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Dispel Blood Stasis & Cardiovascular Disorders

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Xue Fu Zhu Yu Tang Overview

Xue Fu Zhu Yu Tang is a Qing dynasty formula introduced by Dr. Wang Qing Ren in his *Yi Lin Gai Cuo* (*Correcting Errors in the Medical Forest*) about 300 years ago.

Xue Fu Zhu Yu Tang is based on Tao Hong Si Wu Tang and modified with Qi regulating herbs.

Ingredients of classic Xue Fu Zhu Yu Tang:

Chi Shao	Radix Paeoniae Rubrae	2-12g
Dang Gui	Radix Angelicae Sinensis	3-12
Chuan Xiong	Radix Ligustici Chuanxiong	3-9g

All the herbs above promote blood circulation. The herbs can be differentiated as follows: Chi Shao cools blood heat. Dang Gui nourishes the Blood. Chuan Xiong moves the Qi in the Blood and tends to flow to the body surface and upper body.

Hong Hua	Flos Carthami Tinctorii	3-9g
Tao Ren	Semen Persicae	3-12g

Hong Hua and Tao Ren both break up congealed blood. Hong Hua's action is faster as well as stronger. Tao Ren's action is more sustained for a longer period of time and it is able to moisten dryness.

Niu Xi	Radix Achyranthis Bidentatae	3-12g
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Niu Xi promotes blood flow downward to the legs, strengthens the Liver and Kidney, and expels wind-damp Bi pain.

Sheng Di Huang	Radix Rehmanniae Glutinosae)	3-15g
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Sheng Di Huang cools blood heat, nourishes the Blood, and moderates the Blood regulating function of the stronger blood regulating herbs.

Chai Hu	Radix Bupleuri	3-6g
Zhi Ke	Fructus Citri Aurantii	3-12g
Jie Geng	Radix Platycodi Grandiflori	3-15g

All the above herbs regulate Qi. Chai Hu regulates Liver Qi, promoting its flow upward and horizontally in the body. Zhi Ke opens the chest and descends the Qi. Jie Geng regulates Lung Qi, opens the Lungs and guides the herbs to the upper body.

Zhi Gan Cao	Honey-Fried Radix Glycyrrhizae Uralensis	3g
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Zhi Gan Cao harmonizes the herbs in the formula.

Caution: If a patient is taking blood thinning drugs and their INR blood test is 2.2 or above, use caution with blood regulating and invigorating herbs. INR (international normalized ratio)

measures the pathway of blood coagulation. Standard INR results in healthy individuals are typically 0.8 to 1.2. Anticoagulant therapy, usually with warfarin, often targets an INR of 2 to 3. Higher INR values are sought in more aggressive anticoagulant therapies.

Treatment Principle

How to Use Xue Fu Zhu Yu Tang

Xue Fu Zhu Yu Tang is appropriate for conditions with underlying Qi and Blood Stasis. Various conditions such as Liver Yang Uprising, Damp-Heat, etc... may combine with Qi and Blood Stasis. In all cases, the correct application of Xue Fu Zhu Yu Tang is when the root condition emanates from Qi and Blood Stasis.

Xue Fu Zhu Yu Tang and The Cardiovascular System

1) High Blood Pressure

Symptoms: high blood pressure, headache, pain on the neck and shoulder, blurred vision, red face and tongue, full and strong pulses.

Diagnosis: Liver Yang rising, Qi and Blood stagnation.

Treatment Strategy: Settle the Yang and promote blood circulation.

Base formula: Xue Fu Zhu Yu Tang, modified with Tian Ma Gou Teng Yin.

Tian Ma Gou Teng Yin ingredients:

Tian Ma	Rhizoma Gastrodiae Elatae	3-12g
Gou Teng	Ramulus Uncariae Cum Uncis	3-12g

Tian Ma and Gou Teng stop internal wind. Tian Ma is stronger than Gou Teng. Gou Teng tends to flow to the exterior and can release the surface.

Shi Jue Ming Concha Haliotidis 12-60g
Shi Jue Ming settles the Liver Yang and brightens the eyes.

Shan Zhi Zi Fructus Gardeniae Jasminoidis 12g
Huang Qin Radix Scutellariae Baicalensis 12-15g
Shan Zhi Zi and Huang Qin sedate heat. Shan Zhi Zi clears San Jiao damp-heat, cools the Blood, and promotes blood circulation. Huang Qin sedates the Liver, Gallbladder, and cools Upper Jiao damp-heat.

