

Chinese

HERBAL MEDICINE



CHONGYUN LIU
and
ANGELA TSENG

with
Sue Yang

MODERN APPLICATIONS OF
TRADITIONAL FORMULAS

 **CRC PRESS**

草藥

Chinese

HERBAL MEDICINE

MODERN APPLICATIONS OF
TRADITIONAL FORMULAS

Chinese

HERBAL MEDICINE

MODERN APPLICATIONS OF
TRADITIONAL FORMULAS

CHONGYUN LIU
and
ANGELA TSENG

with
Sue Yang



CRC PRESS

Boca Raton London New York Washington, D.C.

CRC Press
Taylor & Francis Group
6000 Broken Sound Parkway NW, Suite 300
Boca Raton, FL 33487-2742

© 2004 by Taylor & Francis Group, LLC
CRC Press is an imprint of Taylor & Francis Group, an Informa business

No claim to original U.S. Government works
Version Date: 20130919

International Standard Book Number-13: 978-0-203-49389-2 (eBook - PDF)

This book contains information obtained from authentic and highly regarded sources. Reasonable efforts have been made to publish reliable data and information, but the author and publisher cannot assume responsibility for the validity of all materials or the consequences of their use. The authors and publishers have attempted to trace the copyright holders of all material reproduced in this publication and apologize to copyright holders if permission to publish in this form has not been obtained. If any copyright material has not been acknowledged please write and let us know so we may rectify in any future reprint.

Except as permitted under U.S. Copyright Law, no part of this book may be reprinted, reproduced, transmitted, or utilized in any form by any electronic, mechanical, or other means, now known or hereafter invented, including photocopying, microfilming, and recording, or in any information storage or retrieval system, without written permission from the publishers.

For permission to photocopy or use material electronically from this work, please access www.copyright.com (<http://www.copyright.com/>) or contact the Copyright Clearance Center, Inc. (CCC), 222 Rosewood Drive, Danvers, MA 01923, 978-750-8400. CCC is a not-for-profit organization that provides licenses and registration for a variety of users. For organizations that have been granted a photocopy license by the CCC, a separate system of payment has been arranged.

Trademark Notice: Product or corporate names may be trademarks or registered trademarks, and are used only for identification and explanation without intent to infringe.

Visit the Taylor & Francis Web site at
<http://www.taylorandfrancis.com>

and the CRC Press Web site at
<http://www.crcpress.com>

Contents

Foreword.....	ix
About the Authors.....	xi
Acknowledgments.....	xiii
Introduction.....	xv

Part I Formulas According to TCM Zang Fu Syndrome Differentiation

Chapter 1	Lung Syndromes and Formulas.....	3
Chapter 2	Lung and Heart or Spleen Syndromes and Formulas.....	53
Chapter 3	Spleen and Stomach Syndromes and Formulas.....	59
Chapter 4	Spleen and Stomach with Heart, Liver, or Gallbladder Syndromes.....	153
Chapter 5	Liver Syndromes and Formulas (Appendix: Gallbladder Syndromes).....	165
Chapter 6	Liver and Lung, Kidney Syndromes and Formulas.....	239
Chapter 7	Heart Syndromes and Formulas.....	251
Chapter 8	Heart and Kidney Syndromes and Formulas.....	279
Chapter 9	Kidney Syndromes and Formulas (Urinary Bladder).....	283
Chapter 10	Kidney and Lung, Spleen Syndromes and Formulas.....	313

Part II Formulas According to Allopathic Medical Systems

Chapter 11	Blood-Related Disorders.....	319
Chapter 12	Cancer Disorders.....	327
Chapter 13	Cardiovascular Disorders.....	359
Chapter 14	Dermatological Disorders.....	375
Chapter 15	Endocrine Disorders.....	387
Chapter 16	Ear, Eye, Nose, and Throat Disorders.....	401
Chapter 17	Gastrointestinal Disorders.....	427

Chapter 18	Genitourinary Disorders	453
Chapter 19	Gynecological Disorders	465
Chapter 20	Immune System Disorders	489
Chapter 21	Infectious Disorders.....	497
Chapter 22	Miscellaneous Disorders	527
Chapter 23	Musculoskeletal Disorders	533
Chapter 24	Neurological Disorders.....	541
Chapter 25	Pediatric Disorders	557
Chapter 26	Psychological Disorders	569
Chapter 27	Respiratory Disorders	575

Part III Single Herbs Classification

Toxic Herbs	597	
The Eighteen Incompatibles	599	
The Nineteen Antagonisms	600	
Table of Abbreviations	600	
Chapter 28	Release Exterior Herbs.....	601
Chapter 29	Clear Heat Herbs	605
Chapter 30	Downward Draining Herbs	615
Chapter 31	Drain Damp Herbs	619
Chapter 32	Dispel Wind–Damp Herbs	623
Chapter 33	Transform Phlegm and Stop Cough Herbs.....	627
Chapter 34	Aromatic Herbs That Transform Damp.....	633
Chapter 35	Relieve Food Stagnation Herbs.....	635
Chapter 36	Regulate Qi Herbs	637
Chapter 37	Regulate Blood Herbs	641
Chapter 38	Warm Interior and Expel Cold Herbs	651

Chapter 39	Tonic Herbs	655
Chapter 40	Stabilize and Binding Herbs	671
Chapter 41	Calming the Spirit Herbs	677
Chapter 42	Aromatic Herbs That Open Orifices	681
Chapter 43	Extinguish Wind and Stop Tremor Herbs.....	683
Chapter 44	Expel Parasite Herbs	685
Chapter 45	Anesthetic Pain Relieving Herbs	687
Chapter 46	Anti-Tumor Herbs	689
Chapter 47	External Application Herbs	693
 Appendices		
Appendix 1	Standard Syndrome Differentiation of Traditional Chinese Medicine.....	699
Appendix 2	Glossary of Traditional Chinese Medical Terminology	711
Appendix 3	Classical Text Listing	719
Appendix 4	Cross-Reference Pinyin–English Herbs	723
Appendix 5	Cross-Reference English–Pinyin Herbs	735
Appendix 6	Cross-Reference Pinyin–Botanical Latin Herbs	747
Appendix 7	Cross-Reference Botanical Latin–Pinyin Herbs	759
Appendix 8	Cross-Reference English–Botanical Latin Herbs	771
Appendix 9	Cross-Reference Botanical Latin–English Herbs	783
Appendix 10	Cross-Reference Pinyin–English Herbal Formulas	795
Appendix 11	Cross-Reference English–Pinyin Herbal Formulas	811
Chinese Herbs Index		829
Index		859

Foreword

Traditional Chinese medicine is rapidly advancing onto the world stage as a medicine that has endured through time and history to assuage the ills of humankind and assist in the prevention of further diseases and imbalances of health. Chinese herbal medicine is notable for its sophistication in addressing clinical concerns while remedying an individual's particular needs. Thousands of years old, the herbal medicine tradition remains a vibrant player in today's health field.

Chinese Herbal Medicine: Modern Applications of Traditional Formulas, written by Dr. Chongyun Liu and Angela Tseng, is the newest addition to the busy clinician's repertoire. With over 20 years of clinical experience, Dr. Liu supplies more than 860 formulas with descriptions of appropriate customization that will enable practitioners to tailor herbal formulas to meet patients' needs. In addition, a listing of over 640 individual herbs provides quick access to clinical modifications. Of significant note is the extensive review of 190 allopathic medical conditions with corresponding traditional Chinese medicine diagnoses and formulations.

The publication of this text is another step forward in bringing Chinese medicine to the forefront of the integration between Eastern and Western medicine. May this book guide and assist practitioners and students of traditional Chinese medicine in their lifetime pursuit of excellence on the journey of clinical study.

Terry Courtney, M.P.H., L.Ac.

About the Authors

Chongyun Liu, O.M.D., L.Ac.

A prominent authoritative figure in the field of Chinese medicine, Dr. Chongyun Liu is a graduate of Luzhou Medical School and Chengdu University of Chinese Medicine. With an impressive list of accomplishments, Dr. Liu has over 20 years of experience in research, clinical practices and as an educator in China, Europe, and the United States. In addition, numerous articles and books written by Dr. Liu have been published in both China and the United States. Currently, he is a professor in the Acupuncture and Oriental Medicine Department at Bastyr University and a clinical faculty member at the Bastyr Center for Natural Health.

Angela Tseng, L.Ac, Dipl.Ac., Dipl.C.H.

A respected educator of traditional Chinese medicine, Ms. Tseng is a graduate from the University of Toronto with a degree in chemistry and Bastyr University with a master's of science in acupuncture and a certificate in Chinese herbal medicine. She is a licensed practitioner in the State of Washington with certificates in both acupuncture and Chinese herbology from the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). She also received advanced hospital training in China. Currently, she is a faculty member in the Acupuncture and Oriental Medicine Department at Bastyr University and a supervisor at the Bastyr Center for Natural Health.

Acknowledgments

The authors are grateful for the assistance of Sue Yang, L.Ac., for her hard work in organizing the information in Part III and for the layout design; to Hugo Lau, L.Ac., for his translation of the Standardized Syndrome Differentiation of Traditional Chinese Medicine (Appendix 1); and to David Plotnik, L.Ac., and Kelly Neu, L.Ac., for their compilation and organization of the Glossary of Traditional Chinese Medical Terminology (Appendix 2). Our sincere thanks to Terry Courtney, M.P.H., L.Ac., for her encouragement in writing this book and to Steve Given, L.Ac., Matt Ferguson, L.Ac., and Ying Wang, O.M.D., L.Ac., for their suggestions for its title.

We also express special thanks to Sonia Xiaosong Wang and Mary Liu for their utmost support and constructive recommendations, and for their patience and understanding when Chongyun Liu was not able to spend quality time with them during the book-writing process.

Angela Tseng, L.Ac. and Sue Yang, L.Ac. would especially like to extend their appreciation to Dr. Chongyun Liu for giving them the opportunity to collaborate on this project, which helped reinforce their knowledge of Chinese herbal medicine in clinical applications.

Introduction

The clinical practice of traditional Chinese medicine (TCM) includes differential diagnosis and treatments based on the analysis of signs and symptoms and differentiation of syndromes. The art of selecting the appropriate base herbal formula is dependent on this analysis and the modifications made according to the presenting signs and symptoms of the patient. Upon completing the study of the fundamental theories of TCM, diagnosis, pathology, and materia medica, senior students and new practitioners become concerned with how to apply their knowledge in clinical settings, with the selection of appropriate formulae, and with the modification process according to the manifestations or sometimes to the conventional diagnoses. Therefore, this book was designed, edited, and written with the goal of solving these concerns in the hope that this book will serve as a bridge between the study of TCM fundamental theories and clinical applications.

The most common syndrome differentiation methods in clinical practice emphasized by TCM schools today are based on the theory of Zang Fu organs, Qi, blood, and body fluids, Yin, Yang, and meridian systems. Knowledge of these enable, for example, the diagnosis of Spleen and Kidney Yang deficiency, Lung Qi deficiency, Stomach Yin deficiency, and Liver Yang hyperactivity, etc. The organization of the herbal formulas in this book is based on the systems of the Five Zang organs. In Part I, under each chapter of an organ system, the formulas are discussed according to their syndrome differentiations. Formulas related to the Five Zang organs are each individually discussed in their designated chapter and are followed by formulas used to treat multiple organ systems, for a combined total of ten chapters. Under each core formula, related formulas are discussed. For example, under Gui Zhi Tang [Cinnamon Twig Decoction], Gui Zhi Jia Fu Zi Tang [Cinnamon Twig Decoction plus Prepared Aconite], Gui Zhi Jia Gui Tang [Cinnamon Twig Decoction with Increased Dosage of Cinnamon], and other related formulas are discussed. Also, modifications of the core formula are listed according to the presenting and concomitant signs and symptoms. After determining the syndrome pattern, practitioners and students can consider different formulas under the same categories with common modifications and related formulas according to a patient's signs and symptoms. In addition, the majority of the sections within each chapter contain a summarized comparison of all the formulas discussed to assist readers in making an appropriate choice of the numerous similar formulas. The benefit of this layout makes syndrome differentiation and formula selection an easier process.

Part II of this book is convenient for readers to reference information when patients have been given a Western diagnosis or if a practitioner needs to look into different syndrome patterns and treatments for a particular condition or disorder. Under each allopathic medical system, such as digestive, respiratory, and gynecological, common disorders are included with their TCM syndrome patterns, treatment principles, indicated formulas, and modifications. This section, then, also serves the purpose of bridging the gap between conventional medicine and traditional Chinese medicine. In this book there are over 190 conditions and disorders included to assist readers who are familiar with conventional systems to find the appropriate traditional Chinese formulas.

Part III of this book is a table layout of over 640 single herbs with their Pinyin and common English names, temperatures, tastes, channels entered, functions, indications, dosages, and cautions.

Practitioners can easily refer to this section for quick access to the properties of single herbs and for assistance in precise selection of herbs in formula modifications. Thus, it is easier to understand the composition of the formulas and to modify a formula.

There were two avenues of thought developed while writing this book. First, it should follow the TCM order of approach of (1) diagnosis, (2) formulas, (3) single herbs, and (4) modifications of formulas and, second, it should incorporate conventional medical diagnosis with TCM syndrome differentiations, providing formulas, single herbs, and their modifications as remedies. The first had as its goal directly combining accumulated academic knowledge with clinical applications in the selection of herbal formula and herbal additions and subtractions. The second had the objective of connecting conventional medicine and traditional Chinese medicine. This book serves as a desktop reference guide for medical doctors and other health care providers to utilize and learn about the Chinese herbal formulas their patients are taking. These two approaches are like two bridges connecting the theories and clinical practice of traditional medicine with modern medicine.

For each differentiation of conventional medical conditions and disorders, please refer to the Standard Syndrome Differentiation of TCM (Appendix I) for the signs and symptoms purpose. The glossary is provided to accurately explain ancient TCM terminologies. All formulas and single herbs are organized in Pinyin to English and English to Pinyin cross-reference formats to enable convenient access for users. Toxic herbs are divided into three categories for clinical use that are listed at the beginning of Part III.

Findings from modern research in terms of the application of traditional formulas in modern practice or the clinical application of the pharmacological actions of the single herbs are also included in this book. Thus, ancient formulas are applied to modern disorders. The English translations of formula names follow the commonly used terminologies in this field in the United States. The authors used the Pinyin system to translate single herb names and formula titles. The names of classical formulas remain the same in this book as they appeared in classical text, such as Xi Jiao Di Huang Tang [Rhinoceros Horn and Rehmannia Decoction] and Xi Huang Wan [Rhinoceros Gallstone Pill]. However, endangered animal products in these formulas are removed and substituted with other products such as Shui Niu Jiao substituting for Xi Jiao, Shan Yang Jiao substituting for Ling Yang Jiao, and bobcat bone substituting for Hu Gu.

If there are mistakes or missing information in the content, we would be grateful for any errors pointed out for future revised editions since English is not the authors' native tongue. Thank you.

PART I

**Formulas According to TCM Zang Fu Syndrome
Differentiation**

Lung Syndromes and Formulas

WIND–COLD INVASION

The main symptoms of wind–cold invasion include chills and fever, presence or absence of sweating, headache, body aches, floating tight pulse, and white tongue coating. Some other symptoms include nasal congestion, clear nasal discharge, cough, watery sputum, or stifling sensation at chest which relates to Lung Qi stagnation. Based on the treatment principle that when the problem is at the skin level, the sweating method is used to release the exterior, this type of syndrome often uses releasing-exterior and promoting-sweating herbs such as Ma Huang, Gui Zhi, Xi Xin, Zi Su Ye, Jing Jie, and Fang Feng as the chief herbs in a formula. These formulas are warm, acrid, and releasing-exterior, which can promote the dispersing function of the Lung and expel evils.

Ma Huang Tang [Ephedra Decoction] *Shang Han Lun*

Ma Huang	9 g
Gui Zhi	9 g
Xing Ren	9 g
Gan Cao	3 g

Main Indication: Wind–cold invasion, chills and fever, headache, body ache, absence of sweating, wheezing, decreased taste sensitivity, floating, and tight pulse.

Preparation: Decoction. Take the warm decoction in three doses until mild sweating is induced.

Treatment Principles: Acrid–warm and promoting-sweating method. This can be used for wind–cold wheezing and Bi syndrome due to wind–cold–damp.

Related Formulas:

Formula	Herbs	Indication
San Ao Tang [Three-Unbinding Decoction]	Core formula – Gui Zhi	Wind–cold invasion, headache, body aches, wheezing, coughing, fullness sensation at chest, and clear, watery sputum This formula is good for stopping wheezing Note: Its sweat promoting function is less than that of Ma Huang Tang

(continued)

Formula	Herbs	Indication
Hua Gai San [Canopy Powder]	Core formula – Gui Zhi + Sang Bai Pi Zi Su Zi Fu Ling Chen Pi	Wind–cold invasion, cough with rebellious Lung Qi, fullness at chest and diaphragm, tightness at neck and back, nasal congestion, and body heaviness Note: This formula is stronger than Ma Huang Tang in its stop cough, expel phlegm, direct Lung Qi–downward, and stop wheezing functions
Ma Huang Jia Zhu Tang [Ephedra Decoction plus Atractylodes]	Core formula + Bai Zhu	Cold–damp at the exterior with whole body aches for which it is appropriate to use sweating method This formula releases the exterior and expels dampness
Ma Xing Yi Gan Tang [Ephedra, Apricot Kernel, Coicis, and Licorice Decoction]	Core formula – Gui Zhi + Yi Yi Ren	Wind–damp with whole body aches and fever, which is worse during the day The treatment principle of this formula is to release the exterior and expel dampness. However, this formula is more appropriate for patient with some heat symptoms Note: This is different from Ma Huang Jia Zhu Tang which is for cold type syndromes
Gu Jin Lu Yan Xu Ming Tang [Prolong Life Decoction from <i>Gu Jin Lu Yan</i>]	Core formula + Dang Gui Chuan Xiong Ren Shen Shi Gao Gan Jiang	Wind stroke with heat rashes, inability to control body movements and speech, inability to distinguish pain location or body stiffness, and inability to turn This formula also treats patient who prefers to lie down but is unable to lie in a flat position; cough with rebellious Lung Qi; and puffy face and eyes

Da Qing Long Tang [Major Bluegreen Dragon Decoction] *Shang Han Lun*

Ma Huang	10 g
Gui Zhi	6 g
Xing Ren	9 g
Gan Cao	6 g
Shi Gao	30 g
Sheng Jiang	9 g
Da Zao	12 g

Main Indication: Wind–cold with severe chills and fever, whole body aches, restless agitation, absence of sweating, and tight and floating pulse.

Preparation: Decoction.

Treatment Principles: Release exterior and clear internal heat method.

Comparison to Ma Huang Tang:

1. This formula treats restlessness and agitation due to internal heat, in addition to wind–cold symptoms.
2. It is indicated for more severe body heat symptoms.
3. The patient often has thirst.

Jin Gui Yao Lue uses this formula for Yi Yin syndrome (overflowing beverage syndrome). Swelling at the four limbs should be treated by sweating method. (Yi Yin syndrome: Water flows into the four limbs. Patient should sweat but cannot sweat, thus experiences heaviness and pain in the body.)

Gui Zhi Tang [Cinnamon Twig Decoction] *Shang Han Lun*

Gui Zhi	10 g
Bai Shao Yao	10 g
Sheng Jiang	10 g
Gan Cao	6 g
Da Zao	4 pieces

Main Indication: Ying and Wei disharmony and unregulated Yin and Yang. Headache, stiff neck, fever, presence of sweating, chills, nasal noise, dry heaves, and floating pulse.

This formula is indicated when patient has any one of these three symptoms: headache and stiff neck, chills with sweating, or clear nasal discharge.

Preparation: Decoction, taken warm. It can also be taken with hot congee to promote mild sweating.

Treatment Principle: Release the exterior and muscle layer, and harmonize Ying and Wei level.

Related Formulas:

Formula	Herbs	Indication
Gui Zhi Jia Fu Zi Tang [Cinnamon Twig Decoction plus Prepared Aconite]	Core formula + Fu Zi	This formula is good for excessive sweating that cannot be stopped, chills, urinary difficulty, and stiffness of the four limbs
Gui Zhi Jia Gui Tang [Cinnamon Twig Decoction with Increased Dosage of Cinnamon Twig]	Core formula with increased dose of Gui Zhi	This formula treats cold induced Running Piglet Syndrome. Patient experiences rushing sensation from lower abdomen to Heart and abdominal pain Note: Treatment principle is to harmonize Liver and Spleen, warm the Middle Jiao and direct the rebellious Qi downward
Gui Zhi Jia Hou Po Xing Zi Tang [Cinnamon Twig Decoction plus Magnolia Bark and Apricot Kernel]	Core formula + Hou Po Xing Ren	This formula treats chronic bronchitis with symptoms indicated in Gui Zhi Tang [Cinnamon Twig Decoction]
Gui Zhi Jia Ge Gen Tang [Cinnamon Twig Decoction plus Kudzu]	Core formula + Ge Gen	This formula treats stiff neck and back, and chills with spontaneous sweating
Ge Gen Tang [Kudzu Decoction]	Core formula + Ge Gen Ma Huang	This formula treats stiff neck and back, and absence of sweating
Huang Qi Gui Zhi Wu Wu Tang [Astragalus and Cinnamon Twig Five- Substance Decoction]	Core formula - Gan Cao + double Sheng Jiang, Huang Qi	This formula treats Ying, Wei, Qi, and blood deficiencies, evil pathogens entering blood level leading to Blood Bi, stubborn numbness in muscles, and painful Bi
Gui Zhi Jia Huang Qi Tang [Cinnamon Twig Decoction plus Astragalus]	Core Formula + Huang Qi	This formula treats yellow sweats, and sweating above the waist or under armpit. The sweat stains cloth the color of Huang Bai. Patient also has coldness in lower legs, heaviness, and pain in the body
Gui Zhi Jia Shao Yao Tang [Cinnamon Twig Decoction plus Peony]	Core formula with Double the dosage of Shao Yao	This formula treats postpartum mastitis. It also treats spasmodic pain in any part of the body
Gui Zhi Fu Zi Tang [Cinnamon Twig and Prepared Aconite Decoction]	Core formula - Shao Yao + Fu Zi	This formula treats contending wind and damp leading to body pain and restlessness; absence of nausea and thirst, and floating, empty, and choppy pulse
Gui Zhi Jia Cang Er Xin Yi Tang [Cinnamon Twig Decoction plus Xanthium and Magnolia Flower]	Core formula + Cang Er Zi Xin Yi Hua	This formula is for Gui Zhi Tang [Cinnamon Twig Decoction] syndrome with severe clear nasal discharge
Gui Zhi Shao Yao Zhi Mu Tang [Cinnamon Twig, Peony, and Anemarrhena Decoction]	Core formula - Da Zao + Bai Zhu Fu Zi Ma Huang Fang Feng Zhi Mu	This formula treats wind cold-damp Bi syndrome which has transformed into heat. Thus patient shows red, painful and swollen joints with lingering wind cold-damp evils

(continued)

Formula	Herbs	Indication
Jia Wei Gui Zhi Tang [Augmented Cinnamon Twig Decoction]	Core formula + Jiang Ban Xia Zi Shi Ying Wu Zhu Yu Huai Xiao Mai	This formula is for neurotic nausea and vomiting
Qian Jin Gui Zhi Qu Shao Yao Jia Zao Jia Tang [Cinnamon Decoction minus Peony plus Gleditsiae from Thousand Ducat Formula]	Core formula – Shao Yao + 1 burned, skinless Zao Jia	This formula is good for Lung atrophy with vomiting and thin saliva. It can also treat excess saliva in children and rhinitis with redness between nose and mouth and on cheeks
Gui Zhi Qu Shao Yao Jia Fu Zi Tang [Cinnamon Twig Decoction minus Peony with Prepared Aconite] <i>Shang Han Lun</i>	Gui Zhi 9 g Zhi Gan Cao 9 g Sheng Jiang 9 g Da Zao 3 pieces Zhi Fu Zi 3 g	Harmonize Ying and Wei Treats Tai Yang syndrome. Wind–cold, exterior deficiency, chest fullness, slight aversion to cold and chills, and rapid pulse

Ren Shen Bai Du San [Ginseng Powder to Overcome Pathogenic Influences] *Xiao Er Yao Zheng Zhi Jue*

Qiang Huo	10 g
Du Huo	10 g
Chuan Xiong	10 g
Chai Hu	10 g
Qian Hu	10 g
Zhi Ke	10 g
Jie Geng	10 g
Dang Shen (or Ren Shen 3 g)	10 g
Fu Ling	10 g
Gan Cao	3 g

Main Indication: Exterior wind cold–damp with constitutional deficiency. The symptoms include chills, fever, headache, absence of sweating, sore and painful limbs and joints, and cough with sputum.

