

# Herbal Formulas II

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## Chapter 9 Formulas that regulate Qi

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- Chapter 9 Formulas that regulate Qi (**12 types**)
  - Section 1 Formulas that move Qi (7 types)
  - Section 2 Formulas that descend Qi (5 types)

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## Formulas that regulate Qi

- When pathological change occurs in any area, organ, or channel, it is usually the flow of Qi that is affected first.
- “In its initial stage, disease resides in the Qi.” This statement refers to stagnation of Qi: the local accumulation of nonfunctional Qi that manifests as constraint, clumping, or rebellion.
- There are many causes for such stagnation, including emotional disturbances, irregular eating habits, trauma, and externally-contracted pathogenic influences.
- Long-term Qi deficiency may also lead to Qi stagnation. Conversely, Qi stagnation over time will invariably lead to disorders of other bodily functions and systems.
- Blood stasis, phlegm obstruction, food stagnation, and deficiency disorders are typical sequelae of Qi stagnation.

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## Formulas that regulate Qi

- Qi stagnation causes the ascending and descending (or upward- and downward-directing) functions of the Qi dynamic (Qi Ji, 气机) to break down.
- The primary clinical manifestations of such pathology are **pain and distention**. “Lack of free passage results pain.”
- Facilitating the ascending and descending functions of the Qi dynamic in order to unblock the proper flow of Qi is therefore the primary objective of the formulas in this chapter.
- Regulate the Qi by opening up areas of constraint and smooth the normal movement of the Qi dynamic. This includes facilitating the ascent of the clear, directing the turbid downward, and reversing rebellion.

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## Formulas that regulate Qi

- There are two major types of formulas for regulating the Qi.
  - The first promotes the smooth movement of Qi, unblocks stagnation, and is used for treating pain and distention.
  - The second type directs rebellious or abnormal flow of Qi downward and is used for treating such problems as vomiting, belching, hiccup, and some forms of coughing or wheezing.
- The formulas in this chapter focus on the dynamic and moving functions of the broader category of Qi.
- “All Qi rushing and constraint can be attributed to the Lungs.”
- Beginning in the Ming dynasty, Chinese physicians began to associate all types of Qi stagnation and constraint with the Liver.

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## Formulas that regulate Qi

- This was accompanied by a tendency to focus on internal (i.e., emotional) rather than external (i.e., environmental) factors as the cause of stagnation.
- In regulating the Qi, it is important to distinguish deficiency from excess. Stagnation is regarded as a form of excess.
- It is the temporary accumulation of Qi in a part of the body where it is not being properly disseminated.
- When this occurs, the appropriate strategy is to promote the movement of Qi.
- If, instead, the Qi is tonified, the stagnation will increase and the patient's condition will worsen.
- Conversely, promoting the movement of Qi when it is deficient will only serve to aggravate the deficiency.
- When the Qi is both stagnant and deficient (a relatively common occurrence), both aspects must be addressed.

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## Formulas that regulate Qi

- Because Qi stagnation readily leads to secondary pathologies such as blood stasis, phlegm obstruction, dampness, or food stagnation, it may be necessary to include herbs that address such problems in formulas that regulate the Qi.
- The main ingredients of the formulas in this chapter are invariably **acrid and bitter** as well as **warming or drying**.
- When improperly used, they can **readily injure the fluids and scatter the Qi**. They should therefore be prescribed only with the utmost caution in patients with both Qi stagnation and depleted fluids; they must also be discontinued once the condition improves.

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## Section 1 Formulas that move Qi

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## Formulas that move Qi

- The formulas in this section are used for treating areas of blocked or stagnation Qi, the primary symptom of which is usually pain and distention.
- The particular manifestations depend upon the location of the blockage or stagnation
  - In the chest, Qi stagnation causes chest and back pain, coughing, and shortness of breath.
    - Chen Pi; Hou Po; Zhi Ban Xia; Cong Bai;
  - In the Spleen and Stomach, it causes epigastric and abdominal pain and distention, belching, acid reflux, and irregular bowel movements.
    - Chen Pi; Hou Po; Mu Xiang; Sha Ren;
  - Constraint of the ascent of Liver Qi manifests as pain and distention in the chest and hypochondria.
    - Xiang Fu; Qing Pi; Chuan Lian Zi; Yu Jin;
  - In the lower Jiao, Qi stagnation can cause painful urinary dysfunction, bulging disorders, irregular menstruation, or dysmenorrhea.
    - Xiang Fu; Chuan Lian Zi; Xiao Hui Xiang; Wu Yao; Chen Xiang;

## Formulas that move Qi

- Clinically, herbs that promote the movement of Qi are usually combined with one of more herbs from the following five categories:
  - Herbs that invigorate the blood such as Chuan Xiong; Dang Gui; Yan Hu Suo; E Zhu; San Leng; These are necessary because of the close interaction between Qi and blood in instigating and regulating their mutual flow.
  - Herbs that warm the interior such as Rou Gui; Gan Jiang; Gao Liang Jiang; Cao Dou Kou. These are useful where internal cold obstructs the Qi dynamic, or where Qi stagnation leads to dampness and phlegm, which in turn obstruct the rising of clear Yang.
  - Herbs that clear heat from constraint such as Zhi Zi; Mu Dan Pi; Xia Ku Cao. These are indicated where Qi stagnation constraints the diffusion of Yang Qi or ministerial fire, leading to local symptoms of heat or inflammation.

## Formulas that move Qi

- Herbs that transform phlegm such as Zhi Ban Xia, Zhi Tian Nan Xing, Gua Lou, and Bei Mu. These are useful where Qi stagnation blocks the descent of turbid Yin, leading to the accumulation of congealing fluids that become phlegm.
- Herbs that enrich the Yin and nourish the blood such as Gou Qi Zi; Bai Shao; These are helpful where Qi stagnation has damaged the Yin blood, or where the drying action of the main Qi-regulating herbs risks damaging the Yin blood.
- Many other types of herbs may be added to formulas that move the Qi.
  - Where obstruction of the middle or lower Jiao Qi leads to the generation of dampness, herbs that strengthen the Spleen and expel dampness, such as Cang Zhu, Fu Ling, or Ze Xie, may be used.
  - Where chronic Qi stagnation is complicated by blood stasis and phlegm obstruction, leading to clumping and the formation of lumps, substances that soften masses, such as Kun Bu, Hai Zao, or Hai Dai, may be used.
  - If Qi deficiency is a prominent aspect of the pattern, one may choose to include Qi-tonifying herbs such as Ren Shen, or Bai Zhu.

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## Formulas that move Qi

- Section 1 Formulas that move Qi
  - Yue Ju Wan (Escape Restraint Pill)
  - Ban Xia Hou Po Tang (Pinellia & magnolia decoction)
  - Nuan Gan Jian (Warm the Liver Decoction)
  - Tian Tai Wu Yao San (Top-quality Lindera Powder)
  - Gua Lou Xie Bai Bai Jiu Tang (trichosanthes macrostem and liquor)
  - Liang Fu Wan (Galangal & Cyperus Pill)
  - Jin Ling Zi San (Melia Toosendan Powder)

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## Yue Ju Wan (Escape Restraint Pill)

越鞠丸

- **Source:** Essentials Teachings of Zhu Dan-Xi (1481)
- **Actions:** Promotes the movement of Qi and releases constraint;
- **Indications:**
  - Various types of constraint due to stagnant Qi marked by focal distention and a stifling sensation in the chest and abdomen, fixed pain in the hypochondria, belching, vomiting, acrid reflux, mild coughing with copious sputum, reduced appetite, and indigestion.

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## Yue Ju Wan (Escape Restraint Pill)

越鞠丸

- **Pathological analysis**
  - In Chinese medicine, the term constraint (郁, Yu) has the meaning of something being pent-up and unable to move or change.
  - It refers in particular to pathologies of the Qi dynamic, as explained by Zhu Dan-Xi disciple, “Constraint is something clumped and fussed (结聚, Jie Ju) and unable to escape from this predicament. It should ascend but can not ascend. I should descend but cannot descend. It should transform but cannot transform.”
  - Irregular eating habits, exposure to excessive cold or heat, and inordinate joy, anger, or anxiety can disrupt the normal flow of Qi and thereby give rise to this condition.
  - Zhu Dan-Xi differentiated six types of constraint based on the aspect of physiology that was most affected — Qi, fire, blood, phlegm, dampness, and food — but viewed all of these as arising primarily from Qi stagnation.

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## Yue Ju Wan (Escape Restraint Pill)

越鞠丸

- When Qi stagnates in the Middle Jiao, which is the fulcrum of the Qi dynamic and thus central to the pattern, this leads to focal distention and a stifling sensation in the chest and abdomen.
- Disrupting the transformative processes of middle Jiao physiology gives rise to dampness, phlegm, and food stagnation.
- Manifestations include bloating, indigestion, mild coughing with copious sputum, reduced appetite, nausea, and vomiting.
- Qi stagnation transforming into fire manifests as a bitter taste in the mouth and acid reflux.
- When Qi stagnation leads to blood stasis, it manifests as a stabbing, fixed pain in the chest and hypochondria.