Sang Ji Shen Ramulus Sangjisheng 12g
Ye Jiao Teng Caulis Polygoni Multiflori 15g
Sang Ji Shen and Ye Jiao Teng both expel wind-damp Bi pain for relaxing the Blood vessels. Sang Ji Sheng cools heat. Ye Jiao Teng nourishes Blood and calms the Heart.

Du Zhong Cortex Eucommiae Ulmoidis 12g
Du Zhong expels wind-damp Bi pain and strengthens the Liver and Kidney.

Fu Shen Sclerotium Poriae Oocus Pararadicis-part around root 12g
Fu Shen calms the Heart and clears Heart phlegm.

Niu Xi Radix Achyranthis Bidentatae 12g
Niu Xi promotes blood flow to lower body, promotes urination, expels wind-damp Bi pain, and strengthens the Liver and Kidney.

(1) Liver Yang Rising with Headache and Neck Tension Modified

Tian Ma Rhizoma Gastrodiae Elatae 3-12g
Gou Teng Ramulus Uncariae Cum Uncis 3-12g
Tian Ma and Gou Teng stop internal wind. Tian Ma is stronger than Gou Teng. Gou Teng tends to flow to the exterior and can release the surface.

Sang Ji Sheng Ramulus Sangjisheng 12g
Ye Jiao Teng Caulis Polygoni Multiflori 15g
Sang Ji Sheng and Ye Jiao Teng both expel wind-damp Bi pain. Sang Ji Sheng cools heat. Ye Jiao Teng nourishes Blood and calms the Heart.

Mu Dan Pi Cortex Moutan Radicis 12g
Zhi Mu Rhizoma Anemarrhenae Asphodeloidis 12g

Mu Dan Pi and Zhi Mu cool the heat in the Blood. Mu Dan Pi promotes blood circulation and Zhi Mu also cools the heat in the Qi level.

Shan Zhi Zi Fructus Gardeniae Jasminoidis 12g
Huang Qin Radix Scutellariae Baicalensis 12-15g

Shan Zhi Zi and Huang Qin sedate heat. Shan Zhi Zi clears San Jiao damp-heat, cools the Blood, and promotes blood circulation. Huang Qin sedates the Liver, Gallbladder, and cools Upper Jiao damp-heat.

Du Zhong Cortex Eucommiae Ulmoidis 12g

Du Zhong expels wind-damp Bi pain, relaxes the Blood vessel and strengthens the Liver and Kidney.

Chuan Xiong Radix Ligustici Chuanxiong 6g
Chi Shao Rhizoma Anemarrhenae Asphodeloidis 12g
Dan Shen Radix Salviae Miltiorrhizae 12g

All the herbs above promote blood circulation. Chuan Xiong moves the Qi in the Blood and flows to surface and upper jiao (upper burner) Chi Shao and Dan Shen cool heat in the Blood. Chi Shao promotes blood of blood circulation and Dan Shen calms the Heart and promotes small blood vessel circulation.

Chai Hu Radix Bupleauri 6g
Yu Jin Tuber Curcumae 12g

Chai Hu and Yu Jin smooth Liver Qi. Chai Hu spreads the Liver Qi and moves the Qi left and right, through the collaterals. Yu Jin cools the heat in the Blood, regulates the Liver and reduces irritability.

Long Dan Cao Radix Gentianae Longdancao 3-12g

Long Dan Cao clears Liver and Gall Bladder excess damp-heat and heat toxins.

Ge Gen Radix Puerariae 3-30g

Ge Gen relaxes the muscle and relieves tension.

Yan Hu Suo Rhizome Corydalis Yanhusuo 3-12g

San Qi Radix Notoginseng 3-12g

Yan Hu Suo and San Qi promote blood circulation and stop pain. Yan Hu Suo's main action is stopping the pain and smoothing the Qi. San Qi's main action is reducing inflammation.

Shi Jue Ming Concha Haliotidis 12-60g

Long Gu Os Draconis 9-30g

Zhen Zhu Mu Concha Margaritiferæ 9-30g

Shi Jue Ming Long Gu and Zhen Zhu Mu settle the Liver Yang. The emphasis of Long Gu is settling the Heart Yang while Shi Jue Ming and Zhen Zhu Mu tend to settle the Liver and brighten the eyes.