Preparation: Add some Bo He, Sheng Jiang. Decoction: take the warm decoction in three doses.

Treatment Principle: Tonify Qi and release exterior.

Modification:

Addition	Indication
Di Yu Hai Zhu Gen	This modification is effective in treating tetanus and rabies

Related Formulas:

Formula	Herbs	Indication
Bai Du San [Overcome Pathogenic Influences Powder]	Core formula – Dang Shen	The same exterior syndrome as indicated in Ren Shen Bai Du San [Ginseng Powder to Overcome Pathogenic Influences] but without Zheng Qi deficiency
Jing Fang Bai Du San [Schizonepeta and Ledebouriella Powder to Overcome Pathogenic Influences]	Core formula – Dang Shen + Jing Jie Fang Fen	Treats more severe exterior cold

(continued)

Formula	Herbs	Indication
Yin Qiao Bai Du San [Honeysuckle and Forsythia Powder to Overcome Pathogenic Influences]	Core formula – Dang Shen + Jin Yin Hua Lian Qiao	Treats influenza and beginning stage of sore toxins
Xiao Huang Bai Du San [Mirabilium and Rhubarb Powder to Overcome Pathogenic Influences]	Core formula – Dang Shen + Mang Xiao Da Huang	Treats the same exterior syndrome with constipation and excess accumulation of heat toxins

Shen Su Yin [Ginseng and Perilla Leaf Decoction] *He Ji Ju Fang*

Ren Shen	24 g
Zi Su Ye	24 g
Ge Gen	24 g
Qian Hu	24 g
Ban Xia (fried with ginger juice)	24 g
Fu Ling	24 g
Chen Pi	15 g
Gan Cao	15 g
Zhi Ke	15 g
Mu Xiang	15 g
Jie Geng	15 g

(In *Jian Yi Fang*, Shen Su Yin [Ginseng and Perilla Leaf Decoction] does not contain Mu Xiang.)

Main Indication: For patient with common cold with deficient constitution. Symptoms include chills, fever, headache, sticky nasal discharge and sputum, cough with sticky sputum, fullness sensation at epigastrium, and floating and soft pulse.

Preparation: Powder the herbs. Take 12 g of the powder and decoct with ginger and date water. Take the decoction warm.

Treatment Principle: Tonify Qi and release exterior, regulate Qi flow, and transform phlegm.

Comparison: The common characteristic of Shen Su Yin [Ginseng and Perilla Leaf Decoction] and Ren Shen Bai Du San [Ginseng Powder to Overcome Pathogenic Influences] is the base formula. The base formula is Si Jun Zi Tang [Four-Gentleman Decoction] without Bai Zhu.

The difference between the two formulas:

Ren Shen Bai Du San [Ginseng Powder to Overcome Pathogenic Influences]	Shen Su Yin [Ginseng and Perilla Leaf Decoction]
More exterior syndrome than interior, thus use Qiang Huo and Du Huo	More interior syndrome than exterior, thus use Mu Xiang, Chen Pi, and Ban Xia
Wind-damp at the exterior; patient experiences pain and soreness at limbs and joints, thus using Qiang Huo, Du Huo, and Chuan Xiong.	Evil pathogens at Tai Yin which causes fullness at chest and epigastrium due to Spleen Qi not transporting, thus using Mu Xiang, Chen Pi, and Ban Xia

Related Formula:

Formula	Herbs	Indication
Cong Bai Qi Wei Yin [Scallion Decoction with Seven Ingredients]	Cong Bai 9 g Ge Gen 9 g Dan Dou Chi 6 g Sheng Jiang 6 g Mai Men Dong 9 g Sheng Di Huang 9 g Water 3 cups	This formula nourishes blood and releases exterior Treats exterior syndrome with blood deficiency

Xiang Su San [Cyperum and Perilla Leaf Decoction] He Ji Ju Fang

Xiang Fu (fried, hair removed)	12 g
Zi Su Ye	12 g
Chen Pi	60 g
Zhi Gan Cao	30 g

Main Indication: Exterior wind–cold with interior Qi stagnation. Patient has chills, but skin is warm to the touch. Other symptoms include headache without sweating, fullness and stifling sensation at chest and epigastrium, poor appetite, and thin, white tongue coating.

This formula can be used for any exterior wind–cold with inhibited Qi Ji (functional activities of vital energy) or constitutional Liver Qi stagnation, disharmony between Liver and Stomach with exterior wind–cold.

Preparation: Powder the herbs. Take 6 g three times a day. It can also be taken as decoction.

Treatment Principle: Regulate Qi and release exterior.

Related Formula:

Formula	Herbs	Indication
Xiang Su Cong Chi Tang [Cyperum, Perilla Leaf, Scallion, and Prepared Soybean Decoction]	Core formula + Cong Chi Tang [Scallion and Prepared Soybean Decoction]	Increased strength of releasing exterior

Cong Chi Tang [Scallion and Prepared Soybean Decoction] Zhou Hou Fang

Cong Bai	5 stalks
Dou Chi	10 g

Main Indication: Beginning stage of a common cold, fever, chills, absence of sweating, headache, nasal congestion, and mild evil pathological conditions.

This is suitable for the beginning stage of a common cold in which evil pathogens have not pass the surface and are still very shallow at the skin layer.

Preparation: Decoction.

Treatment Principle: Acidic neutral to release exterior.

Related Formulas:

Formula	Herbs	Indication
Huo Ren Cong Chi Tang [Scallion and Prepared Soybean Decoction from the Book to Safeguard Life]	Core formula + Ma Huang Gan Ge Gen	Treats first 1 or 2 days of a wind–cold condition with headache, neck, back and body pain, chills without sweating, and tight pulse
Cong Chi Jie Geng Tang [Scallion, Prepared Soybean, and Platycodon Decoction]	Core formula + Shan Zhi Zi Jie Geng Bo He Lian Qiao Gan Cao Dan Zhu Ye	Treats beginning stage of wind–warmth and wind–heat condition
Cong Chi Bo Bang Tang [Scallion, Prepared Soybean, Peppermint, and Arctii Decoction]	Core formula + Bo He Niu Bang Zi	Treats beginning stage of wind–heat condition
Cong Chi Bai Hu Tang [Scallion, Prepared Soybean, and White Tiger Decoction]	Core formula + Shi Gao Zhi Mu Gan Cao Powdered Jie Geng	Treats wind–cold constricting exterior with internal excess heat accumulation

Ma Huang Fu Zi Xi Xin Tang [Ephedra, Asarum, and Prepared Aconite Decoction] *Shang Han Lun*

Ma Huang	6 g
Fu Zi	15 g
Xi Xin	3 g

Main Indication: Exterior syndrome with Yang deficiency. Symptoms include fever and severe chills where the patient still feels cold wearing heavy clothing; fatigue, and deep and faint pulse.

This formula can be used to treat Yang deficient, cold type, with sudden loss of voice (aphonia), severe sore throat or as if throat is obstructed by something (as in chronic pharyngitis). To treat myocardial infarction due to conductive obstruction at the ventricle, this formula is often added to the core formula.

Preparation: Decoct Fu Zi first, 40 minutes to 1 hour, until it does not cause numbness in the mouth, then add other herbs. Take the warm decoction in three doses.

Treatment Principle: Warm Yang to release exterior.

Related Formula:

Formula	Herbs	Indication
Ma Huang Fu Zi Gan Cao Tang [Ephedra, Prepared Aconite, and Licorice Decoction]	Core formula – Xi Xin + Gan Cao	Treat similar syndrome as Ma Huang Fu Zi Xi Xin Tang [Ephedra, Asarum, and Prepared Aconite Decoction], but this formula has less sweat promoting function In <i>Jin Gui Yao Lue</i> , this formula is called Ma Huang Fu Zi Tang [Ephedra and Prepared Aconite Decoction], which treats edema syndrome with deep pulse. This formula promotes Yang and sweating, diffuses Lung, and promotes water flow as urination

Jiu Wei Qiang Huo Tang [Nine-Herb Decoction with Notopterygium] *Ci Shi Nan Zhi*

Qiang Huo	9 g
Cang Zhu	9 g
Fang Feng	9 g
Xi Xin	3 g
Bai Zhi	9 g
Chuan Xiong	6 g
Sheng Di Huang	9 g
Huang Qin	9 g
Gan Cao	3 g

Main Indication: Exterior wind cold–damp syndrome. Symptoms include chills, fever, no sweating, headache, stiff neck, sore and painful body and limbs, and bitter taste with mild thirst.

Preparation: Decoction.

Treatment Principle: Release exterior and expel dampness.

This formula is used for chills and fever, more cold than heat, headache, and sore, painful, limbs and body.

Modification:

Minus	Addition	Indication
Sheng Di Huang	Huo Xiang	Same presentation with damp accumulation in Middle Jiao. Symptoms include epigastric discomfort, nausea, and greasy coat
	Xing Ren Qian Hu	Same presentation with cough and sticky sputum
	Niu Bang Zi Bo He	Same presentation with dry throat or sore throat This formula is especially effective in treating toothache with exterior syndrome
	Jin Yin Hua Lian Qiao	Same presentation with heat

Related Formulas:

Formula	Herbs	Indication
Shen Zhu San [Marvelous Atractylodis Powder]	Qiang Huo 30 g Xi Xin 30 g Bai Zhi 30 g Chuan Xiong 30 g Gao Ben 30 g Gan Cao 30 g Cang Zhu 90 g	Cold and damp exterior syndrome. Symptoms include headache, stiff neck, fever, chills, and sore and painful body and limbs Exterior wind condition with nasal congestion, heavy body, cough, and dizziness Note 1: Powder the herbs; each time take 10 g and decoct with ginger, green onion, and water. Take the warm decoction Note 2: This formula works strongest to scatter cold and expel damp. Thus, it is good for exterior syndrome without internal heat
Bao Zhen Tang [Preserve-True Decoction]	Chuan Xiong 6 g Gao Ben 6 g Cang Zhu 24 g Gan Cao 3 g	Exterior cold with damp, causing severe pain

Qiang Huo Sheng Shi Tang [Notopterygium Decoction to Overcome Dampness] *Nei Wai Shang Bian Huo Lun*

Qiang Huo	9 g
Du Huo	9 g
Fang Feng	6 g
Gao Ben	6 g
Chuan Xiong	6 g
Man Jing Zi	6 g
Gan Cao	3 g

Main Indication: Exterior cold–damp, headache or heaviness sensation at head, heaviness and pain at lumbar area and spine, or whole body ache with inability to turn; chills, mild fever, and floating pulse.

Preparation: Decoction.

Treatment Principle: Release exterior and expel dampness.

This formula scatters the wind (cold) and damp at the upper part of the body, especially good for syndromes with heaviness and pain at head and neck.

Modification:

Addition	Indication
Fang Ji 1.5 g (alcohol washed)	These additions are specifically for heaviness at the body and waist area, which is a result of cold–damp in the channels. This formula warms the channel, scatters cold, and assists Yang to transform damp
Fu Zi 1.5 g (mild condition)	
Chuan Wu 1.5 g (severe condition)	
Fang Ji Yi Yi Ren Gui Zhi Shi Gao Huang Bai Cang Zhu	For the similar presentation with damp–heat heaviness in body and burning pain at joints. The additional herbs help to clear heat and expel dampness

Related Formulas:

Formula	Herbs	Indication
Juan Bi Tang [Remove Painful Obstruction Decoction]	Qiang Huo 9 g Fang Feng 9 g Dang Gui 9 g Huang Qi 9 g Chi Shao Yao 9 g Jiang Huang 9 g Gan Cao 3 g Sheng Jiang 5 slices	This formula can benefit Qi, harmonize Ying, expel wind, and eliminate damp Deficiency of Ying and Wei level with wind–damp Bi pain, and numbness and pain at shoulder, arm, neck, hand, and feet
San Bi Tang [Three-Painful Obstruction Decoction]	Zhi Huang Qi 3 g Ren Shen 3 g Bai Zhu 3 g Gan Cao 1.5 g Dang Gui 1.5 g Chuan Xiong 1.5 g Bai Shao Yao 1.5 g Rou Gui 1.5 g Fang Ji 1.5 g Fang Feng 1.5 g Zhi Wu Tou 1.5 g Xi Xin 1 g Sheng Jiang 3 slices Hong Zao 2 pieces	Benefit Qi and blood, and expel wind–damp. Treat wind–cold–damp Bi, Qi stagnation, blood stasis, and spasms of hands and feet

Chuan Xiong Cha Tiao San [Ligusticum Chuanxiong Powder to be Taken with Green Tea] *He Ji Ju Fang*

Qiang Huo	6 g
Fang Feng	6 g
Bai Zhi	6 g
Gan Cao	6 g
Jing Jie	12 g
Chuan Xiong	12 g
Xi Xin	3 g
Bo He Ye	3 g

Main Indication: Exterior wind syndrome with frontal, temporal or vertex headache, chills, fever, blurred vision, dizziness, nasal congestion, thin, white tongue coating, and floating and slippery pulse.

Preparation: Powder the herbs. Each time take 3 g with tea after meal. This formula can also be taken as decoction.

Treatment Principle: Expel wind and scatter evil pathogens.

The herbal ingredients of this formula all release exterior and scatter wind which is based on the idea that “illness of the top (head) can only be reached by wind herbs.”

This formula can also be used for the wind syndrome of headache caused by chronic rhinitis.

Related Formula:

Formula	Herbs	Indication
Ju Hua Cha Tiao San [Chrysanthemum Powder to be Taken with Green Tea]	Core formula + Ju Hua Jiang Can	This formula can expel wind and clear heat. Thus, it is for syndrome with heat presentation

Xiang Ru San [Eisholtzia Powder] *He Ji Ju Fang*

Xiang Ru	9 g
Bai Bian Dou	9 g
Hou Po	12 g

Main Indication: This formula is for treating cold–damp invasion during summer months. This can be a result of drinking cold beverage or cool wind invasion in the evening time. In this syndrome, Yang Qi is obstructed by Yin pathogens and patient experiences aversion to cold but skin is warm to touch; heaviness and pain at head, absence of sweating, abdominal pain, vomiting, and diarrhea.

Preparation: Decoction. Take the decoction cold.

Treatment Principle: Expel dampness and release exterior.

This formula is for cold–damp invasion during summer time. This syndrome includes both exterior and interior syndromes. Thus, it is not suitable for summer heat stroke.

Related Formulas:

Formula	Herbs	Indication
Huang Lian Xiang Ru Yin [Elsholtzia Decoction with Coptis]	Core formula – Bian Dou + Huang Lian	Summer heat stroke and heat excess with thirst and restlessness Note: For summer heat syndrome
Si Wei Xiang Ru Yin [Four-Ingredient Elsholtzia Decoction]	Core formula + Huang Lian	Treats the same presentation as the original formula with heat, severe thirst, yellow greasy tongue coating Note: For summer heat syndrome
Xin Jia Xiang Ru Yin [Newly-Augmented Elsholtzia Decoction]	Core formula – Bian Dou + Jin Yin Hua Lian Qiao Fresh Bian Dou Hua	Summer heat invades Lung with a presentation-like cold. The pulse is flooding and big at right, but small at left; red face, thirst, and absence of sweating
Jia Wei Xiang Ru Tang [Augmented Elsholtzia Decoction]	Core formula + Qing Hao Jin Yin Hua Lian Qiao Hua Shi Gan Cao	Common cold due to summer–damp. This formula can be modified with fresh He Ye, Pei Lan, or Huo Xiang
Shi Wei Xiang Ru Yin [Ten-Ingredient Elsholtzia Decoction]	Core formula + Fu Ling Gan Cao Ren Shen Huang Qi Bai Zhu Ju Pi Mu Gua	Treats the same presentation as the original formula with Middle Jiao Qi deficiency and excessive sweating

Xiao Xu Ming Tang [Minor Prolong Life Decoction] *Qian Jin Fang*

Gui Zhi	9 g
Fu Zi	15 g
Chuan Xiong	9 g
Ma Huang	6 g
Ren Shen	6 g
Bai Shao Yao	12 g
Xing Ren	6 g
Fang Feng	9 g
Huang Qin	9 g
Fang Ji	9 g
Gan Cao	5 g
Sheng Jiang	9 g

Main Indication: Wind evils invading channels, leading to spasm and tightness of muscle, tendons, and channels; hemiplegia; and speech difficulty (slow and slurred); deviation of mouth and eyes; stiff neck and headache. This formula also treats wind–damp Bi syndrome.

Preparation: Decoction. Decoct Fu Zi first, then add all other herbs. Take the warm decoction in three doses.

Treatment Principle: Warm the channel, unblock Yang, strengthen body Zheng Qi, and expel wind.

This formula often treats stroke due to exterior wind with a presentation of hemiplegia and painful wind–damp Bi. For mouth and eyes deviation caused by wind evil invading channel, one should add Wu Gong.

This formula is contraindicated for internal Liver wind syndrome. When it is used inappropriately, it is like adding wood to fire.

Related Formula:

Formula	Herbs	Indication
Zhu Li Yin Zi [Bamboo Sap Decoction]	Core formula + Shi Gao Ling Yang Jiao (Shan Yang Jiao) Zhu Li	Wind-stroke with paralysis, absence of body ache, inability to move the four limbs, minimal consciousness, but not severe

Xiao Feng San [Eliminate Wind Powder] He Ji Ju Fang

Jing Jie Sui	9 g
Bo He	9 g
Qiang Huo	9 g
Fang Feng	9 g
Chuan Xiong	9 g
Jiang Can	9 g
Chan Tui (fried)	9 g
Fu Ling	9 g
Chen Pi	6 g
Hou Po	6 g
Dang Shen	20 g

Main Indication: Wind evil attacking the upper part of the body leading to dizziness and nasal congestion. Or wind–damp at the channel with numbness at skin and muscle, faint rash, and itchiness.

Preparation: Powder. Take 5 to 9 g with tea. For boil and ringworm, take powder with warm alcohol. It can also be taken as decoction.

Treatment Principle: Expel wind and scatter evil.

Related Formula:

Formula	Herbs	Indication
Xiao Feng San [Eliminate Wind Powder from Zhang Shi Yi Tong]	Core formula – Fu Ling + Huo Xiang	Feng Dan and itchiness

Comparison of Formulas Treating Wind–Cold Invasion

There are 14 main formulas under this category primarily composed of warm acrid releasing exterior herbs to treat wind–cold evil invading the body surface. The first few formulas all treat exterior symptoms such as chills, fever, headache, and body aches, which are the common characteristics of these formulas. The differences of the formulas are discussed below.

1. The main indications for Ma Huang Tang [Ephedra Decoction] are absence of sweating and presence of wheezing which is a result of cold evil constricting the exterior leading to Lung Qi rebellion. Thus, Ma Huang is used as a chief herb to promote sweating and calm wheezing which follows the principle of using acrid warm herbs and promoting sweating.
2. The main indications for Gui Zhi Tang [Cinnamon Twig Decoction] are fever, spontaneous sweating, and aversion to wind. This is a result of wind evil attacking Wei Qi, leading to Ying and Wei disharmony. Thus, Gui Zhi and Bai Shao Yao are used to harmonize Ying Wei. This is the main formula for exterior deficiency and exterior syndrome with spontaneous sweating.
3. Da Qing Long Tang [Major Bluegreen Dragon Decoction] treats both Ma Huang Tang [Ephedra Decoction] syndrome presentations which are wind-cold constricting surface, exterior excess without sweating, and restlessness agitation caused by interior heat. Thus, Shi Gao is added to Ma Huang Tang [Ephedra Decoction] to clear heat. This formula now not only releases exterior but also clears internal heat, demonstrating the principle of treating exterior and interior at the same time.
4. Ren Shen Bai Du San [Ginseng Powder to Overcome Pathogenic Influences] treats constitution deficient patient with cough and phlegm, and sore and painful limbs and joints. Thus, Qiang Huo and Du Huo which expel wind and dispel dampness are used together with Ren Shen, tonifying the body Zheng Qi. This demonstrates the method of tonifying Qi and releasing exterior together. The primary function of Shen Su Yin [Ginseng and Perilla Leaf Decoction] is expelling phlegm, and the secondary function is to tonify Qi and release exterior. When this formula is compared to Ren Shen Bai Du San [Ginseng Powder to Overcome Pathogenic Influences], it is seen that Shen Su Yin treats more exterior syndromes and Ren Shen Bai Du San, more interior syndromes. This is the main difference between the two.
5. The main indications of Xiang Su San [Cyperus and Perilla Leaf Powder] are poor appetite, distention, and a stifling sensation at chest and epigastrium which indicate stagnation of Qi dynamics. Thus, Zi Su Ye, which can release exterior and unblock Qi stagnation, is used as the main herb. It is accompanied by Xiang Fu which smoothes Liver and regulates Qi and Chen Pi which awakens Spleen and regulates Qi. This formula demonstrates the principles of releasing exterior and regulating Qi.
6. Ma Huang Fu Zi Xi Xin Tang [Ephedra, Prepared Aconite, and Asarum Decoction] treats cold in both exterior and interior. The main manifestations include severe aversion to cold which cannot be relieved by thick clothing, and a deep and minute pulse. Thus, the formula is composed of Ma Huang and Xi Xin to release exterior, and is assisted by Fu Zi to tonify Yang. This demonstrates the principle of tonifying Yang and releasing exterior.
7. Jiu Wei Qiang Huo Tang [Nine-Herb Decoction with Notopterygium] and Qiang Huo Sheng Shi Tang [Notopterygium Decoction to Overcome Dampness] both treat exterior evil with dampness. The manifestations include headache, sore and painful body, or heavy pain at limbs and inability to turn. Thus, Qiang Huo and Fang Feng are main herbs in the formula which correspond to the principle of expelling wind and dampness.
8. The characteristic of Xiang Ru San [Cyperus and Perilla Leaf Powder] is treating concurring symptoms of chills, fever, heavy and painful limbs, abdominal pain, and vomiting and diarrhea. This is a result of cold-damp accumulation leading to both exterior and interior pain. Thus, the formula combines Xiang Ru, Bai Bian Dou, and Hou Po, which demonstrates the principle of treating exterior (releasing exterior) and interior (expelling dampness) together.
9. The main indication of Chuan Xiong Cha Tiao San [Ligusticum Chuanxiong Powder to be Taken with Green Tea] is headache. Thus, all herbs in this formula can expel wind and stop pain. However, one should still carefully differentiate the syndrome and only use this formula when exterior syndrome is presenting.
10. The main indication for Xiao Xu Ming Tang [Minor Prolong-Life Decoction] is external wind invading the body, leading to deviation of mouth and eyes, and paralysis. Xiao Feng San [Eliminate Wind Powder] treats wind evil lodged at meridians and collaterals, causing stubborn numbness and itchiness. They are both unique in their different ways of treating wind.

