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# 30 Liver Disorders and Chronic Hepatitis

## Part One:

### Wang Xu-Gao's 30 Methods for Treatment of the Liver

*Organized and edited by Greg A. Livingston, L.Ac.*

## Part Two:

### Chronic Hepatitis in Chinese Medicine

*Written by Greg A. Livingston, L.Ac.*

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## Biography of Wang Xu-Gao:

Wang Xu-Gao (王泰林, 字旭高, 别号退思居士) (1798-1862), also known as Wang Tai-Lin or Wang Tui Si Ju Shi, was a famous Chinese medicine physician of the Qing Dynasty born in the Yangtze River Delta town of Wuxi in Jiangsu Province. As a child he read widely the Chinese classical literature, and was fortunate to be blessed with a photographic memory. At the age of 12 he began to study medicine with his mother's brother, Gao Jin-Ting (高锦庭). He studied for ten years, thoroughly studying the ancient medical classics as well as the works of modern Qing Dynasty scholars, after which he opened his own clinic.

Wang's medical knowledge was profound, and his medical ethic high. He treated many difficult cases, and was thoughtful and careful when prescribing treatment. As can be seen from his preserved case histories, Wang fastidiously followed his patients' progress, and when results were not satisfactory he reconsidered his treatment until he achieved the desired results. When treating poor patients he did not accept payment until the patients were cured, and in cases of extreme hardship he refused payment and supplied medicines free of charge.

Wang worked as a physician his entire life, and wrote many fine medical books, but sadly most of them were lost due to the chaotic political situation of his time. Wang passed away in August of 1862 at the age of 64. Later generations collected and organized what could be found of his written works, publishing them posthumously, and it is these works that survive to this day, such as, "Wang Xu-Gao's Six Medical Volumes", "Wang Xu-Gao's Clinical Case Histories", "Huan Xi Cao Tang Case Histories", "Wang Xu-Gao's Surgical Case Histories", etc.

Wang's treatise, "Thirty Methods for the Treatment of the Liver" (《治肝三十法》), was published in what is considered to be the most important volume of "Wang Xu-Gao's Six Medical Volumes", entitled "Xi Xi Ye Hua Lu Bu Que" ("Supplemental Night Discussions from Western Brook"). The treatise is a unique and distinctive discussion of Liver disease pathogenesis, pathomechanism, symptoms, and treatment principles. However, because it is not systematically organized, the original text is difficult to study. Therefore, the famous 20<sup>th</sup> century physician, scholar and teacher, Qin Bo-Wei (秦伯未), took it upon himself to organize the material and present it to his students. The material in this course is derived from Professor Qin's lectures, as taught by one of his students, Professor Wu Bo-Ping (吴伯平). It is with kind permission from Professor Wu that this material is presented here.

Greg A. Livingston, L.Ac.,  
Hangzhou, China, 2008

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## **Overview of Liver in Chinese Medicine**

The Liver's form is yin (blood, essence, yin), but its function is yang (Liver qi, yang, and fire). For convenience we can divide Liver function and pathology into yang/qi and yin/blood:

### **• Liver Yang/Qi (肝阳 — 气)**

- Liver Qi Excess (肝气余): easy angry, feel very stressful.
- Liver Qi Counter-flow and Attacking Spleen (肝气横逆乘脾): loss of appetite, nausea, belching, hiccups, vomiting, gastro-esophageal reflux disorder (GERD), heartburn, breast tenderness or breast lumps, flank pain, shortness of breath, pain in sides of lower abdomen, abdominal bloating.
- Liver Qi Counter-flow Easily Transforms to Fire (肝气横逆容易化火): Zhu Dan-Xi wrote, “when qi is excessive it transforms into fire, and when fire moves it gives rise to wind (气有余便是火, 火动生风)”. Symptoms: migraine headaches with throbbing arteries on head and neck, red eyes, photophobia, easy angry, heartburn and gastro-esophageal reflux, bitter mouth, dry cough from liver fire drying Lung. Pulse: wiry, rapid, forceful, especially in the left guan/middle position. Tongue: red, especially red on sides, yellow coat. Also, because fire can give rise to internal wind, shaking may be present.
- Liver Qi Depression and Binding (肝气郁结): abdominal fullness which is soft to the touch, sighing, feeling stressed, unhappy, loss of interest in activities.
- Liver Heat (肝热): frequent dry mouth, always active/restless, shallow sleep and easy waking, dream of being in hot places like sauna and feeling hot, strange dreams (flying), difficult to be calm/peaceful. Children with Liver heat may be restless, have epilepsy or Tourette syndrome. Pulse rapid and soggy (soggy because heat is often mixed with phlegm) and jumpy (动) at deeper level. Tongue dark red with sticky, tight coating.
- Liver Qi Transforming into Wind (肝气便风): vertigo (眩 - “dizzy eyes”). This is stronger and more severe than 晕 - “dizzy head”), difficulty opening eyes (as in Meniere's), tinnitus, tingling and numbness in hands, legs, feet, lips, tongue, face, half of scalp; shaking, spasm.
- Liver Qi Deficiency (肝气虚): always tired or very easily tired, always sad, suicidal, everything is an effort (Gall-bladder qi deficiency- 胆气虚), copious dreams, “brain emptiness” (脑空: head feels hollow, unclear); numbness, especially on scalp; low back, hands, and feet cold; lumbago; likes to stay at home, doesn't like to go out, “can you help me” personality; Pulse wiry and deep, especially left and right Guan/middle positions.

## • Liver Yin/Blood (肝阴 / 血)

Here there are two main categories: Liver Blood Insufficiency (肝血不足), and Liver Blood Stagnation (肝血瘀).

### — Liver Blood Insufficiency (肝血不足)

Dizziness, especially when tired; depression, grief; “eye dizziness” (眩) especially when standing up; pale face and tongue: cold hands and feet; tired and fatigued; floaters which get worse with fatigue; nails: cracking, wrinkling, dry, fragile and easily broken; dry thin hair, hair-loss; copious dreams, always feel tired in dreams, dream of climbing but can never get to the top/destination, or running away from scary things such as a tiger or lion, or wake from falling in dream, sad dreams, dreaming that you can’t attain something, or that something is out of reach or just not enough energy to get it.

### — Liver Blood Stagnation (肝血瘀)

Dark or dark red lips, face, and tongue; headaches or chest pain with needling/sharp sensation which is more severe in evening/night but less severe after sleep and in the morning. Menstruation- pain before menstruation, flow doesn’t start easily and often only spotting until day 2 or 3; purple flow with copious clotting. Skin dry, rough, and with purple or brown pigment spots. Cold hands and feet. Dark area under eyes. Tongue black/purple spots, dark red with thick or enlarged dark/black sublingual veins. Pulse, choppy.

In addition, long-term blood stagnation can lead to blood heat with symptoms such as hot-flashes, restlessness, easy sweating especially with stress or at night, steaming bone syndrome, five-palm heat, tendon spasms, cramping, back and neck achy and tight, dark nail-beds which when pressed the blood doesn’t return quickly, nail moons dark. Blood heat easily damages yin, leading to yin deficiency heat/fire.

## •Chapter 1: 肝气八法 /Liver Qi Eight Methods

### 1.1 Soothe the Liver and Regulate Qi (疏理肝气法)

This method is designed for Liver qi stagnation solely affecting the Liver organ and/or Liver channel. There exists only qi stagnation with no accompanying blood stagnation.

Symptoms: flank discomfort or pain, sighing, depression. Pulse: wiry, slow. Tongue normal.

Base formula:

- Cu Xiang Fu 醋香附 *Vinegar-fried Rhizoma Cyperi Rotundi*, 6-9 grams.

- Yu Jin 郁金 *Tuber Curcumae*, 6-9 grams.
- Zi Su Geng 紫苏梗 *Perillae Ramulus*, 4-6 grams.
- Chao Qing Pi 炒青皮 *Fried Pericarpium Citri Reticulatae Viride*, 4-6 grams.
- Qing Ju Ye 青橘叶 *Folium Citri Reticulatae*, 3-5 grams.

Explanation:

This is a basic formula to move Liver qi. It is neither hot nor dry and can be used for most anybody. Cu Xiang Fu 醋香附 *Vinegar-fried Rhizoma Cyperi Rotundi* moves Liver qi, especially on the flanks. Vinegar processing helps guide the herb to the Liver channel. Yu Jin 郁金 *Tuber Curcumae* moves Liver qi and relaxes the mind. Zi Su Geng 紫苏梗 *Perillae Ramulus* moves Liver qi, especially in chest and stomach regions. Chao Qing Pi 炒青皮 *Fried Pericarpium Citri Reticulatae Viride* strongly moves qi on the flanks and ribs. Qing Ju Ye 青橘叶 *Folium Citri Reticulatae* goes to the grandchild vessels (sun mai 孙脉) and moves the Liver qi without damaging the yin. It is especially good for the chest region, and particularly effective for breast pathology (nodules, bloating, pain, tenderness) and PMS.

Note: for this situation, Chai Hu is considered too up-bearing, Dang Gui too warm, and Bai Shao too astringent and stagnating.

Modifications:

Stagnation with Heat: red face, dry mouth, restlessness, constipation, insomnia, red lips and eyes. Tongue red sides. Pulse rapid. Add:

- Mu Dan Pi 牡丹皮 *Cortex Radicis Moutan*, 4-6 grams.
- Jiao Shan Zhi Zi 焦山栀子 *Blackened Fructus Gardeniae Jasminoidis*, 3-5 grams.

Explanation:

Mu Dan Pi 牡丹皮 *Cortex Radicis Moutan* clears heat from the blood and the Liver. Jiao Shan Zhi Zi 焦山栀子 *Charred Fructus Gardeniae Jasminoidis* clears heat from the three burners. The charred/blackened form is used here to mitigate its cold nature as the raw form easily damages the Stomach. Together these clear deficient and excess heat from the blood.

With Cold: PMS accompanied with feeling cold, symptoms worse if eat cold foods, easy diarrhea especially during menstruation. Pulse deep, slow. Tongue pale dark. Add:

- Wu Zhu Yu 吴茱萸 *Fructus Evodiae Rutaecarpae*, 1-2 grams.

Or:

- Ai Ye 艾叶 *Artemisiae Argyi Folium*, 4-6 grams.
- Pao Jiang 炮姜 *Blast-Fried Rhizoma Zingiberis*, 2-3 grams.

Explanation:

Wu Zhu Yu and Ai Ye both warm and expel cold from the Liver Jueyin channel. Pao Jiang warms and expels cold from the lower burner.

With phlegm dampness, add:



- Ban Xia Qu 半夏曲 *Rhizoma Pinelliae Tematae Massa Medica Fermentata*, 6-9 grams. Absorbs dampness and improves digestion (can substitute with Fa Ban Xia 法半夏 *Rhizoma Pinelliae Tematae* and Shen Qu 神曲 *Massa Medica Fermentata* 6-9 grams each).
- Fu Ling 茯苓 *Sclerotium Poriae Cocos*, 6-9 grams.

If dampness is more severe with such symptoms as puffiness and swelling during menstruation, mucous in the throat, puffy eye bags, swollen hands and legs, add:

- Zhi Cang Zhu 制苍术 *Processed Rhizoma Atractylodis*, 4-6 grams.
- Chao Chen Pi 炒陈皮 *Fried Pericarpium Citri Reticulatae*, 3-5 grams.

Epigastric bloating, add:

- Hou Po 厚朴 *Cortex Magnoliae Officinalis*, 4-6 grams.

Mental depression due to Qi stagnation, add flowers:

- Mei Gui Hua 玫瑰花 *Flos Rosae Rugosae*, 2-3 grams.
- Yue Ji Hua 月季花 *Flos Et Fructus Rosae Chinensis*, 2-3 grams.

Both should be added to decoction during last five minutes of cooking.

Mental depression with flank pain, add:

- Ba Yue Zha 八月扎 *Fructus Akebiae Trifoliatae*, 4-6 grams.
- Suo Luo Zi 娑罗子 *Semen Aesculi*, 4-6 grams.

These regulate qi without damaging the yin.

Mental depression with blood stasis, the menstruation does not begin easily, add:

- Ling Xiao Hua 凌霄花 *Flos Campsitis*, 3-5 grams.

With the appropriate presentation, this method can be used to treat bio-medically defined disorders such as PMS, hepatitis, depression, and menopause.

## 1.2 Course the Liver and Free the Network Vessels (疏肝通络法)

This is a very useful method, and particularly if method 1.1 doesn't work, one can try this method as it not only moves qi but invigorates blood in the small vessels. The pathomechanism here is Liver qi stagnation with blood stagnation in the grandson vessels, the cardinal symptom being flank pain accompanied by itchiness that can at times be severe.

Base Formula:

- Xuan Fu Hua Tang (旋复花汤), from Jin Gui Yao Lue (金匱要略):
- Sheng Xuan Fu Hua 生旋复花 *Unprocessed Flos Inulae*, 6-9 grams.
- Xin Jiang (新绛, cotton tassels dyed with chimpanzee-blood).

**Explanation:**

Sheng Xuan Fu Hua 生旋复花 *Unprocessed Flos Inulae* is the chief herb in this formula. It moves qi and goes to the small channels. Unprocessed, it is down-bearing, causing qi to descend (very unusual for a flower as most have ascending natures), and can be used for belching and plum-pit throat. Xin Jiang 新绛 supplements and invigorates blood, and goes to the grandson vessels. However, it is rare, so Zang Hong Hua 藏红花 *Crocus sativus L.* is used as a substitute: 0.5g added to strained decoction or 2-3g boiled in decoction.

The above base formula is quite mild, so the following are typically added:

- Ze Lan 泽兰 *Herba Lycopi Lucidi*, 4-6 grams: Ze Lan moves qi in the ying/nutritive and blood levels and goes to the grandson vessels, so is especially suited for treating qi and blood stagnation in the grandson vessels.
- Tao Ren 桃仁 *Semen Pruni Persicae*, 6-9 grams: moves blood stagnation in the organs.
- Dang Gui Wei 当归尾 *Radix (Branch) Angelicae Sinensis*, 4-6 grams: moves blood stagnation in the luo/network vessels.

**Discussion:**

This method is designed to treat Liver qi stagnation with accompanying blood stagnation in the grandson vessels. When treating problems of the blood, some of the herbs used in Method 1.1, most notably Qing Pi (青皮, *Pericarpium Citri Reticulatae Viride*), Xiang Fu (香附, *Rhizoma Cyperi Rotundi*), and Zi Su Geng (紫苏梗, *Perillae Ramulus*), are too drying and so not used here.

Zang Hong Hua, Ze Lan, and Dang Gui Wei all move blood in the network vessels. One can also consider addition and/or substitution with Lu Lu Tong 路路通 *Fructus Liquidambaris Taiwaniae* 3-5 grams and/or Wang Bu Liu Xing 王不留行 *Semen Vaccariae Segetalis* 4-6 grams. These two are mild, gently circulate Liver qi and blood, and also guide to the grandson vessels.

**1.3 Soften the Liver and Regulate Qi (柔肝理气法)**

This method is designed to treat Liver qi stagnation with concurrent Liver yin deficiency.

Symptoms: bad temper, very emotional; copious dreams; five-palm heat, hot flashes, night-sweating, steaming bone; tinnitus; stuffy chest, sighing; muscles of chest and upper back tight and achy; hungry, but can't eat much; abdominal fullness and bloating; stool tends to alternate between loose and dry/constipation, but in either case bowel movement is rarely complete; dry mouth, eyes, skin, hair; Pulse thin, wiry, slightly rapid. Tongue, thin, not much coat.

The primary strategy here is to moisten and soften the Liver and mildly regulate the flow of Liver qi and blood. No strong qi regulating herbs (such as Chai Hu (柴胡, *Radix Bupleuri*), Qing Pi (青皮, *Pericarpium Citri Reticulatae Viride*), or Xiang Fu (香附, *Rhizoma Cyperi Rotundi*)) are used, as the drying nature of these herbs would lead to

more stagnation, and symptoms such as restlessness. However, despite many yin deficiency symptoms, sticky yin tonics (such as Shu Di Huang (熟地黄, Processed Radix Rehmanniae), Shan Zhu Yu (山茱萸, Fructus Corni Officinalis), etc.) can't be used either. Here one must simultaneously nourish yin and regulate Liver qi without being too drying or too sticky. If the use of medicinals such as Chai Hu (柴胡, Radix Bupleuri), Qing Pi (青皮, Pericarpium Citri Reticulatae Viride), Xiang Fu (香附, Rhizoma Cyperi Rotundi), etc., leads to more stagnation and restlessness, then one should consider the use of this method.