(2) Yin Deficiency Dryness with empty Heat Modified

Nu Zhen Zi	Fructus Ligustri Lucidi	3-12g
Han Lian Cao	Herba Ecliptae Prostratae	3-12g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	3-12g
Xuan Shen	Radix scrophulariae Ningpoensis	3-12g
Mai Men Dong	Tuber Ophiopogonis Japonici	3-12g

All the herbs above cool heat and nourish the yin. The herbs can be differentiated as follows: Nu Zhen Zi and Han Lian Cao nourish the Yin but they are not cloying and therefore do not damage Spleen Qi. Zhi Mu sedates Qi and Yin level heat. Xuan Shen clears toxic heat. Mai Men Dong moistens the Lung, Stomach and Heart Yin.

Di Gu Pi	Cortex Lycii Radicis	3-12g
Bai Wei	Radix Cynanchi Baiwei	3-12g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Huang Bai	Cortex Phellodendri	3-12g

All the herbs above sedate empty heat. The herbs can be differentiated as follows: Di Gu Pi and Mu Dan Pi address Kidney Yin deficiency steaming bone syndrome. Bai Wei works on a different level of deficient heat, clearing Urinary Bladder heat and promoting urination. Huang Bai cools Lower Jiao damp-heat.

Long Gu	Os Draconis	9-30g
Zhen Zhu Mu	Concha Margaritiferarum	9-30g

Long Gu and Zhen Zhu Mu both settle the Yang. Long Gu's focus is on descending the Heart Yang while Zhen Zhu Mu tends to settle the Liver Yang.

Tian Ma	Rhizoma Gastrodiae Elatae	3-12g
Gou Teng	Ramulus Uncariae Cum Uncis	3-12g

Tian Ma and Gou Teng stop internal wind. Tian Ma is stronger than Gou Teng. Gou Teng tends to flow to the exterior and can release the surface.

Dan Shen	Radix Salviae Miltiorrhizae	12g
Chi Shao	Radix Paeoniae Rubrae	12g
Chuan Xiong	Radix Ligustici Chuanxiong	6g

All the herbs above promote blood circulation. Dan Shen and Chi Shao cool the heat in the Blood. Dan Shen calms the Heart and Chi Shao promotes blood circulation. Chi Shao's blood

invigorating function is stronger than that of Dan Shen. Chuan Xiong is warm in temperature and moves the Qi in the Blood and tends towards the surface and upper jiao.

(3) Liver Qi Stagnation with Chest Fullness and Hypochondriac Pain Modified

Chai Hu Radix Bupleuri 3-6g

Bo He Mentha Haplocalyx 3-6g

Chai Hu and Bo He regulate Liver Qi. Chai He spreads the Liver Qi up, down, left and right. Bo He regulates the Liver Qi in the surface level and tends towards the upper jiao.

Qing Pi Pericarpium Citri Reticulatae Verde 3-12g

Fo Shou Citri Sarcodactylis Fructus 3-15g

Qing Pi and Fo Shou break up Liver Qi stagnation. Qing Pi reduces pain. Fo Shou harmonizes Liver and Spleen/Stomach Qi.

Xiang Fu Rhizome Cayperi Rotunda 3-12g

Yan Hu Suo Rhizome Corydalis Yanhusuo 3-12g

Xiang Fu and Yan Hu Suo promote blood circulation and stop pain. Xiang Fu's main action is to regulate the Liver Qi and Blood. Yan Hu Suo's function is mainly analgesic.

Long Gu Os Draconis 9-30g

Zhen Zhu Mu Concha Margaritiferæ 9-30g

Long Gu and Zhen Zhu Mu both settle the Yang. Long Gu's focus is on descending the Heart Yang while Zhen Zhu Mu tends to settle the Liver Yang.

Chuan Xiong Radix Ligustici Chuanxiong 9g

Chi Shao Radix Paeoniae Rubrae 12g

Dan Shen Radix Salviae Miltiorrhizae 12g

Chuan Xiong, Chi Shao and Dan Shen promote blood circulation. The herbs can be differentiated as follows: Chuan Xiong is acrid, warm and it flows to surface and moves Qi in the Blood. Chi Shao and Dan Shen are cooling. Chi Shao tends to move the Blood of Blood and Dan Shen promotes circulation in the small blood vessels and calms the Heart.

Jie Geng Radix Platycodi Grandiflori 9-12g

Jie Geng opens the Lungs and directs the herbs to the upper jiao.