WIND-HEAT INVASION

This is the beginning stage of wind-warm diseases where the evil pathogens are at the Wei level, leading to exterior heat syndromes. The warm evil pathogens attack the lungs causing fever, slight aversion to wind and cold, thirst, preference for cold drinks, cough, sore throat, red tongue tip, and floating, rapid pulse. The acrid, cool, releasing exterior herbs that are commonly used are Jin Yin Hua, Lian Qiao, Bo He, Niu Bang Zi, Sang Ye, and Ju Hua. They are often the main herbs in formulas such as Yin Qiao San [Honeysuckle and Forsythia Powder] and Sang Ju Yin [Mulberry Leaf and Chrysanthemum Decoction]. Furthermore, there are also acrid, cool, releasing-exterior formulas that are formed by acrid, warm, releasing-exterior herbs and acrid, cold, heat-clearing herbs such as in Ma Xing Shi Gan Tang [Ephedra, Apricot Kernel, Gypsum, and Licorice Decoction], Jia Wei Cang Er Zi San [Augmented Xanthium Powder], and Xiao Feng San [Eliminating Wind Powder].

For patient with Yin-deficient constitution or postpartum wind-cold transforming to heat or dryness, Yin-nourishing herbs such as Yu Zhu and Mai Men Dong, and blood-nourishing herbs such as Sheng Di Huang, and Bai Wei should be added to the acrid, cool, releasing-exterior formulas. This combination is referred to as “nourishing Yin to release exterior” and “nourishing blood to promote sweating” methods. The representing formulas are Jia Jian Wei Rui Tang [Modified Polygonatum Odoratum] and Qi Wei Cong Bai Yin [Seven-Ingredient Scallion Decoction].

Formula that vents rashes and releases exterior is also included in this category. It is composed of Sheng Ma, Ge Gen, and Xi He Liu to vent rashes and other heat clearing, releasing toxin herbs as in Zhu Ye Liu Bang Tang [Lophatherus, Willow, and Burdock Seeds Decoction]. This type of formula is often used at the beginning stage of measles where rashes are difficult to surface.

Yin Qiao San [Honeysuckle and Forsythia Powder] *Wen Bing Tiao Bian*

Jin Yin Hua	30 g
Lian Qiao	30 g
Jie Geng	6 g
Niu Bang Zi	18 g
Jing Jie Sui	18 g
Bo He	18 g
Dan Dou Chi	15 g
Dan Zhu Ye	12 g
Gan Cao	9 g
Lu Gen	30 g

Main Indication: Beginning stage of warm disease; fever but not feeling cold, or with mild chills, headache, thirst, cough, sore throat, red tongue tip, thin white or thin yellow tongue coating, and floating and rapid pulse. This belongs to Upper Jiao wind-heat.

Preparation: Decoction. To be taken four times a day.

Treatment Principle: Acrid, cool, releasing-exterior method.

This formula has wide applications. It can be used to treat common cold and flu, measles, epidemic encephalitis, encephalitis B, and other beginning stages of febrile diseases. When the patient mainly manifests as Upper Jiao wind-heat syndrome, then this formula with modifications can be prescribed. However, this formula can only be used for heat-type exterior syndrome without dampness.

Modification:

Minus	Addition	Indication
	Huo Xiang Yu Jin	Stifling sensation at the chest and epigastric region
	Tian Hua Fen	Severe thirst
	Ma Bo Xuan Shen	Swollen neck and painful throat
Jing Jie Sui Dan Dou Chi	Bai Mao Gen Ce Bai Tan Shan Zhi Zi	Epistaxis
	Xing Ren	Cough
	Sheng Di Huang Mai Men Dong	Heat condition moving toward interior
	Huang Qin Zhi Mu Shan Zhi Zi	Heat condition moving toward interior not relieved by adding Sheng Di Huang and Mai Men Dong; scanty urination

Related Formulas:

Formula	Herbs	Indication
Jia Jian Yin Qiao San [Modified Honeysuckle and Forsythia Powder]	Lian Qiao 30 g Jin Yin Hua 24 g Xuan Shen 15 g Xi Jiao 6 g (Shui Niu Jiao) Mai Men Dong 15 g Dan Zhu Ye 9 g	Heat abundance, delirium, slurred speech, restlessness, thirst, red tongue with yellow coat at the center, weak and rapid pulse Note: He Ye Juice (2 to 3 teaspoons) is added to decoction. To be taken three times a day
Jia Jian Yin Qiao San [Modified Honeysuckle and Forsythia Powder] <i>Guang Wen Re Lun</i>	Jin Yin Hua 15 g Lian Qiao 9 g Niu Bang Zi 6 g Xing Ren 3 g Xian Zhu Ye 30 pieces Mu Zei 3 g Gua Lou Pi 6 g Chuan Bei Mu 6 g Zi Cao 9 g Mu Dan Pi 6 g	Excess fire syndrome The evil pathogens are at the muscle layer causing faint rashes or spots. This formula is used in the draining Wei and venting Ying method

Sang Ju Yin [Mulberry Leaf and Chrysanthemum Decoction] *Wen Bing Tiao Bian*

Sang Ye	9 g
Ju Hua	12 g
Lian Qiao	6 g
Jie Geng	9 g
Xing Ren	9 g
Bo He	3 g
Lu Gen	15 g
Gan Cao	3 g

Main Indication: Beginning stage of wind-warm disease. Cough, slight fever, slight thirst; thin, white tongue coating, and floating, rapid pulse. This is a formula for Upper Jiao wind-heat.

Preparation: Decoction.

Treatment Principle: Acrid, cool, releasing-exterior, method; diffuses Lung and stops cough.

This formula is not only used for beginning stage of wind-warm diseases, in *Wen Bing Tiao Bian* it is also used to treat “cough due to fall dryness.” It is effective in treating dry cough without phlegm. It is also used to treat upper respiratory tract infection, early stage of measles, wind rash, mild type of bronchitis, and syndromes with Upper Jiao wind-heat.

Jia Wei Cang Er Zi San [Augmented Xanthium Powder] (Jing Yan Fang)

Cang Er Zi	15 g
Xin Yi Hua	9 g
Bo He	6 g
Bai Zhi	9 g
Ju Hua	9 g
Jin Yin Hua	18 g
Lian Qiao	12 g

Main Indication: Sinusitis, thick turbid nasal discharges, frontal headache, and heat manifestations. This belongs to heat accumulation in the Lung syndrome.

Preparation: Decoction. To be taken continuously for 5 to 10 bags.

Treatment Principle: Clear and diffuse wind-heat.

Related Formulas:

Formula	Herbs	Indication
Cang Er Zi San [Xanthium Powder] (Ancient Formula)	Cang Er Zi Xin Yi Hua Bo He Bai Zhi	Cold type of sinusitis with nasal congestion, clear nasal discharge, headache or head tightness, or with wind-cold syndrome
Xiong Zhi Shi Gao Tang [Ligusticum Chuanxiong, Angelica Dahurica, and Gypsum Decoction]	Chuan Xiong 10 g Bai Zhi 10 g Shi Gao 20 g Ju Hua 10 g Gao Ben 10 g Qiang Huo 10 g	Wind-heat headache

Jia Jian Wei Rui Tang [Modified Polygonatum Odoratum Decoction] Tong Su Shang Han Lun

Yu Zhu (Wei Rui)	9 g
Bai Wei	6 g
Cong Bai	3 stalks
Dan Dou Chi	12 g
Bo He	6 g
Jie Geng	6 g
Zhi Gan Cao	3 g
Hong Zao	3 pieces

Main Indication: Constitution Yin deficiency with exterior evil invasion. The symptoms include headache, fever, slight aversion to wind, mild sweating or absence of sweating, dry throat, cough, restlessness, thirst, red tongue, and rapid pulse.

Preparation: Decoction. To be taken warm.

Treatment Principle: Nourish Yin and release exterior.

When the exterior syndrome is not released, it is not appropriate to use Yin nourishing herbs too early to prevent trapping the evil pathogens in the interior. However, when Jin Ye (body fluids) are deficient with exterior syndrome, herbs that promote sweating not only can relieve the exterior syndrome but may also exhaust the Yin fluids. Therefore, in order to achieve both goals, Yin nourishing herbs and sweat promoting herbs are used together. This is the main formulating principle of this formula.

Qi Wei Cong Bai Yin [Seven-Ingredient Scallion Decoction] *Wai Tai Mi Yao*

Sheng Di Huang	15 g
Mai Men Dong	12 g
Ge Gen	12 g
Cong Bai	3 stalks
Dan Dou Chi	6 g
Sheng Jiang	6 g
Water	3 cups

Main Indication: Blood deficiency with external evil invasions. This formula is for external evil invasion with headache, fever, slight chills, and absence of sweating, after a long-term illness or blood loss.

Preparation: Decoction. To be taken warm.

Treatment Principle: Nourish blood and release exterior.

This formula is used for exterior syndrome following blood loss or a long-term illness. Both Yin and blood are exhausted, leading to tidal fever, night sweats, and cough with blood. It is also used for postpartum exterior syndrome.

Xiao Feng San [Eliminating Wind Powder] *Yi Zong Jin Jian*

Jing Jie	5 g
Fang Feng	9 g
Chan Tui	9 g
Niu Bang Zi	6 g
Cang Zhu	12 g
Ku Shen	9 g
Mu Tong	12 g
Huo Ma Ren	12 g
Shi Gao	18 g
Zhi Mu	9 g
Sheng Di Huang	12 g
Dang Gui	6 g
Gan Cao	3 g

Main Indication: Wind-heat with dampness accumulate at the muscle and skin layers. This can be seen in eczema, wind rashes, itching, exudation after scratching, yellow tongue coating, and floating, rapid, forceful pulse.

Preparation: Decoction. To be taken on an empty stomach.

Treatment Principle: Expel wind and damp, clear heat, and cool blood.

Modification:

Addition	Indication
Jin Yin Hua	Excess heat toxins
Lian Qiao	These herbs clear heat and detox
Ye Ju Hua	
Pu Gong Ying	
Tian Kui Zi	
Mu Dan Pi	Excess blood-heat
Zi Cao	These herbs cool the blood
Yi Yi Ren	Severe dampness
Tu Fu Ling	These herbs drain dampness and stop itching
Di Fu Zi	
Bai Xian Pi	
Bai Hua She	Excess wind
Quan Xie	These herbs expel wind
Wu Gong	
Fu Ping	Severe itching
Ci Wei Pi	Pain due to channel obstructions
Chuan Shan Jia	These herbs open the channels and stop pain
Di Long	
Jiang Can	Also for severe itching due to white lichen on scalp

Related Formula:

Formula	Herbs	Indication
Pi Pa Qing Fei Yin [Loquat Leaf Decoction to Clear the Lung]	Pi Pia Ye 6 g Huang Lian 3 g Sang Bai Pi 6 g Huang Bai 3 g Gan Cao 3 g Ren Shen 1 g	Disperse wind and clear Lung Treat wind-heat attacking Lung, leading to acne and rashes

Zhu Ye Liu Bang Tang [Lophatherus, Willow, and Burdock Seeds Decoction] *Xian Xing Zhai Yi Xue Guang Bi Ji*

Xi He Liu (Cheng Liu)	15 g
Jing Jie	3 g
Ge Gen	6 g
Chan Tui	3 g
Bo He Ye	5 g
Fried Niu Bang Zi	5 g
Zhi Mu	3 g
Xuan Shen	6 g
Mai Men Dong	9 g
Gan Cao	3 g
Dan Zhu Ye	30 pieces

Main Indication: Lung Qi unable to circulate and rashes are not vented completely. It is seen with wheezing, cough, and irritability and restlessness.

Preparation: Decoction.

Treatment Principle: With mildly diffused Lung Qi, vent rashes, clear heat, and nourish Yin.

Modification:

Addition	Indication
Shi Gao 15 g	Excess heat and high fever with restlessness and thirst
Mai Men Dong 30 g	

Comparison of Formulas Treating Wind–Heat Invading Lung

Yin Qiao San [Honeysuckle and Forsythia Powder] is the representative formula in treating the beginning stage of wind–heat and wind–warmth. It focuses on dispersing wind–heat of the Upper Jiao and relieving toxicity. Sang Ju Yin [Mulberry Leaf and Chrysanthemum Decoction] treats cough due to wind–heat attacking Lung. The stop-coughing function of this formula is stronger, but dispersing wind–heat and relieving toxicity functions are weaker. Cang Er Zi San [Xanthium Powder] and Jia Wei Cang Er Zi San [Augmented Xanthium Powder] focuses on treating nasal congestion and discharge due to invasion of external pathogens. Qi Wei Cong Bai Yin [Seven-Ingredient Scallion Decoction] treats external pathogen invasion with blood-deficient constitution. Jia Jian Wei Rui Tang [Modified Polygonatum Odoratum Decoction] treats external pathogenic invasion with Yin deficiency. Zhu Ye Liu Bang Tang [Lophatherus, Willow, and Burdock Seeds Decoction] treats rash that is difficult to surface or Lung Qi failing to disperse. Xiao Feng San [Eliminate Wind Powder] treats wind rash and eczema due to wind–heat with damp accumulating at muscles and tendons.

EXTERIOR DEFICIENCY WITH SPONTANEOUS SWEATING

This is exterior deficiency syndrome due to Lung Qi deficiency and Wei Qi not consolidating the exterior leading to spontaneous sweating. Huang Qi, Dang Shen, and Bai Zhu are often used to treat the root by tonifying Qi, solidifying Wei, and consolidating the exterior. Mu Li, Ma Huang Gen, Wu Wei Zi, and Fu Xiao Mai are used to treat the manifestation by astringing and stopping the sweat. This type of herbal combination, treating both the root and manifestation, is suitable for spontaneous sweating due to exterior deficiency. However, this method is not effective in treating spontaneous sweating due to Ying and Wei disharmony.

Yu Ping Feng San [Jade Windscreen Powder] Shi Yi De Xiao Fang

Huang Qi	24 g
Bai Zhu	9 g
Fang Feng	9 g

Main Indication: Spontaneous sweating due to exterior deficiency. It is also good for deficient person who suffers from recurrent colds.

Preparation: Decoction.

Treatment Principle: Tonify Qi and consolidate exterior method.

Related Formula:

Formula	Herbs	Indication
Bai Zhu San [Atractylodes Powder]	Core formula + Mu Li	Especially for severe, spontaneous sweat

Mu Li San [Oyster Shell Powder] *He Ji Ju Fang*

Ma Huang Gen	30 g
Huang Qi	30 g
Mu Li	30 g
Fu Xiao Mai	30 g

Main Indication: All types of deficiency that lead to unstable exterior or sudden deficiency due to illness which lead to spontaneous sweating, worse at night, palpitation, being easily frightened, weakness, and deficiency and shortness of breath.

Preparation: Coarsely grind the first three herbs. Take 9 g of the powder and decoct with Fu Xiao Mai. Decoction to be taken warm.

Treatment Principle: Tonify Qi, consolidate exterior, astringe sweating, and anchor Yang.

Mu Li is the chief herb in this formula which astringes sweat and anchors Yang. Thus, this formula can also be used for night sweating.

Related Formula:

Formula	Herbs	Indication
Mu Li San [Oyster Shell Powder] <i>Zheng Zhi Zhun Sheng</i>	Core formula – Huang Qi + Chi Shi Zhi Nuo Mi Fen (Glutenous Rice Powder) Bing Pian	This is an external formula to astringe sweating and consolidate the exterior Note: Grind the ingredients into powder. Apply topically to sweating area

WHEEZING AND COUGH DUE TO LUNG COLD

This indicates for Lung cold and rebellious Qi manifesting as wheezing, breathlessness, cough, thin white phlegm, absence of thirst or thirst with preference of hot drinks, thin slippery tongue coating, and floating tight pulse. It can also be used for the above symptoms with headache, fever, and chills. Ma Huang, Gui Zhi, Gan Jiang, and Xi Xin are often used to warm and scatter Lung cold. Ban Xia, Hou Po, Zi Su Zi, Xing Ren, She Gan, Xuan Fu Hua, and Wu Wei Zi are used to direct the rebellious Lung Qi downward to smooth wheezing. Lung cold and rebellious Qi can also manifest as cough, thus herbs that stop cough and expel phlegm such as Zi Wan, Kuan Dong Hua, Qian Hu, and Ban Xia are often added. These herbs together with Ma Huang, Gui Zhi, Gan Jiang, and Xi Xin demonstrate the treatment principle of warming the Lung to stop cough.

Xiao Qing Long Tang [Minor Bluegreen Dragon Decoction] *Shang Han Lun*

Ma Huang	9 g
Gui Zhi	9 g
Ban Xia	12 g
Gan Jiang	9 g
Xi Xin	3 g
Wu Wei Zi	6 g
Bai Shao Yao	9 g
Gan Cao	6 g

Main Indication: Exterior wind–cold with internal accumulation of water Yin (congested fluid). Symptoms include fever, chills, absence of sweating, cough, wheezing, copious thin phlegm, moist slippery tongue coating, absence of thirst, and floating and tight pulse. This can also treat the cold type of phlegm in Yin wheezing and cough, or heavy painful body and entire swelling of skin and muscle.

Preparation: Decoction. Take the warm decoction in three doses.

Treatment Principle: Release exterior, cleanse the congested fluid, warm the Lung, and direct the rebellious Qi downward.

This formula can also be used to treat phlegm Yin accumulation in lungs with exterior cold type of chronic bronchitis and chronic wheezing and breathlessness.

Related Formula:

Formula	Herbs	Indication
Xiao Qing Long Jia Shi Gao Tang [Minor Bluegreen Dragon Decoction with Gypsum]	Core formula + Shi Gao	This formula treats patients with water accumulation below the Heart, cough, wheezing, fever, and restlessness Note: Gypsum not only treats internal heat with restlessness, but it also inhibits the sweating function of Ma Huang and reinforces promoting urination function of Ma Huang

**Su Zi Jiang Qi Tang [Perilla Fruit Decoction for Directing Qi Downward]
*He Ji Ju Fang***

Ban Xia	9 g
Zi Su Zi	9 g
Gan Cao	3 g
Rou Gui	3 g
Qian Hu	9 g
Hou Po	12 g
Chen Pi	6 g
Dang Gui	6 g
Sheng Jiang	3 slices

Main Indication: Yang deficiency at Middle Jiao with phlegm accumulation and rebellious Qi. Symptoms often include wheezing with shortness of breath, cough with thin phlegm, throat discomfort, fullness and stifling sensation at the chest and epigastrium, poor appetite and apathy, and thin white or slippery, greasy tongue coating.

Preparation: Decoction. Take the warm decoction in three doses.

Treatment Principle: Warm and transform cold phlegm, regulate Qi, and direct the rebellious Qi downward.

This formula is only suitable for Yang deficiency with aversion-to-cold syndrome without exterior condition. This can be seen in chronic bronchitis and bronchial asthma which manifests as cough and wheezing, difficulty in breathing, and swelling in the head. The formula can also be used to treat late-stage, deficient, cold type pediatric whooping cough.

She Gan Ma Huang Tang [Belamcanda and Ephedra Decoction] *Jin Gui Yao Lue*

She Gan	9 g
Ma Huang	9 g
Zi Wan	9 g
Kuan Dong Hua	12 g
Ban Xia	12 g
Sheng Jiang	9 g
Xi Xin	6 g
Wu Wei Zi	6 g
Da Zao	9 g

Main Indication: Cold beverage accumulates internally which disturbs the dispersing and descending function of Lung Qi. Symptoms include cough, wheezing, rattling phlegm sounds in throat, and white sticky tongue coating.

Preparation: Decoction. To be taken warm.

Treatment Principle: Warm Lung, direct the rebellious Lung Qi downward, stop cough, and expel phlegm.

Hou Po Ma Huang Tang [Magnolia Bark and Ephedra Decoction] *Jin Gui Yao Lue*

Hou Po	15 g
Ma Huang	9 g
Shi Gao	24 g
Xing Ren	9 g
Ban Xia	12 g
Gan Jiang	6 g
Xi Xin	3 g
Wu Wei Zi	6 g
Fu Xiao Mai	9 g

Main Indication: The evil beverage attacks the Lung, which disturbs the dispersing and descending functions. Symptoms include wheezing, cough, fullness at chest, difficulty breathing, rattling phlegm sound in the throat, and floating pulse.

Preparation: Decoction. Take the warm decoction in three doses.

Treatment Principle: Disperse Lung and cleanse the congested fluid.

This formula is effective in treating wheezing and coughing with phlegm syndromes either due to Lung cold or Lung heat. However, in treating Lung cold with wheezing, coughing, and excess phlegm, one should increase the dosage of Gan Jiang and decrease the dosage of Shi Gao.

Comparison of Formulas Treating Wheezing and Cough Due to Lung Cold

1. Xiao Qing Long Tang [Minor Bluegreen Dragon Decoction], She Gan Ma Huang Tang [Belamcanda and Ephedra Decoction], Su Zi Jiang Qi Tang [Perilla Fruit Decoction for Directing Qi Downward], and Hou Po Ma Huang Tang [Magnolia Bark and Ephedra Decoction] can all treat syndromes of internal cold beverage accumulation, rebellious Lung Qi. However, in comparing the warming function to the Lung, Xiao Qing Long

Tang [Minor Bluegreen Dragon Decoction] is strongest, followed by Su Zi Jiang Qi Tang [Perilla Fruit Decoction for Directing Qi Downward], She Gan Ma Huang Tang [Belamcanda and Ephedra Decoction], and Hou Po Ma Huang Tang [Magnolia Bark and Ephedra Decoction], the least effective. In terms of the directing Lung Qi downward and smoothing wheezing, Xiao Qing Long Tang [Minor Bluegreen Dragon Decoction] is still the strongest, followed by She Gan Ma Huang Tang [Belamcanda and Ephedra Decoction], Hou Po Ma Huang Tang [Magnolia Bark and Ephedra Decoction], and Su Zi Jiang Qi Tang [Perilla Fruit Decoction for Directing Qi Downward], the weakest. In terms of the stopping-cough function, She Gan Ma Huang Tang [Belamcanda and Ephedra Decoction] is the best. In terms of expelling phlegm function, Su Zi Jiang Qi Tang [Perilla Fruit Decoction for Directing Qi Downward] is better than other formulas.