Base formula:

- Gou Qi Zi 枸杞子 *Fructus Lycii Chinensis*, 6-9 grams.
- Chao Dang Gui Wei 炒当归尾 *Fried Radix (Branch) Angelicae Sinensis*, 4-6 grams.
- Bai Zi Ren 柏子仁 *Semen Platycladi*, 6-9 grams.
- Huai Niu Xi 怀牛膝 *Radix Achyranthis Bidentatae*, 6-9 grams.

Explanation:

Gou Qi Zi 枸杞子 *Fructus Lycii Chinensis* nourishes Liver blood to help soften the Liver. Chao Dang Gui Wei 炒当归尾 *Fried Radix (Branch) Angelicae Sinensis* is stronger to move blood but less tonifying than Dang Gui Shen (当归身, Radix Angelicae Sinensis). It is also slightly less warming. However, in order to reduce the amount of volatile oils and thus its warm nature, the dry-fried form is used here. Bai Zi Ren 柏子仁 *Semen Platycladi* calms the mind, moistens the Liver and gently promotes circulation of Liver qi and blood. It is neither warm nor sticky. Huai Niu Xi 怀牛膝 *Radix Achyranthis Bidentatae* is roughly 70% tonifying Liver and Kidney, and 30% moving qi and blood. In comparison, Chuan Niu Xi (川牛膝, Radix Cyathula Officinalis) is roughly 70% moving and 30% tonifying.

Modifications:

Constipation, add:

- Huo Ma Ren 火麻仁 *Semen Cannabis Sativae*, 6-9 grams: tonifies Liver blood and yin. Good for yin deficiency insomnia, restlessness, and constipation.
- Yu Li Ren 郁李仁 *Semen Pruni*, 6-9 grams: regulates qi and promotes bowel movement. Yu Li Ren is stronger than either Huo Ma Ren or Bai Zi Ren to promote bowel movement, but is not suitable for Spleen qi deficiency except in small dose. It is most suitable for constipation with heat.

Yin deficiency heat: Five-palm heat, dry mouth and thirst, dry eyes, constipation, dark urine, occasional bitter mouth especially in the morning. Nourish liver yin and clear heat, add:

- Sheng Di Huang 生地黄 *Radix Rehmanniae Glutinosae*, 6-9 grams: cool and nourish blood, nourish liver yin.
- Tian Men Dong 天门冬 *Tuber Asparagi Cochinchinensis*, 6-9 grams: moistens Lungs and Kidneys and clears heat from deficiency.

Cold symptoms: Cold hands and feet, diarrhea, frequent urination; eating of cold foods leads to abdominal spasms and no bowel movement, but then later have loose stool.

Tongue pale. Pulse deep. Treatment: warm and relax to move qi. Add:

- Rou Cong Rong 肉苁蓉 *Herba Cistanchis Deserticolae*, 6-9 grams: warm and moisten Liver and Kidney yang.
- Rou Gui 肉桂 *Cortex Cinnamomi Cassiae*, 2-3 grams cooked in decoction, or 0.5g powder mixed into strained decoction. Warm and moving, to help move cold stagnation. Tonifies Heart, Spleen, Liver, and Kidney yang. Despite the yin deficiency nature of this condition, Rou Gui will not further damage the yin, especially when combined with yin tonics.

The above base formula is a variation of the well-known prescription Yi Guan Jian (一贯煎), which is designed to address virtually the same pathology. Therefore, Yi Guan Jian can also be considered for use here.

-Yi Guan Jian (一贯煎):

- Gou Qi Zi 枸杞子 *Fructus Lycii Chinensis*, 6-9 grams.
- Bei Sha Shen 北沙参 *Radix Glehniae Littoralis*, 6-9 grams.
- Sheng Di Huang 生地黄 *Radix Rehmanniae Glutinosae*, 6-9 grams.
- Chao Dang Gui Wei 炒当归尾 *Fried Radix (Branch) Angelicae Sinensis*, 6-9 grams.
- Chao Chuan Lian Zi 炒川楝子 *Fried Fructus Meliae Toosendan*, 4-6 grams.

Explanation:

The first three herbs, Gou Qi Zi, Bei Sha Shen, and Sheng Di Huang, nourish and supplement liver yin and blood. Chao Dang Gui Wei moves liver blood. Chao Chuan Lian Zi regulates liver qi. Combined, these herbs nourish and soften the liver and gently regulate liver qi and blood. This formula is designed to treat liver yin deficiency with concurrent liver qi and blood stagnation. In order to prevent further stagnation, no sticky yin tonics are employed, and to prevent further damage to the yin and blood, no strong or drying qi and blood moving medicinals are used.

Modifications:

Pressure on chest and ribs, sighing, add:

- Mei Gui Hua 玫瑰花 *Flos Rosae Rugosae*, 2-3 grams.
- Yue Ji Hua 月季花 *Flos Et Fructus Rosae Chinensis*, 2-3 grams.

These two medicinals gently move live qi and blood without damaging the yin.

Heartburn, add:

-Wu Bei San (乌贝散):

- Wu Zei Gu 乌贼骨 *Os Sepiae Seu Sepiellae*, 6-9 grams.
- Zhe Bei Mu 浙贝母 *Fritillariae Thunbergii Bulbus*, 4-6 grams.

Insomnia, add:

- Yuan Zhi 远志 *Radix Polygalae Tenuifoliae*, 4-6 grams.
- Ye Jiao Teng 夜交藤 *Polygoni Multiflori Caulis*, 6-9 grams.

Poor appetite, add:

- Jiao Shen Qu 焦神曲 *Charred Massa Medica Fermentata*, 6-9 grams.
- Jiao Shan Zha 焦山楂 *Fructus Crataegi*, 6-9 grams.

Muscles, tendons, upper-back and shoulders tight and achy, add:

- Luo Shi Teng 络石藤 *Caulis Trachelospermi Jasminoidis*, 6-9 grams. Relaxes muscles and tendons without damaging yin.
- Shen Jin Cao 伸筋草 *Herba Lycopodi*, 6-9 grams. Relaxes muscles and tendons without damaging yin.

Constipation, add:

- Bai Zi Ren 柏子仁 *Semen Platycladi*, 6-9 grams.
- Huo Ma Ren 火麻仁 *Semen Cannabis Sativae*, 6-9 grams.

These two nourish the yin and lubricate the intestines.

Hot-flashes, restlessness, stress, add:

- Huai Xiao Mai 淮小麦 *Fructus Triticum Aestivum*, 9-12 grams. Nourishes yin and calms spirit.
- Bai He 百合 *Bulbus Lilii*, 6-9 grams. Nourishes yin and calms spirit.

Huai Xiao Mai is taken from Gan Mai Da Zao Tang, and Bai He from Bai He Di Huang Tang. Both of these formulas are from Jin Gui Yao Lue, and are used to treat yin deficient heat with the above symptoms.

Note:

The above three methods are designed to address Liver qi stagnation of various etiologies that are primarily affecting only the Liver itself. The following three methods, 1.4-1.6, address Wood and Earth disharmony (Liver and Stomach/Spleen disharmony) of various etiologies.

#### 1.4 Moderate the Liver and Strengthen Spleen Transportation (缓肝健运法=缓肝法)

This method is designed to treat Liver qi stagnation disturbing Spleen transportation and transformation. In this case, the Spleen qi is deficient to begin with, then stress, bad news, emotions, etc., lead to Liver qi stagnation and subsequent Liver over-control of the Spleen, causing disturbance of the Spleen's transportation and transformation functions.

Symptoms: Loss of appetite, stomach feels “blocked”, epigastric bloating or pain, fatigue, easy sweating, headaches (especially migraine), stuffy chest/flank, poor sleep with copious dreams, dark and pale face, depression, loss of interest. Pulse wiry, with deep

right guan/middle position, and strong left guan/middle position. Tongue white and sticky coating.

Base formula:

- Huai Xiao Mai 淮小麦 *Fructus Triticum Aestivum*, 6-9 grams.
- Jin Ju Bing 金橘饼 *Fortunella margarita*, 3-5 pieces.
- Qing Zhi Gan Cao 清炙甘草 *Water-Fried Radix Glycyrrhizae*, 4-6 grams.
- Hong Zao 红枣 *Fructus Zizyphi Jujubae*, 3-5 pieces.
- Chao Bai Shao 炒白芍 *Fried Radix Albus Paeoniae Lactiflorae*, 9-12 grams.

Explanation:

Huai Xiao Mai 淮小麦 *Fructus Triticum Aestivum*, the chief herb in this prescription, is used to supplement Spleen qi and yin, strengthen Spleen transportation and transformation, calm the spirit and quiet the heart. Jin Ju Bing 金橘饼 *Fortunella margarita* (dried kumquat) regulates qi and opens the appetite. It gently regulates the Liver qi and is slightly moistening so will not injure the yin. One can use candied kumquat, but best wash off some of the sugar before decocting. Qing Zhi Gan Cao 清炙甘草 *Water-Fried Radix Glycyrrhizae* tonifies Spleen qi, strengthens the Spleen, assists Spleen transportation and transformation function, and is not sticky. Mi Zhi Gan Cao (honey-fried licorice root), by comparison, is somewhat sticky and should not be used in cases such as this with impaired Spleen transportation and transformation. Hong Zao 红枣 *Fructus Zizyphi Jujubae* tonifies the Spleen and strengthens Spleen circulation. Chao Bai Shao 炒白芍 *Fried Radix Albus Paeoniae Lactiflorae* is paired here with Gan Cao to reduce spasms, as in Shao Yao Gan Cao Tang.

This formula is especially well suited for sensitive people with Liver qi stagnation: very nervous, easy get qi stagnation, insomnia, restlessness, depression, low appetite, plum-pit throat. However, it is quite mild, so the following can be added if deemed appropriate:

- Tai Zi Shen 太子参 *Radix Pseudostellariae*, 4-6 grams: Tonifies Spleen qi, but not too warm.
- Jiao Shen Qu 焦神曲 *Charred Massa Medica Fermentata*, 6-9 grams: regulates Liver qi, tonifies Spleen, and reduces food accumulation.
- Bai Dou Kou 白豆蔻 *Fructus Amomi Kravanh*, 2-3 grams: wakes the Spleen.
- Fo Shou Hua 佛手花 *Flos Citri Sacrodactylis*, 2-3 grams: wakes the Spleen.
- Hou Po Hua 厚朴花 *Flos Magnoliae Officinalis*, 2-3 grams: added if also have bloating and gas.
- Fu Ling 茯苓 *Sclerotium Poriae Cocos* or Fu Shen 茯神 *Sclerotium Pararadicis Poriae Cocos*, 6-12 grams. Tonifies the Spleen and removes dampness.

### 1.5 Bank-up Earth and Discharge Wood 培土泄木法

This method is designed to treat Liver over-controlling the Spleen, but with less Spleen qi deficiency than in method 1.4. Here the Liver qi is over-acting on the Spleen leading to obstruction of the Spleen and Stomach. Treatment focuses on moving the Liver qi.

Symptoms: main symptoms are related to digestive system, such as poor appetite, belching which does not relieve abdominal discomfort, bloating of epigastrium and abdomen, nausea, gastrointestinal spasms and tightness; very emotional, very stressed, easy angry, sad; ribs, chest and abdomen sore and painful with palpation; tendons and muscles tight and achy, especially upper-back and ribs. Pulse wiry, rapid and forceful. Tongue red sides, thick white/yellow coat.

Base formula:

-Xiang Sha Liu Jun Zi Tang 香砂六君子汤:

- Mu Xiang (木香, Radix Aucklandiae Lappae) 4-6 grams.
- Sha Ren (砂仁, Fructus Amomi) 3-5 grams.
- Chen Pi (陈皮, Pericarpium Citri Reticulatae) 4-6 grams.
- Fa Ban Xia (法半夏, Rhizoma Pinelliae Tematae) 6-9 grams.
- Tai Zi Shen (太子参, Radix Pseudostellariae) 6-9 grams.
- Fu Ling (茯苓, Sclerotium Poriae Cocos) 6-9 grams.
- Gan Cao (甘草, Radix Glycyrrhizae) 3-5 grams.
- Chao Bai Shao (炒白芍, Fried Radix Albus Paeoniae Lactiflorae) 6-9 grams. Paired with Gan Cao to relax, leading to increased circulation and movement.

In general, the above prescription is not strong enough for this condition, so should be modified accordingly.

Modifications:

More heat, bitter mouth, add:

-Xiang Lian Wan (香连丸):

- Chao Huang Lian (炒黄连, Fried Rhizoma Coptidis) 2-3 grams.
- Mu Xiang (木香, Radix Aucklandiae Lappae) (already part of above prescription).

Increased abdominal cramping if ingest cold food or drink, or with exposure to cold weather, add:

- Wu Zhu Yu (吴茱萸, Fructus Evodiae Rutaecarpae) 1-2 grams: Warm and pungent, goes to Liver jueyin channel to warm and move Liver qi and aid Spleen and Stomach.

Acid regurgitation, add:

-Zuo Jin Wan (左金丸):

- Chao Huang Lian (炒黄连, Fried Rhizoma Coptidis) 2-3 grams.
- Wu Zhu Yu (吴茱萸, Fructus Evodiae Rutaecarpae) 1-2 grams.

Nausea, heat and dampness, add:

- Xiao Ban Xia Tang (小半夏汤):

- Chao Huang Lian (炒黄连, Fried Rhizoma Coptidis) 2-3 grams.
- Fa Ban Xia (法半夏, Rhizoma Pinelliae Tematae) 6-9 grams.

Irritable Bowel Syndrome (IBS) with watery and painful diarrhea, add:

- Tong Xie Yao Fang (痛泻药方):

- Chao Fang Feng (炒防风, Fried Radix Ledebouriellae Divaricatae) 4-6 grams.
- Chao Bai Shao (炒白芍, Fried Radix Albus Paeoniae Lactiflorae) 6-9 grams.
- Chao Bai Zhu (炒白术, Fried Rhizoma Atractylodis Macrocephalae) 6-9 grams.
- Chao Chen Pi (炒陈皮, Fried Pericarpium Citri Reticulatae) 3 -5 grams.

Explanation:

Chao Fang Feng (炒防风, Fried Radix Ledebouriellae Divaricatae), the chief herb in this formula, expels wind from the Lung and Large Intestine (IBS typically has sudden onset and so is related to wind), and is up-bearing to help stop diarrhea. Chao Bai Shao (炒白芍, Fried Radix Albus Paeoniae Lactiflorae) softens the Liver. In cases of serious diarrhea, Bai Shao Tan (白芍炭- Charcoaled Radix Albus Paeoniae Lactiflorae) 6-9 grams can be used instead. Chao Bai Zhu (炒白术, Fried Rhizoma Atractylodis Macrocephalae) strengthens the Spleen qi and transportation and transformation functions. Chao Chen Pi (炒陈皮, Fried Pericarpium Citri Reticulatae) regulates qi. In cases of very serious and frequent watery diarrhea, all the above herbs (except for Bai Zhu) can be charcoaled (炭) to strengthen their ability to stop diarrhea. In this case, use Jiao Bai Zhu (焦白术, Charred Rhizoma Atractylodis Macrocephalae).

For irritable bowel syndrome (IBS) one can also consider the addition of Si Ni San (四逆散):

Symptoms: easily depressed or sad, nausea, eating to forget about emotional problems. Pulse wiry, strong, deep, possibly choppy.

- Si Ni San (四逆散):

- Chao Chai Hu (炒柴胡, Fried Radix Bupleuri) 4-6 grams.
- Chao Bai Shao (炒白芍, Fried Radix Albus Paeoniae Lactiflorae) 6-9 grams.
- Chao Zhi Shi (炒枳实, Fried Fructus Immaturus Citri Aurantii) 6-9 grams. Note: use Zhi Shi (枳实, Fructus Immaturus Citri Aurantii) if have lower abdominal discomfort, Zhi Ke (枳壳, Fructus Citri Aurantii) if have rib and/or chest discomfort, or both if both areas have discomfort.
- Qing Zhi Gan Cao (清炙甘草- Water-Fried Radix Glycyrrhizae) 3-5 grams.