(4) Qi and Phlegm Stagnation Causing "Brain Fog" and Vertigo Modified

Chuan Xiong Radix Ligustici Chuanxiong 3-9g

Dang Gui Radix Angelicae Sinensis 3-12g

Chi Shao Radix Paeoniae Rubrae 3-12g

Dan Shen Radix Salviae Miltiorrhizae 3-12g

All the herbs promote blood circulation. Chuan Xiong and Dang Gui are warming. Chuan Xiong moves the Qi in the Blood and flows upward and to the surface. Dang Gui promotes blood of Blood and nourishes the Blood. Chi Shao and Dan Shen are cooling and cool the Blood. Chi Shao tends to break up congealed blood. Dan Shen calms the Heart and promotes small blood vessel circulation.

Chai Hu Radix Bupleuri 3-9g

Bo He Mentha Haplocalyx 3-6g

Chai Hu and Bo He regulate Liver Qi. Chai Hu flows into deeper layers than Bo He and spreads the Liver Qi up, down, left and right. Bo He flows upwards and to the surface.

Jie Geng Radix Platycodi Grandiflori 12g

Jie Geng opens the Lung Qi and carries the other herbs in the formula to upper body and assists the spread the Liver Qi.

Bai Zhi Radix Angelicae Dahuricae 3-9g

Ban Xia Pinelliae Rhizoma Preparatum 3-9g

Bai Zhi and Ban Xia dry phlegm. Bai Zhi has a strong penetrating function, which breaks through phlegm. Ban Xia has a strong and consistent phlegm-drying action.

Ge Gen Radix Puerariae 3-30g

Ge Gen relaxes and reduces tension in the head and neck muscles.

Chen Pi Pericarpium Citri Reticulatae 3-6g

Fu Ling Sclerotium Poariae Cocoa 3-30g

Chen Pi and Fu Ling are an herb pair used to dry phlegm and regulate Qi. Chen Pi's main action is to regulate Qi and clear phlegm while Fu Ling's action is draining dampness.

Case Study

A 50 year old female with high blood pressure (170/100mm Hg) complains of frequent headaches and vertigo. She has been taking Western antihypertensive medications in addition to Chinese herbal formulas, which focus on stopping internal wind, nourishing Yin, and expelling phlegm without any remarkable effect. Recently, she began experiencing a sharp pain in her head, irritability, and her face became red. Her tongue has a red tip with purple dots on the sides and her pulses are wiry and full.

Diagnosis: Liver Yang rising with Qi and Blood stagnation.

Treatment Strategy: Promote blood circulation and descend Liver Yang.

Formula: Xue Fu Zhu Yu Tang with modifications.

Ingredients:

Tao Ren	Semen Persicae	12g
Hong Hua	Flos Carthami Tinctorii	9g
Dang Gui	Radix Angelicae Sinensis	12g
Chi Shao	Radix Paeoniae Rubrae	12g
Chuan Xiong	Radix Ligustici Chuanxiong	9g
Niu Xi	Radix Achyranthis Bidentatae	15g

All the herbs above promote blood circulation. The herbs can be differentiated as follows: Tao Ren and Hong Hua break up congealed blood. Tao Ren's blood regulating function maintain their effects longer than Hong Hua and it is also able to moisten intestinal dryness. Hong Hua's effective action is faster and its action of breaking up congealed blood is stronger. Dang Gui nourishes the Blood. Chi Shao cools blood heat. Chuan Xiong moves the Qi in the Blood and tends to flow to the surface and to the upper body. Niu Xi promotes blood flow to the lower body, expels wind-damp Bi pain, strengthens the Liver and Kidney, and promotes urination.

Sheng Di Huang	Radix Rehmanniae Galatinosae	10g
Zhi Zi	Fructus Gardeniae Jasminoidis	12g
Mu Dan Pi	Cortex Moutan Radicis	10g

All the herbs above cool the heat in the Blood. Sheng Di Huang nourishes the Blood, Jing and yin. Zhi Zi clears San Jiao damp heat and calms the Heart. Mu Dan Pi promotes blood circulation.

Ju Hua	Flos Chrysanthemi Morifolli	12g
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Ju Hua clears external heat and Liver heat.

Jie Geng	Radix Platycodi Grandiflori	10g
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Jie Geng guides the herbs to the upper body and to the surface, opens the Lungs, and raises the Lung Qi.

Gan Cao	Radix Glycyrrhizae Uralensis	5g
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Gan Cao harmonizes the ingredients of the formula.