2. Hou Po Ma Huang Tang [Magnolia Bark and Ephedra Decoction] is not a typical formula for warming the Lung and directing the rebellious Qi downward. It is a formula combining both cold and heat herbs. It can be used to treat wheezing due to cold or due to heat, depending on the dosage of Gan Jiang and Shi Gao. In the formula, the function of Shi Gao controls the sweat-promoting function of Ma Huang, thus this formula is categorized as the method of warming the Lung and directing rebellious Qi downward.
3. The reason that Xiao Qing Long Tang [Minor Bluegreen Dragon Decoction] can also release the exterior is because of the usage of Ma Huang and Gui Zhi together. The reason that Su Zi Jiang Qi Tang [Perilla Fruit Decoction that Direct Qi Downward] can also enter the blood level is due to the presence of Dang Gui.

WHEEZING AND COUGH DUE TO LUNG HEAT

This indicates Lung heat causing wheezing and cough. The symptoms include coarse breathing, cough with yellow sticky thick phlegm, red face, spontaneous sweating, thirst with preference of cold drinks, red tongue, yellow tongue coating, and slippery and rapid pulse. The herbs that are commonly used include Shi Gao, Zhi Mu, Sang Bai Pi, Di Gu Pi, Huang Qin, Huang Lian, Jin Yin Hua, and Lian Qiao. If wheezing is the main manifestation, then Ma Huang, Xing Ren, Zi Su Zi, Ban Xia, and/or Hou Po are added to form Ma Xing Shi Gan Tang [Ephedra, Apricot Kernel, Gypsum, and Licorice Decoction], Xie Bai San [Drain the White Powder], and Ding Chuan Tang [Arrest Wheezing Decoction]. If cough is the main manifestation, then Zi Wan, Kuan Dong Hua, Ma Dou Ling, Bai Bu, Bai Qian, Bei Mu, Gua Lou, and/or Pi Pa Ye are added to form Qing Jin Hua Tan Tang [Clear the Metal and Transform Phlegm Decoction] and Qing Qi Hua Tan Wan [Clear the Qi and Transform Phlegm Pill].

Ma Xing Shi Gan Tang [Ephedra, Apricot Kernel, Gypsum, and Licorice Decoction] *Shang Han Lun*

Ma Huang	9 g
Xing Ren	9 g
Shi Gao	30 g
Gan Cao	3 g

Main Indication: Heat evils congest the Lung. Symptoms include fever, thirst, wheezing, cough, coarse breathing, absence or presence of sweating, yellow tongue coating, and slippery, rapid pulse.

Preparation: Decoction.

Treatment Principle: Diffuse Lung Qi, clear heat, direct the rebellious Qi downward, and arrest wheezing.

This formula is effective in treating pediatric frequent urination disorder with wheezing and cough due to Lung Qi failing to circulate. This is based on the theory that Lung is the upper source of water which dominates and regulates the waterways. This is also an example of treating the above for disease below.

Modification:

Addition	Indication
Xie Bai San [Drain the White Powder]	Severe wheezing
Jin Yin Hua Lian Qiao Shan Zhi Zi Huang Qin Huang Lian Yu Xing Cao	Severe heat

Related Formulas:

Formula	Herbs	Indication
Yin Qiao Ma Xing Shi Gan Tang [Honeysuckle, Forsythia, Ephedra, Apricot Kernel, Gypsum, and Licorice Decoction]	Core formula + Jin Yin Hua Lian Qiao	To treat symptoms as indicated in the main formula. However, this formula has a stronger detox function
Su Ting Ma Xing Shi Gan Tang [Perilla Fruit, Lepidii Seeds, Ephedra, Apricot Kernel, Gypsum, and Licorice Decoction]	Core formula + Zi Su Zi Ting Li Zi	To treat wheezing, cough with copious phlegm. The functions of expelling phlegm and directing the rebellious Qi downward are enhanced

**Xie Bai San [Drain the White Powder]
*Xiao Er Yao Zheng Zhi Jue***

Di Gu Pi	12 g
Sang Bai Pi	15 g
Gan Cao	3 g
Geng Mi	9 g

Main Indication: Lung heat wheezing and cough, steaming heat at the skin and muscle, especially worse in the late afternoon; thin rapid pulse, and red tongue.

Preparation: Decoction.

Treatment Principle: Clear heat and smooth wheezing.

This formula is for the patient with cough that is clear, high pitched, and without phlegm. It is contraindicated for exterior syndrome.

Related Formulas:

Formula	Herbs	Indication
Sang Dan Xie Bai San [Mulberry Leaf, Moutan Powder to Drain the White]	Core formula – Geng Mi + Sang Ye Ju Hua Mu Dan Pi Xing Ren Bei Mu Jin Yin Hua	This formula treats warm toxins in throat Sha (eruptive disease). It also treats wheezing and cough due to Lung heat
Sang Dan Xie Bai Tang [Mulberry Leaf, Moutan Decoction to Drain the White]	Core formula + Sang Ye Zhu Ru Mu Dan Pi Chuan Bei Mu Jin Ju Da Zao	It treats Liver fire scorching Lung. Cough that leads to flank pain which leads to inability to turn the body. In severe cases, there can be hemoptysis. This is referred to as “the wood confines the sound of metal.” Thus, this formula clears the Liver to protect the Lung For severe heat cases, add Shan Zhi Zi and Qing Dai

Ding Chuan Tang [Arrest Wheezing Decoction] *She Sheng Zhong Miao Fang*

Bai Guo	30 pieces
Ma Huang	6 g
Zi Su Zi	9 g
Gan Cao	3 g
Kuan Dong Hua	9 g
Xing Ren	6 g
Sang Bai Pi	12 g
Huang Qin	9 g
Ban Xia	9 g

Main Indication: Wind–cold constricts the exterior, and phlegm heat accumulates internally. This is a syndrome of cold wrapping the heat. The symptoms include copious thick phlegm, cough, wheezing; yellow, greasy tongue coating, and slippery rapid pulse.

Preparation: Decoction. To be taken in three doses.

Treatment Principle: Diffuse Lung Qi, clear heat, direct the rebellious Qi downward, and transform phlegm.

This formula can be used to treat chronic bronchitis, bronchiole asthma, and cough and wheezing as a result of a common cold.

Qing Jin Hua Tan Tang [Clear the Metal and Transform Phlegm Decoction] *Tong Zhi Fang*

Huang Qin	12 g
Shan Zhi Zi	12 g
Zhi Mu	15 g
Sang Bai Pi	15 g
Gua Lou Ren	15 g
Bei Mu	9 g
Mai Men Dong	9 g
Ju Hong	9 g
Fu Ling	9 g
Jie Geng	9 g
Gan Cao	3 g

Main Indication: Heat phlegm congests the Lung. The symptoms include yellow, thick phlegm; yellow, greasy tongue coating, and soggy, rapid pulse.

Preparation: Decoction.

Treatment Principle: Clear heat and transform phlegm.

Qing Qi Hua Tan Wan [Clear the Qi and Transform Phlegm Pill] *Yi Fang Kao*

Dan Nan Xing	45 g
Zhi Ban Xia	45 g
Ju Hong	30 g
Fu Ling	30 g
Xing Ren	30 g
Gua Lou Ren	30 g
Huang Qin	30 g

Main Indication: Phlegm heat knotted internally. Symptoms include cough; yellow, thick, sticky phlegm, rapid breathing with nausea in severe cases, chest and epigastric fullness and distention, maybe with fever, maybe with fright and palpitation; insomnia, scanty dark urine, red tongue with yellow, greasy tongue coating, and slippery, rapid pulse.

Preparation: Grind the herbs into powder. Form the pills with ginger juice. Take 6 to 9 g each time. The dosage should be decreased if it is prepared as decoction.

Treatment Principle: Clear heat, transform phlegm.

Bei Mu Gua Lou San [Fritillaria and Trichosanthes Fruit Powder] *Yi Xue Xin Wu*

Bei Mu	5 g
Gua Lou	6 g
Tian Hua Fen	3 g
Fu Ling	3 g
Ju Hong	3 g
Jie Geng	3 g

Main Indication: Dryness attacks the Lung damaging Jin Ye (body fluids). Symptoms include hacking cough, unproductive phlegm, choking sensation and pain at the throat, rapid wheezing, rebellious Qi, thin white or thin yellow dry tongue coating, and slippery rapid or thin rapid pulse.

Preparation: Decoction.

Treatment Principle: Moisten the Lung, and transform phlegm.

This formula is used to treat dry cough due to fall dryness or Lung dryness, and dry cough at the late stage of warm diseases, as well as the late stage of the chronic exhaustive type of diseases.

Comparison of Formulas Treating Wheezing and Cough Due to Lung Heat

1. Ma Xing Shi Gan Tang [Ephedra, Apricot Kernel, Gypsum, and Licorice Decoction], Xie Bai San [Drain the White Powder], and Ding Chuan Tang [Arrest Wheezing Decoction] are all effective in directing the rebellious Qi downward and smoothing wheezing. However, Ma Xing Shi Gan Tang [Ephedra, Apricot Kernel, Gypsum, and Licorice Decoction] treats excess heat type of wheezing. Xie Bai San [Drain the White Powder] is indicated for deficient heat type of wheezing. Ding Chuan Tang [Arrest Wheezing Decoction] is for wheezing and cough due to phlegm heat accumulation internally which includes expelling phlegm and stop coughing herbs, in comparison to the two former formulas.
2. Qing Jin Hua Tan Tang [Clear the Metal and Transform Phlegm Decoction], Qing Qi Hua Tan Wan [Clear the Qi and Transform Phlegm Pill], and Bei Mu Gua Lou San [Fritillaria and Trichosanthes Fruit Powder] are all effective in transforming phlegm. They all stop cough and smooth wheezing by clearing heat and transforming phlegm.

UPPER JIAO HEAT TOXINS

This indicates warm-heat pathogenic evils invading Upper Jiao, leading to swollen, painful, ulcerated throat and cheeks, or heat toxins congest the Lung, leading to swelling, pus, wheezing, cough, and chest pain. Herbs that clear heat and relive toxins, such as Jin Yin Hua, Lian Qiao, Da Qing Ye, Ban Lan Gen, Yu Xing Cao, Huang Qin, Ma Bo, She Gan, and Wei Jing, are often selected to form formulas as in Jia Jian Pu Ji Xiao Du Yin [Modified Universal Benefit Decoction to Eliminate Toxin].

Jia Jian Pu Ji Xiao Du Yin [Modified Universal Benefit Decoction to Eliminate Toxin] *Wen Bing Tiao Bian*

Jin Yin Hua	30 g
Lian Qiao	30 g
Bo He	9 g
Jie Geng	30 g
Niu Bang Zi	18 g
Jiang Can	15 g
Ma Bo	12 g
Xuan Shen	30 g
Ban Lan Gen	15 g
Jing Jie Sui	9 g
Gan Cao	15 g

Main Indication: Warm toxins congest and stagnate the Upper Jiao. Symptoms include swollen painful throat, swelling in front and back of the ear, swollen cheeks, red face, or throat not painful

but swollen externally, and deafness in severe cases. Tongue is red with yellow, dry coating, and rapid, wiry pulse.

Preparation: Grind into coarse powder. Take 20 to 25 g each time with fresh Wei Jing decoction. To be taken every 4 hours.

Treatment Principle: Clear heat, relieve toxins, scatter wind, and benefit the throat.

This formula is used to treat epidemic parotitis, tonsillitis, heat toxins at face. This formula is not appropriate for syndromes with dampness.

Modification:

Minus	Addition	Indication
Jing Jie Sui	Shi Gao Sheng Di Huang Huang Qin	Severe heat type
	Da Qing Ye Cao He Che	Severe toxin type

Related Formulas:

Formula	Herbs	Indication
Pu Ji Xiao Du Yin [Universal Benefit Decoction to Eliminate Toxin]	Huang Qin (wine fried) 15 g Huang Lian (wine fried) 15 g Chen Pi 12 g Lian Qiao 12 g Ban Lan Gen 20 g Ma Bo 6 g Niu Bang Zi 6 g Bo He 6 g Gan Cao 30 g Xuan Shen 30 g Jiang Can 2 g Sheng Ma 2 g Chai Hu 6 g Jie Geng 6 g	This treats Da Tou Wen, [toxins at the face, similar to mumps] with fever, chills, red swollen face, throat discomfort, dry tongue, dry throat, and floating, rapid, forceful pulse. This formula can scatter wind and evil, clear heat, and relieve toxins
Jia Jian Pu Ji Xiao Du Yin #1 [Modified Universal Benefit Decoction to Eliminate Toxin #1]	Above formula - Chen Pi Sheng Ma Chai Hu Jie Geng + Long Dan Cao Xia Ku Cao Pu Gong Ying	This treats severe heat-toxin type of parotitis. If after taking the decoction, fever and pain decreases but the hardness is not gone yet, add Hai Zao and Kun Bu to be used with Gan Cao. This will attack that which is knotted and soften the hardness
Jia Jian Pu Ji Xiao Du Yin #2 [Modified Universal Benefit Decoction to Eliminate Toxin #2]	Pu Ji Xiao Du Yin [Universal Benefit Decoction to Eliminate Toxin] - Chen Pi Ma Bo Niu Bang Zi Sheng Ma Chai Hu Jie Geng + Quan Xie Ju Hua Gou Teng Pu Gong Ying Da Qing Ye	This formula can treat evil toxins attacking internally (meningitis), leading to fever, stiff neck, headache, vomiting, somnolence, unconsciousness, fright, red lips, deep red tongue (with or without tongue coating), purple finger prints in children, and thin, rapid pulse. For severe nausea and vomiting, add Dai Zhe Shi, and Zhu Ru. For somnolence and unconsciousness, take Zhi Bao Dan [Greatest Treasure Special Pill] at the same time. For spasm, add Bai Shao Yao and Gan Cao and take with Zi Xue Dan [Purple Snow Special Pill]

Yin Qiao Ma Bo San [Honeysuckle, Forsythia, and Puffball Powder] *Wen Bing Tiao Bian*

Lian Qiao	30 g
Niu Bang Zi	18 g
Jin Yin Hua	15 g
She Gan	9 g
Ma Bo	9 g

Main Indication: Warm–dampness. Warm–heat accumulates in Upper Jiao, obstructing the throat causing painful throat.

Preparation: Pound the above ingredients into powder. Take 18 g of the powder and cook with fresh Wei Jing Tang. The decoction is ready when the water turns to a big boil.

Treatment Principle: Clear heat, transform damp, benefit the throat, and relieve toxin.

This formula can treat high fever, swollen red painful throat due to tonsillitis and scarlet fever, or skin rashes and spots, red tongue, white or yellow tongue coating, and floating rapid pulse. It can also treat suppurative stomatitis and ulcerations in tongue and mouth by combining with Dao Chi San [Guide Out the Red Powder].

Modification:

Addition	Indication
Dao Chi San [Guide Out the Red Powder]	Pustule type of stomatitis, ulceration of the mouth and tongue
Jie Geng Hua Shi	This modification is for obstructed throat without pain, which is an indication of more severe damp evil pathogen. The two herbs open above and leach below
Da Qing Ye Ban Lan Gen	Severe heat toxin

Related Formula:

Formula	Herbs	Indication
Jie Geng Gan Cao Tang [Platycodon and Licorice Decoction] <i>Shang Han Lun</i> also known as Jie Geng Tang [Platycodon Decoction]	Jie Geng 4 g Sheng Gan Cao 6 g	Clear heat, relieve toxicity, benefit the throat, and stop pain Treats sore throat due to heat in Shao Yin. This formula can also be used in lung abscess syndrome

Qing Fei Jie Du Tang [Clear the Lung and Relieve Toxicity Decoction] *Quan Guo Zhong Cao Yao Zi Liao Hui Bian*

Da Qing Ye	15 g
Ban Lan Gen	15 g
Zi Cao Gen	15 g
Cao He Che	15 g
Bai Bu	15 g
Guan Zhong	9 g
Yin Chen Hao	9 g
Jie Geng	6 g
Gan Cao	6 g
Shan Dou Gen	9 g

Main Indication: Warm evil attacks the Lung. Symptoms include fever, headache, sore throat, cough, rash, red tongue, yellow tongue coating, and floating, rapid pulse or slippery rapid pulse.

Preparation: Decoction. To be taken 1 dose every 4 hours. For children, the dose decreases to half.

Treatment Principle: Clear heat, relieve toxin, drain the Lung, and benefit throat.

This formula can treat warm-heat virus congestion in Upper Jiao type of viral infection of the respiratory tract, such as epidemic parotitis, viral pneumonia, shingles, and chicken pox.

Wei Jing Tang [Reed Decoction] *Qian Jin Fang*

Wei Jing	60–120 g
Yi Yi Ren	30 g
Dong Gua Ren	24 g
Tao Ren	9 g

Main Indication: Lung abscess. Symptoms include cough, slight fever, coughing or vomiting foul phlegm, pus, blood in severe cases, dull pain at chest, scaly skin, and slippery, rapid pulse. These belong to the syndrome of wind-heat congesting the Upper Jiao, forming blood, rotten flesh, and pus.

Preparation: Decoction. One bag per day. For severe condition, two bags per day.

Treatment Principle: Clear heat, scatter accumulation, drive out stasis, and expel pus.

Modification 1:

Minus	Addition	Indication
	Jin Yin Hua Lian Qiao Huang Qin	Excess heat
	Huang Bai Yu Xing Cao Qian Li Guang	Pus obstruction leading to Lung Bi syndrome
	He Huan Pi Bi Ji Dang Shen Huang Qi	Pus already expelled, but there is unhealed Lung damage

Modification 2:

Addition	Indication
Pu Gong Ying Zi Hua Di Ding Jin Yin Hua Lian Qiao	Lung carbuncles not yet formed These herbs can promote elimination and scattering
Jie Geng Gan Cao Zhe Bei Mu Yu Xing Cao or Jie Geng Bai San [Platycodon White Powder]	Presence of abscess These herbs promote the draining of pus and eliminating abscess Jie Geng Bai San includes Jie Geng, Zhe Bei Mu, and Ba Dou

Modification 3:

Minus	Addition	Indication
Tao Ren	Sang Bai Pi Huang Qin Zhe Bei Mu	Middle stage of measles where the rash has already surfaced, and the symptoms include fever, cough, copious phlegm, thirst, and rapid breathing which indicates severe Lung heat
	Gua Lou Pi Pi Pa Ye	Late stage of heat febrile disease in which the heat is not totally cleared, with cough with copious phlegm

Related Formula:

Formula	Herbs	Indication
Qian Jin Wei Jing Tang Jia Xing Ren Hua Shi Tang [Thousand Gold Reed Decoction with Apricot Kernel and Talcum Decoction] <i>Wen Bing Tiao Bian</i>	Core formula + Xing Ren Hua Shi	This formula treats heat-damp congesting the Lung, leading to rapid wheezing If heat is excessive, add Huang Qin If phlegm is copious with severe wheezing, add Ting Li Zi, Zi Su Zi, Ban Xia

Comparison of Formulas Treating Heat Toxins in Upper Jiao

1. The formulas focus on clearing heat and relieving toxins. The application of clearing the Lung and relieving toxins is very wide. One can modify Qing Fei Jie Du Tang [Clear the Lung and Relieve Toxin Decoction] to treat any respiratory tract infections. Jia Jian Pu Ji Xiao Du Yin [Modified Universal Benefit Decoction to Eliminate Toxin] is most effective in treating parotitis. Yin Qiao Ma Bo San [Honeysuckle, Forsythia, and Puffball Powder] is the best in treating throat complaints. Wei Jing Tang [Reed Decoction] not only can treat Lung abscess, but can also combine with herbs that clear heat and relieve toxins to treat lobar pneumonia.
2. Comparing their strength of relieving toxins, Qing Fei Jie Du Tang [Clear the Lung and Relieve Toxin Decoction] is the strongest, followed by Jia Jian Pu Ji Xiao Du Yin [Modified Universal Benefit Decoction to Eliminate Toxin], then Yin Qiao Ma Bo San [Honeysuckle, Forsythia, and Puffball Powder]; Wei Jing Tang [Reed Decoction] is the weakest.

COUGH AND WHEEZING DUE TO LUNG DEFICIENCY

There are two types of cough and wheezing due to Lung deficiency. They are Qi deficiency and Yin deficiency. Lung Qi deficiency type often presents with chronic cough, low voice, shortness of breath, apathy, scanty speech, wheezing with cough, spontaneous sweating, and weak constitution. Herbs that tonify Lung Qi and stop cough, such as Ren Shen, Fu Ling, Ge Jie, Zi Wan, Kuan Dong Hua, and Dong Chong Xia Cao, are used in Ren Shen Ge Jie San. Yin deficiency type is often Lung Yin deficiency with Liver and Kidney Yin deficiency. Symptoms include emaciation, apathy, malar flush, tidal fever, night sweats, insomnia, excessive dreaming, spermatorrhea in male and irregular menstruation in female, red tongue, and thin rapid pulse. Other symptoms are cough with sticky phlegm or phlegm with tinge of blood, and chest pain. Herbs from different categories are combined in the formula: Yin nourishing herbs, such as Sheng Di Huang, E Jiao, Feng Mi (honey), Shan Yao, Tian Men Dong, Mai Men Dong, Bei Sha Shen, Shi Hu, and Yu Zhu; heat clearing herbs such as Mu Dan Pi, Di Gu Pi, Zhi Mu, Xuan Shen, and Bai Wei; stop cough, transform phlegm herbs, such as Bai Bu, Bai He, Zi Wan, Kuan Dong Hua, Bei Mu, Xing Ren, and Hai Ge Ke; and stop bleeding herbs such as Bai Ji, San Qi, Xue Yu Tan, Qian Cao Gen, Han Lian Cao, and Xian He Cao. These formulas include Yue Hua Wan [Moonlight Pill] and Qing Hao Bie Jia Tang [Artemisia Annuua and Soft-Shelled Turtle Shell Decoction]. For both Qi and Yin deficiencies, one can use Sheng Mai San [Generate the Pulse Powder] to tonify Qi and nourish Yin.

Ren Shen Ge Jie San [Ginseng and Gecko Powder] *Wei Sheng Bao Jian*

Ge Jie	1 pair
Xing Ren	150 g
Zhi Gan Cao	150 g
Ren Shen	60 g
Fu Ling	60 g
Bei Mu	60 g
Sang Bai Pi	60 g
Zhi Mu	60 g

Main Indication: Lung deficiency with heat. Symptoms often include chronic cough, wheezing, breathlessness, cough up saliva or white pus, restlessness and heat at chest, body emaciation, and floating and deficient pulse.

Preparation: Grind the above ingredients into fine powder. 2 to 3 g each time and twice a day.

Treatment Principle: Tonify the deficiency, clear heat, transform phlegm, and stop wheezing.

This formula originally treated “highly contagious Lung tuberculosis,” and it uses Ge Jie as the chief herb to treat long-term illness with cough and wheezing due to Lung Qi deficiency. It can also arrest wheezing and stop cough which demonstrate the ability in treating both the root and the branch at the same time. In clinical practice, it can be prescribed for chronic bronchitis and chronic asthma, and for the resting and remittance period of tuberculosis.