Modifications:

PMS with breast tenderness, flank pain and discomfort, add:

- Cu Xiang Fu (醋香附 vinegar-fried Rhizoma Cyperi Rotundi) 6-9 grams.
- Gan Song (甘松, Radix Et Rhizoma Nardostachydis) 4-6 grams: gently moves Liver and Spleen qi.



Insomnia, add:

- He Huan Hua (合欢花, Flos Albizziae Julibrissinis) 3-5 grams.
- Fu Shen (茯神, Sclerotium Pararadicis Poriae Cocos) 6-9 grams.

Stuffy chest, add:

- Chao Chuan Lian Zi (炒川楝子, Fried Fructus Meliae Toosendan) 4-6 grams.
- Yan Hu Suo (延胡索, Corydalis Rhizome) 6-9 grams.

Very emotional, easy crying, add:

- Mei Gui Hua (玫瑰花, Flos Rosae Rugosae) 2-3 grams.
- Lu E Mei (绿萼梅, Flos Armeniaca) 1-2 grams.

### 1.6 Discharge the Liver and Harmonize the Stomach 泄肝和胃法

This method is designed to address Liver qi stagnation causing the Liver to invade the Stomach.

Symptoms: hiccups, belching, heartburn, acid reflux, nausea, vomiting, tightness around Ren 13. Pulse generally wiry, with left and right guan both very jumpy (动脉), both cun and guan positions strong and slightly floating, and the chi position deep and slightly weak. Tongue red, red sides, yellow coat.

Base formula:

-Zuo Jin Wan (左金丸) plus Er Chen Tang (二陈汤):

- Jiang Chao Huang Lian (姜炒黄连, Ginger-Fried Rhizoma Coptidis) 6 grams.
- Wu Zhu Yu (吴茱萸, Fructus Evodiae Rutaecarpae) 1 gram.
- Ban Xia Qu (半夏曲, Rhizoma Pinelliae Tematae Massa Medica Fermentata) 6-9 grams.
- Chen Pi (陈皮, Pericarpium Citri Reticulatae) 3-5 grams.
- Fu Ling (茯苓, Sclerotium Poriae Cocos) 6-9 grams.
- Gan Cao (甘草, Radix Glycyrrhizae) 3-5 grams.

Explanation:

Jiang Chao Huang Lian (姜炒黄连, Ginger-Fried Rhizoma Coptidis) clears heat from the Stomach. Huang Lian is ginger-fried here to help moderate its cold nature and reduce nausea by promoting downward movement of Stomach qi. Ban Xia Qu (半夏曲, Rhizoma Pinelliae Tematae Massa Medica Fermentata) is a type of Shen Qu 神曲 *Massa Medica Fermentata* which contains Ban Xia 半夏 *Rhizoma Pinelliae Tematae*. It regulates Liver qi, harmonizes the Stomach, and makes Stomach qi descend to reduce nausea. However, it is often difficult to find, so Ban Xia 6-9 grams, and Shen Qu 6-9 grams, can be used as substitutes.

Modifications:

Distention around Ren 12/13, add:

- Chao Chuan Lian Zi (炒川楝子, Fried Fructus Meliae Toosendan) 4-6 grams: regulates qi on the flanks and in lateral direction.
- Bai Dou Kou (白豆蔻, Fructus Amomi Kravanh) 3-5 grams: regulates Spleen qi and the ascending and descending movement of qi.

Acid regurgitation, add:

- add Wu Bei San (乌贝散):

- Hai Piao Xiao (海螵蛸, Os Sepiae Seu Sepiellae) 6-9 grams.
- Zhe Bei Mu (浙贝母, Fritillariae Thunbergii Bulbus) 4-6 grams.

Stress and/or depression lead to aggravation or increase of other symptoms, add:

- Ba Yue Zha (八月扎, Fructus Akebiae Trifoliatae) 4-6 grams.
- Suo Luo Zi (娑罗子, Semen Aesculi) 4-6 grams.
- Mei Gui Hua (玫瑰花, Flos Rosae Rugosae) 3-5 grams.
- Fo Shou Hua (佛手花, Flos Citri Sacrodactylis) 3-5 grams.

All of these mildly regulate the qi without damaging the yin.

### 1.7 Discharge the Liver and Protect the Heart 泄肝护心法

This method is designed to treat Liver qi stagnation affecting the Heart (肝气余犯心), causing damage to the Heart yin and yang.

Symptoms: pain in chest or heart; always feeling hot, but hands and feet cold (heat inversion, 热厥); palpitations, rapid or irregular heartbeat; throat burning and feels as if narrowing; bitter mouth; insomnia; dizziness. Pulse wiry, rapid, jumpy; tongue red tip and sides, not much coat, cracks on tip.

Base formula:

- Chao Chuan Lian Zi (炒川楝子, Fried Fructus Meliae Toosendan) 6-9 grams.
- Yan Hu Suo (延胡索, Corydalis Rhizome) 6-9 grams.
- Huang Lian (黄连, Rhizoma Coptidis) 3-5 grams.
- Wu Zhu Yu (吴茱萸, Fructus Evodiae Rutaecarpae) 1-2 grams.

Modifications:

Heat: red face, easy angry, dry mouth, thirsty, constipation, dark urine, add:

- Sheng Bai Shao (生白芍, Radix Albus Paeoniae Lactiflorae) 9-12 grams.

Cold: pale face, fatigue, pulse weak and deep, tongue pale:

- Reduce Huang Lian (黄连, Rhizoma Coptidis) to 1-2 grams, and use Fried Huang Lian (炒黄连).

-Add:

- Rou Gui (肉桂, Cortex Cinnamomi Cassiae) 3-5 grams in decoction, or 1-2 grams powder added to strained decoction.
- Chuan Jiao (川椒, Pericarpium Zanthoxyli Bungeani) 2-3 grams.

### 1.8 Repress the Liver and Drain the Lung 抑肝泻肺法

This method is designed to address Liver fire damaging the Lung with inability of Lung qi to descend (肝火伤肺, 肺气不降).

Symptoms: anger and stress lead to chest pain, dry cough with no phlegm but occasionally a bit of blood, shortness of breath, sore throat, dry throat, difficult to lie down and relax. Pulse wiry, cun position jumpy. Tongue red, dry, thin yellow coat.

Base formula:

- Wu Yu Zhi Chao Sang Pi (吴茱萸汁炒桑皮, Fructus Evodiae Rutaecarpae-Fried Cortex Radicis Mori Albae) 6-9 grams.
- Ku Xing Ren (苦杏仁, Semen Pruni Armeniaca) 6-9 grams.
- Chao Ju Hong (炒橘红, Fried Exocarpium Citri Rubrum) 4-6 grams.
- Zi Su Geng (紫苏梗, Perillae Ramulus) 4-6 grams.

Notes:

Wu Yu Zhi Chao Sang Pi (吴茱萸汁炒桑皮, Fructus Evodiae Rutaecarpae-Fried Cortex Radicis Mori Albae) is Sang Bai Pi fried with Wu Zhu Yu-infused water. To prepare, cook 10 grams Wu Zhu Yu in 1 cup water. Then, while dry-frying Sang Bai Pi 100 grams, sprinkle the Wu Zhu Yu infusion over the Sang Bai Pi and continue to fry until slightly aromatic. Regular Sang Bai Pi can be used in lieu of the processed type.

Base formula is fairly mild, so the following is typically added:

- Qian Hu (前胡, Radix Peucedani) 4-6 grams.
- Niu Bang Zi (牛蒡子, Fructus Arctii Lappae) 6-9 grams.
- Hai Ge Ke (海蛤壳, Concha Cyclinae) 6-9 grams, crushed and cooked 45 minutes before other herbs. Pulls Liver qi down, moistens Lung and disperses phlegm.

If lots of heat signs, severe cough, add:

- Qing Dai (青黛, Indigo Naturalis) 1-2 grams wrapped in cloth bag.
- Or can use Dai Ge San (黛蛤散, Indigo and Clamshell Powder) 4-6 grams, wrapped in cloth bag: 10 parts Hai Ge Ke powder (海蛤壳粉, Concha Cyclinae), 1 part Qing Dai (青黛). This is very cooling and slippery, clears heat from the Lung and makes phlegm slippery and easy to come out.

## •Chapter 2: 肝风五法 Liver Wind Five Methods

### Review of theory:

Liver wind, Liver yang, Liver fire, and Liver qi are all somewhat related. The following quotes illustrate this quite well: “When qi is excessive it transforms into fire”, and, “When fire is extreme it gives rise to wind.”

### Excess Wind/Fire (实风/火):

Often accompanied by red and burning eyes with yellow discharge accumulating in the mornings. Excess wind/fire often presents with more symptoms of heat on the upper body and head. Pulse: forceful, jumpy, wiry, rapid (脉有力, 动, 弦, 数); Tongue red, purple red sides.

### Deficient Wind/Fire (虚风/火):

Deficient wind/fire often presents with more heat symptoms in the trunk, and less so on the head than Excess wind/fire. Pulse: deep, thin, deficient (脉沉, 细, 虚). Tongue: purple-red, dry, not much coat or mapped-coat, cracks. Disorders such as Parkinson's, MS, ALS, poor balance, neurological diseases, and neurosis often belong to this category.

### Common symptoms of Liver Wind:

Easy or often dizzy; shaking and tremors; eyes twitching; migraine headaches with pounding and throbbing; red eyes, nose, face, ears, neck; sensation of ants crawling on or needles pricking the skin; spasms; lower leg cramps.

### Common disorders associated with Liver Wind:

Disorders such as multiple sclerosis (MS), amyotrophic lateral sclerosis (ALS), Parkinson's disease, Alzheimer's, and Tourette syndrome may be related to liver wind. Idiopathic shaking, dizziness and vertigo are generally related to liver wind, and elderly or weak people easily develop these types of disorders.

## 2.1 Cool the Liver and Extinguish Wind 凉肝息风法

This method is designed to treat early stage or excess Liver wind.

Symptoms: always feeling hot; red face and eyes; easy angry; all symptoms worse with hot weather or after taking hot-natured foods such as alcohol, spicy, etc.; head feels bloated; headaches in which the head feels bloated and distended, aggravated if pressure is applied to head, but generally no sharp pain; throbbing blood vessels. Pulse: wiry and forceful, especially left guan and cun positions. Tongue: fresh red, especially sides, and dry yellow coat.

Base formula:

- Ling Yang Jiao (羚羊角, Cornu Antelopis Saiga-tatarici) 4-6 grams in decoction, or 1-2 grams powder mixed into strained decoction.
- Chu Ju Hua (滁菊花, Flos Chrysanthemi Morifolii) 3-5 grams.
- Gou Teng (构藤, Ramulus Uncariae Cum Uncis) 6-9 grams.
- Bai Ji Li (白蒺藜, Fructus Tribuli Terrestris) 6-9 grams.
- Mu Dan Pi (丹皮, Cortex Radicis Moutan) 4-6 grams.
- Shi Jue Ming (石决明, Concha Haliotidis) 9-12 grams.

**Explanation:**

Ling Yang Jiao (羚羊角, Cornu Antelopis Saiga-tatarici) clears and descends Liver fire and yang. It is one of the most useful medicinals to clear Liver fire. Note: To make powder, take Ling Yang Jiao shavings (羚羊角片) and bake in oven on low temperature (150 F) until dry and brittle, then grind into powder. Or, place shavings in freezer until brittle, then grind into powder. Chu Ju Hua (滁菊花, Flos Chrysanthemi Morifolii) nourishes Liver yin, clears Liver heat, and descends Liver yang and wind. This type of Ju Hua is more moistening and therefore better in cases of yin deficiency than Bai Ju Hua (白菊花, Flos Chrysanthemi Morifolii). Gou Teng (构藤, Ramulus Uncariae Cum Uncis) and Bai Ji Li (白蒺藜, Fructus Tribuli Terrestris) calm Liver wind. Mu Dan Pi (丹皮, Cortex Radicis Moutan) cools the blood and the Liver jueyin channel. Shi Jue Ming (石决明, Concha Haliotidis) guides Liver fire and yang down.

**Modifications:**

Feeling hot, dry mouth and thirst, constipation, dark and smelly urine, strong appetite and always hungry, add:

- Han Shui Shi (寒水石, Calcitum) 6-9 grams, cook first for 45 minutes. Clears Liver fire and clears heat from the Heart, Stomach, and Lung. Moistening. Quieting and pushing the yang down. Very cold and sticky so use cautiously if cold and weak Spleen and Stomach.
- Zhen Zhu Mu (珍珠母, Concha Margaritiferae) 9-12 grams, cook first for 45 minutes. Substitute this for Han Shui Shi if Spleen and Stomach are weak. Zhen Zhu Mu guides the yang down but isn't as cold as Han Shui Shi, so doesn't damage Spleen and Stomach.

## 2.2 Enrich the Liver and Extinguish Wind 滋肝息风法

This method is designed to treat Liver yin deficiency with ascendant Liver yang. It focuses on tonifying Liver and Kidney yin and sedating ascendant yang.

Symptoms: vertigo, dizziness, occasional red face or eyes, hot-flashes, steaming bone, night-sweats, five-palm heat, insomnia, difficulty falling asleep and frequent waking at night, all symptoms worse in the evening and better in the morning. Also may have some Liver wind symptoms, but mostly Liver and Kidney yin deficiency symptoms. Pulse thin, wiry and rapid. Tongue purple red, dry, not much coat.

Base formula:

Sheng Di Huang (生地黄, Radix Rehmanniae Glutinosae) 9-12 grams.

Xuan Shen (玄参, Radix Scrophulariae Ningpoensis) 6-9 grams.

Sheng Bai Shao (生白芍, Radix Albus Paeoniae Lactiflorae) 6-9 grams.

Nu Zhen Zi (女贞子, Fructus Ligustri Lucidi) 6-9 grams. 6-9 grams.

Sheng Mu Li (生牡蛎, Concha Ostreae) 9-12 grams.

E Jiao Zhu (阿胶珠- Asini Corii Gelatini Pilula) 4-6 grams, dissolved in strained decoction. This is E Jiao processed with Hai Ge Ke powder. It is less sticky and therefore easier to digest and less prone to generate dampness than unprocessed E Jiao.

This prescription tonifies the yin and guides the yang down.

Can also add:

- Ji Zi Huang 鸡子黄 *Galli Gigeriae Vitellus* (chicken egg yolk), 1 piece. Beat the raw yolk, then whip it into the warm strained decoction so can't see any egg flower. Tonifies the yin.

Modifications:

Hot-flashes, irritability, add:

- Hu Huang Lian (胡黄连, Rhizoma Picrorrhizae) 4-6 grams: clears Liver heat and circulates Liver qi.
- Yin Chai Hu (银柴胡, Radix Stellariae Dichotomae) 4-6 grams: similar function as Hu Huang Lian.

Vertigo, tinnitus, menopause with various yin deficiency symptoms, add:

-Er Zhi Wan (二至丸, Double Supreme Pill)

- Han Lian Cao (旱莲草, Herba Ecliptae Prostratae) 4-6 grams.
- Nu Zhen Zi (女贞子, Fructus Ligustri Lucidi) 6-9 grams.

This combination can balance and connect yin and yang, and is especially good for yin deficiency menopause symptoms.

Internal wind with Liver yin and yang deficiency, vertigo, dizziness, add:

- Bai Ji Li (白蒺藜, Fructus Tribuli Terrestris) 4-6 grams.
- Tong Ji Li (童蒺藜, Semen Astragali Complanati) 4-6 grams.

Facial-tic or spasms, add:

- Chan Tui (蝉退, Periostracum Cicadae) 2-3 grams.
- Bai Jiang Can (白僵蚕, Bombyx Batryticatus) 4-6 grams.

With the appropriate presentation, the above method can be used to treat such bio-medically defined conditions as migraine (especially where stress and insomnia lead to more migraines), early stage Parkinson's and MS, and menopause.

### 2.3 Bank-up Earth and Quiet Wind 培土宁风法

This method is designed to treat deficient Spleen Earth insulting Liver Wood. All symptoms here are ultimately due to Spleen qi and yin deficiency giving rise to Liver wind. Therefore, the milder method of Quieting Wind is employed.