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## Yue Ju Wan (Escape Restraint Pill)

越鞠丸

- **Composition**

- **Chief**

- Cang Zhu (Atractylodis Rhizoma) 200g
    - Chuan Xiong (Chuanxiong Rhizoma) 200g

- **Deputy**

- Xiang Fu (Cyperis Rhizoma) 200g

- **Assistant**

- Zhi Zi (Gardeniae Fructus) 200g
    - Shen Qu (Massa medicata fermentata) 200g

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Yue Ju Wan (Escape Restraint Pill)

越鞠丸

• **Analysis of Formula**

– The chief

- Cang Zhu, aromatic and acrid, promotes the ascending functions of the middle Jiao, dries dampness, and transforms phlegm. It is used to release the constraint of Qi, dampness, and phlegm and addresses the symptoms of focal distention in the chest and copious sputum.
- Chuan Xiong, acrid and warming, a blood-invigorating herb that releases constrained blood and thus resolves the fixed pain. It also reinforces the Qi-moving action of the other chief herb.

– The deputy

- Xiang Fu, acrid and warming, is extremely effective at resolving problems due to constrained Qi. It enters the blood aspect of Qi. It also directs it downward and a key herb in the treatment of gynecological disorders.

– The assistant

- Zhi Zi clears heat from all three Jiao and resolves the fire from constraint, and with it, the acid reflux.
- Shen Qu relieves constraint caused by food stagnation and harmonizes the Stomach. It is helpful in treating the nausea and vomiting, reduced appetite, and stifling sensation in the epigastrium. <sup>21</sup>

Yue Ju Wan (Escape Restraint Pill)

越鞠丸

• **Key Point of diagnosis**

- Focal distention and a stifling sensation in the chest and abdomen, fixed pain in the hypochondria, belching, vomiting, acrid reflux, mild coughing with copious sputum, reduced appetite, and indigestion.

• **Caution and contraindication**

- Contraindicated in cases of stagnation due to deficiency. To treat such conditions, one should begin with a base formula such as Xiang Sha Liu Jun Zi Tang.

• **Modification**

- If stagnation Qi predominates: + Yu Jin; Mu Xiang; Wu Yao;
- If Liver fire predominates: — Cang Zhu; + Bai Shao; Mu Dan Pi;
- If blood stasis predominates: + Tao Ren; Hong Hua;
- If phlegm predominates: + Zhi Ban Xia; Zhi Tian Nan Xing;
- If dampness predominates: + Hou Po; Fu Ling;
- If food stagnation predominates: + Shan Zha; Mai Ya;
- For concurrent cold in the middle Jiao: — Zhi Zi; + Wu Zhu Yu; Gan Jiang;
- For severe bloating and distention: + Qing Pi; Chen Pi; Zhi Shi; Bing Lang; <sup>22</sup>

### Yue Ju Wan (Escape Restraint Pill)

越鞠丸

- **Clinic use**

- Digestive disorders including peptic ulcer, irritable bowel syndrome, chronic gastritis, biliary tract infection, gallstones, and chronic hepatitis.
- Neuropsychiatric disorders such as intercostal neuralgia, migraine, globus hystericus, epilepsy, cerebral thrombosis, and some types of neuroses, including depression.
- Dysmenorrhea, hypocalcemia, coronary artery disease, and pelvic inflammatory disease.

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### Yue Ju Wan (Escape Restraint Pill)

越鞠丸

- Vs. Xiao Yao San (Rambling Powder)
  - Both formulas treat Liver Qi constraint and are frequently used to treat patterns characterized by a strong emotional component in both symptomatology and etiology.
  - Yue Ju Wan **moves both the Qi and the blood** and is thus indicated **solely for patterns of excess**; Yue Ju Wan contains **Xiang Fu** as the main herb for resolving **Liver Qi constraint**. Acrid and warming in nature, it dredges stagnation of the more solid aspects of Qi from the Liver channel. It moves the blood within the Qi. Accordingly, key symptoms that would indicate the use of that formula include distention and pain, suggesting a more substantive type of stagnation that may extend from the Qi to the fluids and even the blood.
  - Xiao Yao San **tonifies the Spleen and Liver Qi and blood and opens constraint** and is thus indicated for **mixed patterns of deficiency and excess**. Xiao Yao San contains bitter and cooling **Chai Hu** as its chief herb. It is thus most suitable for **patterns where constraint has transformed into heat, or, put another way, for constraint of Yang Qi or ministerial fire**. Headache, vertigo, a bitter taste in the mouth, dry mouth and throat, or alternating fever and chills — all of which are due to fire from constraint — are thus core symptoms.

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Ban Xia Hou Po Tang (Pinellia & magnolia decoction)  
半夏厚朴汤

- **Source:** Essentials from the Golden Cabinet (c. 220)
- **Actions:** Promotes the movement of Qi, dissipates clumps, directs rebellious Qi downward, and transforms phlegm;
- **Indications:**
  - Plum-pit Qi that is the result of emotional upset due to circumstances that the patient figuratively cannot swallow marked by a feeling of something caught in the throat that can neither be swallowed nor ejected, a stifling sensation in the chest and hypochondria, a moist or greasy, white tongue coating, and a wiry, slow or wiry, slippery pulse. There also be coughing and vomiting.

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Ban Xia Hou Po Tang (Pinellia & magnolia decoction)  
半夏厚朴汤

- **Pathological analysis**
  - The Qi thereupon becomes constrained and the Lungs and Stomach lose their ability to move the Qi downward.
  - This, in turn, leads to problems with the transportation and transformation of fluids, which leads to the formation of phlegm.
  - The phlegm clashes with the Qi and ultimately lodges in the throat.
  - The obstruction of the Qi mechanism by phlegm is also manifested in the stifling sensation in the chest and hypochondria.
  - In severe cases, there will also be coughing or vomiting.
  - The moist or greasy tongue coating, and the slow and wiry or slippery and wiry pulse, are signs of constrained Qi and phlegm dampness.

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Ban Xia Hou Po Tang (Pinellia & magnolia decoction)  
半夏厚朴汤

• **Composition**

– **Chief**

- Zhi Ban Xia (Pinelliae Rhizoma preparatum) 9-12g
- Hou Po (Magnoliae officinalis Cortex) 9g

– **Deputy**

- Fu Ling (Poria) 12g
- Zi Su Ye (Perillae Folium) 6g

– **Assistant**

- Sheng Jiang (Zingiberis Rhizoma recens) 15g

– **Envoy**

- Zi Su Ye (Perillae Folium) 6g

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Ban Xia Hou Po Tang (Pinellia & magnolia decoction)  
半夏厚朴汤

• **Analysis of Formula**

– The chief

- Zhi Ban Xia and Hou Po, bitter, acrid, warming and downward-directing, serve as joint chiefs.
- Zhi Ban Xia transforms phlegm, dissipates clumps, directs rebellious Qi downward, and harmonizes the Stomach. It thereby addresses all the major aspects of this condition.
- Hou Po eliminates the stifling sensation and assists the other chief in dissipating the clumps and directing the rebellious Qi downward.
- The capacity of Zhi Ban Xia to disperse clumping and direct rebellious Qi downward assists Hou Po in regulating the Qi.
- Conversely, the ability of Hou Po to regulate the Qi and dry dampness supports Zhi Ban Xia in transforming the phlegm.

– The deputy

- Fu Ling leaches out dampness and assists Zhi Ban Xia in transforming phlegm.

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Ban Xia Hou Po Tang (Pinellia & magnolia decoction)  
半夏厚朴汤

- Zi Su Ye, acrid, light, warm, and dispersing, reinforces the ability of Hou Po to regulate the Qi and break up stagnation. It enters the Lungs, which governs the throat, the place where the main symptom is location, this herb also serves as the envoy. It also helps focus the action of the formula on the Lung channel and relieves coughing, should it occur.
- The assistant
  - Sheng Jiang helps the chief herbs harmonize the Stomach and thereby stops the vomiting.

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Ban Xia Hou Po Tang (Pinellia & magnolia decoction)  
半夏厚朴汤

- **Key Point of diagnosis**
  - A feeling of something caught in the throat that can neither be swallowed nor ejected, a stifling sensation in the chest and hypochondria, a moist or greasy, white tongue coating, and a wiry, slow or wiry, slippery pulse.
- **Caution and contraindication**
  - This formula is comprised of warm, acrid, or fragrant substances, which are drying and dispersing in nature and can readily injury the Yin and fluids. Thus, the formula is appropriate only in cases of constrained Qi and phlegm. It is contraindicated in patients presenting with a flushed face, a bitter taste in the mouth, and a red tongue with scanty coating.
- **Modification**
  - For severe cases of stagnation Qi with the above presentation: + Chai Hu; Yu Jin; Xiang Fu; Qing Pi;
  - For vomiting: + Sha Ren; Ding Xiang; Bai Dou Kou;
  - For a severe stifling sensation in the chest: + Yu Jin; Zhi Ke;
  - For chest pain: + Gua Lou; Xie Bai;
  - For abdominal distention: + Sha Ren; Mu Xiang;
  - For hypochondriac pain: + Chuan Lian Zi; Yan Hu Suo;

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Ban Xia Hou Po Tang (Pinellia & magnolia decoction)  
半夏厚朴汤

- For pain and swelling in the throat: + Xuan Shen; Jie Geng
- **Clinic use**
  - Disorders marked by a sensation of something stuck in the throat including globus hystericus, neuroses, neuroses, neurogenic vomiting, irritable bowel syndrome, hysteria, psychosis, epilepsy, depression, perimenopausal syndrome, and Parkinson's disease.
  - Disorders of the throat and surrounding structures including laryngitis, tonsillitis, edema of the vocal cords, goiter, hyperthyroidism, and cervical spine syndrome.
  - Digestive disorders including esophageal strictures, esophageal spasms, gastritis, and indigestion.
  - Respiratory disorders including bronchitis and emphysema.
  - Morning sickness, Meniere's disease, and vertebrobasilar insufficiency.