Bu Fei E Jiao Tang [Tonify the Lungs Decoction with Ass-Hide Gelatin] (Originally called E Jiao San) *Xiao Er Yao Zheng Zhi Jue*

E Jiao	9 g
Ma Dou Ling	6 g
Niu Bang Zi	6 g
Gan Cao	3 g
Xing Ren	9 g
Nuo Mi (Glutenous Rice)	15 g

Main Indication: Lung Yin deficiency. Symptoms include coarse breathing, rapid wheezing, dry throat, cough with scanty phlegm, or phlegm with tinge of blood; red tongue, scanty coat, and floating rapid pulse.

Preparation: Decoction.

Treatment Principle: Nourish Yin, tonify Qi, clear heat, and stop cough.

Modification:

Addition	Indication
Qing Dai Shan Zhi Zi	When there is blood in phlegm and severe heat, this indicates Liver fire attacking the Lung. Thus add these two herbs to clear Liver and calm the Lung

Sheng Mai San [Generate the Pulse Powder] *Qian Jin Yao Fang*

Ren Shen	6 g
Mai Men Dong	9 g
Wu Wei Zi	3 g

Main Indication: Qi and Yin both deficient. Symptoms include Qi and Yin deficiency, leading to fatigue, shortness of breath, too lazy to talk, dizziness, vertigo, apathy, dry mouth, thirst, and deficient and rapid pulse. Or it can treat Lung deficiency type of chronic cough, cough with scanty phlegm, shortness of breath, spontaneous sweating, dry throat, dry tongue, and deficient pulse.

Preparation: Decoction.

Treatment Principle: Tonify Qi and generate fluids.

Modification:

Minus	Addition	Indication
Ren Shen	Xi Yang Shen	For severe fluid damage Ren Shen is used for severe Qi damage
	Huang Qi Dang Gui	For excessive sweating and scanty hesitant urination. Promote urinating herbs are contraindicated
Wu Wei Zi	Large dosage of Zi Wan	Only right cun pulse is rapid with dribbling urination. This is an indication of Lung Yin deficiency. This modification will increase the Qi transformation function

Related Formulas:

Formula	Herbs	Indication
Wu Wei Mai Men Dong Tang [Five-Ingredient Ophiopogonis Decoction] <i>Wai Tai Mi Yao</i>	Shi Gao Gan Cao	This formula treats restlessness, thirst, and preference of drinks due to residual internal heat from Qi and Yin, both deficient This formula can also treat syndromes of exhaustion of Jin Ye (body fluids) with presence of heat, deficient rapid pulse, dry mouth, sweating, or cough, and other rebellious symptoms
Jia Jian Sheng Mai San [Modified Generate the Pulse Powder] <i>Wen Bing Tiao Bian</i>	Bei Sha Shen Mai Men Dong Wu Wei Zi Mu Dan Pi Sheng Di Huang	The formula is prepared as a decoction and divided into two doses Treats hidden summer heat in Tai Yin, red tongue, thirst, and excessive sweating This formula is sour and sweet to transform Yin. It is stronger in nourishing Yin and clearing heat function When Bei Sha Shen is substituted with Ren Shen, then it treats fatigue and weakness at late stage of febrile disease with symptoms that worsen at night, deep red tongue, and scanty tongue coating

Yue Hua Wan [Moonlight Pill] Yi Xue Xin Wu

Tian Men Dong	30 g
Mai Men Dong	30 g
Sheng Di Huang	60 g
Shu Di	60 g
Shan Yao	60 g
Bai Bu	60 g
Bei Sha Shen	60 g
Fu Ling	60 g
E Jiao	45 g
Chuan Bei Mu	21 g
San Qi	15 g
Ta Gan	30 g

Main Indication: Lung and Kidney Yin deficiency. Symptoms include dry cough with scanty phlegm or phlegm with tinge of blood, or with tidal fever, burning palms and feet, chest pain, dry throat, dry mouth, red tongue tip and sides, and thin, rapid pulse.

Preparation: Decoct Sang Ye into thick juice, then dissolve E Jiao into the decoction. Grind the above herbs into powder and add the decoction and honey to make pills with a diameter of 1.5 cm. Taken one pill three times a day.

Treatment Principle: Nourish Yin, moisten the Lung, stop cough, and stop bleeding.

In *Zhou Hou Fang*, Ta Gan San [Otter Liver Powder] is composed of only Otter Liver to treat cold consumptive disease (chronic tuberculosis). Bai Bu is also a herb to treat highly contagious consumptive disease with steaming bone.

Comparison of Formulas Treating Cough and Wheezing Due to Lung Deficiency

1. Ren Shen Ge Jie San [Ginseng and Gecko Decoction] treats Lung Qi deficiency, thus ginseng and gecko are chief herbs to tonify Lung Qi. Sheng Mai San [Generate the Pulse Decoction] treats both Qi and Yin deficiency, and so use Ren Shen and Mai Men Dong to tonify Qi and Yin. Yue Hua Wan [Moonlight Pill] treats Lung and Kidney Yin deficiency, so use Tian Men Dong, Mai Men Dong, Sheng Di Huang, Shu Di, sweating, and cold herbs to nourish Yin and regulate both Kidney and Lung.
2. The main indication for Ren Shen Ge Jie San [Ginseng and Gecko Decoction] is wheezing and rebellious Qi; thus, Ge Jie, Xing Ren, and Sang Bai Pi are used to direct the Qi downward and smooth wheezing. The main indication for Yue Hua Wan [Moonlight Pill] is coughing up phlegm with blood, thus Bai Bu and Ta Gan are used to stop cough. The main indications for Sheng Mai San [Generate the Pulse Decoction] are shortness of breath, spontaneous sweating, dry mouth, and thirst, thus Ren Shen and Mai Men Dong are used to tonify Qi, and Yin and Wu Wei Zi are used to astringe Lung Qi.
3. Sheng Mai San [Generate the Pulse Decoction] not only treats both Lung Qi and Yin deficiency, but it is also a formula strengthening the Heart to prevent collapse. Yue Hua Wan [Moonlight Pill] contains Ta Gan and Bai Bu, thus it can be used to treat Lung consumptive disease.

CHRONIC COUGH DUE TO LUNG DEFICIENCY

This indicates chronic cough leading to scattered and exhausted Lung Qi. Wu Wei Zi, Wu Mei, and Ying Su Ke are often used as chief herbs, assisted by Kuan Dong Hua and Bei Mu to stop cough and transform phlegm. The representing formulas are Jiu Xian San [Nine-Immortal Powder], Wu Wei Zi Tang [Schisandra Decoction], and Bu Fei Tang [Tonify the Lung Decoction]. If the symptoms include chronic cough with coughing up blood, this is an indication of Lung Yin deficiency. Thus, herbs such as Bai Ji, E Jiao, Wu Wei Zi, and Hai Ge Ke Powder are used to astringe the lung and stop bleeding. It is then assisted by Bai He, Bai Bu, and Bei Mu to moisten the Lung, stop cough, and transform phlegm. This is Bai Ji Pi Pa Wan [Bletilla and Loquat Leaf Pill].

This treatment is only appropriate for chronic cough due to Lung deficiency without exterior syndromes. If these formulas are used with the presence of exterior symptoms, then the exterior pathogenic factors may be trapped inside.

Jiu Xian San [Nine-Immortal Powder] *Yi Xue Zheng Zhuan*

Ren Shen	9 g
E Jiao	12 g
Kuan Dong Hua	12 g
Jie Geng	9 g
Sang Bai Pi	15 g
Bei Mu	9 g
Wu Wei Zi	9 g
Wu Mei	15 g
Ying Su Ke	9 g

Main Indication: Lung Qi deficiency and inability to astringe. Symptoms include chronic cough, wheezing, and spontaneous sweat with severe cough and deficient and rapid pulse.

Preparation: Powder the above ingredients. Take 10 g of powder three times a day with warm water.

Treatment Principle: Astringe the Lung and stop cough.

This formula is used for chronic cough, exhaustion of Qi and Yin, cough, wheezing, and spontaneous sweating. It is not appropriate for excess phlegm, damp accumulation, or with the presence of exterior pathogenic factors.

Wu Wei Zi Tang [Schisandra Decoction] *Lei Zheng Huo Ren Shu*

Ren Shen	6 g
Mai Men Dong	9 g
Wu Wei Zi	9 g
Xing Ren	6 g
Ju Pi	6 g

Main Indication: Lung Qi and Yin both deficient. Symptoms include cough with scanty phlegm, wheezing leading to spontaneous sweat, dry mouth, dry tongue, and deficient and rapid pulse.

Preparation: Decoct with ginger and red date. Take the decoction in two doses.

Treatment Principle: Benefit the Qi and generate fluid, astringe Lung, and stop cough.

This formula astringes (Wu Wei Zi), disperses (Xing Ren), tonifies (Ren Shen and Mai Men Dong), and also moves (Ju Pi). It is a formula that treats both the root and the branch with its graceful formulation.

Bu Fei Tang [Tonify the Lung Decoction] Yong Lei Ling Fang

Ren Shen	9 g
Huang Qi	24 g
Shu Di	24 g
Wu Wei Zi	6 g
Zi Wan	9 g
Sang Bai Pi	12 g

Main Indication: Lung Qi deficiency. Symptoms include shortness of breath, spontaneous sweating, sometimes hot and sometimes cold, cough, wheezing, pale tongue, and weak pulse.

Preparation: Decoction. If the formula is made into pills, dosage should be increased.

Treatment Principle: Tonify Qi and stabilize the exterior.

This formula not only tonifies the Lung Qi above, but can also tonify the Kidney and essence below. Thus it can also treat syndromes of deficient Lung and Kidney, with Kidney not grasping the Qi.

Bai Ji Pi Pa Wan [Bletilla and Loquat Leaf Pill] Zheng Zhi Zhun Sheng

Bai Ji	30 g
E Jiao (fried with Hai Ge Ke powder)	15 g
Ou Jie	15 g
Pi Pa Ye	15 g
Sheng Di Huang (fresh juice)	30 g

Main Indication: Liver and Kidney Yin deficiency with deficient fire attacking Lung. Symptoms include cough with blood or phlegm with tinge of blood; tidal fever, night sweat, red tongue with scanty coating, and rapid, thin pulse.

Preparation: Grind Bai Ji and Pi Pa Ye into powder. Decoct the rest of the herbs, then mix with the powder to form pills. Take 5 to 15 g each time, two to three times a day. This can also be prepared as decoction.

Treatment Principle: Nourish Yin, clear heat, astringe Lung, and stop bleeding.

Modification:

Addition	Indication
Qing Dai	Severe heat
Shan Zhi Zi	This modification clears more Liver heat and is
Huang Qin	more effective in stopping bleeding

Related Formula:

Formula	Herbs	Indication
Bai He Pian [Lily Bulb Tablet]	Bai He Bai Ji Bai Bu Hai Ge Ke powder Qing Dai	This treats Lung Yin deficiency with deficient heat as in bronchiectasis with bleeding and hemoptysis in Lung tuberculosis

LUNG QI UNABLE TO CIRCULATE

This indicates cough, wheezing, and breathlessness from Lung Qi's being unable to circulate due to various reasons. As described in previous methods, when there is cold restricting the exterior, then Xin Jia San Ao Tang [Newly-Augmented Three-Unbinding Decoction] is added to diffuse Lung Qi, release the exterior, and scatter the cold. When there is heat accumulation in the Lung, then Xin Jia Xiang Ru Yin [Newly-Augmented Elsholtzia Decoction] is added to circulate the stagnation and scatter heat. When there is wheezing and coughing due to rebellious Lung Qi, then Ma Xing Shi Gan Tang [Ephedra, Apricot Kernel, Licorice, and Gypsum Decoction] is added to diffuse Lung Qi and direct the rebellious Qi downward.

The treatment focuses on cough due to stagnant Lung Qi with phlegm damp congestion. Thus, it is suitable to diffuse Lung Qi and transform phlegm mainly with Jie Geng, Xing Ren, Pi Pa Ye, Sang Ye, Jing Jie, and Bo He to open and diffuse Lung Qi. It is often combined with Qian Hu, Zi Wan, Kuan Dong Hua, Bai Bu, Bai Qian, Ban Xia, and other phlegm transforming and stopping cough herbs to form Zhi Sou San [Stop Coughing Powder] and Xing Su San [Apricot Kernel and Perilla Leaf Powder].

Furthermore, since Lung and Large Intestine are internally and externally related, addition of Jie Geng, Xing Ren, and other herbs that open and diffuse Lung Qi can treat constipation. This is the method that is referred to as "lift the pot and open the lid" which is based on Lung Qi opening the Large Intestinal Qi and regulating the bowel. This is another method of treating constipation.

Zhi Sou San [Stop Coughing Powder] Yi Xue Xin Wu

Jie Geng	10 g
Jing Jie	10 g
Zi Wan	10 g
Bai Bu	10 g
Bai Qian	10 g
Chen Pi	6 g
Gan Cao	3 g

Main Indication: Lung Qi unable to circulate due to external pathogenic factors. Symptoms include cough, unproductive cough, and floating and moderate pulse.

Preparation: Decoction.

Treatment Principle: Diffuse Lung Qi and stop coughing.

This formula treats cough due to external pathogenic invasion. It is effective in treating excess syndrome.

Modification:

Addition	Indication
Fang Feng Zi Su Ye Sheng Jiang	More symptoms of cold. These herbs help to scatter cold
Sang Ye Ju Hua Niu Bang Zi Bo He Huang Qin Lu Gen	More symptoms of heat These herbs can clear heat and stop cough
Ban Xia Fu Ling Zi Su Zi	Phlegm damp obstructing the middle manifesting as cough with copious sputum. Herbs are added to expel phlegm and stop cough

Xing Su San [Apricot Kernel and Perilla Leaf Decoction] *Wen Bing Tiao Bian*

Xing Ren	10 g
Zi Su Ye	6 g
Ban Xia	10 g
Ju Pi	6 g
Fu Ling	12 g
Gan Cao	2 g
Qian Hu	6 g
Jie Geng	6 g
Zhi Ke	6 g
Sheng Jiang	6 g
Da Zao (without pit)	3 pieces

Main Indication: Cool and dryness attack the Lung, leading to mild headache, chills, aversion to cold, absence of sweating, nasal congestion, dry throat, cough with watery phlegm, and floating wiry pulse.

Preparation: Decoction.

Treatment Principle: Diffuse Lung Qi and transform phlegm.

This formula treats mild exterior cool dryness. It follows the treatment principle from *Huang Di Nei Jing*, “to treat dryness invading the interior, one should use bitter and warm (herbs) and assist with sweet and acrid (herbs).” This formula and Sang Ju Yin both treat cough due to exterior syndrome. The former is warm and the latter is cool.

WARM DRYNESS DAMAGING LUNG

This indicates exterior heat dryness causing dry cough without phlegm or with scanty phlegm that is hard to expel; nasal dryness, dry mouth, sore throat, chest pain with severe cough, red tongue tip, thin yellow tongue coating, and small, rapid pulse. Zhi Mu, Lu Gen, Shi Gao, Sang Ye, Pi Pa Ye, and Xing Ren are appropriate herbs to clear and disperse the dryness and heat. Bei Sha Shen, Mai Men Dong, Tian Men Dong, and Yu Zhu can moisten the Lung and generate fluids.

Sang Xing Tang [Mulberry Leaf and Apricot Kernel Decoction] *Wen Bing Tiao Bian*

Sang Ye	15 g
Xing Ren	10 g
Bei Sha Shen	15 g
Zhe Bei Mu	10 g
Dan Dou Chi	10 g
Shan Zhi Zi	12 g
Li Pi (Asian Pear Peel)	30 g

Main Indication: Warm dryness damages Lung. Symptoms include headache, fever, thirst, dry cough without phlegm, red tongue, thin white dry tongue coating, and rapid, big pulse on the right side.

Preparation: Decoction.

Treatment Principle: Clear, circulate, and moisten the dryness.

This method can be used for fever and dry cough without phlegm in upper respiratory infections.

Modification:

Minus	Addition	Indication
Dan Dou Chi	Qing Dai Gua Lou Pi He Zi	This treats hemoptysis due to bronchiectasis
	Shan Zhi Zi (heavy dose) Qing Dai Qing Hao Mu Dan Pi	This modification is used when there is nasal bleeding. These herbs clear Liver and cool blood
	Niu Ban Zi Xuan Shen	For dry and painful throat. These two herbs benefit the throat and clears heat
	Gua Lou Pi	Cough with yellow sticky phlegm. Gua Lou Pi clears heat and transforms phlegm

Sha Shen Mai Dong Tang [Glenhnia and Ophiopogonis Decoction] *Wen Bing Tiao Bian*

Bei Sha Shen	10 g
Mai Men Dong	10 g
Yu Zhu	6 g
Tian Hua Fen	6 g
Sheng Bian Dou	5 g
Sheng Gan Cao	3 g
Dong Sang Ye	6 g

Main Indication: Dryness damages Lung Yin. Symptoms include dry throat, thirst, fever, or dry cough without phlegm, dry tongue coating and lack of fluids, and thin pulse at cun position.

Preparation: Decoction. Take the decoction in two doses.

Treatment Principle: Sweet cold generates fluids.

This formula originally treats Lung Yin deficiency. However, dry throat and thirst are also symptoms of Stomach Yin deficiency, thus this formula is good for fluid damages in both Lung and Stomach.

Related Formula:

Formula	Herbs	Indication
Ye Shi Yi Wei Tang [Ye's Benefit the Stomach Decoction]	Core formula – Tian Hua Fen	Same indication as the main formula

Qing Zao Jiu Fei Tang [Eliminate Dryness and Rescue the Lungs Decoction] *Yi Men Fa Lu*

Shi Gao	15 g
Dong Sang Ye	10 g
Xing Ren	10 g
Pi Pa Ye (without the fine hair)	3 pieces
Ren Shen	10 g
Gan Cao	3 g
E Jiao (Melted)	6 g
Mai Men Dong	6 g
Huo Ma Ren (Fried, ground)	3 g

Main Indication: Warm dryness damages Lung causing both Qi and Yin deficient. Symptoms include headache, fever, dry cough without phlegm, rebellious Qi and wheezing, dry throat, dry nose, fullness at chest, hypochondriac pain, restlessness, thirst, dry tongue without coating, and thin rapid pulse.

Preparation: Decoction. Taken warm and frequently.

Treatment Principle: Clear dryness and moisten the Lungs.

This is the main formula to treat when warm dryness damages Lung and damages both Qi and Yin with evil heat still presenting.

Modification:

Addition	Indication
Chuan Bei Mu Sheng Gua Lou	Excess phlegm
Sheng Di Huang	Blood dryness
Xi Jiao (Shui Niu Jiao) Ling Yang Jiao (Shan Yang Jiao) Niu Huang	Excess Heart and Liver fire upward, blazing, and attack the Lung

Related Formula:

Formula	Herbs	Indication
Jia Jian Yu Shi Qing Zao Jiu Fei Tang [Modified Yu's Eliminate Dryness and Rescue the Lung Decoction]	Core formula – Huo Ma Ren E Jiao + Jin Yin Hua juice Jin Zhi (purified feces)	This formula treats the beginning stage of diphtheria with headache, fever, and chills; slight rapid and choppy of the right cun pulse, dry throat without phlegm, white spots at the throat, presence or absence of cough, but with a stuck sensation at the throat and normal eating

Yang Yin Qing Fei Tang [Nourish Yin and Clear the Lungs Decoction] *Chong Lou Yu Yao*

Sheng Di Huang	30 g
Xuan Shen	24 g
Mai Men Dong	20 g
Sheng Gan Cao	6 g
Bei Mu	10 g
Bai Shao Yao (Fried)	12 g
Mu Dan Pi	12 g
Bo He	6 g

Main Indication: Lung and Kidney Yin deficiency with contagious toxin infection. Symptoms include painful throat, appearance of white curdy deposits in the throat which are difficult to scrape off, fever at the onset, dry nose and dry lips, heavy breathing which sounds like wheezing but is not wheezing, red tongue, scanty coating on tongue, and floating, rapid pulse.

Preparation: Decoction. One bag of herbs per day. In severe cases, two bags per day.

Treatment Principle: Nourish Yin, clear heat, cool blood, and relieve toxin.

This is an effective formula to treat beginning stage of diphtheria. If this formula is taken early enough, the mucous membrane can be cleared in 1 to 2 days. The more severe case will take five to six bags. After the disappearance of the white membrane, the patient should continue to take one to two bags of herbs to prevent the recurrence. This formula can also be used for Lung Yin deficiency causing general throat complaints.

Modification:

Addition	Indication
Sang Ye Qing Hao Ge Gen	With fever and chills
Shan Zhi Zi (higher dose) Huang Qin Long Dan Cao Di Gu Pi	Severe internal heat

Jin Yin Hua Lian Qiao Pu Gong Ying Ban Lan Gen Zi Hua Di Ding Shi Gao Zhi Mu	Excess toxins
Gua Lou Zhu Ru	Copious phlegm
Da Huang Mang Xiao	Constipation

Related Formula:

Formula	Herbs	Indication
Kang Bai Hou He Ji [Anti-Diphtheria Mixture]	Sheng Di Huang 30 g Mai Men Dong 9 g Xuan Shen 9 g Huang Qin 18 g Lian Qiao 18 g	This treats mild type of diphtheria, laryngitis, pharyngitis, and tonsillitis

Comparison of Formulas that Treat Warm Dryness Damaging Lung

1. The strengths of the formulas to clear dryness and heat, from the strongest to weakest, are as follows: Kang Bai Hou He Ji [Anti-Diphtheria Mixture], Yang Yin Qing Fei Tang [Nourish the Yin and Clear the Lungs Decoction], Qing Zao Jiu Fei Tang [Eliminate Dryness and Rescue the Lung Decoction], Sha Shen Mai Dong Tang [Glenhnia and Ophiopogonis Decoction], and Sang Xing Tang [Mulberry Leaf and Apricot Kernel Decoction].
2. The moisten dryness and generating fluid strengths of the formula from the strongest to the weakest are Yang Yin Qing Fei Tang [Nourish the Yin and Clear the Lungs Decoction], Kang Bai Hou He Ji [Anti-Diphtheria Mixture], Qing Zao Jiu Fei Tang [Eliminate Dryness and Rescue the Lung Decoction], Sha Shen Mai Dong Tang [Glenhnia and Ophiopogonis Decoction], and Sang Xing Tang [Mulberry Leaf and Apricot Kernel Decoction].
3. Sang Xing Tang [Mulberry Leaf and Apricot Kernel Decoction], Sha Shen Mai Dong Tang [Glenhnia and Ophiopogonis Decoction], and Qing Zao Jiu Fei Tang [Eliminate Dryness and Rescue the Lung Decoction] treat dryness damage to both Qi level and Lung fluids. Thus, Dong Sang Ye are used in all of these formulas to moisten the Lung and direct the rebellious Qi downward. It is assisted by Xing Ren and Shan Zhi Zi to recover the dispersing and descending function of the Lung. The other two formulas, Kang Bai Hou He Ji [Anti-Diphtheria Mixture] and Yang Yin Qing Fei Tang [Nourish the Yin and Clear the Lungs Decoction], treat dryness and heat damage to both Ying and blood, thus Sheng Di Huang, Xuan Shen, and Mu Dan Pi are used to clear heat in the Ying level and nourish Yin and blood.
4. Sang Xing Tang [Mulberry Leaf and Apricot Kernel Decoction], Sha Shen Mai Men Dong Tang [Glenhnia and Ophiopogonis Decoction], and Qing Zao Jiu Fei Tang [Eliminate Dryness and Rescue the Lung Decoction] do not have a relieving toxins function. They treat general dryness and heat damaging the Lung. The other two formulas have a relieving toxins function so they can be used to treat diphtheria.