Symptoms: poor appetite, bloating, gas, fatigue (Spleen deficiency) leading to dizziness, vertigo, mild shaking and trembling. Pulse weak, deep, left and right guan position especially deep. Tongue pale, tooth-marks, thin wet coating, swollen and puffy.

Base formula:

- Ren Shen (人参, Radix Ginseng) 4-6 grams.
- Zhi Gan Cao (炙甘草, Radix Glycyrrhizae) 4-6 grams.
- Chu Ju Hua (滁菊花, Flos Chrysanthemi Morifolii) 4-6 grams.
- Chao Bai Shao (炒白芍, Fried Radix Albus Paeoniae Lactiflorae) 6-9 grams.
- Chao Mai Men Dong (炒麦门冬, Fried Tuber Ophiopogonis Japonici) 6-9 grams.
- Yu Zhu (玉竹, Rhizoma Polygonati Odorati) 6-9 grams.

Explanation:

For Ren Shen, use either Bai Ren Shen (白人参, White Radix Ginseng) 4-6 grams if more fatigue, or Dang Shen (党参, Radix Codonopsis Pilosulae) 6-9 grams if poor digestion. Bai Shao and Chu Ju Hua gently quiet Liver wind and nourish Liver yin. Fried Mai Men Dong is used here as it is easier to digest and less cloying than raw Mai Men Dong. Yu Zhu tonifies Spleen yin.

With the above-mentioned etiology, this method can be used to treat Meniere's disease, dizziness, vertigo, and hypertension.

Additionally, Ban Xia Bai Zhu Tian Ma Tang (半夏白术天麻汤) can be used to treat conditions such as Meniere's, hypertension, dizziness and vertigo with similar etiology.

Symptoms: poor appetite and can only eat a small amount, or easily hungry but can only eat a small amount; nausea; often have phlegm in throat and watery mouth; vertigo or dizziness, especially when hungry or after eating; pale, puffy, swollen face; tearing eyes especially if exposed to wind, bright light, or after watching a lot of TV or computer; easily fatigued; always feeling cold, especially hands and feet; epigastric and chest fullness; desire to nap; loose stools several times per day. Tongue pale, swollen, tooth-marks, with sticky, wet white or grey coating. Pulse soggy.

Formula:

- Ban Xia Bai Zhu Tian Ma Tang (半夏白术天麻汤):
- Fa Ban Xia (法半夏, Rhizoma Pinelliae Tematae) 4-6 grams.

- Tian Ma (天麻, Rhizoma Gastrodiae) 3-5 grams.
- Chao Bai Zhu (炒白朮, Fried Rhizoma Atractylodis Macrocephalae) 6-9 grams.
- Fu Ling (茯苓, Sclerotium Poriae Cocos) 6-9 grams.
- Zhi Cang Zhu (制苍朮, Processed Rhizoma Atractylodis) 4-6 grams.
- Chao Huang Bai (炒川柏, Cortex Phellodendri) 3-5 grams.
- Chao Mai Ya (炒麦芽, Fried Fructus Germinatus Hordei Vulgaris) 6-9 grams.
- Chao Shen Qu (炒神曲, Fried Massa Medica Fermentata) 6-9 grams.
- Ze Xie (泽泻, Rhizoma Alismatis) 4-6 grams.
- Chao Dang Shen (炒党参, Fried Radix Codonopsis Pilosulae) 4-6 grams.
- Qing Zhi Huang Qi (清炙黄芪, Water-Fried Radix Astragali Membranacei) 4-6 grams. Water-fried is more tonifying than raw Huang Qi, but less sticky than honey-fried.
- Gan Jiang (干姜, dry Rhizoma Zingiberis) 1-2 grams.

#### 2.4 Nourish the Liver and Extinguish Wind 养肝息风法

This method is designed to treat Liver yin deficiency with internal wind. The Liver is unable to nourish the grandson vessels (孙脉) giving rise to wind in the vessels.

Symptoms: numbness, tingling, or spasms on legs, arms, hands, face, especially tingling on the thighs in the area of the Gall Bladder vessel.

Formula:

Sheng Di Huang (生地黄, Radix Rehmanniae Glutinosae) 6-9 grams.

Chao Dang Gui (炒当归, Fried Radix Angelicae Sinensis) 4-6 grams.

Gou Qi Zi (枸杞子, Fructus Lycii Chinensis) 6-9 grams. 6-9 grams.

Zhi He Shou Wu (制首乌, Processed Radix Polygoni Multiflori) 6-9 grams.

Tian Ma (天麻, Rhizoma Gastrodiae) 3-5 grams.

Huai Niu Xi (怀牛膝, Radix Achyranthis Bidentatae) 6-9 grams.

Hei Zhi Ma (黑芝麻, black Semen Sesame Indici) 4-6 grams.

With the appropriate presentation, this formula can be used to treat MS, hypertension, menopause, idiopathic numbness.

#### 2.5 Warm the Spleen and Extinguish Wind 温脾息风法

This method is designed to treat Spleen and Liver yang deficiency giving rise to internal wind.

Symptoms: fatigue; pale face; cold hands and feet, and cold sensation around Du 20; poor appetite; loose stools, watery diarrhea; puffy and swollen face, hands, and feet; vertigo, especially if hungry and/or tired; empty feeling in head (脑空) and/or ringing in head (脑



鸣). Pulse deep and weak, especially on the right chi position. Tongue pale, swollen, wet, with grey coating.

Formula:

- Bai Zhu Fu Zi Tang, from “Jin Gui Yao Lue” (白术附子汤—《金匱要略》):
- Chao Bai Zhu (炒白术, Fried Rhizoma Atractylodis Macrocephalae) 9-12 grams.
- Pao Fu Zi (炮附子, Blast-Fried Radix Lateralis Praeparatus Aconiti Carmichaeli) 3-5 grams, cook first for minimum 45 minutes.
- Zhi Gan Cao (炙甘草, Radix Glycyrrhizae) 4-6 grams.
- Sheng Jiang (生姜, uncooked Rhizoma Zingiberis) 2-3 slices.

With the appropriate presentation, this formula can be used to treat chronic nephritis, vertigo, and dizziness.

### **Chapter 3. Liver Fire, Ten Methods 肝火十法**

The methods in this chapter are designed to address Liver fire of various etiology that is affecting other organs and parts of the body.

Common symptoms of Liver fire:

Red eyes, nose, face, ears, neck; restlessness; migraine headaches with severe knife-like cutting pain (劈) that is worse around noon, with emotions/anger, and after consumption of hot-natured foods, spicy foods, or alcohol; bad temper, easy angry; insomnia, waking easily; strong hunger, and often hungry soon after eating (嘈杂- “clamoring stomach”), sometimes nausea or vomiting after eating; bitter and dry mouth; bleeding: nose, mouth, cough, urine, stool; burning urine; constipation with dry and difficult stool.

Common disorders associated with Liver fire:

Migraine headache, herpes zoster, genital herpes, viral hepatitis, cholecystitis, gastric ulcer, insomnia, palpitations, menopause, PMS, tinnitus, gastro-esophageal reflux disorder (GERD), etc.

#### **3.1 Clear the Liver and Discharge Fire 清肝泄火法**

This method is designed to treat Liver fire affecting the Liver organ and the Liver channel.

Symptoms: red face, eyes, nose, ears, neck; bad temper, easy and often angry; migraine with knife-like cutting pain (劈); thirst with preference for cold drinks. Pulse: wiry, forceful and rapid, especially the left guan position. Tongue: red, especially on the sides.

Formula:

- Ling Yang Jiao (羚羊角, Cornu Antelopis Saiga-tatarici) 1-2 grams powder dissolved in strained decoction.
- Mu Dan Pi (丹皮, Cortex Radicis Moutan) 6-9 grams. Clears heat from the liver blood.
- Shan Zhi Zi (山栀子, Fructus Gardeniae Jasminoidis) 4-6 grams. Clears heat from the qi aspect of the Liver.
- Huang Qin (黄芩, Radix Scutellariae Baicalensis) 4-6 grams.
- Dan Zhu Ye (淡竹叶, Herba Lophatheri Gracilis) 3-5 grams.
- Lian Qiao (连翘, Fructus Forsythiae Suspensae) 6-9 grams.
- Xia Ku Cao (夏枯草, Spica Prunellae Vulgaris) 6-9 grams. Clears Liver fire and circulates Liver qi. Its moving nature helps prevent stagnation from the other cold medicinals.

Note: If can't obtain Ling Yang Jiao, Han Shui Shi (寒水石, Calcitum) 9-12 grams can be used as a substitute.

Food treatment:

The following can be steeped as a tea to be consumed on a regular basis:

- Bai Ju Hua (白菊花, Flos Chrysanthemi Morifolii)
- Ku Ding Cha (苦丁茶, Ilex latifolia)

Place approximately 2-3 grams of each in a teapot, add boiling water and steep until ready. Can be steeped numerous times over the course of the day, until no more flavor remains.

### 3.2 Drain the Liver and Facilitate Bowel Movement 泻肝通便法

This method is designed to treat Liver fire with constipation. The stool is largely composed of metabolic waste materials, the retention of which give rise to heat and fire in the body. Here, the Liver fire is aggravated by the retention of heat in the form of constipation and the inability of the body to remove heat through the stool. Therefore, treatment is aimed at clearing Liver fire through the bowels by facilitation of the bowel movement.

Symptoms: feeling hot and restless; dry and bitter mouth; constipation with dry, hard stool that is very difficult to pass; dark, burning urine with strong odor; red and burning eyes; red face, nose, neck, and ears. Pulse: wiry and forceful, especially the left and right guan positions. Tongue: red, with dry yellow coat.

Base formula:

-Long Dan Xie Gan Tang, modified (龙胆泻肝汤加味):

- Long Dan Cao (龙胆草, Radix Gentianae Longdancao) 6-9 grams. Clears Liver fire.
- Chai Hu (柴胡, Radix Bupleuri) 3-5 grams. Guiding to the Liver channel.
- Huang Qin (黄芩, Radix Scutellariae Baicalensis) 4-6 grams.
- Shan Zhi Zi (山栀子, Fructus Gardeniae Jasminoidis) 4-6 grams.

- Chuan Mu Tong (川木通, *Caulis Akebiae*) 4-6 grams. Guides heat out through urine.
- Che Qian Zi (车前子, *Semen Plantaginis*) 6-9 grams. Guides heat out through urine.
- Ze Xie (泽泻, *Rhizoma Alismatis*) 6-9 grams.
- Sheng Di Huang (生地黄, *Radix Rehmanniae Glutinosae*) 6-9 grams.
- Dang Gui Wei (当归尾, *Radix (Branch) Angelicae Sinensis*) 4-6 grams. Invigorates the blood as heat tends to causes blood stagnation.
- Sheng Gan Cao (生甘草, unprocessed *Radix Glycyrrhizae*) 3-5 grams.
- Lu Hui (芦荟, *Herba Aloes*) 1-2 grams. Promotes bowel movement and clears heat from the Liver and the blood level.

With the appropriate presentation, the above formula can be used to treat disorders such as herpes zoster, genital herpes, hepatitis A, B, or C, and cholecystitis, accompanied by constipation.

There are two other formulas that fit well in this category.

1. Xie Qing Wan (泻青丸- aka Xie Gan Wan/泻肝丸):

- Dang Gui 当归 *Radix Angelicae Sinensis*: with Chuan Xiong to nourish the Liver and moisten dryness.
- Bing Pian 冰片 *Borneolum*: disperses fire and clears heat. Can substitute with Long Dan Cao.
- Chuan Xiong 川芎 *Rhizoma Ligustici Chuanxiong*.
- Shan Zhi Zi 山栀子 *Fructus Gardeniae Jasminoidis*: clears depressed fire from the Three-burners, and guides heat out through the urine.
- Shu Da Huang 熟大黄 *Processed Radix Et Rhizoma Rhei Radix Et Rhizoma Rhei*: bitter and cold, drains fire downward.
- Qiang Huo 羌活 *Radix Et Rhizoma Notopterygii*: with Fang Feng to arrest Liver wind and disperse Liver fire.
- Fang Feng 防风 *Radix Ledebouriellae Divaricatae*.

Actions and indications:

Drains and disperses depressed fire, nourishes and pacifies the Liver. Use in cases with symptoms similar to that of first formula, but with the addition of body aches.

Explanation:

Dang Gui 当归 *Radix Angelicae Sinensis* and Chuan Xiong 川芎 *Rhizoma Ligustici Chuanxiong* nourish the Liver, move Liver blood, and moisten dryness. Bing Pian 冰片 *Borneolum* disperses fire and clears heat. If unavailable, Long Dan Cao 龙胆草 *Radix Gentianae Longdancao* can be used a substitute for Bing Pian 冰片 *Borneolum*. Shan Zhi Zi 山栀子 *Fructus Gardeniae Jasminoidis* clears depressed fire from the Three-burners, and guides heat out through the urine. Shu Da Huang 熟大黄 *Processed Radix Et Rhizoma Rhei Radix Et Rhizoma Rhei* is bitter and cold, and drains fire downward. Qiang Huo 羌活 *Radix Et Rhizoma Notopterygii* and Fang Feng 防风 *Radix Ledebouriellae Divaricatae* arrest Liver wind and disperse Liver fire. Grind equal amounts of each herb

into powder, mix with honey and make into pills. Of course, one can use suitable amounts of each herb to prepare as a decoction.

2. Dang Gui Long Hui Wan (当归芦荟丸):

- Dang Gui 当归 *Radix Angelicae Sinensis*, 6-9 grams.
- Long Dan Cao 龙胆草 *Radix Gentianae Longdancao*, 6-9 grams.
- Shan Zhi Zi 山梔子 *Fructus Gardeniae Jasminoidis*, 4-6 grams.
- Huang Lian 黄连 *Rhizoma Coptidis*, 4-6 grams.
- Huang Bai 黄柏 *Cortex Phellodendri*, 4-6 grams.
- Huang Qin 黄芩 *Radix Scutellariae Baicalensis*, 4-6 grams.
- Da Huang 大黄 *Radix Et Rhizoma Rhei*, 6-9 grams.
- Lu Hui 芦荟 *Herba Aloes*, 0.5-2 grams.
- Mu Xiang 木香 *Radix Aucklandiae Lappae*, 3-5 grams.
- She Xiang 麝香 *Secretio Moschi Moschiferi*. Substitute with Ding Xiang 丁香 *Flos Caryophylli*, 2-3 grams.

Instructions: Originally this was made as a pill with 30 grams each of the first six herbs, 15 grams each Da Huang and Lu Hui, 4.5 grams Mu Xiang, and 1.5 grams She Xiang. Can also be made as a decoction with appropriate doses of each herb, the above doses being a rough guideline.

Function: Clears heat and drains the Liver, purges downward and moves stagnation.

Indications: Liver and Gallbladder excess fire with heat in blood.

Symptoms: dizziness, flank pain, spasms, mania, easy startled, palpitations, constipation, dark urine. Can use when similar symptoms to first formula are present with the addition of chronic and rather severe constipation, bleeding nose or gums, and red skin rash.

### 3.3 Clear Metal and Control Wood 清金制木法

This method is designed to treat Liver Wood insulting Lung Metal. In this case, Liver fire has damaged the Lung yin and given rise to heat in the Lung. Treatment is aimed at clearing heat from the Liver and Lung, and moistening the Lung.

Symptoms: dry cough, sometimes with a bit of blood, but little to no phlegm. Stress or anger leads to aggravation of cough. Easy angry; red face, eyes, ears, nose, neck; restlessness, insomnia; other Liver and Lung fire symptoms. Tongue: red, thin body, dry, very little coating. Pulse: rapid and wiry with floating right cun position.

Base formula:

- Bei Sha Shen 北沙参 *Radix Glehniae Littoralis*, 6-9 grams.
- Mai Men Dong 麦门冬 *Tuber Ophiopogonis Japonici*, 6-9 grams.

- Shi Hu 石斛 *Herba Dendrobii*, 4-6 grams.
- Pi Pa Ye 枇杷叶 *Folium Eriobotryae Japonicae*, 4-6 grams.
- Tian Men Dong 天门冬 *Tuber Asparagi Cochinchinensis*, 6-9 grams.
- Yu Zhu 玉竹 *Rhizoma Polygonati Odorati*, 6-9 grams.
- Sheng Shi Jue Ming 生石决明 *Concha Haliotidis*, 9-12 grams.