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Ban Xia Hou Po Tang (Pinellia & magnolia decoction)  
半夏厚朴汤

- Vs. Yue Ju Wan (Escape Restraint Pill)
  - Both formulas treat patterns of Qi constraint due to unbalanced emotions. In both cases, this leads to stagnation of the Qi dynamic such that its ascending and descending functions are no longer working smoothly. Invariably, this manifests with localized sensations of fullness that tend to come and go, that improve with movement or distraction, and that are aggravated by rest or further emotional distress.
  - Yue Ju Wan focuses on the **Middle Jiao to regulate both ascent and descent while also drying dampness**. Furthermore, Yue Ju Wan **contains** the bitter, cooling herb **Zhi Zi**, which **clears fire from constraint**, suggesting that this formula is indicated for **patients with strong Yang Qi or ministerial fire**.
  - Ban Xia Hou Po Tang focuses on the **upper Jiao to facilitate the downward-direction of Qi and the transformation of phlegm**. Ban Xia Hou Po Tang **contains** warming and dispersing **Sheng Jiang**, which **warms the Stomach to move fluids**, suggesting that this formula is indicated for **patients with constitutional Yin (i.e., water) excess**.

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Nuan Gan Jian (Warm the Liver Decoction)  
暖肝煎

- **Source:** Collected Treatises of Zhang Jing-Yue (1624)
- **Actions:** Warms the Liver and Kidneys, promotes the movement of Qi, and alleviates pain;
- **Indications:** Cold-type bulging disorder occurring against a background of Liver deficiency marked by lower abdominal pain that is sharp, localized, and is aggravated by the local application of cold, accompanied by a pale tongue (especially on the sides and root), and a submerged, tight pulse. Also used for swelling, distention, and pain of the scrotum.

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Nuan Gan Jian (Warm the Liver Decoction)  
暖肝煎

- **Pathological analysis**
  - If the Liver blood is deficient and its Yang is unable to move the Qi and blood, cold from deficiency causes the Qi to stagnate.
  - The pain is therefore sharp and localized in the lower abdomen and is aggravated by the local application of cold.
  - The same mechanism can also lead to swelling, distention, and pain of the scrotum as the fluids are not moved by the Qi and congeal in the presence of cold.
  - The deficiency of Liver blood is reflected in the pale color of the tongue, especially in those parts that reflect the Liver and its mother organ, the Kidneys.
  - The submerged aspect of the pulse reflects the interior nature of the disorder, while the tight aspect reflects the presence of cold in the Liver, and the resulting stagnation<sup>4</sup>

Nuan Gan Jian (Warm the Liver Decoction)  
暖肝煎

• **Compositions**

- The Chief
  - Xiao Hui Xiang (Foeniculi Fructus) 6g
  - Rou Gui (Cinnamomi Cortex) 3g
- The deputy
  - Dang Gui (Angelicae sinensis Radix) 6g
  - Gou Qi Zi (Lycii Fructus) 9g
  - Wu Yao (Linderae Radix) 6g
  - Chen Xiang (Aquilariae Lignum resinatum) 3g
- The assistant
  - Fu Ling (Poria) 6g
- The envoy
  - Sheng Jiang (Zingiberis Rhizoma recens) 3-5 slices

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Nuan Gan Jian (Warm the Liver Decoction)  
暖肝煎

• **Analysis of Formula**

- The chief
  - Xiao Hu Xiang warms the Liver and disperses cold from the lower abdomen and thereby directly treats the manifestations.
  - Rou Gui, acrid, sweet, and very warming, entering the Liver, Kidneys, and gate of vitality to generate the production of Yang at its source.
- The deputies
  - Dang Gui and Gou Qi Zi, nourish the blood, tonify the Liver and Kidneys.
  - Chen Xiang and Wu Yao enhance the actions of the chief herbs by promoting the movement of Qi and alleviating pain, especially in the lower abdomen.

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Nuan Gan Jian (Warm the Liver Decoction)  
暖肝煎

- The assistant
  - Fu Ling leaches out dampness and strengthens the Spleen to eliminate the Yin excess that invariably accompanies Yang deficiency.
- The envoy
  - Sheng Jiang scatters cold and harmonizes the Stomach. In concert with Fu Ling, it is particularly effective in treating the nausea and loss of appetite that often accompany this condition (usually secondary to the intense pain).
- In this manner, the root of the disorder is treated by warming and tonifying the Liver and Kidneys, and the branch by promoting the movement of Qi and dispersing the cold.

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Nuan Gan Jian (Warm the Liver Decoction)  
暖肝煎

- **Key Point of diagnosis**
  - Lower abdominal pain that is sharp, localized, and is aggravated by the local application of cold, accompanied by a pale tongue (especially on the sides and root), and a submerged, tight pulse.
- **Caution and contraindication**
  - Contraindicated in patients with heat, redness, swelling, and pain of the scrotum due to damp-heat pouring down into the lower Jiao.
- **Modification**
  - For more severe cold: + Wu Zhu Yu; Gan Jiang; Zhi Fu Zi;
  - For abdominal pain: + Xiang Fu;
  - For pain of the scrotum: + Li Zhi He; Ju He;
  - For severe pain of the lower abdomen: + Yan Hu Suo; Chuan Lian Zi;
  - For the treatment of Liver Yang deficiency patterns, combined with Si Ni San;
- **Clinic use**
  - Varicocele, hydrocele, and inguinal hernia.

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Tian Tai Wu Yao San (Top-quality Lindera Powder)  
天台乌药散

- **Source:** Comprehensive Recording of Sagely Beneficence from the Zhenghe Era(1624)
- **Actions:** Promotes the movement of Qi, spreads the Liver Qi, scatters cold, and alleviates pain;
- **Indications:** Qi-type bulging disorder marked by lower abdominal pain radiating to the testicles, swollen or distended testicles, a pale tongue with a white coating, and either a submerged and slow or a wiry pulse.
  - This formula also treats pain from cold Qi congealing and clumping in the lower abdomen, as well as menstrual pain and mobile abdominal masses with the same etiology.

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Tian Tai Wu Yao San (Top-quality Lindera Powder)  
天台乌药散

- **Pathological analysis**
  - Most bulging disorder patterns are characterized by symptoms in the area traversed by the Liver channel, which passes around and connects with the external genitalia.
  - This particular presentation is due to Qi stagnation in the Liver channel, usually associated with the invasion of cold.
  - The stagnation obstructs the flow to the testicles and results in pain.
  - If cold is a major aspect of the pattern, the patient will present with a localized sensation of cold and hardness.
  - The tongue and pulse signs reflect the internal ascent of cold.

Tian Tai Wu Yao San (Top-quality Lindera Powder)  
天台乌药散

• **Composition**

– **Chief**

- Wu Yao (Linderae Radix) 15g

– **Deputy**

- Xiao Hui Xiang (dry-fried Foeniculi Fructus) 15g
- Gao Liang Jiang (dry-fried Alpiniae officinarum Rhizoma) 15g
- Qing Pi (Citri reticulatae viride Pericarpium) 15g
- Mu Xiang (Aucklandiae Radix) 15g

– **Assistant**

- Bing Lang (Arecae Semen) 2 pcs (12-15g)
- Chuan Lian Zi (Toosendan Fructus) 10 pcs (12-15g)
- Ba Dou (Crotonis Semen) 70 pcs (15g)

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Tian Tai Wu Yao San (Top-quality Lindera Powder)  
天台乌药散

• **Analysis of Formula**

– The chief

- Wu Yao, warm and acrid, promotes the movement of Qi, disperses the constrained Liver Qi, scatters the cold, and thereby alleviates pain. It is very effective in treating pain due to cold, and is therefore considered superior to Xiang Fu in treating Liver Qi constraint associated with cold.

– The deputy

- Xiao Hui Xiang warms the lower Jiao and scatters cold;
- Gao Liang Jiang scatters cold and alleviates pain;
- Qing Pi regulates the Qi and disperses constrained Liver Qi;
- Mu Xiang promotes the movement of Qi and alleviates pain..

– The assistant

- Bing Lang conducts the Qi downward, removing stagnation and breaking up solid obstructions in the lower Jiao;
- The bitter and cold of Chuan Lian Zi can be reduced by cooking it with Bai Dou. Its ability to soothe the Liver is strengthened by this process.