Results of Treatment:

After taking five bags of the herbs for five days, the patient's headaches ceased. Her red facial complexion and irritability were reduced by about 60% and her blood pressure is 150/90mm Hg. Her tongue no longer exhibits a red tip and the purple dots on the side of the tongue were reduced by about 80%. Her pulses became wiry without being full. The patient was told to

continue taking the same formula, adding Huang Qin (Radix Scutellariae Baicalensis) 12g to each bag for three months.

2) Lack of Blood Supply Due To:

- Cervical Vertebrae Degeneration

- Phlegm Blocking the Carotid Artery

Syndromes: Headaches, vertigo, forgetfulness, shortness breath, blur vision, fatigue, puffy and dark tongue with white coating, wiry and weak pulses.

Diagnosis: Qi and Blood stagnation.

Treatment Strategy: To promote Blood and Qi circulation.

Base formula: Xue Fu Zhu Yu Tang modified with Qiang Huo Sheng Shi Tang.

Qiang Huo Sheng Shi Tang ingredients:

Qiang Hou	Rhizoma et Radix Notopterygii	12g
Du Huo	Angelica pubescens	12g
Gao Ben	Rhizoma Et Radix Ligustici	12g
Fang Feng	Radix Ledebouriellae Diaricatae	

All the herbs above expel wind-damp Bi pain. The herbs can be differentiated as follows: Qiang Huo tends to flow towards the surface and upper body. Du Huo flows to the inner and lower body. Gao Ben releases the surface, flows upwards and stops vertex headaches. Fang Feng stops spasms from internal wind, releases the surface and expels wind-damp Bi pain function more mildly than Qiang Huo, Du Huo and Gao Ben.

Man Jing Zi Fructus Viticis 15g

Man Jing Zi cools the heat and stops wind damp hot Bi pain and its cool temperature to harmonize other hot herbs in the formula.

Chuan Xiong Radix Ligustici Chuanxiong 3-9g

Chuan Xiong promotes blood circulation and moves Qi and Blood to the surface and joints.

Zhi Gan Cao Honey-Fried Radix Glycyrrhizae Uralensis 3g

Zhi Gan Cao harmonizes the other function of ingredients in the formula.

Xue Fu Zhu Yu Tang modified with Qiang Huo Sheng Shi Tang

(1) Phlegm blockage with foggy head, vertigo, blurry vision & heavy sensation of the body

Ban Xia	Pinelliae Rhizoma Preparatum	9g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	12g
Sheng Jiang	Zingiber Officinale Rosc.	12g

All the herbs above clear phlegm. Ban Xia is very stable and strongly dries phlegm. Bai Zhu warms the Spleen and Stomach to transform the phlegm. Sheng Jiang is acrid to dry the phlegm and tends to flow to the surface and upper body.

Qiang Huo	Rhizoma et Radix Notopterygii	12g
Du Huo	Angelica pubescens	12g
Gao Ben	Rhizoma Et Radix Ligustici	12g
Fang Feng	Radix Ledebouriellae Diaricatae	12g

All the herbs above expel wind damp Bi pain. Qiang Huo tends to flow on the surface and upper body. Du Huo tends to flow to the inner and lower body. Gao Ben releases the surface and flows upwards and stops vertex headaches. Fang Feng releases the surface and expels wind damp Bi pain and is milder than others and stops internal wind spasms.

Fu Ling	Sclerotium Poariae Cocoa	15g
Zhu Ling	Sclerotium Polypori Unbellati	12g
Ze Xie	Alismatis Rhizoma	12g

All the herbs above promote urination. Fu Ling and Zhu Ling drain the dampness. Fu Ling more strongly promotes the urination function compared with Zhu Ling, which is milder. Zhu Ling cools the heat. Ze Xie sedates Kidney fire.

Gua Lou	Semen Trichosanthis	15-30g
Xie Bai		15g

Gua Lou and Xie Bai dissolve phlegm. Gua Lou's action is more sustained for a longer period of time and it dissolves hot phlegm and Xie Bai is warm in temperature and has a strong penetrating function through the phlegm.

Shan Zha	Fructus Crategi	12g
Shen Qu	Massa Fermentata	15g

Shan Zhu and Shen Qu dissolve food stagnation. Shan Zha tends to dissolve meat stagnation and promotes blood circulation. Shen Qu is used for chronic food stagnation.

Jue Ming Zi Semen Cassiae 12g

Jue Ming Zi clears Liver heat and moistens the intestines.