Modifications:

Severe dry cough with blood, add:

- Mu Dan Pi 牡丹皮 *Cortex Radicis Moutan*, 6-9 grams.
- Ou Jie 藕节 *Nodus Rhizomatis Nelumbinis Nuciferae*, 6-9 grams.

Cough with very dry and sticky phlegm that is difficult to expectorate, add:

- Dai Ge San 黛蛤散 *Indigo and Clamshell Powder*, 4-6 grams.

With the appropriate presentation this method can be used to treat lung cancer and throat cancer, especially post-radiation therapy.

### 3.4 Drain the Heart and Clear the Liver 泻心清肝法

This method is designed to treat Liver and Heart fire. According to Five Phase Theory, this could either be excess in Liver Wood which has led to Heart fire, a pattern of Disease of the Mother Afflicting the Child (母病及子), or Heart fire giving rise to Liver fire, a pattern of Disease of the Child Violating the Mother (子病犯母). Whatever the case, Wang's treatment here is aimed at draining Heart fire in order to clear Liver fire, a type of Five Phase treatment methodology known as Draining the Child to Calm the Mother (泻子则母安).

Symptoms: Liver fire symptoms such as red face, eyes, ears, nose; easy angry, etc. Heart fire symptoms such as palpitations, insomnia, dream disturbed sleep, etc. Pulse: thin, rapid, and wiry. Tongue: red, thin yellow coat.

Base formula:

- Huang Lian Gan Cao Tang (黄连甘草汤):

- Huang Lian 黄连 *Rhizoma Coptidis*, 3-5 grams.
- Sheng Gan Cao 生甘草 *Unprocessed Radix Glycyrrhizae*, 4-6 grams.

Modifications:

Constipation, add:

- Drain the Liver and Facilitate Bowel Movement Method (泻肝通便法) formula(s) to above base formula.

More heat in the Upper-jiao: red face, eyes, nose, ears, neck; bad temper, easy and often angry; migraine with knife-like cutting pain (劈); thirst with preference for cold drinks, add:

- Clear the Liver and Discharge Fire Method (清肝泄火法) herbs to above base formula.

### 3.5 Enrich the Kidney and Cool the Liver 滋肾凉肝法=补母法

This method is designed to address Liver and Kidney yin deficiency giving rise to deficient fire. The strategy is to supplement the Kidney yin in order to nourish Liver yin and cool deficient fire in the Liver. This belongs to the Five-Phase principle “Deficiency (of the Child), then Supplement the Mother” (虚则补其母), also know as “Supplementing the Mother Method” (补母法).

Symptoms: tinnitus; lumbar soreness and weakness; upper-back tight and stiff; very sensitive emotionally, easy angry, easy stressed and stress leads to sweating; insomnia; red face; hot-flashes; dry mouth; constipation; impotence. Pulse thin and rapid. Tongue red, thin body, dry, cracks, not much coat.

Base formula:

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

- Zhi Gui Ban 制龟板 *Processed Plastrum Testudinis*, 9-12 grams.
- Shu Di Huang 熟地黄 *Processed Radix Rehmanniae*, 6-9 grams.
- Jiu Chao Zhi Mu 酒炒知母 *Rhizoma Anemarrhenae Aspheloidis*, 6-9 grams.
- Yan Huang Bai 盐川柏 *Salt-fried Cortex Phellodendri*, 4-6 grams.

Instructions: grind the above herbs into powder and cook with either pig or lamb marrow, then add honey and make into pills. Bone marrow nourishes the Du Vessel as well as Liver and Kidney yin. A decoction can also be made, and in lieu of bone marrow, the following can be added:

- Shan Zhu Yu 山茱萸 *Fructus Corni Officinalis*, 6-9 grams.
- Gou Qi Zi 枸杞子 *Fructus Lycii Chinensis*, 6-9 grams.
- Nu Zhen Zi 女贞子 *Fructus Ligustri Lucidi*, 6-9 grams.
- Huang Jing 黄精 *Rhizoma Polygonati*, 6-9 grams.
- Hei Lu Dou 黑耬豆 *Glycina Max*, 9-12 grams. Mildly nourishes Kidney yin, but not sticky or cloying.

Modifications:

Hot-flashes and tinnitus, add:

- Ci Shi 灵磁石 *Magnetitum*, 9-12 grams.

### 3.6 Soothe the Liver and Clear Heat 舒肝清热法

This method is designed to treat long-standing Liver qi stagnation that has given rise to Liver fire.

Symptoms: Poor emotions, easy angry, depression, grief, etc.; insomnia, nightmares; body and head feeling bloated and full; flank pain and tenderness; feeling hot; red face, eyes, nose, ears, neck; nose or gum bleeding; appetite alternating between very strong and very poor; PMS; Pulse: wiry, choppy; Tongue: dark red, with thin white or yellow sticky coating.

Formula: Hua Gan Jian (化肝煎) from Zhang Jing-Yue's "Jing Yue Quan Shu" (《景岳全书》):

- Chao Qing Pi 炒青皮 *Fried Pericarpium Citri Reticulatae Viride*, 4-6 grams.
- Chao Chen Pi 炒陈皮 *Fried Pericarpium Citri Reticulatae*, 4-6 grams.
- Mu Dan Pi 牡丹皮 *Cortex Radicis Moutan*, 6-9 grams.
- Jiao Shan Zhi Zi 焦山栀子 *Blackened Fructus Gardeniae Jasminoidis*, 4-6 grams.
- Chao Bai Shao 炒白芍 *Fried Radix Albus Paeoniae Lactiflorae*, 6-9 grams.
- Ze Xie 泽泻 *Rhizoma Alismatis*, 4-6 grams.
- Zhe Bei Mu 浙贝母 *Fritillariae Thunbergii Bulbus*, 4-6 grams.

Explanation:

Chao Chen Pi and Chao Qing Pi regulate the Liver qi and break up stagnant Qi. They are fried to reduce volatile oil content in order to ameliorate their warm and drying natures. Mu Dan Pi, Shan Zhi Zi, and Chao Bai Shao remove heat and stagnation from the Liver blood. Ze Xie guides heat down and out through the Lower-jiao. Zhe Bei Mu guides heat up and out from the Upper-jiao.

Modifications:

Yin deficiency:

- Use Chuan Bei Mu 川贝母 *Bulbus Fritillariae Cirrhosae* 4-6 grams in place of Zhe Bei Mu 浙贝母 *Fritillariae Thunbergii Bulbus*.

Rectal bleeding, bleeding hemorrhoids, add:

- Di Yu 地榆 *Radix Sanguisorbae*, 6-9 grams.

Severe heat symptoms, add:

- Huang Qin 黄芩 *Radix Scutellariae Baicalensis*, 4-6 grams.

With the appropriate presentation this method can be used to treat PMS, menopause, hepatitis, gastritis, hemorrhoids, etc.

### 3.7 Warm and Downbear Liver Fire 温降肝火法

This method is designed to treat cold and deficient Spleen giving rise to symptoms of false Liver heat.

Symptoms: Heartburn, gastro-esophageal reflux disorder (GERD); poor appetite; loose stools several times per day; watery mouth; phlegm in throat; cold hands and feet; pale face; puffy, swollen face, hands and feet; preference for warm drinks; ingestion of cold food or drink may cause deep vertex headache; Pulse: wiry and deep; Tongue: pale, swollen, teeth-marks, wet, with greasy white or grey coating.

Base formula:

- Rou Gui 肉桂 *Cortex Cinnamomi Cassiae*, 2-3 grams.
- Wu Zhu Yu 吴茱萸 *Fructus Evodiae Rutaecarpae*, 1-2 grams.
- Chuan Jiao 川椒 *Pericarpium Zanthoxyli Bungeani*, 2-4 grams.

Modifications:

Very cold Stomach, add:

- Gan Jiang 干姜 *Dry Rhizoma Zingiberis*, 2-3 grams.

More Spleen and Stomach deficiency, add:

- Chao Dang Shen 炒党参 *Radix Codonopsis Pilosulae*, 6-9 grams.
- Hong Zao 红枣 *Fructus Zizyphi Jujubae*, 3-5 pieces.

More Spleen dampness, add:

- Fa Ban Xia 法半夏 *Rhizoma Pinelliae Tematae*, 6-9 grams.
- Chen Pi 陈皮 *Pericarpium Citri Reticulatae*, 4-6 grams.
- Fu Ling 茯苓 *Sclerotium Poriae Cocos*, 6-9 grams.
- Qing Zhi Gan Cao 清炙甘草 *Water-Fried Radix Glycyrrhizae*, 3-5 grams.

### 3.8 Regulate the Network Vessels and Pacify the Liver 理络平肝法

This method is designed to treat chronic Liver qi stagnation affecting the network vessels and giving rise to heat in the Liver, and mostly affecting the Upper-jiao.

Symptoms: Typical presentation is one of chronic Liver qi stagnation which is then aggravated by stressful stimulus or event and leads to depression or other strong emotional reaction. Then Liver heat and fire symptoms develop, such as dizziness, headaches, tinnitus, dryness of eyes, nose, and mouth, red and burning eyes. Tongue: red, not much coat or thin yellow coat. Pulse: rapid and wiry.

Base formula:

- Chao Chuan Lian Zi 炒川楝子 *Fried Fructus Meliae Toosendan*, 6-9 grams.
- Bai Ji Li 白蒺藜 *Fructus Tribuli Terrestris*, 6-9 grams.



- Gou Teng 构藤 *Ramulus Uncariae Cum Uncis*, 4-6 grams.
- Qing Ju Ye 青橘叶 *Folium Citri Reticulatae*, 3-5 grams.

Explanation:

These herbs regulate Liver qi and disperse Liver heat without damaging the yin and without the use of cold bitter herbs that would increase stagnation.

This is a mild formula, so the following general modification can be added to increase the strength of the above prescription:

- Mei Gui Hua 玫瑰花 *Flos Rosae Rugosae*, 3-5 grams
- Yue Ji Hua 月季花 *Flos Et Fructus Rosae Chinensis*, 3-5 grams.
- Ba Yue Zha 八月扎 *Fructus Akebiae Trifoliatae*, 4-6 grams.
- Suo Luo Zi 娑罗子 *Semen Aesculi*, 4-6 grams.
- Si Gua Luo 丝瓜络 *Fasciculus Vascularis Luffae*, 4-6 grams.

These herbs gently regulate Liver qi and blood and guide to the network vessels.

Modifications:

Headaches, chest or flank pain, muscle aches, insomnia, add:

- Yan Hu Suo 延胡索 *Corydalis Rhizome*, 6-9 grams.

With the appropriate presentation this method can be used to treat PMS, depression, insomnia, and people with very sensitive emotions.

### 3.9 Soothe Stagnation and Disperse Fire 舒郁散火法

This method is designed to treat Liver qi stagnation generating heat and fire in the Liver and leading to blood stagnation. The Middle and Lower-jiao are most affected.

Symptoms: emotional, easy angry; headaches, migraine headache; chest and/or flank fullness and pain; breast tenderness and pain, breast nodules; dry mouth, dry cough, dry nose; nose bleeding; dry and burning eyes; irregular menstrual cycle, PMS. Pulse: wiry left guan, deep right guan. Tongue: red, thin white or yellow coat, slightly puffy or tooth-marked.

Formula:

- Dan Zhi Xiao Yao San (丹栀逍遥散):

- Mu Dan Pi 牡丹皮 *Cortex Radicis Moutan*, 6-9 grams.
- Jiao Shan Zhi Zi 焦山栀子 *Blackened Fructus Gardeniae Jasminoidis*, 4-6 grams.
- Chao Chai Hu 炒柴胡 *Fried Radix Bupleuri*, 3-5 grams.
- Sheng Bai Shao 生白芍 *Radix Albus Paeoniae Lactiflorae*, 6-9 grams.
- Chao Dang Gui Wei 炒当归尾 *Fried Radix (Branch) Angelicae Sinensis*, 4-6 grams.
- Chao Bai Zhu 炒白术 *Fried Rhizoma Atractylodis Macrocephalae*, 6-9 grams.

- Fu Ling 茯苓 *Sclerotium Poriae Cocos* or Fu Shen 茯神 *Sclerotium Pararadicis Poriae Cocos*, 6-9 grams.
- Gan Cao 甘草 *Radix Glycyrrhizae*, 3-5 grams.
- Sheng Jiang 生姜 *Uncooked Rhizoma Zingiberis*, 2-3 slices.
- Bo He 薄荷 *Herba Menthae Haplocalycis*, 3-5 grams, add last five minutes.

Modifications:

If less heat signs, remove Mu Dan Pi 牡丹皮 *Cortex Radicis Moutan* and Jiao Shan Zhi Zi 焦山梔子 *Blackened Fructus Gardeniae Jasminoidis*.

### 3.10 Track Wind and Clear the Liver 搜风清肝法

This method is designed to treat Liver qi stagnation giving rise to Liver heat and internal wind, with simultaneous external wind invasion of the grandson vessels.

Symptoms: spasms, numbness, shaking, or hemiplegia anywhere in the body, but without loss of consciousness; shaking of hands when close eyes and extend arms in front of body; tightness of muscles, tendons, and/or joints; Bell's Palsy; hypertension; Pulse: wiry, floating, possibly hollow; Tongue: dark red, not much coat, deviated and/or shaking.

Formula:

- Tian Ma 天麻 *Rhizoma Gastrodiae*, 6-9 grams.
- Qiang Huo 羌活 *Radix Et Rhizoma Notopterygii*, 4-6 grams.
- Du Huo 独活 *Radix Angelicae Pubescentis*, 4-6 grams.
- Bo He 薄荷 *Herba Menthae Haplocalycis*, 3-5 grams.
- Man Jing Zi 蔓荆子 *Fructus Viticis*, 6-9 grams.
- Fang Feng 防风 *Radix Ledebouriellae Divaricatae*, 4-6 grams.
- Jing Jie 荆芥 *Herba Seu Flos Schizonepetae Tenuifoliae*, 4-6 grams.
- Bai Jiang Can 白僵蚕 *Bombyx Batryticatus*, 3-5 grams.
- Chan Tui 蝉退 *Periostracum Cicadae*, 2-3 grams.
- Bai Fu Zi 白附子 *Rhizoma Typhonii Gigantei*, 4-6 grams. Can substitute with Gou Teng 构藤 *Ramulus Uncariae Cum Uncis*, 4-6 grams.

With the appropriate presentation this method can be use to treat Bell's Palsy, hypertension, MS.

## 4. Supplement the Liver, Seven Methods 补肝七法

### 4.1 Supplement the Liver Method 补肝法

This method is designed to tonify Liver qi, blood, yin, and yang.

Symptoms: pale face; feeling cold; fatigue and weakness; sometimes easy angry or emotional; occasional bloody nose; dream disturbed sleep; dizziness; anemia. Pulse: thin and weak, possibly hollow, especially left guan position. Tongue: pale, tender, not much coat.

- Zhi He Shou Wu 制首乌 *Processed Radix Polygoni Multiflori*, 6-9 grams.
- Tu Si Zi 菟丝子 *Semen Cuscutae Chinensis*, 6-9 grams.
- Gou Qi Zi 枸杞子 *Fructus Lycii Chinensis*, 6-9 grams.
- Tong Ji Li 童蒺藜 *Semen Astragali Complanati*, 6-9 grams.
- Chao Suan Zao Ren 炒枣仁 *Semen Zizyphi Spinosa*, 9-12 grams.
- Hei Zhi Ma 黑芝麻 *Black Semen Sesame Indici*, 6-9 grams.

With the appropriate presentation this method can be used to treat severe anemia especially with decreased hemoglobin as a result of anti-HIV medications or post-radiation therapy in cancer patients.

#### 4.2 Constrain the Liver 敛肝法

This method is designed to astringe and tonify the Liver qi, blood, yin, and yang.

Symptoms: indecisiveness, poor concentration; weakness; shaking and trembling; numbness, tingling in extremities; decreased visual and auditory acuity; tinnitus; floaters; postural-hypotension. Tongue pale, tender, not much coat. Pulse thin, weak.