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Tian Tai Wu Yao San (Top-quality Lindera Powder)

天台乌药散

- **Key Point of diagnosis**
  - Lower abdominal pain radiating to the testicles, swollen or distended testicles, a pale tongue with a white coating, and either a submerged and slow or a wiry pulse.
- **Caution and contraindication**
  - Contraindicated in patients with damp-heat. Tonifying herbs, such as Ren Shen or Huang Qi, should not be added to this formula, as they will counteract the treatment strategy and can lead to lingering stagnation of pathogenic Qi in the Liver channel.
- **Modification**
  - To enhance the overall effect of this formula: + Ju He; Li Zhi He;
  - For severe cold: + Wu Zhu Yu; Rou Gui;
  - For blood stasis: + Hong Hua; Tao Ren;
  - For menstrual pain: + Dang Gui; Chuan Xiong; Xiang Fu;
  - For mobile abdominal masses: + Zhi Shi; Hou Po; E Zhu or San Leng;
- **Clinic use**
  - Orchitis, epididymitis, primary dysmenorrhea, irritable bowel syndrome, peptic ulcer, and gastritis.

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Tian Tai Wu Yao San (Top-quality Lindera Powder)

天台乌药散

- Vs. Nuan Gan Jian (Warm the Liver Decoction)
  - Both formulas treat bulging disorders characterized by acute abdominal pain that may radiate into the testes. This is caused by Qi stagnation and clumping of Qi and fluids following the invasion of cold pathogenic Qi.
  - Tian Tai Wu Yao San **treats patterns of excess in patients with strong constitutions. It focuses entirely on dispersing stagnation by means of acrid, warming herbs.**
  - Nuan Gan Jian, on the other hand, **treats mixed patterns of excess and deficiency**, where a cold pathogen causes Qi stagnation in a patient whose essence, blood, and Yang are deficient. It also **tonifies the fire at the gate of vitality and nourishes the sea of blood.**

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Gua Lou Xie Bai Bai Jiu Tang (trichosanthes macrostem and liquor)  
瓜蒌薤白白酒汤

- **Source:** Essentials from the Golden Cabinet (c. 220)
- **Actions:** Unblocks the Yang; promotes the movement of Qi, and expels phlegm.
- **Ingredients:** Gua Lou (Trichosanthis Fructus) 12g; Xie Bai (Allii macrostemi Bulbus) 9-12g; Bai Jiu (White wine) 30-60 ml;
- **Indications:**
  - Simple painful obstruction of the chest disorder that is characterized by pain in the chest that often radiates to the upper back, wheezing, cough with copious sputum, shortness of breath, a thick, greasy tongue coating, and a pulse that is either submerged and wiry or tight.

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Liang Fu Wan (Galangal & Cyperus Pill)  
良附丸

- **Source:** Small Collection of Fine Formula (1842)
- **Actions:** Warms the middle Jiao, dispels cold, promotes the movement of Qi, and alleviates pain.
- **Indications:**
  - Epigastrium pertains to the Stomach and the hypochondria to the Liver marked by epigastric pain that responds favorably to warmth, a stifling sensation in the chest, hypochondriac pain, painful menstruation, and a white tongue coating.

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## Liang Fu Wan (Galangal & Cyperus Pill)

良附丸

- **Pathological analysis**

- Where both areas are painful, the problem is both in the Liver and the Stomach, the etiology of which can be manifold.
- Here it is due to stagnation of Liver Qi with cold congealing in the Stomach.
- Both of these problems obstruct the flow of Qi and thereby cause pain in their respective areas.
- When there is cold in the Stomach, the tongue coating will be white and the pain will respond favorably to warmth.
- The stagnant Qi produces a stifling sensation in the chest.
- The stagnation of Liver Qi can also cause painful menstruation.

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## Liang Fu Wan (Galangal & Cyperus Pill)

良附丸

- **Composition**

- Gao Liang Jiang (Alpiniae officinarum Rhizoma) 500g
- Xiang Fu (Cyperus Rhizoma) 500g

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Liang Fu Wan (Galangal & Cyperus Pill)  
良附丸

- **Analysis of Formula**

- Gao Liang Jiang, acrid and warming, enters the Stomach, warms the middle, disperses cold, and stops pain. Washing it in wine augments its capacity to disperse and unblock stagnation.
- Xiang Fu, acrid and slightly bitter, enters the Qi aspect of the Liver and the San Jiao channel to regulate their Qi, thereby unblocking the movement of Qi in all of the twelve primary and eight extra channels. It also excels at relieving constraint. Washing it in vinegar limits its powerful acrid dispersion action from damaging the Qi dynamic.

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Liang Fu Wan (Galangal & Cyperus Pill)  
良附丸

- **Key Point of diagnosis**

- Epigastric pain that responds favorably to warmth, a stifling sensation in the chest, hypochondriac pain, painful menstruation, and a white tongue coating.

- **Caution and Contraindication**

- Contraindicated in patients with heat in the Liver and Stomach, or where there is bleeding. The formula is also contraindicated during pregnancy as it enters the Liver, Stomach, and eight extraordinary vessels where its strong Qi-moving properties may induce miscarriage.

- **Modifications**

- If the cold aspects are more severe: increase the dosage of Gao Liang Jiang and + Gan Jiang;
- If the stagnant Qi aspects are more severe: increase the dosage of Xiang Fu; + Qing Pi; Chen Xiang; Mu Xiang;
- For painful menstruation: + Dang Gui;
- For peptic ulcer due to cold from deficiency: combine with Huang Qi Jian Zhong Tang.

Liang Fu Wan (Galangal & Cyperus Pill)  
良附丸

- **Clinical Use**
  - Chronic gastritis, peptic ulcer, and primary dysmenorrhea.

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Liang Fu Wan (Galangal & Cyperus Pill)  
良附丸

- **Vs. Yue Ju Wan (Escape Restraint Pill)**
  - Yue Ju Wan focuses on promoting the **movement of Qi and relieving constraint.**
  - Liang Fu Wan focuses more on **warming the middle Jiao and dispelling cold.**

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Liang Fu Wan (Galangal & Cyperus Pill)  
良附丸

- Vs. Other commonly-used formulas for epigastric and/or hypochondriac pain
  - Liang Fu Wan is for pain due to **Qi stagnation with congealed cold**;
  - Xiao Jian Zhong Tang is for pain due to **cold from deficiency**;
  - Chai Hu Shu Gan San is for pain due to **pure Qi stagnation**;
  - Ban Xia Xie Xin Tang is for pain due to **a cold-heat complex**.

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Jin Ling Zi San (Melia Toosendan Powder)  
金铃子散

- **Source:** Formulary of the Pharmacy Service for Benefiting the People in the Taiping Era (1107)
- **Actions:** Spreads Liver Qi, drains heat, invigorates the blood, and alleviates pain.
- **Indications:**
  - **Liver constraint transforming into heat** manifested by **intermittent epigastric and hypochondriac pain, hernial pain, or menstrual pain that is aggravated by the ingestion of hot food or beverage, and is accompanied by irritability, a bitter taste in the mouth, a red tongue with a yellow coating, and a wiry or rapid pulse.**

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Jin Ling Zi San (Melia Toosendan Powder)  
金铃子散

- **Pathological analysis**

- The Liver is responsible for regulating the dispersion of ministerial fire from the gate of vitality throughout the body. It is “Yin in essence but manifests through its Yang function” — implying not only that its ability to regulate the Yang Qi is a function of its capacity to store Yin blood, but also that it likes spreading and abhors constraint.
- Its channel passes through the hypochondria, the abdomen, and around the genitals.
- Thus, when Liver function is disrupted, the Qi and blood will not flow smoothly and there will be pain — hypochondriac, epigastric, abdominal, genital, and/or menstrual.
- The Liver prefers orderliness and regularity; Liver dysfunction is thus accompanied by intermittent pain that follows the swell of emotion.
- Liver constraint readily transforms into heat as the ministerial fire stagnates. This is manifested as irritability and heat-aggravated pain, a wiry or rapid pulse, a bitter taste in the mouth, and a red tongue with a yellow coating.

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Jin Ling Zi San (Melia Toosendan Powder)  
金铃子散

- **Composition**

- **Chief**

- Chuan Lian Zi (Toosendan Fructus) 30g

- **Deputy**

- Yan Hu Suo (Corydalis Rhizoma) 30g

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Jin Ling Zi San (Melia Toosendan Powder)  
金铃子散

- **Analysis of Formula**

- Chuan Lian Zi, enters the Liver, Stomach, and Small Intestines channels. It clears heat from the chest, hypochondrium, and groin by draining it through the urine. When the heat has been drained, and the fire constraint resolved, the Liver Qi can once again carry out its regulating function.
- Yan Hu Suo, bitter, acrid and warming, invigorates the blood by moving the Qi. It specifically focuses on pain throughout the entire body, both above and below.

