supplying the body with essences that can nourish deficiency. For this reason, this formula is indicated for the **treatment of chronic disorders characterized by weakness and exhaustion in addition to cold**.
 - Jin Gui Shen Qi Wan, on the other hand, uses low dosages of Zhi Fu Zi and Gui Zhi TO “Generate Qi of a little fire” (with the help), as well as herbs that promote water metabolism and move the Yin. The Qi referred to in this adage is **the Qi of the Kidneys and Bladder**, the Qi that facilitates the transformation of water in the lower Jiao. Accordingly, Jin Gui Shen Qi Wan is used to treat **water excess due to Kidney Yang deficiency**.²²⁹

You Gui Yin (Restore the Right (Kidney) Decoction)

右归饮

- **Source:** Collected Treatises of Zhang Jing-Yue (1624)
- **Actions:** Warms the Kidneys and replenishes the essence;
- **Ingredients:** You Gui Wan — Lu Jiao Jiao; Tu Si Zi
- **Indications:** **Kidney Yang deficiency with feebleness and exhaustion**, abdominal pain, sore lower back, cold extremities, and a thin pulse.
- Also for patterns of **true cold and false heat** in which the preponderance of Yin causes a separation of the Yang, which floats to the exterior; that is to say, the excessive Yin causes the remaining Yang to move to the superficial levels of the body.
- This formula is **slightly weaker than You Gui Wan** due to **less dosage and two herbs removed**;²³⁰

Tu Si Zi Wan (Cuscuta Seed Pill)
菟丝子丸

- **Source:** Formulas to Aid the Living (1253)
- **Actions:** Warms the Kidneys and prevents abnormal leakage;
- **Indications:**
 - Kidney Qi deficiency with an inability to grasp the essence marked by exhaustion, aversion to cold, frail physique, dizziness, lower back pain, weakness of the lower extremities, frequent, scanty urination with continuous dripping, and a submerged, thin pulse that is especially frail at the proximal position.

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Tu Si Zi Wan (Cuscuta Seed Pill)
菟丝子丸

- **Pathological analysis**
 - The exhaustion is due to weakness of the essence and blood of the Kidneys, while the aversion to cold stems from insufficient warmth due to Yang Qi deficiency.
 - The frail physique, dizziness, lower back pain, and weakness of the lower extremities is due to exhaustion of the source Qi, which is unable to fill out the skin and flesh externally, or to distribute the Qi and blood internally.
 - When the Kidneys are deficient, the Bladder may lose its power to restrain, which results in frequent and scanty urination with continuous dripping.

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Tu Si Zi Wan (Cuscuta Seed Pill)
菟丝子丸

• **Composition**

– **Chief**

- Tu Si Zi (Cuscutae Semen) 60g
- Lu Rong (Cervi Cornu pantotrichum) 30g
- Rou Cong Rong (Cistanches Herba) 60g
- Shan Yao (Dioscoreae Rhizoma) 30g

– **Deputy**

- Zhi Fu Zi (Aconiti Radix lateralis preparata) 30g
- Wu Yao (Linderae Radix) 30g
- Wu Wei Zi (Schisandrae Fructus) 30g

– **Assistant**

- Sang Piao Xiao (Mantidis Ootheca) 30g
- Yi Zhi Ren (Alpiniae oxyphyllae Fructus) 30g
- Duan Mu Li (Calcined Ostreae Concha) 60g

– **Envoy**

- Ji Nei Jing (Gigeriae galli Endothelium) 15g

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Tu Si Zi Wan (Cuscuta Seed Pill)
菟丝子丸

• **Analysis of Formula**

– The chief

- Tu Si Zi, Lu Rong, Rou Cong Rong, and Shan Yao, work together to tonify the Kidneys..

– The deputy

- Zhi Fu Zi warms the Kidney Yang.
- Wu Yao moves and dispels the cold Qi from the Kidneys and Bladder.
- Wu Wei Zi binds and grasps the Kidney Qi.

– The assistant

- Sang Piao Xiao, Yi Zhi Ren, and Duan Mu Li, strengthen to help grasp the Kidney Qi.

– The envoy

- Ji Nei Jin treats the urinary frequency and incontinence.

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Tu Si Zi Wan (Cuscuta Seed Pill)

菟丝子丸

- **Key Point of diagnosis**
 - Exhaustion, frail physique, dizziness, and a submerged, thin pulse that is especially frail at the proximal position.
- **Clinical Use**
 - Urinary incontinence, seminal emissions, and premature ejaculation.