Formula:

Based on Supplement the Liver Method 补肝法, with additions:

- Zhi He Shou Wu 制首乌 *Processed Radix Polygoni Multiflori*, 6-9 grams.
- Tu Si Zi 菟丝子 *Semen Cuscutae Chinensis*, 6-9 grams.
- Gou Qi Zi 枸杞子 *Fructus Lycii Chinensis*, 6-9 grams.
- Tong Ji Li 童蒺藜 *Semen Astragali Complanati*, 6-9 grams.
- Chao Suan Zao Ren 炒枣仁 *Semen Zizyphi Spinosa*, 9-12 grams.
- Hei Zhi Ma 黑芝麻 *Black Semen Sesame Indici*, 6-9 grams.
- Wu Mei 乌梅 *Fructus Pruni Mume*, 2-3 pieces.
- Sheng Bai Shao 生白芍 *Radix Albus Paeoniae Lactiflorae*, 9-12 grams.
- Mu Gua 木瓜 *Fructus Chaenomelis Lagenariae*, 6-9 grams.
- Zhi Gan Cao 炙甘草 *Radix Glycyrrhizae*, 4-6 grams.

With the appropriate presentation this method can be used to treat restless leg syndrome (RLS), Parkinson's, menopause, and postural-hypotension.

### 4.3 Settle the Liver 镇肝法

This method is designed to treat Liver yin deficiency giving rise to rising Liver yang, stirring Liver wind, and Liver fire of varying degrees. This is a flexible method which suggests using one of several base formulas to address the underlying pathomechanism, then depending on pathomechanism and symptoms gives recommendations for modifications.

Symptoms: Insomnia, restlessness, five-palm heat, dry mouth and throat, dry eyes, tinnitus, easy angry, emotional, thinking and worrying too much, etc. Tongue: red, not much coat. Pulse: thin, wiry, and rapid, with left and right guan positions wiry and jumpy.

Formulas:

Base the prescription on either:

- Zhi Bai Di Huang Wan (知柏地黄丸)

- Zhi Mu 知母 *Rhizoma Anemarrhenae Aspheloidis*, 6-9 grams.
- Huang Bai 黄柏 *Cortex Phellodendri*, 4-6 grams.
- Shu Di Huang 熟地黄 *Processed Radix Rehmanniae*, 6-9 grams.
- Shan Zhu Yu 山茱萸 *Fructus Corni Officinalis*, 6-9 grams.
- Shan Yao 山药 *Radix Dioscoreae Oppositae*, 6-9 grams.
- Fu Ling 茯苓 *Sclerotium Poriae Cocos*, 6-9 grams.
- Mu Dan Pi 牡丹皮 *Cortex Radicis Moutan*, 6-9 grams.
- Ze Xie 泽泻 *Rhizoma Alismatis*, 6-9 grams.

Or:

- Qi Ju Di Huang Wan (杞菊地黄丸):

- Gou Qi Zi 枸杞子 *Fructus Lycii Chinensis*, 6-9 grams.
- Ju Hua 菊花 *Flos Chrysanthemi Morifolii*, 4-6 grams.
- Shu Di Huang 熟地黄 *Processed Radix Rehmanniae*, 6-9 grams.
- Shan Zhu Yu 山茱萸 *Fructus Corni Officinalis*, 6-9 grams.
- Shan Yao 山药 *Radix Dioscoreae Oppositae*, 6-9 grams.
- Fu Ling 茯苓 *Sclerotium Poriae Cocos*, 6-9 grams.
- Mu Dan Pi 牡丹皮 *Cortex Radicis Moutan*, 6-9 grams.
- Ze Xie 泽泻 *Rhizoma Alismatis*, 6-9 grams.

Then depending on the condition, add one or two of the following:

- Sheng Shi Jue Ming 生石决明 *Concha Haliotidis*, 9-12 grams: headache, belching.
- Mu Li 牡蛎 *Concha Ostreae*, 9-12 grams: easy sweating.
- Long Gu 龙骨 *Os Draconis*, 9-12 grams: easy sweating.
- Dai Zhe Shi 代赭石 *Haematitum*, 9-12 grams: headache and belching.

- Ci Shi 灵磁石 *Magnetitum*, 9-12: headaches after outburst of anger (with Mu Li 牡蛎 *Concha Ostreae*), tinnitus.

#### 4.4 Supplement Liver Yin 补肝阴法

This method is designed to treat simple Liver yin deficiency.

Symptoms: dry and burning eyes which are aggravated by over-use; dryness of mouth, nose, vagina; decreased auditory acuity, tinnitus; urinary frequency with mild burning, scanty amount; constipation with dry stool; tight and achy upper back, neck, limbs; all symptoms increase with stress, overwork, and fatigue, especially tinnitus and hearing loss. Tongue: red, not much coat. Pulse: thin, deep, weak.

Base formula:

- Sheng Di Huang 生地黄 *Radix Rehmanniae Glutinosae*, 9-12 grams.
- Sheng Bai Shao 生白芍 *Radix Albus Paeoniae Lactiflorae*, 9-12 grams.
- Wu Mei 乌梅 *Fructus Pruni Mume*, 2-3 pieces.

Then add one of the following three formulas:

-Da Bu Yin Wan 大补阴丸 *Great Tonify the Yin Pill*:

- Zhi Gui Ban 制龟板 *Processed Plastrum Testudinis*, 9-12 grams.
- Shu Di Huang 熟地黄 *Processed Radix Rehmanniae*, 6-9 grams.
- Jiu Chao Zhi Mu 酒炒知母 *Rhizoma Anemarrhenae Aspheloidis*, 6-9 grams.
- Yan Huang Bai 盐川柏 *Salt-fried Cortex Phellodendri*, 4-6 grams.

Or,

- Liu Wei Di Huang Wan 六味地黄丸 *Six-Ingredient Pill with Rehmannia*:

- Shu Di Huang 熟地黄 *Processed Radix Rehmanniae*, 9-12 grams.
- Shan Zhu Yu 山茱萸 *Fructus Corni Officinalis*, 6-9 grams.
- Shan Yao 山药 *Radix Dioscoreae Oppositae*, 6-9 grams.
- Fu Ling 茯苓 *Sclerotium Poriae Cocos*, 6-9 grams.
- Mu Dan Pi 牡丹皮 *Cortex Radicis Moutan*, 6-9 grams.
- Ze Xie 泽泻 *Rhizoma Alismatis*, 6-9 grams.

Or,

- Zuo Gui Wan 左归丸 *Restore the Left Decoction* :

- Shu Di Huang 熟地黄 *Processed Radix Rehmanniae*, 9-12 grams.
- Shan Zhu Yu 山茱萸 *Fructus Corni Officinalis*, 6-9 grams.
- Shan Yao 山药 *Radix Dioscoreae Oppositae*, 6-9 grams.
- Gou Qi Zi 枸杞子 *Fructus Lycii Chinensis*, 6-9 grams.

- Tu Si Zi 菟丝子 *Semen Cuscutae Chinensis*, 6-9 grams.
- Lu Jiao Jiao 鹿角胶 *Gelatinum Cornu Cervi*, 6-9 grams.
- Gui Ban Jiao 龟板胶 *Gelatinum Plastrum Testudinis*, 6-9 grams.

#### 4.5 Supplement Liver Yang 补肝阳法

This method is designed to treat Liver yang deficiency with cold damp stagnation in the jueyin channel.

Symptoms: cold sensation along Leg Jueyin Liver channel; cold and damp groin, spasms in groin; inguinal hernia; cold hands and feet; preference for warmth, aversion to cold; Pulse: very deep and wiry. Tongue: pale, wet, with grey or black coating.

Base formula:

- Rou Gui 肉桂 *Cortex Cinnamomi Cassiae*, 3-5 grams.
- Chuan Jiao 川椒 *Pericarpium Zanthoxyli Bungeani*, 3-5 grams.
- Rou Cong Rong 肉苁蓉 *Herba Cistanchis Deserticolae*, 6-9 grams.

The base formulas is fairly mild, so can add:

- Xiao Hui Xiang 小茴香 *Fructus Foeniculi Vulgaris*, 3-5 grams.
- Ju He 橘核 *Semen Citri Reticulatae*, 6-9 grams.
- Li Zhi He 荔枝核 *Semen Litchi Chinensis*, 6-9 grams.
- Wu Zhu Yu 吴茱萸 *Fructus Evodiae Rutaecarpae*, 1-2 grams.
- Ai Ye 艾叶 *Artemisiae Argyi Folium*, 4-6 grams.

#### 4.6 Supplement Liver Blood 补肝血法

This method is designed to treat simple Liver blood deficiency.

Symptoms: pale face, hands, and tongue; dizziness; fatigue, low energy; thin and frail fingernails; soreness, tightness and pain of joints, muscles, upper back; headaches; insomnia. Tongue pale. Pulse thin, weak, deep.

Base Formula:

- Dang Gui Shen 当归身 *Radix Angelicae Sinensis*, 6-9 grams.
- Jiu Chuan Xiong 酒川芎 *Wine-fried Rhizoma Ligustici Chuanxiong*, 4-6 grams.
- Xu Duan 续断 *Radix Dipsaci*, 6-9 grams.
- Huai Niu Xi 怀牛膝 *Radix Achyranthis Bidentatae*, 6-9 grams.

Many people will consider application of Si Wu Tang 四物汤 to treat deficiency of Liver blood, but Wang Xugao wrote that in order to supplement Liver blood the above four medicinals were necessary. Dang Gui and Chuan Xiong supplement and invigorate blood.

Xu Duan and Huai Niu Xi supplement the Kidneys. Use of the later two herbs is based on two principals. First, the Five Phase principle of supplementing the Mother to nourish the Child, in this case supplementing Water (Kidney) to nourish Wood (Liver). The second is the principle that Liver and Kidney are of the same source (肝肾同源), and the close relationship between these two organs means supplementation of one can lead to nourishment of the other.

The base formula is too mild for severe cases of Liver blood deficiency, so the following can be added:

- Zhi He Shou Wu 制首乌 *Processed Radix Polygoni Multiflori*, 6-9 grams.
- Ji Xue Teng 鸡血藤 *Caulis Millettiae Seu Spatholobi*, 6-9 grams.
- Long Yan Rou 龙眼肉 *Arillus Euphoriae Longanae*, 4-6 pieces.
- Zhi Gan Cao 炙甘草 *Radix Glycyrrhizae*, 3-5 grams.

#### 4.7 Supplement Liver Qi 补肝气法

This method is designed to treat simple Liver qi deficiency.

Symptoms: vertigo, dizziness; eyes dry and easily fatigued, especially if look at something for a period of time; eyes easily tearing, especially if exposed to bright light or wind; easy sweating with exertion; always worried, “I can’t do it” mentality; timidity; pale face; feeling cold. Tongue: pale and dark, swollen, wet, with white or grey coating. Pulse: wiry, thin, weak, and slow.

Formula:

- Tian Ma 天麻 *Rhizoma Gastrodiae*, 6-9 grams.
- Bai Zhu 白术 *Rhizoma Atractylodis Macrocephalae*, 6-9 grams: fried if poor digestion, raw if body fluids are weak.
- Chu Ju Hua 滁菊花 *Flos Chrysanthemi Morifolii*, 4-6 grams.
- Xi Xin 细辛 *Herba Asari Cum Radice*, 0.5-1 gram.
- Du Zhong 杜仲 *Cortex Eucommiae Ulmoidis*, 6-9 grams.
- Sheng Jiang 生姜 *Uncooked Rhizoma Zingiberis*, 2-3 pieces.
- Yang Gan 羊肝 *Lamb Liver*, 30-50 grams. Boil together with herbs in decoction.

*This is the conclusion of Wang Xugao’s 30 Methods for Treatment of the Liver.*

## Chronic Hepatitis in Chinese Medicine

### **Biomedical Fundamentals of Chronic Hepatitis:**

Chronic hepatitis (CH) refers to a group of liver disorders of varying cause and severity in which hepatic inflammation and necrosis persist for at least 6 months. Several categories are recognized, including chronic viral hepatitis, drug-induced chronic hepatitis, and autoimmune chronic hepatitis, however, some cases are cryptogenic.

#### ***Liver Profile Tests:***

Any biomedical discussion of chronic hepatitis requires basic understanding of the laboratory tests commonly used to diagnose liver disease. For this reason we begin with a review.

*The typical liver profile test includes:*

- Alanine aminotransferase (ALT or SGPT)
- Aspartate aminotransferase (AST or SGOT)
- Alkaline phosphatase (AP)
- Gamma Glutamic Transpeptidase (GGT or GGTP)
- Bilirubin
- Albumin
- Prothrombin time (PT)
- Platelet count

#### ***Liver Enzyme Tests:***

Different cells contain different enzymes depending on the function of the cell. When there is damage to cells, or cellular necrosis, their enzymes leak into the serum, causing elevated serum levels. Liver cells contain large amounts of alanine aminotransferase (ALT or SGPT), aspartate aminotransferase (AST or SGOT), alkaline phosphatase (AP), and gamma glutamic transpeptidase (GGT or GGTP). Therefore, elevated serum levels of these enzymes are considered good indicators of liver cell damage.

#### ***Other Liver Tests:***

Tests such as bilirubin, albumin, and prothrombin time, reflect liver metabolic and synthetic functions. Reduced platelet count reflects splenomegaly resulting from liver disease.



Following is a more detailed discussion of each of these.

*Alanine aminotransferase (ALT or SGPT) and aspartate aminotransferase (AST or SGOT):*

ALT and AST are enzymes present primarily in liver, heart, kidney, pancreas and skeletal muscle cells. When there is damage to these cells, ALT and AST are released into the bloodstream and elevated levels can be detected in serum lab tests. ALT is mainly present in the liver, with lesser amounts found in heart, kidney, and skeletal muscle cells, whereas AST is present in comparable amounts in other cells. Therefore ALT is more specific for liver disease, whereas AST may also be elevated in other conditions such as myocardial infarction, acute pancreatitis, bruised kidney, etc.

ALT normal range is 5-40 IU/L.

AST normal range is 5-40 IU/L.

*Alkaline phosphatase (AP):*

Alkaline phosphatase is an enzyme produced in the biliary tract, intestines, kidneys, placenta and bone. Because of this, elevated alkaline phosphatase levels are not specific to disorders of the biliary tract and must be combined with other tests to determine etiology. A common method used to assess etiology is to test GGT, which will be elevated in case of liver disorder, and in contrast to alkaline phosphatase, tends not to be elevated in diseases of the bone, placenta, or intestines.

Alkaline phosphatase levels are elevated in a large number of disorders that affect the drainage of bile, such as gallstones or tumors blocking the common bile duct, alcoholic liver disease, drug-induced hepatitis, primary biliary cirrhosis, and primary sclerosing cholangitis.

*Gamma Glutamic Transpeptidase (GGT or GGTP):*

This enzyme is produced by the bile ducts and may be elevated in case of liver disorders. In contrast to alkaline phosphatase, GGT tends not to be elevated in diseases of the bone, placenta, or intestines. Therefore, it is generally used to determine if elevated alkaline phosphatase is of hepatic etiology, and rarely for any other purpose.

*Bilirubin:*

Bilirubin is a bile pigment produced by the breakdown of heme. Heme is converted to biliverdin in the reticuloendothelial system. Biliverdin is then converted to unconjugated bilirubin (aka indirect bilirubin) and released into the plasma. Unconjugated bilirubin is

insoluble in plasma unless bound to protein, mainly albumin. It is fat-soluble, cannot be excreted, and concentrates in tissues containing high-levels of albumin, such as the skin and sclera. Normally, 90% or more of total serum bilirubin is unconjugated.

Unconjugated bilirubin is converted to conjugated bilirubin (aka direct bilirubin) in the liver. The bilirubin-albumin complex is dissociated by receptors on hepatocytes. The albumin remains in the plasma, and the bilirubin is taken into the hepatocyte and conjugated by the enzyme bilirubin UDP-glucuronyl transferase to form bilirubin diglucuronide. It is this water-soluble glucuronate derivative which is excreted into the biliary system. Normally, less than 10% of total serum bilirubin is conjugated.

In the gut, principally the colon, bilirubin glucuronides are degraded by bacteria and converted into urobilinogen or stercobilinogen; these are water-soluble. Most urobilinogen is excreted in the feces where it is oxidized to urobilin, which is brown. Some is reabsorbed into the liver where it is re-excreted. When urobilinogen levels are elevated, some passes into the systemic circulation and is excreted in the urine.