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Jin Ling Zi San (Melia Toosendan Powder)  
金铃子散

- **Key Point of diagnosis**
  - Intermittent epigastric and hypochondriac pain, hernial pain, or menstrual pain that is aggravated by the ingestion of hot food or beverage, and is accompanied by irritability, a bitter taste in the mouth, a red tongue with a yellow coating, and a wiry or rapid pulse.
- **Caution and Contraindication**
  - Use with caution during pregnancy. This formula is inappropriate for pain from Liver Qi constraint in the context of cold condition.
- **Modifications**
  - For epigastric pain due to heat: + Huang Qin; Bai Shao;
  - For painful menstruation: + Xiang Fu; Dan Shen; Hong Hua; Yi Mu Cao;
  - For bulging disorders of the lower abdomen: + Ju He; If there are also significant signs of cold: + Wu Zhu Yu; Xiao Hui Xiang;
  - For gallstones or kidney stones: + Jin Qian Cao; Ji Nei Jin; Yu Jin; Hai Jin Sha;
  - For pain in the chest, epigastrium, flanks, or abdomen: combine with Si Ni San;
  - For pain in terminal Yin pattern: combine with Wu Mei Wan;
- **Clinical Use**
  - Peptic ulcer, chronic gastritis, hepatitis, and cholecystitis.

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Jin Ling Zi San (Melia Toosendan Powder)  
金铃子散

- Vs. Zuo Jin Wan (Left Metal Pill)
  - Zuo Jin Wan is used for **Liver fire that attacks the Stomach**. This disrupts the descending function of the Stomach, which manifests as **vomiting or belching of sour fluids**. The **Stomach** is thus the location of this pathology and the target of the formula.
  - Jin Ling Zi San, on the other hand, is indicated for **fire constraint that affects the Qi dynamic and secondarily leads to blood stasis**. It targets the **Qi and the blood** rather than a specific organ.

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Jin Ling Zi San (Melia Toosendan Powder)  
金铃子散

- Vs. Jia Wei Xiao Yao San (Augmented Rambling Powder)
  - Both of these formulas can be used to treat Liver Qi constraint transforming into fire.
  - Jia Wei Xiao Yao San is **better suited for patients where such constraint is due to Qi and blood deficiency**.
  - Jin Ling Zi San is primarily indicated for **excess fire causing constraint**, particularly where this occurs against a background of constitutional Yin deficiency. Yi Guan Jian (Linking Decoction) is thus a natural extension of this formula.

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## Formulas that move Qi

- Section 1 Formulas that move Qi
  - Yue Ju Wan (Escape Restraint Pill)
  - Ban Xia Hou Po Tang (Pinellia & magnolia decoction)
  - Nuan Gan Jian (Warm the Liver Decoction)
  - Tian Tai Wu Yao San (Top-quality Lindera Powder)
  - Gua Lou Xie Bai Bai Jiu Tang (trichosanthes macrostem and liquor)
  - Liang Fu Wan (Galangal & Cyperus Pill)
  - Jin Ling Zi San (Melia Toosendan Powder)

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## Study guideline

- 1. Yue Ju Wan's indications and ingredients; Six types of Constraint (Qi, fire, blood, phlegm, dampness, and food);
- 2. The difference between Xiao Yao San and Yue Jue Wan;
- 3. Ban Xia Hou Po Tang's indications and ingredients;
- 4. The difference between Ban Xia Hou Po Tang and Yue Jue Wan;
- 5. Nuan Gan Jian's indications;
- 6. Tian Tai Wu Yao San's indications;
- 7. The difference between Tian Tai Wu Yao San and Nuan Gan Jian;
- 8. Liang Fu Wan's ingredients and indications;
- 9. The difference between Liang Fu Wan and Yue Jue Wan;
- 10. The difference between Liang Fu Wan, Xiao Jian Zhong Tang, Chai Hu Shu Gan San, and Ban Xia Xie Xin Tang;
- 11. Jin Ling Zi San's ingredients and indications;
- 12. The difference between Jin Ling Zi San and Zuo Jin Wan;
- 13. The difference between Jin Ling Zi San and Jia Wei Xiao Yao San;

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## Section 2 Formulas that descend Qi

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### Formulas that descend Qi

- The formulas in this section are used for treating rebellious Lung or Stomach Qi.
- The normal flow of Qi in these organs is downward. When it rebels upward, the flow is reversed.
- In the case of rebellious Lung Qi, this manifests in such symptoms as **coughing and wheezing**, and is treated with herbs such as Zi Su Zi, Sang Bai Pi, Xing Ren, Hou Po, Qian Hu, or Kuan Dong Hua.
- In the case of rebellious Stomach Qi, it manifests in such symptoms as **vomiting or belching**, and is treated with herbs such as Zhi Ban Xia; Xuan Fu Hua; Dai Zhe Shi; Zhu Ru; Ding Xiang; or Shi Di;

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## Formulas that descend Qi

- In practice, herbs that focus on directing rebellious Qi downward are most often combined with herbs that strengthen other aspects of the Qi dynamic or that focus on particular symptoms. These include:
  - Herbs that tonify and augment, like Ren Shen, Dang Gui, Zhi Gan Cao, or Da Zao. This is necessary, first, because rebellious Qi often develops against a background of deficiency, and second, because herbs that direct the Qi downward may themselves damage the Qi dynamic because of their one-sided nature.
  - Herbs that warm the Kidneys and facilitate its role in grasping the Qi or that regulate the function of the Penetrating and Conception vessels, such as Dang Gui, Rou Gui, Chen Xiang, or Wu Wei Zi. Focusing on the physiological functions that anchor Qi in the lower Jiao, these herbs greatly assist in the control of rebellion.
  - Herbs that stop coughing such as Wu Wei Zi or Bai Guo. These herbs focus on a symptom, but in doing so, also help to regulate the Qi.

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## Formulas that descend Qi

- In diagnosis patterns characterized by rebellion, the practitioner should ascertain whether the disorder is one of excess or deficiency, heat or cold, or a combination of factors. The formulas discussed here are generally indicated for relatively acute conditions and should not be prescribed long-term.
- Regulating the Qi and directing the Qi downward are mutually dependent and mutually reinforcing actions. Thus, many formulas listed in the first section of this chapter contained herbs that direct the Qi downward, such as Chen Xiang or Hou Po, or Qi-moving herbs that also direct the Qi downward, such as Wu Yao or Sha Ren.
- The formulas in this section, on the other hand, invariably contain Qi-regulating herbs, such as Chen Pi or Zhi Ban Xia. Likewise, formulas that regulate the Qi, such as Ban Xia Hou Po Tang, also direct the Qi downward, while formulas like Ju Pi Zhu Ru Tang also regulates the Qi dynamic of the middle Jiao, and Su Zi Jiang Qi Tang also smoothes the interaction between the Qi and blood.

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## Formulas that descend Qi

- Section 2 Formulas that descend Qi (5 types)
  - **Su Zi Jiang Qi Tang** (Perilla Fruit Decoction for Directing Qi Downward)
  - **Ding Chuan Tang** (Arrest Wheezing Decoction)
  - **Ju Pi Zhu Ru Tang** (Tangerine Peel and Bamboo Shaving Decoction)
  - **Xuan Fu Dai Zhe Tang** (Inula and red ochre decoction)
  - **Ding Xiang Shi Di Tang** (Clove and persimmon calyx decoction)

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Su Zi Jiang Qi Tang (Perilla Fruit Decoction for Directing Qi Downward)  
苏子降气汤

- **Source:** Important Formulas Worth a Thousand Gold Pieces (650)
- **Actions:** Directs rebellious Qi downward; arrests wheezing; stops coughing, and warms and transforms phlegm-cold;
- **Indications:**
  - **Abundance above and deficiency below** (上盛下虚, Shang Sheng Xia Xu) manifested by coughing and wheezing with watery, copious sputum, a stifling sensation in the chest and diaphragm, shortness of breath marked by relatively labored inhalation and smooth exhalation, and a white tongue coating that is either slippery or greasy. There may also be pain and weakness of the lower back and legs, edema of the extremities, and fatigue.

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Su Zi Jiang Qi Tang (Perilla Fruit Decoction for Directing Qi Downward)

苏子降气汤

• **Pathological analysis**

- Abundance above refers to excessive pathogenic Qi obstructing the clarifying, downward-directing functions of the Lungs. This interferes with the normal circulation of Qi and fluids. The Lung Qi becomes constrained and rebels upward while the fluids transform into phlegm, which manifests as coughing and wheezing with copious, watery sputum together with a stifling sensation in the chest.
- Deficiency below refers primarily to deficiency of normal Qi below, disabling the Kidneys' function of grasping the Qi, which manifests as wheezing and shortness of breath characterized by rather labored inhalation.
- It may also include Yang deficiency with pain and weakness of the lower back and legs, and a disturbance of water metabolism (water failing to transform into Qi), which manifests as edema.
- This condition often occurs in patients with constitutionally deficient Yang (the root) with internal phlegm who contract external wind-cold, which transforms into phlegm-cold (the branch) and obstructs the circulation of the Lung Qi.