PHLEGM AND WATER CONGESTING THE LUNGS

This indicates Lung Qi unable to circulate, Jin Ye unable to distribute, Upper Jiao congestion which leads to phlegm, and water obstruction with the symptoms of wheezing, inability to lie flat, and chest and hypochondriac pain. It also treats Lung Qi failing to descend and inability to open the waterway, thus there is difficult and hesitant urination or even edema. Commonly used herbs include Jie Geng, Xing Ren, Pi Pa Ye, Ma Huang, and other acrid herbs to open the Lung and

circulate Lung Qi; thus, the movement of Qi leads to transformation of dampness. Furthermore, Ting Li Zi, Sang Bai Pi, Mu Tong, Fu Ling, and Wei Jing are used to open the waterway and regulate the San Jiao. Together, these form the method of bitter acid to unblock and direct Lung Qi downward, open the source, and guide the flow. Thus, diseases can be cured by clearing the flow of water.

Yue Bi Tang [Maid servant from Yue Decoction] *Jin Gui Yao Lue*

Ma Huang	15 g
Shi Gao	50 g
Sheng Jiang	9 g
Da Zao	10 g
Gan Cao	6 g

Main Indication: Feng Shui (wind edema) due to Lung being unable to disperse and descend. Symptoms include aversion to wind, whole body swelling, absence of thirst, presence of continuous spontaneous sweat, absence of big fever, and floating and tight pulse.

Preparation: Decoction. Taken warm in three doses. If patient also complains of aversion to wind, add one whole Zhi Fu Zi.

Treatment Principle: Circulate Lung Qi and promote water.

This formula uses Ma Huang in a heavy dose to disperse and direct Lung Qi downward, and to open and adjust the waterway to reduce swelling. However, the presenting symptoms also include spontaneous sweating; thus, Shi Gao is used to counteract the promoting sweat function of Ma Huang. In the original text, the two symptoms “presence of continuous spontaneous sweat, without big fever” indicate that the main function of Ma Huang in this formula is not promoting sweat, and the main function of Shi Gao in this formula is not clearing heat.

Yue Bi Jia Ban Xia Tang [Maid servant from Yue Decoction plus Pinellia] *Jin Gui Yao Lue*

Ma Huang	10 g
Shi Gao	30 g
Sheng Jiang	6 g
Da Zao	12 g
Gan Cao	6 g
Ban Xia	15 g

Main Indication: Exterior cold with interior Yin syndrome, Lung Qi unable to circulate. Symptoms include cough, wheezing, protruding of the eyes, and floating, big pulse.

Preparation: Decoction. Taken warm in three doses.

Treatment Principle: Disperse Lung Qi and cleanse Yin (congested fluid).

The original dose of Ma Huang in this formula is 18 g which is larger than all other stop wheezing formulas. Thus, the key point of this formula is to treat wheezing with a high dose of Ma Huang to direct the rebellious Qi downward and stop wheezing. However, the dosage of Shi Gao needs to be large to counteract the promoting sweat function of Ma Huang.

Yue Bi Jia Zhu Tang [Maid servant from Yue Decoction plus Atractylodes] *Jin Gui Yao Lue*

Ma Huang	10 g
Shi Gao	40 g
Sheng Jiang	10 g
Gan Cao	3 g
Da Zao	12 g
Bai Zhu	10 g

Main Indication: Edema due to Lung unable to disperse and descend. Early symptoms include fever, cough, scanty urination, puffiness, and swelling which is more commonly seen on face, eyelids, and lower limbs. Pulse is minute, floating, and tight.

Preparation: Decoction.

Treatment Principle: Disperse Lung Qi and promote urination.

This formula is used to treat the beginning stage of acute glomerular nephritis which promotes sweating, urination, and decreases swelling.

Referring to various formulas of Zhang Zhong Jing, other formulas beside this one that are composed of Ma Huang and Shi Gao include Ma Xing Shi Gan Tang [Ephedra, Apricot Kernel, Gypsum, and Licorice Decoction], Yue Bi Tang [Maid servant from Yue Decoction], Yue Bi Jia Ban Xia Tang [Maid servant from Yue Decoction plus Pinellia], Yue Bi Jia Zhu Tang [Maid servant from Yue Decoction plus Atractylodes], Hou Po Ma Huang Tang [Magnolia Bark with Ephedra Decoction], Da Qing Long Tang [Major Bluegreen Dragon Decoction], Xiao Qing Long Jia Shi Gao Tang [Minor Bluegreen Dragon with Gypsum Decoction], and Gui Zhi Er Yue Bi Yi Tang [Two Parts of Cinnamon Twig Decoction plus One Part of Maid servant from Yue Decoction]. Among these formulas, some use Ma Huang to promote sweating and release exterior, and some use Ma Huang to disperse and direct Lung Qi downward and stop wheezing and coughing. Some use Ma Huang to disperse Lung Qi and promote urination to treat Yin evil and edema. The combination of Ma Huang and Shi Gao has two functions. One is to fully utilize the dispersing, descending, and promoting urination functions of Ma Huang without promoting sweating. Thus, Shi Gao is added to counteract this promoting sweat function, such as in Ma Xing Shi Gan Tang [Ephedra, Apricot Kernel, Gypsum, and Licorice Decoction], Yue Bi Tang [Maid servant from Yue Decoction], Yue Bi Jia Ban Xia Tang [Maid servant from Yue with Pinellia Decoction], and Yue Bi Jia Zhu Tang [Maid servant from Yue Decoction plus Atractylodes]. Another purpose is to promote sweating and release exterior with Ma Huang and clear heat with Shi Gao. In this case, the dosage of Shi Gao is reduced or combined with Gui Zhi which can enhance the promoting sweat function without counteracting by Shi Gao, such as in Da Qing Long Tang [Major Bluegreen Dragon Decoction] and Gui Zhi Er Yue Bi Yi Tang [Two Parts of Cinnamon Twig Decoction plus One Part of Maid servant from Yue Decoction].

All of the above formulas can promote sweating, release exterior, and promote urination to treat edema. The key is the dosage ratio of Ma Huang and Shi Gao. If the dosage of Shi Gao is three times bigger than Ma Huang, then the formula can only disperse Lung Qi and promote urination but not promote sweating. If the dosage of Shi Gao is not bigger than three times Ma Huang, then the formula can promote sweating, release exterior, and also promote urination to reduce swelling.

Related Formulas:

Formula	Herbs	Indication
Yue Bi Jia Zhu Fu Tang [Maid-servant from Yue Decoction plus Atractylodes and Prepared Aconite]	Core formula + Fu Zi	Treats beriberi, whole body swelling and fullness, and difficulty urinating, or aversion to wind, numbness, and lack of sensation in the feet
He Xiong Huang San [Combined Ligusticum and Rhubarb Powder]	Core formula + Chuan Xiong Da Huang	This formula treats burning, swelling, painful eye balls; swelling eyelids or ulcerated sty; itching pain with light sensitivity; excess discharges and tears. This formula is effective in treating eye disorders due to congested heat in Lung and Liver, Qi, blood, and Jin and Ye congestion

Shi Zao Tang [Ten-Jujube Decoction] *Shang Han Lun*

Da Zao	10 pieces
Yuan Hua	equal amount
Gan Sui	
Da Ji	

Main Indication: Water evil congested in the chest; symptoms include cough, thin saliva with chest and hypochondriac pain, hard focal distention at the epigastrium, dry heaves, shortness of breath, headache, and vertigo, or patient presents with significant sweats, slippery tongue coating, and deep and wiry pulse. This formula is also indicated for edema with abdominal swelling, fullness at the hypochondrium which causes pain with palpation, or even pain radiating to the shoulder and back.

Preparation: Grind the latter three herbs into powder. Taken 1 g of the powder with warm decoction made from 10 pieces of Da Zao.

Treatment Principle: Purge and drive out congested fluid.

This formula is used for patient with congested fluid in chest and abdomen and with a strong constitution. For patient with a weak constitution, a tonification formula should be used alternately with this one. Gan Cao is contraindicated to be used with this formula. It is also contraindicated for pregnant women.

Related Formula:

Formula	Herbs	Indication
Kong Xian Dan [Control Mucous Special Pill] <i>San Yin Fang</i> , also called Miao Ying Wan [Beautiful Voice Pill], Zi Long Wan [Purple Dragon Pill]	Gan Sui Da Ji Bai Jie Zi (equal amounts)	Grind the equal amount of herbs into powder and form into pills the size of Firmiana seeds. Take 5 to 10 pills with light ginger tea before bedtime. Indication: All pathological conditions resulting from phlegm and mucous congested above and below the diaphragm; or dull unbearable pain, or pulling, tightening, and moving pain at neck, chest, back, lower back, abdomen, hypochondrium, hands, feet, and hip joints; or numbness at the skin surface like paralysis. Or unclear mind, sleepiness, and fatigue; or no taste in mouth, and thick sticky phlegm and saliva. Or drooling during sleep; or numbness, vertigo, and dizziness, and fullness and stifling sensation with a phlegm constitution. This formula is Shi Zao Tang [Ten-Jujube Decoction] minus Yuan Hua, Da Zao, and added Bai Jie Zi. It has the function of purging and driving out phlegm

Qing Fei Yin [Clear the Lung Decoction] *Zheng Zhi Hui Bu*

Shan Zhi Zi	equal amounts
Huang Qin	
Mai Men Dong	
Sang Bai Pi	
Che Qian Zi	
Mu Tong	
Fu Ling	

Main Indication: Lung heat with Qi obstruction, Lung fails to disperse and descend. Symptoms include short and rapid breathing, difficult urination, dry mouth and thirst; thin, white tongue coating, and rapid pulse.

Preparation: Decoction.

Treatment Principle: Clear heat and promote urination (open the source and guide the flow).

This formula is used to treat interior heat in lungs with obstructed urinary pathway. The key that indicates this formula is both short and rapid breathing and difficulty urinating. If short and rapid breathing are absent, then the diagnosis should be Middle Jiao excess heat.

Shang Jiao Xuan Bi Tang [Disperse Painful Obstruction at the Upper Jiao Decoction] *Wen Bing Tiao Bian*

Pi Pa Ye (remove fur)	10 g
Yu Jin	10 g
She Gan	6 g
Bai Tong Cao	3 g
Dan Dou Chi	6 g

Main Indication: Upper Jiao damp-heat, Lung Qi obstruction and congestion. Symptoms include Qi rebellion with dry heaves or distention and stifling sensation at the chest, steaming heat at the skin, thin sticky tongue coating, and soggy pulse.

Preparation: Decoction. Taken in two doses.

Treatment Principle: Gently disperse painful obstruction at Lung. (Open the source and guide the flow.)

Modification:

Addition	Indication
Mu Zei Ban Xia Huang Qin Qing Pi Bing Lang Lu Gen	Treats beginning stage of damp-heat with distending pain at both sides of the head, fullness, stifling sensation, or pain at chest and hypochondrium, painful throat, and sticky yellow tongue coating. This simultaneously treats Lung and San Jiao
San Xiang Tang [Three Fragrant Decoction] (see Liver Syndrome)	Painful obstruction at the Qi level with hiccups and severe stifling sensation at chest. This combination strengthens the dispersing and descending functions

Mu Fang Ji Tang [Cocculus Decoction] *Jin Gui Yao Lue*

Mu Fang Ji	12 g
Shi Gao	60 g
Gui Zhi	10 g
Ren Shen	12 g

Main Indication: Zhi Yin, congested fluid at the chest and diaphragm. Symptoms include wheezing, fullness sensation, hard and fullness at the epigastrium, dark complexion, and deep tight pulse. It is for patients who have had the symptoms for a few weeks and have been treated with vomiting and the downward draining method without any effect.

Preparation: Decoction. Taken warm.

Treatment Principle: Drain heat and drive out congested fluid.

Modification:

Minus	Addition	Indication
	Fu Ling	To strengthen the promoting-urination function
Shi Gao	Mang Xiao	When the patient is in a severe condition and symptoms are only relieved for a few days with the original formula, one can use the original formula again. If still not seeing any results, then use this modification to treat the stubborn condition

Related Formula:

Formula	Herbs	Indication
Mu Fang Ji Jia Fu Ling Mang Xiao Tang [Cocculus with Mirabilitum and Poria Decoction]	Core formula – Shi Gao + Fu Ling Mang Xiao	Treats the syndrome that is indicated by Mu Fang Ji Tang with difficult urination, severe hard fullness, and absence of restlessness and thirst

Ting Li Da Zao Xie Fei Tang [Descurainia and Jujube Decoction to Drain the Lungs] *Jin Gui Yao Lue*

Ting Li Zi	12 g
Da Zao	5 pieces

Main Indication: Phlegm and water congesting the Lungs. Symptoms include wheezing with inability to lie down or inability to rest due to Zhi Yin; sticky or slippery tongue coating and deep wiry pulse. This formula is also indicated for puffiness and edema of whole body, face and eyes, cough, Qi rebellion, wheezing, rapid breathing, breathlessness, and fullness and distention at the chest.

Preparation: Decoction. Taken as one dose.

Treatment Principle: Drain Lung, promote urination.

Related Formula:

Formula	Herbs	Indication
Jia Wei Ting Li Da Zao Xie Fei Tang [Augmented Decurainia and Jujube Decoction to Drain the Lungs]	Core formula + Gan Sui 1 g Bai Zhu 9 g Bai Shao Yao 10 g Sang Bai Pi 12 g Huang Qin 12 g	Powder Gan Sui, decoct the rest of the herbs. One dose per day and ten doses for one treatment Treat fluid accumulation in the chest cavity due to tuberculosis

Ma Huang Lian Qiao Chi Xiao Dou Tang [Ephedra, Forsythia, and Aduki Bean Decoction] *Shang Han Lun*

Ma Huang	9 g
Lian Qiao	15 g
Xing Ren	9 g
Chi Xiao Dou	15 g
Zi Bai Pi	15 g
Sheng Jiang	9 g
Gan Cao	6 g
Da Zao	4 pieces

Main Indication: Damp–heat obstructing the skin, between the muscles and San Jiao. Symptoms include whole body turning bright yellow (Yang Huang); edema (Yang Shui) begins with puffiness at the face and eyes, then spreads throughout the body, difficulty urinating, and sudden onset. It is also used for damp–heat obstructing the collaterals, leading to Feng Dan, and faint skin rash with itching.

Preparation: Decoction.

Treatment Principle: Disperse Lung, vent the evils, promote urination, and clear damp–heat.

This formula uses sweating and two methods of promoting urination to treat edema. It is effective in treating urticaria, glomerular nephritis, and hepatitis with jaundice.

Zi Bai Pi (Cortex catalpae) clear heat and resolve toxins. If it cannot be found, Sang Bai Pi can be used as a replacement.

Comparison of Formulas Treating Phlegm and Water Congesting the Lungs

1. The nine formulas discussed in this category all can disperse Lung phlegm and water or drain Lung and promote urination. All can be used in Lung congestion failing to disperse and descend, damp water congestion, and obstruction.
2. Yue Bi Tang [Maid servant from Yue Decoction] and Yue Bi Jia Zhu Tang [Maid servant from Yue Decoction plus Atractylodes] are focused on treating edema. Shi Zao Tang [Ten-Jujube Decoction] and Mu Fang Ji Tang [Cocculus Decoction] focus on treating water accumulation at the chest and abdomen. Yue Bi Jia Ban Xia Tang [Maid servant from Yue Decoction plus Pinellia] and Ting Li Da Zao Xie Fei Tang [Decurainia and Jujube Decoction to Drain the Lungs] focus on treating wheezing and Qi rebellion due to internal Yin evil obstruction. Ma Huang Lian Qiao Chi Xiao Dou Tang [Ephedra, Forsythia, and Aduki Bean Decoction] is effective in treating Feng Dan faint skin rash due to damp–heat stagnating at skin and muscle. Shang Jiao Xuan Bi Tang [Disperse Painful Obstruction at the Upper Jiao Decoction] is designed for hiccups due to damp–heat obstruction. Qing Fei Yin [Clear the Lung Decoction] treats Lung heat congesting and obstructing Lung, water ways not regulated, and obstruction of urination.

3. Yue Bi Tang [Maid-servant from Yue Decoction], Yue Bi Jia Ban Xia Tang [Maid-servant from Yue Decoction plus Pinellia], Ma Huang Lian Qiao Chi Xiao Dou Tang [Ephedra, Forsythia, and Aduki Bean Decoction], and Shang Jiao Xuan Bi Tang [Disperse Painful Obstruction at the Upper Jiao Decoction] demonstrate the method of dispersing Lung and promoting urination. All other formulas in this category demonstrate the method of draining the Lung and promoting urination.

Lung and Heart or Spleen Syndromes and Formulas

LUNG AND HEART SYNDROMES

Intense Heat in Both Qi and Blood

Lung dominates Qi and Wei, and Heart dominates blood and Ying. At the beginning stage of a warm febrile disease when the pathogens reach Ying level, a deep red tongue with a white or yellow coating indicates that the evil pathogens at the Qi level are not yet resolved. Thus, one should drain Wei and vent Ying with Qing Ying Tang [Clear the Nutritive Level Decoction] (see Chapter 7 on Heart syndromes). In these formulas, Jin Yin Hua, Lian Qiao, and other herbs are acrid and cool to release the exterior. Xi Jiao (Shui Niu Jiao), Sheng Di Huang, and other herbs can clear the Ying level and drain heat so they function to vent heat and transform Qi. If symptoms of the Qi level such as high fever, restlessness, thirst, and sweating are present with blood heat symptoms such as rashes, bleeding, deep red tongue, or even spasm and syncope, then there is severe heat in both blood and Qi. In this case, one should use clearing heat from the Qi level herbs such as Shi Gao, Zhi Mu, Jin Yin Hua, Shan Zhi Zi, and Huang Lian with cooling blood and relieving toxicity herbs such as Xi Jiao (Shui Niu Jiao), Sheng Di Huang, Mu Dan Pi, Zi Cao, Da Qing Ye, and Ban Lan Gen to make up the formulas that clear both heat and blood, as in Qing Wen Bai Du Yin [Clear Epidemics and Overcome Toxin Decoction] and Liu Nao He Ji [Compound Mixture for Epidemic Encephalitis].

Qing Wen Bai Du Yin [Clear Epidemics and Overcome Toxin Decoction] *Yi Zhen Yi De*

Shi Gao	Large dose 180–240 g Medium dose 60–120 g Small dose 30–60 g
Sheng Di Huang	Large dose 18–24 g Medium dose 10–15 g Small dose 6–12 g
Huang Lian	Large dose 12–18 g Medium dose 6–12 g Small dose 3–6 g
Xi Jiao (Substitute with 5 to 10 times Shui Niu Jiao)	Large dose 18–24 g Medium dose 10–15 g Small dose 6–10g
Shan Zhi Zi	6–15 g

(continued)

Huang Qin	6–15 g
Lian Qiao	6–15 g
Zhi Mu	6–15 g
Mu Dan Pi	6–15 g
Chi Shao Yao	6–15 g
Xuan Shen	6–15 g
Dan Zhu Ye	6–15 g
Gan Cao	6–15 g
Jie Geng	6–15 g

Main Indication: Severe heat in Qi and blood. Symptoms include intense fever, body heat, strong thirst, vomiting, splitting headache, restlessness, and irritability leading to delirium and delirious speech; in more severe cases, there are also skin rashes and nosebleed. Other signs include red tongue, scorched lips; deep, thin, and rapid pulses at all six positions; or pulse either deep and rapid or floating, big, and rapid.

Preparation: Boil Shi Gao for 2 to 3 min, then add other herbs to make the decoction. Grind Xi Jiao (Shui Niu Jiao) into powder and take with the decoction.

Treatment Principle: Clear heat, relieve toxins, cool blood, and rescue Yin.

This formula is modified from Huang Lian Jie Du Tang [Coptis Decoction to Relieve Toxicity], Bai Hu Tang [White Tiger Decoction], and Xi Jiao Di Huang Tang [Rhinoceros Horn and Rehmannia Decoction]. Thus, this formula has a strong function to clear heat, relieve toxicity, and clear both Qi and blood. Warm febrile diseases with the above described symptoms such as epidemic meningitis, encephalitis B, and septicemia can be treated with this formula.

Modification:

Addition	Indication
Da Qing Ye Ban Lan Gen	Strengthens the effectiveness of the formula
Zi Hua Di Ding Sheng Da Huang	Swollen head and face
Jin Yin Hua Qing Dai	Swollen cheeks, neck, and parotid gland
Ling Yang Jiao (Shan Yang Jiao) Long Dan Cao Ju Hua Zang Hong Hua	Red capillaries congested in eyes and blurry vision
Da Qing Ye Zi Hua Di Ding	Swelling and pain behind the ear
Mu Tong Tong Bian (Boy Urine)	Making noises and playing with the tongue
Li Zhi (Asian Pear Juice) Zhu Li Xi Gua Zhi (Watermelon juice)	Sticky powder type of tongue coating and slurred speech
Fresh Zhu Ru Pi Pa Ye Chen Xiang Qing Pi Yu Jin Zhi Shi	Coarse breathing, hiccups, and rebellious Qi
Shan Dou Gen	Swollen and painful throat
Ling Yang Jiao (Shan Yang Jiao) Ju Hua Long Dan Cao Sang Zhi Si Gua Luo	Spasms and tremors of tendons and unconscious movement of the four limbs in severe cases

(continued)

Addition	Indication
Huang Bai Mu Tong	Irritable pain at the joints and lumbar pain as if the person had been hit
Pei Lan Ye Qiang Wei (Wild Rose) Sap	Foul smell, offending people
Hua Shi Hu Po Bai Mao Gen Che Qian Cao Niu Xi	Scanty, dark, cloudy, hesitant urination or, in severe cases, with blood and pain (Blood Lin Syndrome)
Mang Xiao Fan Xie Ye Bai Mi (Honey)	Tenesmus or defecating purple blood with foul, turbid, or dysentery-like stools.