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Zan Yu Dan (Special Pill to Aid Fertility)

赞育丹

- **Source:** Collected Treatises of Zhang Jing-Yue (1624)
- **Actions:** Warms and tonifies the lower base (Kidneys);
- **Indications:**
 - Infertility due to waning of the fire at the gate of vitality and cold and deficiency of the essential Qi marked by impotence or infertility, listlessness and dispiritedness, aching and weakness of the lower back, a pale, shiny complexion, and a submerged, thin pulse.

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Zan Yu Dan (Special Pill to Aid Fertility)

赞育丹

• **Composition**

– The chief

- Zhi Fu Zi (Aconiti Radix lateralis preparata) 60g
- Rou Gui (Cinnamomi Cortex) 60g
- Rou Cong Rong (Cistanches Herba) 120g
- Ba Ji Tian (Morindae officinalis Radix) 120g
- Yin Yang Huo (Epimedii Herba) 120g
- She Chuang Zi (Cnidii Fructus) 60g
- Jiu Zi (Allii tuberosus Semen) 120g
- Xian Mao (Curculiginis Rhizoma) 120g
- Shan Zhu Yu (Corni Fructus) 120g
- Du Zhong (Eucommiae Cortex) 120g

– The deputy

- Shu Di Huang (Rehmanniae Radix preparata) 240g
- Dang Gui (Angelicae sinensis Radix) 180g
- Gou Qi Zi (Lycii Fructus) 180g

– The assistant

- Bai Zhu (Atractylodis macrocephalae Rhizoma) 240g

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Zan Yu Dan (Special Pill to Aid Fertility)

赞育丹

• **Analysis of Formula**

– The Chief

- Zhi Fu Zi, Rou Gui, Rou Cong Rong, Ba Ji Tian, Yin Yang Huo, She Chuang Zi, Jiu Zi, Xian Mao, Shan Zhu Yu, Du Zhong, are gathered together to tonify the Kidneys and promote the Yang.

– The deputy

- Shu Di Huang, Dang Gui, Gou Qi Zi, are combined with the chief ingredients to tonify the Yin and replenish the essence.

– The assistant

- Bai Zhu strengthens the Spleen and eliminate dampness. Not only does it strengthen the transportive function of the Spleen and Stomach, it also transforms and transports the essence to a slight extent, thereby assisting the formula in tonifying and replenishing the Kidney essence.

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Zan Yu Dan (Special Pill to Aid Fertility)
赞育丹

- **Key Point of diagnosis**
 - Impotence or infertility, listlessness and dispiritedness, aching and weakness of the lower back, a pale, shiny complexion, and a submerged, thin pulse.
- **Modifications**
 - To increase the efficacy of the formula in treating infertility: + Ren Shen; Lu Rong;
 - To increase the efficacy of the formula in treating impotence: + Chuan Xiong, Fu Ling, Wu Gong to move the blood, drain dampness, and unblock the collaterals.
- **Clinical Use**
 - Infertility (both male and female) and erectile dysfunction.

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Section 5 Formulas that tonify Yang

- Section 5 Formulas that tonify Yang (7 types)
 - **Jin Gui Shen Qi Wan** (Kidney Qi Pill from the Golden Cabinet)
 - Ji Sheng Shen Qi Wan (Kidney Qi Pill From Formulas to Aid the Living)
 - **Er Xian Tang** (Two-Immortal Decoction)
 - **You Gui Wan** (Restore the Right (Kidney) Pill)
 - **You Gui Yin** (Restore the Right (Kidney) Decoction)
 - **Tu Si Zi Wan** (Cuscuta Seed Pill)
 - Zan Yu Dan (Special Pill to Aid Fertility)

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Study guideline

- 1. Jin Gui Shen Qi Wan's indications and ingredients;
- 2. The difference between Jin Gui Shen Qi Wan and Zhen Wu Tang;
- 3. Ji Sheng Shen Qi Wan's indications and ingredients;
- 4. Er Xian Tang's indications;
- 5. You Gui Wan's indications;
- 6. The difference between You Gui Wan and Jin Gui Shen Qi Wan;
- 7. You Gui Yin's indications;
- 8. Tu Si Zi Wan's indications;
- 9. Zan Yu Dan's indications;