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Su Zi Jiang Qi Tang (Perilla Fruit Decoction for Directing Qi Downward)

苏子降气汤

• **Composition**

– **Chief**

- Zi Su Zi (Perillae Fructus) 75g (9-12g)

– **Deputy**

- Zhi Ban Xia (Pinelliae Rhizoma preparatum) 75g (6-9g)
- Hou Po (Magnoliae officinalis Cortex) 30g (3-6g)
- Chen Pi (Citri reticulatae Pericarpium) 45g (6-9g)
- Qian Hu (Peucedani Radix) 30g (6-9g)

– **Assistant**

- Rou Gui (Cinnamomi Cortex) 45g (1.5-3g)
- Dang Gui (Angelicae sinensis Radix) 45g (6-9g)

– **Envoy**

- Sheng Jiang (Zingiberis Rhizoma recens) 2 slices
- Da Zao (Jujubae Fructus) 3 pcs
- Zi Su Ye (Perillae Folium) 5 leaves

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Su Zi Jiang Qi Tang (Perilla Fruit Decoction for Directing Qi Downward)

苏子降气汤

• **Analysis of Formula**

- The chief
  - Zi Su Zi, acrid, warming and moistening, directs rebellious Qi downward, expels phlegm, stops the coughing, and arrests the wheezing. As a seed, it has a sinking nature, and because it contains oils, it moistens the bowels. Facilitating the functions of the Large Intestines as well as the Lungs, it is a primary herb for controlling rebellious Lung Qi and is therefore the chief herb in this formula.
- The deputy
  - Zhi Ban Xia, acrid, warming and drying, combines with acrid, warming, bitter and downward-directing Hou Po to support the chief herb in directing the Qi downward and transforming the phlegm.
  - Chen Pi assists Ban Xia in transforming the phlegm and regulating the Qi.

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Su Zi Jiang Qi Tang (Perilla Fruit Decoction for Directing Qi Downward)

苏子降气汤

- Qian Hu, acrid and bitter, assists Hou Po in directing the Qi downward and is a special herb for expelling phlegm. Although it has a cool nature, when it is combined with the warm herbs in this formula, only its phlegm-transforming and Qi-directing properties are evident.
- In concert with the chief and deputies herb, these assistants effectively treat the exuberant pathogenic Qi above.
- The assistant
  - Rou Gui warms the fire at the gate of vitality and directs the floating Yang back to its source, thereby facilitating the Kidneys' ability to grasp the Qi. Its Yang-warming action also helps to dispel cold.
  - Dang Gui tonifies the blood, prevents injury to the Yin and Qi from the acrid, dry properties of many of the other ingredients.
  - These two assistants treat the deficiency below.
- The envoy
  - Sheng Jiang and Zi Su Ye disperse cold and improve circulation in the Lungs.
  - Gan Cao and Da Zao harmonize the middle Jiao, which herbs resolve the phlegm. They also harmonize the actions of the other ingredients.

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Su Zi Jiang Qi Tang (Perilla Fruit Decoction for Directing Qi Downward)

苏子降气汤

• **Key Point of diagnosis**

- Coughing and wheezing with watery, copious sputum, a stifling sensation in the chest and diaphragm, shortness of breath marked by relatively labored inhalation and smooth exhalation, and a white tongue coating that is either slippery or greasy.

• **Caution and contraindication**

- Inappropriate for treating Lung and Kidney deficiency in the absence of an externally-contracted pathogenic influence and in cases of wheezing and a productive cough due to heat in the Lungs.

• **Modification**

- For concurrent exterior cold: + Ma Huang; Xing Ren;
- For less severe cold: substitute Bo He for Zi Su Ye;
- For more sputum and coughing: + Chen Pi;
- For Qi deficiency: + Dang Shen; Wu Wei Zi;
- For urinary difficulty: + Che Qian Zi;
- For greater difficulty in inhalation without lower back pain: — Rou Gui; + Chen Xiang;

• **Clinic use**

- Chronic bronchitis, emphysema, bronchial asthma, cardiac asthma, and morning sickness.

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Su Zi Jiang Qi Tang (Perilla Fruit Decoction for Directing Qi Downward)

苏子降气汤

• **Vs. Xiao Qing Long Tang (Minor Bluegreen Dragon Decoction)**

- Both formulas are used for coughing and wheezing associated with cold and congested fluids.
- Su Zi Jiang Qi Tang is indicated specifically for a condition of **excess above and deficiency below**.
- Xiao Qing Long Tang is indicated for **externally-contracted wind-cold in patients with chronic Spleen deficiency and congested fluids**.

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### Ding Chuan Tang (Arrest Wheezing Decoction)

#### 定喘汤

- **Source:** Multitude of Marvelous Formulas for Sustaining Life (1550)
- **Actions:** Disseminates and redirects the Lung Qi; arrests wheezing, clears heat, and transforms phlegm;
- **Indications:**
  - Wheezing caused by wind-cold constraining the exterior and phlegm-heat smoldering in the interior manifested by coughing and wheezing with copious, thick, and yellow sputum, labored breathing, a greasy, yellow tongue coating, and a slippery, rapid pulse. There may also be simultaneous fever and chills.

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### Ding Chuan Tang (Arrest Wheezing Decoction)

#### 定喘汤

- **Pathological analysis**
  - This usually occurs in patients with a constitutional tendency toward excessive phlegm who also contract wind-cold.
  - When this occurs, the Lung Qi is obstructed, its directional flow is disrupted, and the constrained Qi transforms into heat.
  - This gives rise to wheezing with thick, yellow sputum that is difficult to expectorate.
  - The greasy, yellow coating on the tongue and the slippery, rapid pulse are also signs of heat and phlegm.
  - Depending on how long this process takes, the patient may still show symptoms of an exterior condition, notably simultaneous fever and chills.

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## Ding Chuan Tang (Arrest Wheezing Decoction)

定喘汤

- **Composition**

- **Chief**

- Ma Huang (Ephedrae Herba) 9g
- Chao Bai Guo (dry-fried Gingko Semen) 21 pcs (9g)

- **Deputy**

- Sang Bai Pi (Mori Cortex) 9g
- Chao Huang Qin (dry-fried Scutellariae Radix) 4.5g
- Xing Ren (Armeniacae Semen) 4.5g

- **Assistant**

- Zi Su Zi (Perillae Fructus) 6g
- Zhi Ban Xia (Pinelliae Rhizoma preparatum) 9g
- Kuan Dong Hua (Farfarae Flos) 9g

- **Envoy**

- Gan Cao (Glycyrrhizae Radix) 3g

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## Ding Chuan Tang (Arrest Wheezing Decoction)

定喘汤

- **Analysis of Formula**

- The chief

- Ma Huang, acrid and warming, unblocks and redirects the Lung Qi, arrests wheezing, and releases the exterior.
- Bai Guo, sweet, bitter and astringent, transforms phlegm, contains the leakage of Lung Qi, arrests wheezing, and prevents Ma Huang from causing excessive dispersion and depletion.
- The complementary actions of these chief herbs in dispersing and binding greatly enhances the ability of the formula to arrest wheezing.

- The deputy

- Sang Bai Pi drains the Lungs and stops wheezing.
- Huang Qin clears heat and transforms phlegm.
- Together, they act as deputies to eliminate phlegm-heat from the Lungs, arrest the wheezing, and stop the coughing.

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## Ding Chuan Tang (Arrest Wheezing Decoction) 定喘汤

- Xing Ren reinforces the actions of Ma Huang in expanding the Lungs and arresting the wheezing.
- The assistant
  - Zi Su Zi, Zhi Ban Xia and Kuan Dong Hua, support the chief and deputy herbs in directing the rebellious Qi downward, arresting the wheezing, and expelling phlegm.
- The envoy
  - Gan Cao harmonizes the actions of the other ingredients in the formula.

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## Ding Chuan Tang (Arrest Wheezing Decoction) 定喘汤

- **Key Point of diagnosis**
  - Coughing and wheezing with copious, thick, and yellow sputum, a greasy, yellow tongue coating, and a slippery, rapid pulse.
- **Caution and contraindication**
  - Inappropriate in cases of externally-contracted wind-cold that present with an absence of sweating and internal phlegm-heat. Also inappropriate in cases of chronic asthma with Qi deficiency and a frail pulse.
- **Modification**
  - For thick, yellow sputum that is difficult to expectorate: + Dan Nan Xing, Gua Lou Pi, and Qian Hu;
  - For a severe, stifling sensation in the chest: + Zhi Shi; Hou Po;
  - For more heat in the Lungs: + Shi Gao; Yu Xing Cao;
  - For sputum that is deep-seated and difficult to expectorate together with a reduced appetite: + Lai Fu Zi; Bai Jie Zi;
- **Clinic use**
  - Chronic bronchitis, bronchial asthma, and bronchiolitis.

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Ding Chuan Tang (Arrest Wheezing Decoction)  
定喘汤

- Vs. Other Formulas for Lung Heat with Rebellious Qi
  - Ma Xing Shi Gan Tang (Ephedra, Apricot Kernel, Gypsum, and Licorice Decoction) treats patterns characterized by **clear phlegm**.
  - Ding Chuan Tang treats patterns characterized by **thick, sticky phlegm**.
- Vs. Xie Bai San (Drain the White Powder)
  - Both formulas treat patterns characterized by symptoms such as phlegm, coughing, or wheezing.
  - Xie Bai San is used for treating **a mixed pattern of heat from both excess and deficiency**, but **focuses on draining heat**. One of its key symptoms is **skin that feels burning hot to the touch**, indicating the presence of heat in the Lungs.
  - Ding Chuan Tang, on the other hand, treats **phlegm-heat in the Lungs** and **focuses on regulating the Qi and eliminating phlegm**. The key symptoms therefore are **wheezing accompanied by thick, sticky phlegm**.