Related Formulas:

Formula	Herbs	Indication
Liang Ying Qing Qi Tang [Cool Ying and Clear the Qi Decoction]	Xi Jiao (Shui Niu Jiao) Sheng Di Huang Mu Dan Pi Chi Shao Yao Huang Lian Shan Zhi Zi Xuan Shen Lian Qiao Dan Zhu Ye Shi Gao Shi Hu Lu Gen Bai Mao Gen Bo He Gan Cao	Decoction. Treats epidemic throat Sha (Scarlet Fever), severe heat in both Qi and blood, with high fever, thirst, irritability, restlessness, and delirium; delirious speech in severe cases; swollen red, severely painful throat, and ulceration in severe cases; rashes and deep red tongue with yellow dry coating
Jia Jian Qing Wen Bai Du Yin [Modified Clear Epidemics and Overcome Toxin Decoction]	Sheng Di Huang Chi Shao Yao Xi Jiao (Shui Niu Jiao) Xuan Shen Shi Gao Zhi Mu Da Qing Ye Lian Qiao Huang Qin Huang Lian Niu Huang	Decoction. Taken with Shen Xi Dan [Miraculous Rhinoceros Horn Pill] Treats epidemic meningitis, encephalitis B In severe heat cases, add Ling Yang Jiao (Shan Yang Jiao) For tremor, add Jiang Can, Di Long, Quan Xie, and Wu Gong and take with Zi Xue Dan [Purple Snow Pill] For excess phlegm, add Tian Zhu Huang, Long Dan Cao, Ban Xia, and Hou Zao (0.5–1 g) and take with An Gong Niu Huang Wan [Calm the Palace Pill with Cattle Gallstone]; for internal lock-up and external collapse, take with Du Shen Tang [Unaccompanied Ginseng Decoction]

Liu Nao He Ji [Compound Mixture for Epidemic Encephalitis] *Jiang Xi Zhong Yi Xue Yuan Fang*

Sheng Shi Gao	60 g
Zhi Mu	15 g
Da Qing Ye	30 g
Fresh Sheng Di Huang	60 g
Chi Shao Yao	9 g
Mu Dan Pi	12 g
Huang Lian	12 g
Huang Qin	12 g
Lian Qiao	15 g
Dan Zhu Ye	9 g
Gan Cao	9 g
Jie Geng	6 g
Shui Niu Jiao	120 g
Decoct first to get 200 mL of decoction	

Main Indication: Scorched Qi and blood. High fever, severe headache, nausea, vomiting, painful limbs, stiffness of the neck, painful or swollen, red throat, clear red bleeding spots on skin, deep red tongue, and rapid pulse.

Preparation: Decoct Shi Gao and Da Qing Ye first, then combine with Shui Niu Jiao decoction, then add rest of the herbs to make a final decoction of 200 to 400 mL. Divide into three doses. Take two to four doses per night. If the decoction is hard to swallow due to severe vomiting, then take Shi Chang Pu and Zhu Li first to stop vomiting before taking this formula.

Treatment Principle: Clear heat, relieve toxins, cool blood, and rescue Yin.

This formula is designed to treat epidemic meningitis. However, this formula can also be used to treat various warm febrile diseases with scorched Qi and blood syndromes.

LUNG AND SPLEEN STOMACH SYNDROMES

Spleen and Lung Qi Deficiency

Lung and Spleen have the functions that mutually support each other. They are both the source of postnatal vital Qi (clear air from the nature and essence Qi from food). If both Spleen and Lung are deficient, symptoms of pale face, shortness of breath, too deficient to talk, fatigue, poor appetite, and loose stools can be seen. In this case, both Spleen and Lung need to be tonified by using Si Jun Zi Tang [Four-Gentleman Decoction]. (Please refer to the section on tonifying Qi to benefit Spleen.)

If both Middle Jiao and Lung have an excess of exterior and interior symptoms, Fang Feng Tong Sheng San [Ledebouriella Powder that Sagely Unblocks] is used to release exterior and clear heat from both exterior and interior.

Fang Feng Tong Sheng San [Ledebouriella Powder That Sagely Unblocks] *Huang Di Su Wen Xuan Ming Lun Fang*

Fang Feng	15 g
Ma Huang	15 g
Da Huang (prepared with wine)	15 g
Mang Xiao	15 g
Jing Jie	15 g
Bo He	15 g
Shan Zhi Zi	15 g
Hua Shi	90 g
Shi Gao	30 g
Lian Qiao	15 g
Huang Qin	30 g
Jie Geng	30 g
Chuan Xiong	15 g
Dang Gui	15 g
Bai Shao Yao	15 g
Bai Zhu	15 g
Gan Cao	60 g

Main Indication: Interior and exterior excess heat. Symptoms include strong fever and chills, headache, dizziness, red and sore eyes, difficulty swallowing, nasal congestion with thick and sticky nasal discharge, bitter taste in mouth, focal distention and stifling sensation at chest and diaphragm;

constipation, dark yellow urine, red tongue, yellow, greasy tongue coating, and flooding, wiry, rapid, and slippery pulse.

Preparation: Grind all ingredients into powder, take 6 to 9 g as draft with 3 pieces of Sheng Jiang. With appropriate reduction in dosage, this formula can also be prepared as decoction.

Treatment Principles: Disperse wind, clear heat, and drain downward.

Spleen and Stomach Syndromes and Formulas

DEFICIENT COLD IN THE MIDDLE JIAO

For deficient cold in the Middle Jiao, warming the Middle Jiao and strengthening the Spleen are the main treatment methods. They treat Spleen Yang deficiency leading to vomiting, diarrhea, epigastric and abdominal pain alleviated by warmth and worsened by cold, white tongue coating, absence of thirst, and deep slow pulse or tight wiry pulse. Gan Jiang, Chuan Jiao, Ding Xiang, Wu Zhu Yu, Gao Liang Jiang, and Rou Gui are often used to warm the Middle Jiao and to scatter the cold. The formula is often assisted by Dang Shen, Bai Zhu, Gan Cao, and Sha Ren to tonify Qi and strengthen the Spleen, and to recover the Yang in Middle Jiao, thus scattering the evil cold, as does Li Zhong Wan [Regulate the Middle Pill].

Li Zhong Wan [Regulate the Middle Pill] *Shang Han Lun*

Ren Shen	90 g each
Gan Jiang	
Zhi Gan Cao	
Bai Zhu	

Main Indication: Deficient cold in the Middle Jiao. Symptoms include diarrhea, vomiting, abdominal pain, absence of thirst, pale tongue, white coating, or black wet tongue coating with tender tongue proper, and deep weak pulse.

Preparation: Make into honey pills. Take 10 g each time, with warm water. If taken as decoction, then the dosage should be modified accordingly.

Treatment Principles: Warm the Middle Jiao and strengthen the Spleen.

This formula warms, tonifies, and strengthens the Spleen. It can be used in deficient cold type ulceration, chronic gastroenteritis leading to poor digestion, borborygmus, and diarrhea, worsening with cold. It can also be used to treat gastromalacia, gastroptosis, and neurofunctional disorders of the Stomach and intestine with above described symptoms. It is also effective in treating Spleen that fails to control the blood.

Modification:

Addition	Indication
Yi Zhi Ren	Increase of saliva after an illness is an indication of Spleen Yang not yet fully recovered and cannot control Jin Ye
Quan Xie Jiang Can	Chronic fright and convulsion in children leading to vomiting and diarrhea that damages Spleen
	In <i>Jin Gui Yao Lue</i> , this formula is used to treat “chest Bi” syndrome with deficient cold. It is called Ren Shen Tang [Ginseng Decoction]

Related Formulas:

Formula	Herbs	Indication
Fu Zi Li Zhong Wan [Prepared Aconite Pill to Regulate the Middle Jiao]	Fu Zi Li Zhong Tang	Treats severe cases of deficient cold with four cold extremities
Gui Fu Li Zhong Tang [Cinnamon and Prepared Aconite Decoction to Regulate the Middle Jiao]	Rou Gui Fu Zi Li Zhong Tang	Treats deficient cold in Spleen and Stomach with abdominal pain, vomiting, diarrhea, and cold hands and feet
Ding Yu Li Zhong Tang [Clove and Evodia Decoction to Regulate the Middle Jiao]	Ding Xiang Wu Zhu Yu Li Zhong Tang	Treats duodenal ulcer due to Yang deficiency and cold; symptoms include vomiting, abdominal pain, worsens with cold and alleviates with warmth. The treatment method warms the Middle Jiao and descends the rebellious Qi
Sha Ban Li Zhong Tang [Amomum and Pinellia Decoction to Regulate the Middle Jiao]	Sha Ren Ban Xia Li Zhong Tang	Treats above syndrome with severe vomiting. This method warms the Middle Jiao and descends the rebellious Qi
Zhi Shi Li Zhong Tang [Immature Bitter Orange Decoction to Regulate the Middle Jiao]	Zhi Shi Fu Ling Li Zhong Tang	Treats distention and fullness of the epigastrium and abdomen, and deficient cold type of abdominal distention and pain
Zhi Zhong Tang [Treats the Middle Jiao Decoction]	Qing Pi Chen Pi Li Zhong Tang	Treats epigastric and abdominal distention due to cold food accumulation and obstruction
Li Ling Tang [Regulate the Middle Jiao Decoction with Five-Ingredient Powder with Poria]	Wu Ling San Li Zhong Tang	Treats Yang deficient patient with food accumulation, abdominal distention, wheezing, puffiness and swelling, difficult urination, and urinary retention.
Lian Li Tang [Coptis Decoction to Regulate the Middle Jiao]	Huang Lian Li Zhong Tang	Treats Spleen deficient type of chronic enteritis with the key symptom of vomiting sour water. It is a formula with both cold and heat herbs
Lian Yu Li Zhong Tang [Coptis and Evodia Decoction to Regulate the Middle Jiao]	Huang Lian Wu Zhu Yu Li Zhong Tang	Treats cold and heat mixed type of digestive ulcer. It is a formula with both cold and heat herbs

Da Jian Zhong Tang [Major Construct the Middle Decoction] *Jin Gui Yao Lue*

Chuan Jiao (fried)	9 g
Gan Jiang	15 g
Ren Shen	6 g
Yi Tang	60 g

Main Indication: Extreme exhaustion of Yang in the Middle Jiao and excess internal Yin and cold. Symptoms include excruciating pain at epigastrium and abdomen, and visible abdominal spasm during which patient cannot tolerate being touched; vomiting to the point of not being able to eat; greasy white tongue coating, and wiry slow pulse or deep weak pulse.

Preparation: Decoct the first three herbs, strain the decoction, and then add Yi Tang. To be taken warm.

Treatment Principles: Warm the Middle Jiao, scatter cold, alleviate, and stop the acute pain. This formula can also treat deficient cold in the Middle Jiao and abdominal pain caused by roundworms because Chuan Jiao can warm the Middle Jiao and also expel parasites.

Xiao Jian Zhong Tang [Minor Construct the Middle Decoction] *Shang Han Lun*

Gui Zhi	15 g
Bai Shao Yao	30 g
Sheng Jiang	15 g
Gan Cao	10 g
Da Zao	10 g
Yi Tang	60 g

Main Indication: Deficient cold in the Middle Jiao and Liver overacting on Spleen. Symptoms include spasmodic abdominal pain, a preference for warmth, pressure, palpitation, restlessness, lack-luster face, pale tender tongue, and wiry and choppy pulse.

Preparation: Decoct the first five herbs, strain the decoction, and then add Yi Tang. To be taken warm, three times a day.

Treatment Principles: Warm the Middle Jiao, tonify the deficiency, soften the Liver, and moderate the spasm.

This is the first formula that uses the principle of “warm and sweet to clear heat.”

This formula modifies from Gui Zhi Tang [Cinnamon Twig Decoction] with double the dosage of Shao Yao and addition of Yi Tang. Double dose of Shao Yao and Yi Tang can nourish Yin and soften Liver to moderate pain, which shows the classic method of “benefit the wood and support the earth.” It can also regulate and tonify Yin and Yang to treat fever and palpitation due to exhaustion and overexertion.

This formula is effective in treating Middle Jiao deficient cold type of digestive ulceration, neurasthenia, chronic fatigue syndrome, and aplastic anemia without greasy tongue coating.

Related Formulas:

Formula	Herbs	Indication
Huang Qi Jian Zhong Tang [Astragalus Decoction to Construct the Middle]	Core Formula + Huang Qi	Treats digestive ulceration especially duodenal ulcers, chronic peritonitis, and chronic fatigue syndrome
Gui Qi Jian Zhong Tang [Tangkuei and Astragalus Decoction to Construct the Middle]	Core Formula + Dang Gui Huang Qi	Treats hunger pain, postpartum abdominal pain and tightness at the lower abdomen leading to pain at lower back due to Middle Jiao deficient cold
Dang Gui Jian Zhong Tang [Tangkuei Decoction to Construct the Middle]	Core Formula + Dang Gui	Treats deficient constitution after giving birth with continuous abdominal pain

Comparison of Formulas Treating Deficient Cold in Middle Jiao

All three formulas in this category treat abdominal pain due to Middle Jiao deficient cold. However, the key indications for Li Zhong Wan [Regulate the Middle Pill] are vomiting, diarrhea, and abdominal pain. It focuses on warming the Middle Jiao to restore the ascending and descending function in the Middle Jiao. The key indication for Da Jian Zhong Tang [Major Construct the Middle Decoction] is abdominal pain with visible spasm in which the abdomen refuses palpation or pressure, especially at

the middle of the abdomen. It focuses on warming and scattering the congealed cold, and moderating and stopping severe pain. Xiao Jian Zhong Tang [Minor Construct the Middle Decoction] treats abdominal pain that prefers warmth and pressure. The pain is predominant at epigastrium and lower abdomen. It focuses on softening the Liver, moderating pain, and harmonizing Liver and Spleen.

EXCESS HEAT IN QI LEVEL

The “acid cold to clear heat” method is used to treat Yang Ming channel syndrome or warm febrile disease of the Qi level. Symptoms include high fever, presence of sweating, irritability, thirst, and flooding big pulse which are referred to as the “Four Big Syndrome.” Often, Shi Gao, Zhi Mu, and Dan Zhu Ye are used to form the formulas. Heat pathological condition easily damages body fluid; therefore, acid cold herbs that clear heat are used. This is because acid relaxes the muscles, and cold clears the heat, and when the heat is gone, the fluid returns. In clinical practice, one should modify the formula by combining acid cool releasing exterior herbs, clearing Ying level and cooling blood level herbs, or Yin nourishing and fluid promoting herbs, according to the patient’s presentation.

Bai Hu Tang [White Tiger Decoction] *Shang Han Lun*

Shi Gao	15–60 g
Zhi Mu	12 g
Gan Cao	6 g
Geng Mi	9 g

Main Indication: Yang Ming channel syndrome or warm febrile disease of the Qi level. Symptoms include high fever, sweating, thirst and restlessness, dry red tongue, flooding big pulse, or slippery rapid pulse.

Preparation: Decoction.

Treatment Principles: Acid cold to clear heat.

This method is an effective heat clearing, antiinflammatory formula. When it is modified appropriately, it can treat the “Big-Four Syndrome” seen in pneumonia, meningitis, encephalitis B, common cold and flu, heat stroke, influenza, and measles.

This formula is contraindicated for fever due to Yin deficiency and true cold false heat patterns.

Related Formulas:

Formula	Herbs	Indication
Bai Hu Jia Gui Zhi Tang [White Tiger plus Cinnamon Twig Decoction]	Core Formula + Gui Zhi	Treats exterior syndrome with symptoms indicated for Bai Hu Tang [White Tiger Decoction] and pain at the joints. It also treats warm malaria with only heat presentation without cold. Symptoms also include joint pain, occasionally vomiting, and even pulse. It can also treat internal warm febrile patterns with exterior wind cold syndrome
Chai Hu Bai Hu Tang [Bupleurum White Tiger Decoction]	Core Formula + Chai Hu	Treats alternating fever and chills, more heat than cold
Bai Hu He Huang Lian Jie Du Tang [White Tiger with Coptis Decoction to Relieve Toxicity]	Core Formula + Huang Qin Huang Lian Huang Bai Shan Zhi Zi	Treats rashes due to warm toxins, irritation/restlessness, heat sensation, sensory aphasia and insomnia

(continued)

Formula	Herbs	Indication
Bai Hu Cheng Qi Tang [White Tiger and Order the Qi Decoction]	Core Formula + Da Huang Mang Xiao	Treats high fever, thirst, sweating, and delirium with delirious speech, constipation, and scanty hesitant urination
Zhen Ni Bai Hu Tang [White Tiger Decoction to Suppress Rebellion]	Ban Xia Zhu Ru Shi Gao Zhi Mu	Treats the indicating syndrome of Bai Hu Tang [White Tiger Decoction] with rebellious Qi and distention and stifling sensation at the epigastrium
Bai Hu Jia Ren Shen Tang [White Tiger plus Ginseng Decoction]	Core Formula + Ren Shen or Bei Sha Shen	Treats indicating syndrome of Bai Hu Tang [White Tiger Decoction] with excess sweating, but empty big pulse
Cang Zhu Bai Hu Tang [Atractylodes White Tiger Decoction]	Core Formula + Cang Zhu	Treats damp warm febrile diseases, aversion to cold, high fever, thirst, whole body ache. It also treats damp-heat with heat excess
Yin Qiao Bai Hu Tang [Honeysuckle, Forsythia, and White Tiger Decoction]	Core Formula + Jin Yin Hua Lian Qiao	Treats both Wei level and Qi level heat pattern, such as in encephalitis B
Qing Zhen Tang [Clear the Rash Decoction]	Ling Yang Jiao (Shan Yang Jiao) He Ye Lian Qiao Chan Tui Jiang Can Jin Xian Chong Lou Shi Gao Zhi Mu	Treats pediatric rashes or blotches on skin, which are not fully surfaced, excess heat both exterior and interior, restlessness, thirst, sore throat, and hoarseness
Xin Jia Bai Hu Tang [Newly Augmented White Tiger Decoction]	Core Formula + Bo He He Ye Dan Zhu Ye Sang Zhi Hua Shi Zhu Sha	Treats fever, sweating, restlessness, and thirst, faint skin rash, scanty dark burning urination, and hemoptysis and delirium in severe cases
Hua Ban Tang [Transform Blotches Decoction]	Core Formula + Xi Jiao (Shui Niu Jiao) Xuan Shen	Treats heat conditions with delirium, delirious speech and dark red blotches on skin
Xin Jia Yu Nu Jian [Newly Augmented Jade Woman Decoction]	Sheng Di Huang Xuan Shen Mai Men Dong Shi Gao Zhi Mu	Treats heat conditions with scorched Qi and blood
	Modification 1: Xin Jia Yu Nu Jian [Newly Augmented Jade Woman Decoction] + Niu Xi Ci Shi Mu Li Bai Shao Yao	Treats insufficient Shao Yin and excess Yang Ming leading to toothache, loose teeth, and swollen painful gum
	Modification 2: Xin Jia Yu Nu Jian [Newly Augmented Jade Woman Decoction] + Xi Xin Rou Gui	Treats toothache due to external evil pathogens

(continued)

Formula	Herbs	Indication
Xi Ling Bai Hu Tang [Rhinoceros Horn, Antelope, and White Tiger Decoction]	Core Formula + Xi Jiao (Shui Niu Jiao) Ling Yang Jiao (Shan Yang Jiao) Gou Teng Ju Hua	Treats pediatric warm febrile diseases that transform into dryness, exhaustion of fluids leading to wind. Symptoms include absence of nasal discharge, dry eyes without tear, sallow dark dry complexion, delirium, spasm, and convulsion Da Qing Ye and Ban Lan Gen can be added to strengthen the clearing heat and relieving toxin effect
Ling Ma Bai Hu Tang [Antelope, Gastrodia, White Tiger Decoction]	Core Formula + Ling Yang Jiao (Shan Yang Jiao) Tian Ma Gua Lou Ren Chuan Bei Mu	Treats wind warm febrile diseases leading to spasm, and damaged Yin fluids. Symptoms include internal movements of Liver wind causing upward movement of phlegm, blood not nourishing the tendons leading to spasms
Jia Jian Yin Qiao Bai Hu Tang [Modified Honeysuckle, Forsythia, and White Tiger Decoction]	Shi Gao 60 g Zhi Mu 12 g Dan Zhu Ye 12 g Qing Hao 15 g Jin Yin Hua 30 g Lian Qiao 30 g Da Qing Ye 15 g Mu Dan Pi 12 g Huang Qin 9 g Fresh Shi Hu 15 g Fresh Bai Mao Gen 60 g	Treats encephalitis B with severe heat. Symptoms include high fever, restlessness, irritability, red face, short and coarse breathing, severe thirst, red tongue, yellow greasy tongue coating, and rapid and forceful pulse

Zhu Ye Shi Gao Tang [Lophatherus and Gypsum Decoction] *Shang Han Lun*

Dan Zhu Ye	10 g
Sheng Shi Gao	30 g
Ban Xia	12 g
Ren Shen	6 g
Mai Men Dong	30 g
Gan Cao	6 g
Geng Mi	10 g

Main Indication: Late stage of febrile disease with lingering heat signs, damaged Qi and blood. Symptoms include emaciation, shortness of breath, nausea, vomiting, dry throat, thirst, red tongue with scanty coating with deficient and rapid pulse. It also treats restlessness, insomnia due to deficiency with deficient rapid pulse.

Preparation: Decoction.

Treatment Principles: Clear heat, descend rebellion, tonify Qi and generate fluid.

In *Shang Han Lun*, this formula is indicated for damaged Qi and Yin due to “the residual fire in the ashes after the fire is put out.”

Related Formula:

Formula	Herbs	Indication
Jia Jian Zhu Ye Shi Gao Tang [Modified Lophatherus and Gypsum Decoction] <i>Guang Wen Re Lun</i>	Xi Yang Shen 3 g Sheng Shi Gao 10 g Sheng Gan Cao 2 g Mai Men Dong 6 g Ban Xia 3 g Sugar cane juice 1 cup Fresh Ginger juice 2 drops	It is for emaciation, weakness, shortness of breath, rebellious Stomach Qi, nausea and vomiting, after rashes or blotches have surfaced on skin One should also drink Zhu Ru 10 g and fresh Bai Mao Gen 30 g decoction instead of water

(continued)

Formula	Herbs	Indication
Jian Wei Zhu Ye Shi Gao Tang [Reduced Lophatherus and Gypsum Decoction] <i>Wen Bing Tiao Bian</i>	Dan Zhu Ye 15 g Shi Gao 24 g Mai Men Dong 18 g Gan Cao 10 g	Treats warm febrile disease of Yang Ming with floating hurried pulse

Comparison of the Two Formulas Treating Excess Heat in Qi Level

Bai Hu Tang [White Tiger Decoction] treats excess heat syndrome with the “Big Four.” Zhu Ye Shi Gao Tang [Lophatherus and Gypsum Decoction] treats residual heat after heat–febrile diseases with damaged Qi and body fluid leading to shortness of breath, nausea, vomiting, dry mouth, thirst, red tongue, scanty coating, and deficient rapid pulse. Bai Hu Tang directly attacks excess heat from the Qi level and Zhu Ye Shi Gao Tang clears heat at the same time it tonifies.

HEAT ACCUMULATION IN THE STOMACH AND INTESTINE

Bitter herbs are used to treat heat accumulation in the Stomach leading to mouth ulcers, bad breath, irritability, thirst, increased hunger, or red swollen or ulcerations at gum, swollen lips, mouth, and cheeks, red tongue, dry yellow tongue coating, and slippery rapid pulse. Herbs such as Shan Zhi Zi, Huang Lian, and Mu Dan Pi are often used as in Qing Wei San [Clear the Stomach Powder]. It is also used to treat acute pancreatitis with high fever, severe sharp pain at the epigastrium, nausea and vomiting due to excess heat at the Middle Jiao or heat accumulation in Stomach and Gallbladder, such as Qing Yi Tang [Clear the Pancreas Decoction] and Da Chai Hu Tang [Major Bupleurum Decoction].