Conditions that increase formation of bilirubin, such as destruction of red blood cells, or decrease its removal from the blood stream, such as liver disease, may result in an increase in the level of serum bilirubin. Levels greater than 3 mg/dL are usually noticeable as jaundice. Serum bilirubin may be elevated in many forms of liver or biliary tract disease, and thus it is also relatively nonspecific. However, as conjugated bilirubin is the only type found in the urine, bilirubinuria generally implies liver disease.

*Interpretation of Serum Bilirubin Tests:*

Disorder	Conjugated/Direct Bilirubin	Unconjugated/Indirect Bilirubin	Other Features
Liver or biliary tract disease, many types	Elevated	Elevated or Normal	Liver enzymes often elevated
Hemolysis	Normal	Elevated and accounts for >90% of total bilirubin	Anemia usual; increased reticulocyte count; normal liver enzymes

*Albumin:*

Albumin is the major protein present within the blood. It is synthesized by the liver, and therefore is a marker of the liver's ability to synthesize proteins. Albumin is one of many proteins that are synthesized by the liver, but because the serum albumin test is inexpensive and reliable it is commonly used to assess degree of liver damage. In liver disease, and particularly more advanced liver disease, serum albumin levels are reduced (less than 3.5 mg/dL), indicating that the synthetic function of the liver has been

markedly diminished. Malnutrition can also cause hypoalbuminemia with no associated liver disease.

*Prothrombin time (PT):*

Prothrombin time is affected by proteins synthesized by the liver. Vitamin K metabolites are incorporated into these proteins, allowing for normal coagulation. Thus, prothrombin time is a measure of hepatic synthetic function, however, it is not specific for liver disease. Prolonged PT may indicate liver disease but confirmation via other liver tests is required. Conditions such as malnutrition, in which vitamin K deficiency is present, may result in a prolonged PT. An indirect test of hepatic synthetic function includes administration of vitamin K (10mg) subcutaneously over three days. Several days later, the prothrombin time is measured. If the prothrombin time normalizes, then hepatic synthetic function is intact. This test does not indicate that there is no liver disease, but is suggestive that malnutrition may coexist with (or without) liver disease.

*Platelet count:*

Platelets are derived from megakaryocytes in the bone marrow, and are the smallest of the blood cells. Liver disease often leads to splenomegaly, resulting in increased trapping of platelets by the spleen and subsequent decreased platelet count.

***Classification of Chronic Hepatitis:***

Classification of CH is based on three parameters:

1. Cause.
2. Histological activity (grade).
3. Degree of progression (stage).

*Classification by Cause* is divided into four categories:

1. *Chronic viral hepatitis*: caused by HBV, HCV, HBV+HDV, and possibly some other unknown viruses.
2. *Autoimmune hepatitis*: further subdivided into types 1, 2, and 3, according to serological distinctions.
3. *Drug-associated chronic hepatitis*.
4. *Cryptogenic hepatitis*: includes all cases of unknown cause.

*Classification by Grade* is based on histological assessment of the liver biopsy for necroinflammatory activity. Important histological features such as periportal necrosis (including piece-meal necrosis, and/or bridging necrosis), intralobular necrosis, portal

inflammation, and fibrosis, are assessed and given a score depending on severity. Depending on the presence and severity of these features, CH is graded mild, moderate, or severe. The most commonly used scoring system is the Histologic Activity Index (HAI, or Knodell-Ishak Score).

*Classification by Stage* reflects the level of progression of the disease and is based on the degree of fibrosis as follows:

- 0 = no fibrosis
- 1 = mild fibrosis
- 2 = moderate fibrosis
- 3 = severe fibrosis, including bridging fibrosis
- 4 = cirrhosis

### ***Chronic Viral Hepatitis:***

Chronic viral hepatitis is caused by hepatitis B virus (HBV), hepatitis C virus (HCV), and by simultaneous infection of HBV and hepatitis D virus (HDV). Both forms of enterically transmitted viral hepatitis, hepatitis A virus (HAV) and hepatitis E virus (HEV), are self-limiting and do not cause chronic hepatitis. Hepatitis G virus (HGV) is transmitted through blood and blood products, but it is unclear whether it cause clinical hepatitis.

#### *Chronic Hepatitis B:*

Risk of developing chronic HBV infection from acute HBV infection varies. Infection at birth carries a 90% risk of chronicity. Young adults and people with healthy immune system function have only a 1% risk of developing chronic infection. Most adult cases, however, never had a recognizable episode of clinically apparent acute HBV infection. The degree of liver injury (grade) in cases of chronic HBV is highly variable, ranging from none to severe. Histological features are important prognosticators in chronic HBV infection of adults. One long-term study showed five-year survival rates of 97% in patients with mild grade chronic HBV infection, 86% in moderate to severe grade chronic HBV infection, and 55% in cases with chronic active infection and postnecrotic cirrhosis. The same study showed 15-year survival rates of 77%, 66%, and 40%, respectively.

While histology is an important consideration in chronic HBV infection, the degree of HBV replication is also very significant. Chronic HBV infection can be divided into two phases based on levels of viral replication:

*Replicative phase:* characterized by presence of serum markers of HBV replication (HBcAg and HBV DNA) and HBcAg, high infectivity, and liver injury.

*Nonreplicative phase:* characterized by absence of HBV replication markers (HBcAg and HBV DNA) and HBcAg, but detectable Anti-HBe, limited infectivity, minimal liver injury.

*Characteristics of Replicative and Nonreplicative Phases of Chronic HBV Infection:*

Phase	Serum markers of HBV replication (HBeAg, HBV DNA)	HBcAg	Anti-HBe	Infectivity	Liver Injury
Replicative	Present	Positive	-	High	Present
Non-Replicative	Absent	Negative	Positive	Low	Minimal

Patients in replicative phase tend to have more severe chronic hepatitis, whereas those in nonreplicative phase tend to have milder cases or be asymptomatic. There is a 10-15% chance annually that a patient with replicative infection will spontaneously convert to nonreplicative, and occasionally nonreplicative infections will convert to replicative infection.

Clinical features of chronic HBV infection are broad, ranging from asymptomatic, to severe and debilitating, to hepatic failure and death. Some common symptoms are fatigue, persistent or intermittent jaundice, malaise, anorexia, arthralgia, and arthritis.

Laboratory features: Chronic HBV infection tends to produce modest elevation of aminotransferase levels, but ranges may vary from around 100-1000. Alanine aminotransferase (ALT or SGPT) tends to be higher than aspartate aminotransferase (AST or SGOT). In cases with cirrhosis, AST tends to be higher than ALT. Alkaline phosphatase tends to be normal or only slightly elevated. Moderate elevation of serum bilirubin (51.3-171 $\mu$ mol/L or 3-10mg/dL) may occur in severe cases.

*Chronic Hepatitis D:*

Hepatitis D virus (HDV) is dependant on HBV for its replication and expression, so is only found in combination with HBV infection. While HDV coinfection does not increase the likelihood of acute HBV infection becoming chronic, it does increase the severity of acute hepatitis B. Furthermore, in patients with chronic hepatitis B infection, coinfection with HDV more often than not leads to more severe liver disease. In these cases, clinical and laboratory features are similar to those of chronic HBV infection. However, these patients are more likely to have severe chronic hepatitis, with or without cirrhosis, and are less likely to have mild chronic hepatitis.

*Chronic Hepatitis C:*

Infection with HCV leads to chronic hepatitis in 50 to 70% of cases, although when cases in which aminotransferase levels return to normal after acute HCV infection are included, the rate is 85-90%.

Chronic HCV infection may lead to cirrhosis in as many as 50% of cases. However, despite the high risks of chronic infection and progression of the disease, the long-term prognosis for most patients is fairly good, with approximately 60% of patients asymptomatic and without clinical sequelae, and approximately 25% of patients progressing to end-stage cirrhosis. One of the best indicators of prognosis is liver histology. In cases where mild necrosis and inflammation, or limited fibrosis are present, there is a good prognosis and progression to cirrhosis is limited. In cases where moderate to severe necrosis and inflammation, or fibrosis are present, there is high likelihood of progression to cirrhosis within 10-20 years.

Severity of chronic HCV infection is worse and progression more rapid in cases with other liver problems such as chronic hepatitis B, alcoholic liver disease, and hemochromatosis.

Clinical features of chronic HCV infection are similar to those of chronic hepatitis B infection. Fatigue is one of the most common symptoms, while jaundice is rare. Laboratory features are also similar to those of chronic hepatitis B infection, although aminotransferase levels tend to fluctuate more and be lower.

***Features of Viral Hepatitis:***

Feature	HAV	HBV	HCV	HDV	HEV
Incubation (days)	15-45, mean 30	30-100, mean 60-90	15-160, mean 50	30-180, mean 60-90	14-60, mean 40
Onset	Acute	Insidious or acute	Insidious	Insidious or acute	Acute
Age preference	Children, young adults	Young adults, babies, toddlers	Any age, but more common in adults	Any age	Young adults
Transmission:					
•Fecal-oral	+++	-	-	-	+++
•Percutaneous	Unusual	+++	+++	+++	-
•Perinatal	-	+++	+/-	+	-
•Sexual	+/-	++	+/-	++	-
Clinical:					
•Severity	Mild	Occasionally severe	Moderate	Occasionally severe	Mild
•Fulminant	0.1%	0.1-1%	0.1%	5-20%	1-2%
Progression to chronicity	None	1-10%, 90% in neonates	50-70% chronic hepatitis, 80-90% chronic infection	Common	None
Cancer	None	+(neonatal	+	+/-	None

		infection)			
Prognosis	Excellent	Worse with age, debility	Moderate	Acute, good Chronic, poor	Good

**Interpretation of Viral Hepatitis Lab Results:**

Abbreviated Test Name	Result	Interpretation	Reportable?
<b>Hepatitis A</b>			
IgM anti-HAV	Positive	Acutely infected	Yes
IgG anti-HAV	Positive	Immune due to natural infection or vaccination	No
Anti-HAV	Positive	Detects total antibody of both IgG and IgM subclasses of HAV. Its presence indicates either acute or resolved infection, or vaccine-induced immunity.	No. If acute infection is suspected, IgM anti-HAV should be ordered.
<b>Hepatitis B panels</b>			
HBsAg Anti-HBc IgM anti-HBc Anti-HBs	Positive Positive Positive Negative	Acutely infected	Yes
HBsAg Anti-HBc IgM anti-HBc Anti-HBs	Positive Positive Negative Negative	Chronically infected	Yes
HBsAg Anti-HBc Anti-HBs	Negative Negative Positive with $\geq 10\text{mIU/mL}$	Immune due to vaccination	No
HBsAg Anti-HBc Anti-HBs	Negative Positive Positive	Immune due to natural infection	No
HBsAg Anti-HBc Anti-HBs	Negative Negative Negative	Susceptible	No. Should consider immunization.
HBsAg Anti-HBc Anti-HBs	Negative Positive Negative	Four interpretations possible: 1. May be recovering from acute infection. 2. May be distantly immune and the test is not sensitive enough to detect a very low level of anti-HBs in serum. 3. May be susceptible with a false anti-	Additional testing or evaluation required.

		HBc. 4. May be chronically infected and have an undetectable level of HBsAg present in serum.	
<b>Hepatitis C</b>			
Anti-HCV EIA	Positive	Indicates exposure to HCV, but does not differentiate between acute, chronic, or resolved infection The false positive rate is high in low prevalence populations.	Report only if supplemental testing (RIBA and/or PCR) and medical evaluation corroborate positive anti-HCV EIA results.

### ***Autoimmune Hepatitis:***

Autoimmune hepatitis is a chronic disorder characterized by continuing necrosis and inflammation of the liver, often with fibrosis, that tends to progress to cirrhosis and liver failure. Evident are extrahepatic features of autoimmunity and seroimmunologic abnormalities that point toward autoimmunity as the pathogenesis.

Clinical features are similar to those of chronic viral hepatitis. Onset may be abrupt or insidious, and it may initially present like and be confused with acute viral hepatitis. The course of disease is highly variable. In mild cases progression to cirrhosis is limited. In severe cases the 6-month mortality rate can be as high as 40%. Laboratory features are similar to those of chronic viral hepatitis.

A more detailed discussion of autoimmune hepatitis, and discussion of drug-associated chronic hepatitis and cryptogenic hepatitis, is beyond the scope of this course.

### **Chronic Hepatitis in Chinese Medicine:**

Chronic hepatitis (CH) in Chinese Medicine (CM) has historically fallen under the scope of a number of different diseases such as flank pain (胁痛), jaundice (黄疸), vacuity taxation (虚劳), etc. The pathogenesis is generally attributed to external factors (damp-heat epidemic toxin) and internal factors (depressed emotions and anger damaging the liver, improper diet) leading to disharmony of the viscera and bowels, and damage of yin, yang, qi and blood. The general pathomechanism involves deficiency of zheng-qi with persistent attack by evil-qi, on top of which develop damp-heat, qi stagnation, blood stagnation, phlegm knotting, and deficiency of yin, yang, qi and blood, all of which affect



the functions of the zang-fu, particularly the Liver, Gallbladder, Spleen, Stomach, and Kidneys.

However, as all CM physicians know, any given disease can present in many different ways and CM pattern diagnosis can vary greatly. Therefore, use of Differentiation of Pattern to Determine Treatment (辨证论治 - Bian Zheng Lun Zhi), is always essential. In the Wang Xu-Gao course I've included some bio-medically defined illnesses, including hepatitis, which at times may fit the patterns for which the methods were designed. That said, one must always be careful to avoid pre-conceived notions about the CM nature of any given bio-medically defined illness, as the variation in CM patterns can be surprising. Regarding CH, one reference lists the following as typical patterns:

- Liver Depression and Qi Stagnation
- Liver Depression and Spleen Deficiency
- Liver and Gallbladder Damp Heat
- Liver and Kidney Yin Deficiency
- Qi and Blood Stagnation
- Spleen and Kidney Yang Deficiency
- Etcetera

It is worth noting here that “etcetera” is added to the end of the list, as it would be absurd to limit hepatitis to this or any other set of parameters.

The same book then goes on to discuss the ideas and experience of many different CM physicians, and there is a great amount of diversity. Of course, these doctors also include formulas with modifications, etc., and the types of herbs employed vary substantially. Interestingly, significant overlap exists between the ideas in the book and Wang Xugao's 30 Methods, suggesting that a thorough understanding and flexible application of Wang's methods would serve well in the treatment of CH. Furthermore, the wide spectrum of patterns, methods, and herbs described in this book reminds us that Pattern Differentiation is essential to proper diagnosis and treatment of CH, and that looking for the “magic-bullet” herb to reduce viral-load, or lower liver enzymes, etc., is not the way of CM.

That said, there are theories, methods, formulas, and herbs, which are particularly useful in the treatment of CH, but again, only when used in accordance with Pattern Differentiation. Following is a discussion of a handful of these.

### **Specific Chinese Medicine Theories and Methods for Diagnosis and Treatment of Chronic Hepatitis:**

- *Qi stagnation with blood stagnation in the blood network vessels:*

Dr. Fang Xing states that long term illness of any type, including CH, can lead to stagnation of qi, and blood stagnation in the blood network vessels. In these cases, Fang suggests the use of invigorating the blood and transforming blood stasis method. Once stagnant blood has been removed, new blood can generate, pathogenic qi can be expelled, and zheng qi can regenerate.

Formula:

- Dan Shen 丹参 *Radix Salviae Miltiorrhizae*, 30 grams.
- Tao Ren 桃仁 *Semen Pruni Persicae*, 10 grams.
- Hong Hua 红花 *Stigma Croci Sativi*, 10 grams.
- San Qi 三七 *Radix Pseudoginseng*, 3 grams.
- San Leng 三棱 *Rhizoma Sparganii*, 6 grams.
- E Zhu 莪术 *Rhizoma Curcumae Zedoariae*, 6 grams.

Modifications:

- Damp Heat, add one or more of the following:

- Yin Chen Hao 茵陈蒿 *Herba Artemisiae Yinchenhao*.
- Shan Zhi Zi 山梔子 *Fructus Gardeniae Jasminoidis*.
- Xia Ku Cao 夏枯草 *Spica Prunellae Vulgaris*.
- Long Dan Cao 龙胆草 *Radix Gentianae Longdancao*.
- Che Qian Cao 车前草 *Folium Plantaginis*.
- Tian Ji Huang 田基黄 *Herba Hyperici Japonici*.
- Bai Hua She She Cao 白花蛇舌草 *Herba Hedyotidis Diffusae*.