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Ding Chuan Tang (Arrest Wheezing Decoction)  
定喘汤

- Vs. Xiao Qing Long Tang (Minor Bluegreen Dragon Decoction)
  - Both formulas treat patterns characterized by wheezing complicated by the presence of cold in the exterior.
  - Xiao Qing Long Tang **focuses on patterns with cold and thin fluids in the interior**, manifesting with a **white tongue coating or a wet tongue and a floating, tight pulse**.
  - Ding Chuan Tang, on the other hand, treats **patterns with phlegm-heat in the interior**, manifesting with a **yellow tongue coating and a rapid pulse**.

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Ju Pi Zhu Ru Tang (Tangerine Peel and Bamboo Shaving Decoction)  
橘皮竹茹汤

- **Source:** Essentials from the Golden Cabinet (c. 220)
- **Actions:** Directs rebellious Qi downward, stops hiccup, augments the Qi, and clears heat;
- **Indications:** Hiccup due to Qi stagnation and constraint result from long-term Stomach deficiency or when vomiting, diarrhea, or other causes have injured the Stomach Qi. The manifestations are hiccup, nausea, dry heaves, or retching. While in some texts a tender, red tongue and a deficient, rapid pulse are given as diagnostic indicators, they do not have to be present for this formula to be used. Also for vomiting resulting from debility following a prolonged illness.

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Ju Pi Zhu Ru Tang (Tangerine Peel and Bamboo Shaving Decoction)  
橘皮竹茹汤

- **Pathological analysis**
  - Hiccup may be a manifestation of either cold or heat, excess or deficiency, but is always due to up-flushing of Qi.
  - The condition for which this formula is indicated arises when there is Qi stagnation and constraint due to long-term Stomach deficiency or when vomiting, diarrhea, or other causes have injured the Stomach Qi.
  - Under these circumstances, the Stomach is unable to perform its functions of absorption and digestion.
  - The mechanisms controlling the direction of Qi flow are disrupted. Qi accumulates in the area of the diaphragm, while the fluids are no longer harmoniously dispersed.

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Ju Pi Zhu Ru Tang (Tangerine Peel and Bamboo Shaving Decoction)  
橘皮竹茹汤

- This causes an imbalance between Yin and Yang, with the Qi being expelled upward or manifesting in spasms of the diaphragm. Hiccup, dry heaves, or retching ensues.
- The tender, red tongue and the deficient, rapid pulse reflect a combination of heat from constraint and deficiency in the Stomach.

85

Ju Pi Zhu Ru Tang (Tangerine Peel and Bamboo Shaving Decoction)  
橘皮竹茹汤

• **Compositions**

- The Chief
  - Chen Pi (Citri reticulatae Pericarpium) 9-12g
  - Zhu Ru (Bambusae Caulis in taeniam) 9-12g
- The deputy
  - Ren Shen (Ginseng Radix) 3g
  - Sheng Jiang (Zingiberis Rhizoma recens) 18g (6-9g)
- The assistant & envoy
  - Gan Cao (Glycyrrhizae Radix) 15g (3-6g)
  - Da Zao (Jujubae Fructus) 30 pcs (5 pcs)

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Ju Pi Zhu Ru Tang (Tangerine Peel and Bamboo Shaving Decoction)  
橘皮竹茹汤

• **Analysis of Formula**

– The chief

- Chen Pi, acrid, bitter, and warming, harmonizes the Stomach and stops hiccup.
- Zhu Ru, sweet and cooling, clears heat, calms the Stomach, and stops the hiccup.

– The deputies

- Ren Shen's Qi-tonifying action complements the action of Chen Pi, providing tonification in the midst of regulation.
- Sheng Jiang, warm, is very effective in harmonizing the functions of the Stomach and stopping vomiting. When combined with the cool Zhu Ru, it reinforces the downward flow of Stomach Qi and prevents the cool herbs from injuring the Spleen.

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Ju Pi Zhu Ru Tang (Tangerine Peel and Bamboo Shaving Decoction)  
橘皮竹茹汤

– The assistant and envoy

- Gan Cao and Da Zao assist Ren Shen in augmenting the Qi. Gan Cao also serves as the envoy that harmonizes the various actions of the other herbs in the formula. .

- This formula integrates herbs with very different properties into a harmonious whole. The Qi-regulating Chen Pi is combined with the Qi-tonifying Ren Shen to tonify in the midst of regulating, so that movement is encourage without injuring the Qi. The cool Zhu Ru is combined with the warm Sheng Jiang so that warming occurs in the midst of cooling, thereby strengthening the formula's regulatory effect on the Stomach and enhancing its ability to direct the rebellious Qi downward. These combinations serve to make this a very effective formula.

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Ju Pi Zhu Ru Tang (Tangerine Peel and Bamboo Shaving Decoction)

橘皮竹茹汤

- **Key Point of diagnosis**
  - Hiccup, nausea, dry heaves, or retching, a tender, red tongue and a deficient, rapid pulse.
- **Caution and contraindication**
  - Contraindicated in cases of heat from excess or cold from deficiency.
- **Modification**
  - For Yin deficiency with thirst, a red tongue with a scanty, dry coating, and a thin, rapid pulse: + Mai Men Dong, Shi Hu, and Lu Gen;
  - For patterns of excess heat with a yellow tongue coating: + Huang Lian;
  - For patients without Qi deficiency: — Ren Shen;
  - For concurrent phlegm: + Zhi Ban Xia; Fu Ling
- **Clinic use**
  - Morning sickness, incomplete pyloric obstruction, gastritis or recalcitrant postsurgical hiccup.

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Xuan Fu Dai Zhe Tang (Inula and red ochre decoction)

旋复代赭汤

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Directs rebellious Qi downward, transforms phlegm, augments the Qi, and harmonizes the Stomach;
- **Indications:** Phlegm turbidity obstructing the interior together with weak, deficient Stomach Qi marked by unremitting belching, hiccup, regurgitation, nausea or vomiting, hard epigastric focal distention, a white, slippery tongue coating, and a wiry, deficient pulse.

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Xuan Fu Dai Zhe Tang (Inula and red ochre decoction)

旋复代赭汤

• **Pathological analysis**

- The Stomach is charged with the reception and digestion of food, and the tendency of its Qi is to move downward.
- The Spleen and Stomach are also responsible for the transformation and transportation of dampness, raising the pure, and eliminating the turbid downward.
- When this process is impaired by the deficiency of Qi in the middle Jiao, dampness can accumulate and ultimately give rise to phlegm, which obstructs the middle Jiao and manifests as hard, focal distention in the epigastrium.
- When fluids accumulate and transform into phlegm and thin mucus, it constrains the Stomach Qi and causes it to rebel upward with such symptoms as unremitting belching, hiccup, and vomiting.
- The white, slippery tongue coating and the wiry, deficient pulse reflect the deficiency of Qi in the middle Jiao and the presence of phlegm turbidity.

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Xuan Fu Dai Zhe Tang (Inula and red ochre decoction)

旋复代赭汤

• **Composition**

- **Chief**
  - Xuan Fu Hua (Inulae Flos) 9g
- **Deputy**
  - Dai Zhe Shi (Haematitum) 3g (9-15g)
- **Assistant**
  - Zhi Ban Xia (Pinelliae Rhizoma preparatum) 9g
  - Sheng Jiang (Zingiberis Rhizoma recens) 15g (6-9g)
  - Ren Shen (Ginseng Radix) 6g
  - Zhi Gan Cao (Glycyrrhizae Radix preparata) 9g (3-6g)
  - Da Zao (Jujubae Fructus) 12 pcs (4 pcs)

92

Xuan Fu Dai Zhe Tang (Inula and red ochre decoction)

旋复代赭汤

• **Analysis of Formula**

– The chief

- Xuan Fu Hua, bitter, acrid, salty, and slightly warming, enters the Lungs, Stomach, and Large Intestine. Even though it is a flower, its bitter nature is able to drive rebellious Qi downward, while its acrid saltiness allows it to dissolve phlegm..

– The deputy

- Dai Zhe Shi, bitter, sweet, and slightly cooling, enters the Heart, Liver, and Stomach. It has a sinking nature and strongly suppresses rebellious Qi. Its original dosage is a third that of the chief ingredient, indicating that its role is subordinated to that of the chief herb. Strengthening the downward-directing rather than the phlegm-transforming action of Xuan Fu Hua is a reflection of the fact that the primary focus of this formula is on subduing rebellion in order to control the symptoms of belching, hiccup, and vomiting.