The heat toxins accumulating in Large Intestine lead to Qi and blood stagnation creating intestinal abscess (appendicitis). This should be treated following the principle of keeping the six Fu organs unobstructed. Thus, herbs like Yan Hu Suo, Mu Dan Pi, Jin Yin Hua, Lian Qiao, Huang Qin, Tao Ren, Hong Teng, Bai Jiang Cao, Pu Gong Ying, Zi Hua Di Ding, Da Huang, and other herbs that can regulate Qi, activate blood, cool blood, and relieve toxins can be used. Representing formulas are Da Huang Mu Dan Pi Tang [Rhubarb and Moutan Decoction] and Lan Wei Qing Jie Tang [Clear and Relieve Appendix Decoction].

Zhi Zi Chi Tang [Gardenia and Prepared Soybean Decoction] *Shang Han Lun*

Shan Zhi Zi	10 g
Xiang Dou Chi	10 g

Main Indication: Heat accumulation in the chest. Symptoms include body heat, irritability, restlessness, insomnia with tossing and turning in bed, feeling remorseful, or stifling and restless heat sensation at the chest, if pressing the chest area, then epigastrium showing softness and noises as if the person is hungry, slight yellow tongue coating, excess pulse at cun position.

Preparation: Decoction.

Treatment Principles: Clear heat and alleviate restlessness and irritability.

In this formula, Dou Chi ascends and Shan Zhi Zi descends. Thus, this formula can be used for bleeding at either upper or lower parts of the body. Since Shan Zhi Zi can be used to treat jaundice, in *Sheng Ji Zong Lu* this formula is used to treat symptoms of “toad yellow, distention with blue stripes on tongue, and inability to sleep day and night.”

Related Formulas:

Formula	Herbs	Indication
Zhi Zi Gan Cao Chi Tang [Gardenia, Licorice, and Prepared Soybean Decoction]	Shan Zhi Zi Dan Dou Chi Gan Cao	Heat accumulating in the chest with shortness of breath
Zhi Zi Sheng Jiang Chi Tang [Gardenia, Fresh Ginger, and Prepared Soybean Decoction]	Shan Zhi Zi Dan Dou Chi Sheng Jiang	Heat accumulating in the chest with nausea and rebellious Qi
Zhi Zi Hou Po Tang [Gardenia and Magnolia Bark Decoction]	Shan Zhi Zi Hou Po Zhi Shi	Treats restlessness, abdominal fullness, restlessness and insomnia after purging is done to treat a cold induced disease
Zhi Zi Gan Jiang Tang [Gardenia and Ginger Decoction]	Shan Zhi Zi Gan Jiang	Treats slight restlessness, persistent fever after a strong purging to treat a cold induced disease
Jia Wei Zhi Zi Chi Tang [Augmented Gardenia and Prepared Soybean Decoction]	Shan Zhi Zi Dan Dou Chi Zhi Ke Zhu Ru Ban Xia Mu Xiang Huang Lian Su Ye	Treats nausea and/or vomiting clear or sour water, bitter mouth, distending sensation at heat with dizziness, vertigo, stifling sensation at chest, hunger and rumbling, scanty urination, red tongue, yellow tongue coating, wiry, slippery, and rapid pulse

Qing Wei San [Clear the Stomach Powder] Lan Shi Mi Cang

Dang Gui	5 g
Huang Lian	6 g
Sheng Di Huang	10 g
Mu Dan Pi	12 g
Sheng Ma	3 g

Main Indication: Damp–heat accumulating in Yang Ming channel. Symptoms include toothache causing headache, fever, preference for cold than heat, red swollen gum or with ulceration, bleeding gums, bad breath, swollen painful cheeks and lips, dry mouth, dry tongue, red tongue with scanty coating, and slippery, big and rapid pulse.

Preparation: Decoction.

Treatment Principles: Clear and disperse Stomach heat, cool blood, and nourish Yin.

This formula treats damp–heat type of gum bleeding. If the bleeding is caused by deficient heat of the Kidney, one should use Liu Wei Di Huang Tang [Six-Ingredient Decoction with Rehmannia]. If the toothache is caused by Yin deficiency with residual heat at the Yang Ming channel, then one should use Yu Nu Jian [Jade Woman Decoction].

Modification:

Addition	Indication
Ge Gen	Treats swollen cheeks and chin due to overdrinking
Yin Chen Huo Xiang Bai Dou Kou	Treats deep gum ulceration and bleeding due to over-indulgence of fatty greasy food and alcohol
Xi Jiao (Shui Niu Jiao) Lian Qiao Huang Qin Shi Gao	Treats acute periodontitis
Da Huang Mang Xiao	Treats bleeding due to any dental pathology with constipation

Related Formulas:

Formula	Herbs	Indication
Jin Jian Qing Wei Yin [Clear the Stomach Decoction from <i>Yi Zong Jin Jian</i>]	Huang Lian Sheng Di Huang Mu Dan Pi Sheng Ma Shi Gao Huang Qin	Treats severe damp-heat in the Stomach
Jia Wei Qing Wei San [Augmented Clear the Stomach Powder]	Core Formula + Xi Jiao (Shui Niu Jiao) Lian Qiao Gan Cao	Treats the same pattern as Qing Wei San, but with excess gum bleeding
Mi Yan Qing Wei San [Secret Clear the Stomach Powder from Experiences]	Core Formula + Shi Gao Shan Zhi Zi Huang Qin Bai Shao Yao Cang Zhu Qing Pi Xi Xin Huo Xiang Jing Jie Sui Gan Cao	Treats all types of wind-heat-damp phlegm causing toothache, swollen bleeding gums, and loose teeth

**Qing Yi Tang [Clear the Pancreas Decoction]
(Tian Jin Nan Kai Yi Yuan Fang)**

Chai Hu	15 g
Huang Qin	9 g
Hu Huang Lian	9 g
Bai Shao Yao	15 g
Mu Xiang	9 g
Yan Hu Suo	9 g
Fresh Da Huang (decoct later)	15 g
Mang Xiao (add to final decoction)	9 g

Main Indication: Heat accumulating and obstructing in Gallbladder and Liver as in acute pancreatitis. Symptoms include constant severe epigastric pain, with intermittent increased in pain, abdominal pain upon palpation, tight abdominal muscle, nausea, vomiting, fever, yellow greasy tongue coating with wiry and rapid pulse.

Preparation: Decoction. One bag a day, taken in two doses. For severe condition, use two bags per day and take in four doses.

Treatment Principles: Pacify the Liver and benefit the Gallbladder, drain heat, and open the Fu organs. This is an effective formula in treating acute pancreatitis. It can be used in any syndromes with heat accumulating in Gallbladder and Stomach with obstruction.

Modification:

Minus	Addition	Indication
	Yin Chen Hao Shan Zhi Zi Long Dan Cao	With severe dampness and/or jaundice
	Ban Xia Dai Zhe Shi	With severe vomiting

(continued)

Minus	Addition	Indication
	Chuan Lian Zi Yan Hu Suo (increase dosage)	With severe pain
	Lai Fu Zi Shen Qu Mai Ya Shan Zha	With food accumulation
	Hou Po Zhi Shi	With chest fullness
	Quan Gua Lou Xie Bai Fang Feng Qin Jiao	With back pain
	Bing Lang Shi Jun Zi Ku Lian Gen Pi	With roundworms in the bile duct
Da Huang Mang Xiao	Fu Zi Gan Jiang	With deficient constitution and coldness in the Middle Jiao

Da Huang Mu Dan Tang [Rhubarb and Moutan Decoction] *Jin Gui Yao Lue*

Da Huang (add near end)	12 g
Mu Dan Pi	9 g
Tao Ren	9 g
Dong Gua Ren	15 g
Mang Xiao (add to final decoction)	9 g

Main Indication: Beginning stage of intestinal abscess. Symptoms include lower right quadrant pain that is aggravated and sharp with palpation, abdominal muscle tightness, and normal urination, or aggravating pain on extending the leg straight, preference for flexing the hip and knee, or with fever and constipation, greasy yellow thin tongue coating, slippery rapid and wiry pulse.

Preparation: Decoction.

Treatment Principles: Drain heat and expel stasis.

This formula is used to treat beginning stage of heat toxin accumulation with obstruction of Qi and blood. It can also be used for unsmooth lochial discharge, urinary difficulties, congestion of the blood and water, lower abdominal fullness, and pain and constipation. This can also be used for congested Qi and blood in Lower Jiao causing irregular menstruation, with red and white leucorrhoea syndromes.

Related Formulas:

Formula	Herbs	Indication
Chi Fu Ling Tang [Red Poria Decoction]	Core Formula + Chi Fu Ling	Treats the same indication as Da Huang Mu Dan Tang [Rhubarb and Moutan Decoction]
Mei Ren Tang [Prune Seed Decoction]	Da Huang Mu Dan Pi Mei Ren (Japanese Plum) Dong Gua Ren Mang Xiao Xi Jiao (Shui Niu Jiao)	Treats the same indication as Da Huang Mu Dan Tang [Rhubarb and Moutan Decoction]

(continued)

Formula	Herbs	Indication
Fu Fang Da Huang Mu Dan Tang [Revised Rhubarb and Moutan Decoction]	Da Huang 6 g Yi Yi Ren 6 g Dong Gua Ren 15 g Mu Dan Pi 9 g Jin Yin Hua 15 g Huang Qin 21 g Pu Gong Ying 15 g Lian Qiao 30 g Tao Ren 6 g Dang Gui 9 g Chen Pi 3 g	Decoction Treats acute appendicitis
Fu Fang Hong Teng Jian [Revised Millettia Decoction]	Da Huang 5 g Mu Dan Pi 9 g Jin Yin Hua 12 g Hong Teng 60 g Pu Gong Ying 30 g Lian Qiao 12 g Mo Yao 9 g Ru Xiang 9 g Yan Hu Suo 6 g Gan Cao 3 g	Decoction Treats intestinal abscess pain
Hong Teng Yu Li Ren Jian [Millettia and Prune Seed Decoction]	Yu Li Ren 12 g Yi Yi Ren 30 g Dong Gua Ren 30 g Mu Dan Pi 9 g Bai Jiang Cao 15 g Hong Teng 30 g Pu Gong Ying 15 g Tao Ren 5 g	Decoction Treats acute appendicitis with abdominal pain due to stagnation and stasis or mild syndrome with pus formation

Lan Wei Hua Yu Tang [Transform Blood Stasis Decoction for Appendicitis] (Tian Jin Nan Kai Yi Yuan Fang)

Da Huang	10 g
Mu Dan Pi	10 g
Jin Yin Hua	15 g
Chuan Lian Zi	15 g
Mu Xiang	10 g
Yan Hu Suo	10 g
Tao Ren	10 g

Main Indication: Acute appendicitis, during the Qi stagnation and blood stasis stage but without severe heat. Symptoms include continuous dull or distending lower right quadrant abdominal pain, aversion to palpation and pressure, fullness and stifling sensation at the epigastrium, poor appetite, nausea, normal bowel movement or constipation, clear or yellow urination, white tongue coating with normal tongue proper or with purple spots, and wiry and tight pulse.

Preparation: Decoction. One bag a day.

Treatment Principles: Move Qi, activate blood, drain heat, and unblock the Fu organs.

Modification:

Addition	Indication
Hong Teng 30–60 g	Severe blood stagnation that forms into mass

Lan Wei Qing Hua Tang [Clear and Transform the Appendicitis Decoction] (Tian Jin Nan Tai Yi Yuan Fang)

Jin Yin Hua	30 g
Pu Gong Ying	30 g
Mu Dan Pi	15 g
Da Huang	15 g
Chuan Lian Zi	9 g
Chi Shao Yao	12 g
Tao Ren	9 g
Sheng Gan Cao	9 g

Main Indication: Acute appendicitis, during the heat accumulating stage with congested heat toxins. Symptoms include low-grade fever or afternoon fever, thirst, severe pain at lower right quadrant, constipation, dark urine, red tongue, yellow tongue coating, and slippery rapid pulse or rapid wiry pulse.

Preparation: Decoction. Two bags a day.

Treatment Principles: Clear heat, relieve toxins, move Qi, and activate blood.

Modification:

Addition	Indication
Huang Lian Huang Qin	For patient with more damp and heat
Pei Lan Bai Dou Kou Huo Xiang Geng Mu Tong	Patient with severe dampness

Lan Wei Qing Jie Tang [Clear and Relieve the Appendicitis Decoction] (Tian Jin Nan Kai Yi Yuan Fang)

Jin Yin Hua	60 g
Pu Gong Ying	30 g
Dong Gua Ren	30 g
Da Huang	24 g
Mu Dan Pi	15 g
Mu Xiang	9 g
Chuan Lian Zi	9 g
Sheng Gan Cao	9 g

Main Indication: Acute appendicitis, excess heat and toxin during the heat toxin stage. Symptoms include high fever, thirst, red face, red eyes, dry lips, dry throat, nausea causing inability to eat, lower right quadrant abdominal pain, refusing pressure or palpation, or with hard abdominal muscles in severe cases, constipation, scanty hesitant urination; yellow, greasy tongue coating, deep red tongue, flooding slippery rapid big pulse, or wiry rapid forceful pulse.

Preparation: Decoction. Two bags per day or four bags per day in severe cases, take both day and night.

Treatment Principles: Clear heat, relieve toxins, move Qi, and activate blood.

Modification:

Addition	Indication
Sheng Shi Gao 30 g	Presenting with high fever and big thirst
Tian Hua Fen 15 g	

Comparison of Formulas Treating Heat Accumulation in Stomach and Intestines

1. Zhi Zi Chi Tang [Gardenia and Prepared Soybean Decoction] treats beginning stage of heat accumulation in Yang Ming. The disease location is at the chest, with the main symptoms of restlessness, irritability, and feeling remorseful.
2. Qing Wei San [Clear the Stomach Powder] treats heat accumulation in the Yang Ming traveling along the channel up to the head, face, and cheeks area. Main symptoms are swelling and pain sensation in head, face, and gum areas.
3. Qing Yi Tang [Clear the Pancreas Decoction] treats congestion and stagnation in Gall-bladder and Stomach type of acute pancreatitis. The obstruction leading to epigastric pain.
4. Da Huang Mu Dan Tang [Rhubarb and Moutan Decoction] treats beginning stage of acute appendicitis with the main symptoms of lower right quadrant abdominal pain. Lan Wei Hua Yu Tang [Transform Blood Stasis Decoction for Appendicitis], Lan Wei Qing Hua Tang [Clear and Transform the Appendicitis Decoction], and Lan Wei Qing Jie Tang [Clear and Relieve the Appendicitis Decoction] all treat acute appendicitis. However, Lan Wei Hua Yu Tang [Transform Blood Stasis Decoction for Appendicitis] is best for stagnation and stasis stage without too much heat. Lan Wei Qing Hua Tang [Clear and Transform the Appendicitis Decoction] is most suitable for heat accumulating stage with excess heat and toxins. Lan Wei Qing Jie Tang [Clear and Relieve the Appendicitis Decoction] is most suitable in treating severe stage of excess toxins with pus formation and the spreading of heat and toxins throughout the body.
5. Please consult your medical doctor first in case of diagnosis as acute pancreatitis or acute appendicitis.

FOOD ACCUMULATION AND STAGNATION

When food accumulates in the Stomach or stagnates the Middle Jiao, the commonly seen symptoms include abdominal distention, abdominal pain, fullness and focal distention at the chest and epigastrium, sour regurgitation, aversion to food, or nausea, diarrhea, or not smooth bowel movements with foul smell, yellow or greasy tongue coating, and slippery, excess and forceful pulse. This is an excess syndrome, thus herbs that reduce the accumulation and guide the stagnation to recover the transformation and transportation functions of Spleen and Stomach are often used. These herbs include Shan Zha, Shen Qu, Gu Ya, Mai Ya, Lai Fu Zi, and Ji Nei Jin. Food accumulation and Qi stagnation can transform into dampness with time, thus formulas in this category often combine with Bai Zhu, Fu Ling to tonify Spleen and drain damp, and Zhi Shi and Chen Pi to move Qi.

Severe accumulation and stagnation can be treated with downward draining herbs, such as Da Huang, Qian Niu, and Bing Lang to purge downward.

Long-term accumulation and stagnation with weak Spleen and Stomach is a pattern of both excess and deficiency. Thus, one should use both: tonifying the Spleen and guiding the stagnation treatment principles.

In general, if food accumulation is mainly due to carbohydrates, then Mai Ya and Gu Ya are often used. If it is caused by meat product, then Shan Zha is the main herb used. If caused by fruits and melons, then Ding Xiang and Rou Gui are added in the formula. If food accumulation and poor appetite are caused by imbalanced intestinal flora due to antibiotic use, then Shen Qu, fried Bai Zhu, and Mu Xiang are often used.

Bao He Wan [Preserve Harmony Pill] *Dan Xi Xin Fa*

Shan Zha	10 g
Shen Qu	12 g
Lai Fu Zi	10 g
Chen Pi	10 g
Ban Xia	10 g
Fu Ling	10 g
Lian Qiao	10 g

Main Indication: Food accumulation in the Middle Jiao. Symptoms include fullness and focal distention at the chest and epigastrium, abdominal distention sometimes with pain, belching, sour regurgitation, nausea, vomiting, diarrhea, thick greasy or yellow tongue coating, and slippery pulse.

Preparation: Decoction or make into pill form.

Treatment Principles: Reduce accumulation and guide stagnation.

This is an effective formula in treating food stagnation. In clinical practice, it can be effectively used in treating diarrhea and abdominal pain that is relieved with bowel movements or belching with foul, rotten egg smell without abdominal pain.

Modification:

Addition	Indication
Huang Lian fried with ginger juice	Food accumulation in the Middle Jiao with heat steaming upward, leading to sweating at head

Related Formulas:

Formula	Herbs	Indication
Jia Wei Bao He Wan [Augmented Preserve the Harmony Pill]	Core Formula + Mai Ya	Same indications
Da An Wan [Great Peace Pill]	Core Formula + Bai Zhu	Same indications

Zhi Shi Dao Zhi Wan [Immature Bitter Orange Pill to Guide the Stagnation] *Nei Wai Shang Bian Huo Lun*

Zhi Shi	10 g
Da Huang	10 g
Huang Qin	10 g
Huang Lian	10 g
Fu Ling	10 g
Ze Xie	6 g
Bai Zhu	10 g
Shen Qu	12 g

Main Indication: Damp-heat accumulation and stagnation obstructing the Middle Jiao. Symptoms include focal distention and stifling sensation at chest and epigastrium, or diarrhea with abdominal pain, heavy sensation at the anus, or constipation with yellow urine, red tongue greasy tongue coating, and deep excess pulse.

Preparation: Decoction. It can also be made into pills.

Treatment Principles: Clear heat, eliminate dampness, reduce accumulation, and guide stagnation.

This formula mainly treats excess type of damp–heat obstructing the Middle Jiao leading to diarrhea, uncontrolled diarrhea, or constipation.

Mu Xiang Bing Lang Wan [Aucklandia and Betel Nut Pill] *Ru Men Shi Qin*

Qian Niu Zi	60 g
Bing Lang	15 g
Da Huang	30 g
Huang Lian	15 g
Huang Bai	15 g
Mu Xiang	15 g
Chen Pi	15 g
Qing Pi	15 g
E Zhu	15 g
Xiang Fu	60 g

Main Indication: Internal heat with water and damp accumulation and Qi obstructing the Middle Jiao. Symptoms include epigastric fullness, focal distention and distending pain, difficulty urinating, constipation, or diarrhea with blood, mucous and tenesmus; thick, greasy tongue coating, flabby tongue or with scalloped edges, deep forceful or wiry pulse.

Preparation: Grind the ingredients into powder and form into pills with water at a size of 5 to 10 mm in diameter. Take three times a day.

Treatment Principles: Clear heat, eliminate dampness, guide the stagnation, and unblock the Fu organs.

This formula mainly treats severe cases of damp water accumulation and stagnation that obstruct the Qi in the Stomach and intestines, leading to urinary and bowel dysfunction. These are excess syndromes.

Related Formula:

Formula	Herbs	Indication
Mu Xiang Bing Lang Wan [Aucklandia and Betel Nut Pill]	Core Formula + Zhi Ke San Leng	Severe Qi stagnation

Zhi Shi Xiao Pi Wan [Immature Bitter Orange Pill to Reduce Focal Distention] *Lan Shi Mi Cang*

Dang Shen	10 g
Bai Zhu	10 g
Fu Ling	10 g
Zhi Gan Cao	3 g
Gan Jiang	10 g
Ban Xia	12 g
Zhi Shi	10 g
Hou Po	12 g
Mai Ya	10 g
Huang Lian	6 g

Main Indication: Spleen Qi deficiency, transformation and transportation dysfunction leading to internal accumulation and obstruction. Symptoms include fullness and focal distention at epigastrium, fatigue, apathy; or focal distention at the chest and abdomen, indigestion, irregular bowel movements, flabby tongue with scalloped edges, thick or greasy white tongue coating, soggy pulse.

Preparation: Decoction.

Treatment Principles: Move Qi, reduce focal distention, tonify Qi, and strengthen the Spleen.

This formula treats Spleen dysfunction leading to damp phlegm and food accumulation and obstruction. The key symptoms include focal distention and poor appetite.

Related Formulas:

Formula	Herbs	Indication
Xiao Pi Wan [Reduce the Focal Distention Pill]	Core Formula – Fu Ling Mai Ya + Shen Qu Sha Ren Chen Pi Zhu Ling Ze Xie Huang Qin Jiang Huang	Treats chronic stifling and focal distention at the epigastrium
Huang Lian Xiao Pi Wan [Reduce the Focal Distention Pill with Coptis]	Core Formula – Dang Shen Mai Ya Hou Po + Jiang Huang Ze Xie Chen Pi Huang Qin	Treats epigastric fullness and focal distention, stagnation and congestion, irritability, heat sensation, wheezing and restlessness that show more signs of damp–heat

Zhi Zhu Wan [Immature Bitter Orange and Atractylodes Macrocephala Pill] *Pi Wei Lun*

Zhi Shi	15 g
Bai Zhu	15 g

Main Indication: Spleen deficiency with food stagnation. Symptoms include abdominal distention, chest fullness, and focal distention. If it is in decoction form, it treats the plate-size area of hardness at the epigastrium that is due to Shui Yin fluid accumulation. Pale tongue with white or greasy tongue coating and deep pulse.

Preparation: Grind the ingredients into powder and form into pills with rice that are cooked in He Ye. Take 5 g per day. It can also be taken as a decoction.

Treatment Principles: Tonify Spleen and guide stagnation.

This formula is called Zhi Zhu Tang [Immature Bitter Orange and Atractylodes Macrocephala Decoction] in *Jin Gui Yao Lue*. It treats the plate-size area of hardness in the epigastrium that is caused by Shui Yin. This is because Spleen deficiency leading to water accumulation. Decoction will be more effective in treating this presentation. Pill has a slower action, thus it treats chronic distention and fullness due to Spleen deficiency.