- Liver Depression and Qi Stagnation, add one or more of the following:

- Chai Hu 柴胡 *Radix Bupleuri*.
- Yu Jin 郁金 *Tuber Curcumae*.
- Chuan Lian Zi 川楝子 *Fructus Meliae Toosendan*.
- Zhi Ke 枳壳 *Fructus Citri Aurantii*.
- Yan Hu Suo 延胡索 *Corydalis Rhizome*.
- Bai Shao 白芍 *Radix Albus Paeoniae Lactiflorae*.

- Phlegm Dampness, add one or more of the following:

- Chen Pi 陈皮 *Pericarpium Citri Reticulatae*
- Fa Ban Xia 法半夏 *Rhizoma Pinelliae Tematae*
- Sheng Jiang 生姜 *Uncooked Rhizoma Zingiberis*
- Bai Jie Zi 白芥子 *Semen Sinapis Albae*

- Spleen Deficiency, add one or more of the following:

- Dang Shen 党参 *Radix Codonopsis Pilosulae*
- Bai Zhu 白术 *Rhizoma Atractylodis Macrocephalae*
- Huang Qi 黄芪 *Radix Astragali Membranacei*

- Shan Zha 山楂 *Fructus Crataegi*
- Mai Ya 麦芽 *Fructus Germinatus Hordei Vulgaris*
- Shen Qu 神曲 *Massa Medica Fermentata*

- Liver and Kidney Yin Deficiency, add one or more of the following:

- Bai Shao 白芍 *Radix Albus Paeoniae Lactiflorae*
- Bei Sha Shen 北沙参 *Radix Glehniae Littoralis*
- Mai Men Dong 麦门冬 *Tuber Ophiopogonis Japonici*
- Sheng Di Huang 生地黄 *Radix Rehmanniae Glutinosae*
- Gou Qi Zi 枸杞子 *Fructus Lycii Chinensis*

Notes:

Application of invigorating blood and transforming blood stasis method is only suitable for short-term use, in which case the effect can be quite good. Long-term use can lead to damage of zheng qi, and should be avoided.

• **Chronic hepatitis of long duration can injure the Liver Yang:**

Dr. Xiao Shou-Gui asserts that protracted CH which has been treated unsuccessfully for a long time may involve deficiency of Liver yang, and discusses the use of Wen Gan Qiang Yong Tang (温肝强用汤 “Warm the Liver Strong Decoction”) in the treatment of such cases.

Xiao explains that during the early stages of hepatitis, many patients take large amounts of cold and bitter herbs which damage the yang. Furthermore, overuse of aromatic and dry herbs to regulate Liver qi depletes and impairs the movement of yang.

Formula:

- Wen Gan Qiang Yong Tang (温肝强用汤 “Warm the Liver Strong Decoction”)
- Huang Qi 黄芪 *Radix Astragali Membranacei*, 30 grams.
- Bai Zhu 白术 *Rhizoma Atractylodis Macrocephalae*, 15 grams.
- Shu Di Huang 熟地黄 *Processed Radix Rehmanniae*, 10 grams.
- Rou Cong Rong 肉苁蓉 *Herba Cistanchis Deserticolae*, 10 grams.
- Gan Song 甘松 *Radix Et Rhizoma Nardostachydis*, 6 grams.
- Rou Gui 肉桂 *Cortex Cinnamomi Cassiae*, 6 grams.
- Dan Shen 丹参 *Radix Salviae Miltiorrhizae*, 12 grams.
- Sha Ren 砂仁 *Fructus Amomi*, 9 grams.

Explanation:

Huang Qi is one of the primary herbs to tonify the Liver. Bai Zhu tonifies the source of later-heaven qi. Shu Di Huang nourishes Liver yin, and is applied according to the principle of “acquire the yang from within the yin”, in other words, to strengthen the

yang it is also necessary to nourish the yin. Sha Ren warms the Stomach and strengthens the Spleen, and also protects against the sticky and cloying nature of the other herbs. Rou Gui, spicy and warm, strengthens the yang and supplements the Liver. Dan Shen invigorates the network vessels and moves blood stasis. Gan Song is aromatic but not drying, resolves stagnation, assists the Spleen, moves blood stasis, and invigorates the blood.

• ***CH arises in the Liver, Damages the Spleen, and is Rooted in the Kidneys:***

Dr. Chen Yi-Pei believes the pathomechanism of CH can be summarized by the phrase “arising in the Liver, damaging the Spleen, and rooted in the Kidneys”, and discusses this idea in three sections:

1. *“Pathological changes in the Liver and Spleen are closely related, and treatment of the Liver must include bolstering the Spleen”.*

*Jin Gui Yao Lue* states, “when disease in the Liver is seen, one should know that it will transmit to the Spleen, therefore one must first bolster the Spleen,” and, “in bolstering the Spleen, the Liver will recover on its own, this is the miracle of treating the Liver by supplementing the Spleen.” According to Chen’s experience, in addition to deficiency of the Liver, deficiency of the Spleen is invariably present in CH. The Spleen is the root of later-heaven, the source of qi, blood, ying/nutritive, and wei/defensive, thus the condition of the Spleen directly affects the prognosis of CH. Furthermore, the Spleen resides in the Middle-jiao, and is the axis of water and dampness transportation and transformation. Dampness is a chief culprit in CH pathology. Therefore, strengthening the Spleen and removing dampness are major treatment principles.

In addition, modern research shows that the development of hepatitis B is closely related to immune system function. When the Spleen is strong, the immune system is strong, so strengthening the Spleen is an important aspect in treating CH with concurrent lowered immune function. Finally, Huang Qi, commonly used to strengthen the Spleen and supplement qi, is known to raise cellular immune function, and this helps explain the importance of bolstering the Spleen to treat CH.

2. *“Protracted illness must deplete the Kidney; the Liver and Kidney share the same source.”*

Dr. Chen believes that understanding the involvement of the Kidney in CH is key. CH is a protracted illness, and there are often symptoms of Liver and Kidney yin deficiency such as soreness and weakness of the lumbar region and knees, joint pain, dry eyes, dizziness and vertigo, insomnia, copious dreams, flank pain, red tongue with little or no coat, and thin wiry pulse. Symptoms of Kidney yang deficiency such as pale and lusterless complexion, dizziness, tinnitus, fatigue, lumbago, impotence and seminal emission, thin and clear leucorrhea, edema of face and ankles, aversion to cold, and

feeling cold, are also common. The ancients said, “injury of the five viscera must deplete the Kidney”, and, “protracted illness must impact the Kidney.” Therefore, supplementation of the Kidney is a primary method in treatment of CH.

Regarding the relationship between Liver and Kidney, the Liver stores blood, the Kidney stores essence, and blood and essence mutually transform into each other. Therefore the Liver and Kidney are considered to be of the same source, and supplementation of Kidney essence can replenish the Liver. This belongs to the five-phase principle “deficiency (of the child), supplement the mother.” Wu Ju-Tong said, “shaoyin (Kidney) stores essence, jueyin (Liver) must wait until shaoyin essence is full before the latter (Liver) can be generated.”

Furthermore, damp heat obstruction of the Liver and Spleen is often part of CH pathology. Damp heat impairs Spleen yang and leads to eventual depletion of Kidney yang as well. Use of medicinals such as Ba Ji Tian 巴戟天 *Morindae Officinalis Radix*, Xian Ling Pi 仙灵脾 *Herba Epimedii*, Tu Si Zi 菟丝子 *Semen Cuscutae Chinensis*, and Rou Cong Rong 肉苁蓉 *Herba Cistanchis Deserticolae* which supplement Kidney essence can strengthen and stimulate immune system function and help eliminate the hepatitis virus from the body.

3. *“Understand the differentiation of pathogen, zheng-qi, deficiency, and excess, and employ bitter cold medicinals with caution.”*

First, Dr. Chen points out that the common clinical practice of employing bitter cold medicinals to suppress HBsAg also damages the Spleen and Stomach, depletes Kidney yang, and can have numerous side-effects, hence the importance of pattern differentiation to guide the use of herbs.

Next, Chen suggests that deficiency of zheng qi is a principle causative factor leading to CH, and that this is explained by modern research which indicates a significant relationship between viral replication and immune system function.

**• Chronic Hepatitis (CH) and the Seldom-Discussed Methods of Supplementing Lung Qi to Bank-up Zheng-Qi, Diffusing the Lung to Dispel Dampness, and Freeing the Bowels to Drain Fire.**

Theory and treatment of chronic hepatitis (CH) mostly centers around the Liver, Spleen, and Kidneys, but discussion of the role of the Lung is not often seen. Dr. Feng Ji-Cheng believes that intractability in chronic hepatitis-B infection, and difficulty in curing the disease, is largely due to dampness evil. Throughout the entire course of the disease, from beginning to end, it is possible to see symptoms of dampness evil such as chest, flank, and epigastric region fullness, generalized fatigue, anorexia, greasy tongue coating, soggy, slippery pulse, etc. Dampness is sticky and difficult to remove, often causes relapse and inability to fully recover from the disease, and thus gradually weakens the zheng-qi. Lung

function should be considered in treatment of dampness evil. The ancients said, “Dampness belongs to qi of the earth, and earth qi moves like a thick mist that is sticky and turbid. However, turbid evil is also a form of qi, and qi enters the body through the mouth and nose, therefore dampness can damage the qi-level of the Lung vessel. The Lung commands the entire body’s qi-transformation, so when qi is obstructed by pathogenic factors it cannot move water and dampness cannot be transformed. Turbid evil returns to the turbid path<sup>1</sup>, and therefore must be transmitted to the Stomach and Intestines, while the clear part within the turbid must be transmitted to the Urinary Bladder.” Based on the above ideas, Feng believes that elimination of internal dampness must be via the Lung, Spleen, and Kidneys, and methods such as *disperse and unblock the Lung qi to eliminate pathogen*, and *boost the Lung qi to supplement deficiency* must be employed. Feng also believes that commencing treatment of HBV through the Lung has the following benefits:

1. *Strengthen Zheng-Qi:*

The Lung is the commander of the qi of the entire body. When Lung qi is strong the yang-qi will be full, and thus able to warm the viscera, bowels, and jing-luo internally, and reach the flesh and skin externally. Supplementing the Lung qi can improve function of the Spleen and Kidney, improve transportation and transformation of water and dampness, speed up the elimination of damp evil, and improve the prognosis of HBV.

2. *Strengthen Discharge of Water and Dampness:*

The Lung’s functions of dispersing, descending, and regulating-waterways assist the Spleen in transporting and transforming water and dampness, can prevent and treat internal dampness, and can increase the speed of water and dampness elimination, thus overall shortening the treatment course.

3. *Dispersing the Lung Can Assist in Dredging the Liver:*

When the Lung function of diffusion is normal, the qi mechanism of the entire body will be unobstructed and the Liver qi will be unimpeded.

4. *Dispersing the Lung and Freeing the Bowels to Resolve and Drain Heat:*

HBV patients often suffer from damp heat, and very often the primary treatment method is to clear heat and drain dampness. However, bitter and cold herbs easily damage the Spleen yang, so one can instead use disperse the Lung and free the bowels method to resolve heat and drain dampness, and avoid the side-effects of bitter and cold medicinals.

5. *Stabilize the Exterior and Stop Distention:*

HBV patients often have qi distention and water distention. Supplementing the Lung and wei/defense can help free the bowels, promote qi transformation in the viscera, normalize the qi mechanism, and lead to resolution of distention.

6. *Supplementing the Lung and Stabilizing the Exterior Enhances Immune Function and helps lead to recovery from the disease.*

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<sup>1</sup> 浊道 (zhuo dao), a reference to the Stomach and Intestines.

**Summary:**

Feng has spent many years in the clinic applying his ideas. He first treats the Lung, primarily attacking dampness, and secondarily transforms blood stasis and treats the Liver and Kidneys. Using these methods, he has shortened the treatment-time needed to recover normal liver function from an average of 90 days, to approximately 30-60 days.

• ***Discussion of Herbs Effective Against Chronic Hepatitis:***

There are many herbs which are reportedly effective against hepatitis, and chronic viral hepatitis specifically. Following is a list of some of these.

• Ji Gu Cao 鸡骨草 *Herba Abri*:

Nature: Sweet, cool, non-toxic.

Actions: Clears heat and removes toxins, soothes the Liver and invigorates blood, stops pain.

Indications: hepatitis with jaundice, liver cirrhosis with ascites.

Dosage: 9-15 grams.

• Hu Zhang 虎杖 *Radix Et Rhizoma Polygoni Cuspidati*:

Nature: Bitter, sour, cool.

Channels entered: Liver, gallbladder, and lung channels.

Actions: Invigorates the blood and transforms blood stasis, clears heat and removes dampness.

Indications: acute or chronic hepatitis.

Dosage: 9-15 grams.

• Tian Ji Huang 田基黄 *Herba Hyperici Japonici*:

Also known as Di Er Cao (地耳草).

Sweet, slightly bitter, cool, non-toxic.

Actions: Clears heat and removes dampness, reduces swelling and removes toxins.

Indications: acute or chronic hepatitis, early stage liver cirrhosis, liver-region pain.

Dosage: 9-15 grams.

• Xi Huang Cao 溪黄草 *Herba Rabdosiae Lophanthoidis*:

Sweet, bitter, cool.

Actions: clears heat and removes dampness, cools the blood and disperses blood stagnation.

Indications: acute hepatitis with jaundice, acute cholecystitis.

Dosage: 9-30 grams.

Note:

The above four herbs are particularly effective at reducing viral-load (and liver enzymes) in cases of HBV and HCV presenting with heat dampness and toxin. They can be included as part of a formula, or 10 grams of each can be boiled in a liter of water for 10-15 minutes, then sipped as a tea over the course of the day. This tea can be taken for extended periods of time, will help reduce viral load and liver enzymes, and will not easily damage the Spleen or yin.

- Wu Wei Zi 五味子 *Fructus Schisandrae Chinensis*:

Sour and warm.

Enters Lung, Kidney, and Heart channels.

Actions: Astringes the Lung and nourishes Kidney water, generates fluids and stops sweating, astringes the essence and stops seminal emission, calms the Heart and the spirit.

Discussion: There have been reports of the effectiveness of Wu Wei Zi to reduce elevated serum ALT levels in chronic hepatitis. However, this is a non-traditional application based on biomedicine, not Chinese medicine. While research does show Wu Wei Zi can reduce elevated serum ALT, Professor Wu Bo-Ping counters that the sour, astringent nature of Wu Wei Zi retains pathogenic factors in the body, thus soon after administration is ceased ALT tends to rise again. Therefore, Professor Wu does not recommend Wu Wei Zi be applied in this manner unless it is also compatible with the Chinese medicine pattern diagnosis. This view is supported by at least one classical text, “Yong Yao Fa Xian”, which states, “...however, in cases of external evil, one must not use (Wu Wei Zi) hastily for fear of retaining evil qi. Must first disperse, and afterwards can use it with good result.” Modern textbooks also state that it is contraindicated to use Wu Wei Zi in cases of unresolved exterior pathogen, and excess internal heat, the latter being a common feature of chronic hepatitis.



## **Review Exercises for Personal Enrichment**

### **Answers on the Next Page (This is not the course quiz)**

*Topics: Liver Disorders and Hepatitis*

**1. Yu Jin...**

- a. Soothes the Liver
- b. Regulates Qi
- c. Both A and B

**2. Liver Qi stagnation with Liver Yin deficiency involves...**

- a. bad temper, 5 palms heat
- b. hot flashes, night sweating, abdominal fullness
- c. both A and B

**3. Herbs that moderate the Liver and Strengthen Spleen transportation when combined are...**

- a. Jin Ju Bing, Huai Xiao Mai
- b. Qing Zhi Gan Cao, Chao Bai Shao
- c. Both A and B

**4. Autoimmune hepatitis....**

- a. is non-pathogenic and asymptomatic
- b. involves chronic inflammation of the liver
- c. is treatable with one round of antibiotics
- d. all of the above

## Answers to Review Exercises

### 1. Yu Jin...

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- b. Regulates Qi
- c. Both A and B

answer: C

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- b. Qing Zhi Gan Cao, Chao Bai Shao
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answer: C

### 4. Autoimmune hepatitis....

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- b. involves chronic inflammation of the liver
- c. is treatable with one round of antibiotics
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answer: B

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