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Xuan Fu Dai Zhe Tang (Inula and red ochre decoction)

旋复代赭汤

– The assistant

- Zhi Ban Xia and Sheng Jiang warm and harmonize the Stomach and direct the Qi downward, thereby dispelling the phlegm and dispersing the focal distention.
- Ren Shen, Zhi Gan Cao, and Da Zao work together to tonify the deficient Qi and strengthen the Spleen and Stomach. By supporting the middle Qi, they assist in its recovery and help protect it against further harm from the dispersing properties of the other ingredients in the formula.

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Xuan Fu Dai Zhe Tang (Inula and red ochre decoction)

旋复代赭汤

- **Key Point of diagnosis**
  - Unremitting belching, hiccup, regurgitation, nausea or vomiting, hard epigastric focal distention, a white, slippery tongue coating, and a wiry, deficient pulse.
- **Caution and contraindication**
  - Use with caution for the ratio between Xuan Fu Hua and Dai Zhe Shi. Keep original formula if more phlegm; Use more Dai Zhe Shi if Liver Qi rebellion.
- **Modification**
  - For patients without Stomach Qi deficiency: — Ren Shen, Da Zao, and Zhi Gan Cao;
  - For copious sputum, a greasy tongue coating, and other signs of predominant dampness: + Chen Pi; Hou Po; Fu Ling;
  - For cold from deficiency in the Stomach: substitute Gan Jiang for Sheng Jiang or + Wu Zhu Yu; Ding Xiang;
  - For food stagnation: + Zhi Shi; Zhi Ke;
  - For heat in the Stomach: + Huang Qin; Huan Lian; Zhu Ru;

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Xuan Fu Dai Zhe Tang (Inula and red ochre decoction)

旋复代赭汤

- For heat from deficiency presenting with a red tongue with little coating: + Zhu Ru; Mai Men Dong; Pi Pa Ye; Shi Di;
- For persistent vomiting: + Chen Pi; Fu Ling;
- For coughing and wheezing: + Sang Bai Pi; Chuan Bei Mu;
- For Meniere's disease: + Gan Jiang; Wu Zhu Yu; Zhi Ke;
- **Clinic use**
  - Diseases with belching or hiccup as the primary symptom including functional stomach disorders, chronic gastritis, gastroptosis, gastrectasis, peptic ulcer, chronic hepatitis, postsurgical hiccup, or morning sickness;
  - Diseases marked by dysphagia including incomplete pyloric obstruction, spasm of the gastroesophageal junction, esophageal cancer, gastric cancer, morning sickness, sequelae of meningitis, or Meniere's disease.
  - Hypertension, Meniere's disease, bronchial asthma, bronchiectasis, and globus hystericus.

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Ding Xiang Shi Di Tang (Clove and persimmon calyx decoction)  
丁香柿蒂散

- **Source:** Symptom, Cause, Pulse, and Treatment (1706)
- **Actions:** Augments the Qi, warms the middle Jiao, directs rebellious Qi downward, and stops hiccup.
- **Indications:**
  - Hiccup, belching, or vomiting due to cold from deficiency in the Stomach manifested by hiccup, belching, or vomiting with a stifling sensation in the epigastrium, focal distention of the chest, a pale tongue with a white coating, and a submerged, slow pulse.

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Ding Xiang Shi Di Tang (Clove and persimmon calyx decoction)  
丁香柿蒂散

- **Pathological analysis**
  - Chronic disease or improper treatment may injury the Yang Qi of the Spleen and Stomach, which leads to cold from deficiency in the middle Jiao.
  - This disrupts the ascending and descending functions of the middle Jiao.
  - As the result, the Stomach Qi, which normally descends, instead rebels upward and manifests as hiccup, belching, or vomiting.
  - The stifling sensation and focal distention are due to cold that obstructs the middle Jiao and upsets the Qi mechanism.
  - The white tongue coating and the submerged, slow pulse are indicative of cold from deficiency.

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Ding Xiang Shi Di Tang (Clove and persimmon calyx decoction)  
丁香柿蒂散

- **Composition**

- The chief
  - Ding Xiang (Caryophylli Flos) 3-6g
- The deputy
  - Shi Di (Kaki Calyx) 6-9g
  - Sheng Jiang (Zingiberis Rhizoma recens) 6-9g
- The assistant
  - Ren Shen (Ginseng Radix) 3-6g

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Ding Xiang Shi Di Tang (Clove and persimmon calyx decoction)  
丁香柿蒂散

- **Analysis of Formula**

- The chief
  - Ding Xiang, warm and aromatic, warms the Stomach, dispels cold, and directs the flow of Qi downward, stopping the hiccup and belching. It also warms the Kidneys and the gate of vitality below and treats up-flushing of the Penetrating vessel's cold Qi. It thereby addresses both of the major goals of the formula.
- The deputy
  - Shi Di, bitter and astringent, is a major herb for stopping hiccup and belching.
  - The combination of these two herbs is very effective in directing the rebellious Qi due to Stomach cold downward. Ding Xiang naturally works from below to above, focusing on dispelling cold. Shi Di naturally works from above to below, in order to drain heat. Together, they balance hot and cold so that above and below do not mutually resist each other.
  - Sheng Jiang is so effective in warming the Stomach and directing rebellious Qi downward that it is sometimes referred to as a "sage-like" medicine for vomiting. Here it supports and enhances the actions of the chief herbs.
- The assistant
  - Ren Shen strongly augments the Qi and is effective in tonifying the deficient aspects of this disorder. It also prevents the dispersing properties of the other herbs from further injuring the normal Qi.

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Ding Xiang Shi Di Tang (Clove and persimmon calyx decoction)  
丁香柿蒂散

- **Key Point of diagnosis**
  - Hiccup, belching, or vomiting with a stifling sensation in the epigastrium, focal distention of the chest, a pale tongue with a white coating, and a submerged, slow pulse.
- **Caution and Contraindication**
  - Contraindicated in case of damp-heat in the Spleen and Stomach.
- **Modifications**
  - To strengthen the effect of the formula: + Chen Pi; Zhu Ru;
  - For more severe cold together with phlegm due to Qi constraint: + Gao Liang Jiang, Chen Xiang, and Zhi Ban Xia.
- **Clinical Use**
  - Postoperative spasms of the diaphragm, morning sickness, and neurological hiccup.

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Ding Xiang Shi Di Tang (Clove and persimmon calyx decoction)  
丁香柿蒂散

- Vs. Wu Zhu Yu Tang (Evodia Decoction)
  - Ding Xiang Shi Di Tang treats **hiccup due to cold from deficiency in the Stomach** and utilizes the twin strategies of **warming the Stomach and tonifying**.
  - Wu Zhu Yu Tang is used for **cold from deficiency in the Liver and Stomach with vomiting upon ingestion of food**, indeterminate gnawing hunger, acid reflux, dry heaves or spitting of clear fluids, and sometimes headache at the vertex. The strategy here is to **warm the Liver and Stomach while directing the rebellious Qi downward**.

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Ding Xiang Shi Di Tang (Clove and persimmon calyx decoction)  
丁香柿蒂散

- Vs. Xuan Fu Dai Zhe Tang (Inula and Haematite Decoction) and Ju Pi Zhu Ru Tang (Tangerine Peel and Bamboo Shavings Decoction)
  - All three formulas treat hiccup, belching, or retching due to weak Stomach Qi failing to transform the fluids and move the Qi. They all contain Ren Shen to tonify the Stomach Qi and augment the fluids and Sheng Jiang to warm and harmonize the Yang and stop nausea.
  - Xuan Fu Dai Zhe Tang focuses on directing the Stomach Qi downward, and on transforming the phlegm fluids. A key marker in diagnosis is hard focal distention in the epigastrium.
  - Ju Pi Zhu Ru Tang focuses on resolving constraint and relaxing tightness in the diaphragm. A key diagnostic marker for the use of this formula is that both heat and cold symptoms can be present, but neither is very pronounced.
  - Ding Xiang Shi Di Tang focuses on patterns characterized by cold in the Stomach that ultimately stems from deficient fire at the gate of vitality and involves the Penetrating vessel.

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## Formulas that descend Qi

- Section 2 Formulas that descend Qi (5 types)
  - Su Zi Jiang Qi Tang (Perilla Fruit Decoction for Directing Qi Downward)
  - Ding Chuan Tang (Arrest Wheezing Decoction)
  - Ju Pi Zhu Ru Tang (Tangerine Peel and Bamboo Shaving Decoction)
  - Xuan Fu Dai Zhe Tang (Inula and red ochre decoction)
  - Ding Xiang Shi Di Tang (Clove and persimmon calyx decoction)

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## Study guideline

- 1. Su Zi Jiang Qi Tang's indications;
- 2. The difference between Su Zi Jiang Qi Tang and Xiao Qing Long Tang;
- 3. Ding Chuan Tang's indications;
- 4. The difference between Ding Chuang Tang, Ma Xing Shi Gan Tang, Xie Bai San, and Xiao Qing Long Tang;
- 5. Ju Pi Zhu Ru Tang's indications;
- 6. Xuan Fu Dai Zhe Tang's indications;
- 7. Ding Xiang Shi Di San's indications;
- 8. The difference between Ding Xiang Shi Di San and Wu Zhu Yu Tang;
- 9. The difference between Ding Xiang Shi Di San and Xuan Fu Dai Zhe Tang;