Dan Shen Radix Salviae Miltiorrhizae 12g

Dan Shen calms the Heart and the heat in the Blood and promotes blood circulation.

Chuan Xiong Radix Ligustici Chuanxiong 6-12g

Dang Gui Radix Angelicae Sinensis 6-12g

Chuang Xiong and Dang Gui promote blood circulation. Chuang Xiong tends to upper and surface and moves the Qi in the Blood. Dang Gui tends to move the Blood of Blood and penetrates into the deeper layers and nourishes the Blood.

Bo He Mentha Haplocalyx 3-6g

Bo He acrid and cool and it tends to flow to upper body and surface.

Jie Geng Radix Platycodi Grandiflori 3-12g

Jie Geng opens the Lung Qi to release the surface in the upper body and assists the ingredients of the formula to the upper body.

(2) Qi and Blood stagnation Modified

Dan Shen Radix Salviae Miltiorrhizae 12g

San Qi Radix Notoginseang 15g

San Leng Rhizoma Sparganii Stoloniferi 12g

E Zhu Rhizoma Circuma Ezhu 12g

All the herbs above promote blood circulation. Dan Shen cools the heat in the Heart and emphasizes circulation to the small blood vessels. San Qi stops pain and swelling. San Leng and E Zhu break up congealed blood masses. San Leng breaks the Qi in the Blood and E Zhu breaks blood of the Blood.

Yin Yang Huo Herba Epimedii 9g

Bai Ji Tian Radix Morindae Officinalis 12g

Yin Yang Huo and Bai Ji Tian strengthen the Kidney Yang. Yin Yang Huo tends to move the Yang flow. Bai Ji Tian maintains its effective action in the Blood longer.

Qiang Hou Rhizoma et Radix Notopterygii 12g

Gao Ben Rhizoma Et Radix Ligustici 12g

Fang Feng Radix Ledebouriellae Diaricatae

All the herbs above expel wind-damp Bi pain. Qiang Huo tends to flow on the surface and upper body. Gao Ben releases the surface and flows upwards and stops vertex headaches. Fang Feng releases the surface and expels wind damp Bi pain and is milder than the others and stops internal wind spasms.

Chuan Xiong Radix Ligustici Chuanxiong 3-12g

Dang Gui Radix Angelicae Sinensis 9-15g

Chuan Xiong and Dang Gui promote blood circulation. Chuan Xiong flows to surface and moves the Qi in the Blood; Dang Gui tends towards deeper layers and moves the Blood of Blood and nourishes blood.

Hong Hua Flos Carthami Tinctorii 3-12g

Tao Ren Semen Persicae 3-12g

Hong Hua and Tao Ren break up congealed blood. Hong Hua has faster effective action and is stronger to break up congealed blood. Tao Ren moistens the dryness and maintains its effects in the Blood longer.

Chai Hu Radix Bupleuri 3-9g

Yu Jin Tuber Curcumae 9-5g

Xiang Fu Rhizome Cyperi Rotunda 12-15g

Chai Hu, Yu Jin and Xiang Fu regulate Liver Qi. Chai Hu spreads the Liver Qi up and down and left and right. Yu Jin and Xiang Fu promote blood circulation. Yu Jin cools the heat, reduces irritability and Xiang Fu stops pain and regulates the Qi and Blood in the Liver.

Case study

A 56 year old male suffers vertigo for five years, his syndrome occur intermittently. It is worse with overwork and if he gets up quickly. He has been taking medicinal drugs without remarkable effect and MRI shows his vertebrae 3-7 have been degenerating. This is affecting his carotid artery. Recently he is suffering from vertigo and nausea. His tongue is dark and red and his pulses are wiry, weak and floating.

Diagnosis: Qi and Blood stagnation and Qi deficiency.

Treatment Strategy: To promote blood circulation and strengthen Qi.

Base formula: Xue Fu Zhu Yu Tang modification.

Tao Ren Semen Persicae 9g

Hong Hua Flos Carthami Tinctorii 9g

Tao Ren and Hong Hua break up congealed blood. Tao Ren promotes blood functions and can maintain its effective action in the Blood longer. Hong Hua promotes blood circulation function and is faster acting.

Chuan Xiong Radix Ligustici Chuanxiong 9g

Dang Gui Radix Angelicae Sinensis 9g

Chi Shao Radix Paeoniae Rubrae 12g

All the herbs above promote blood circulation. Chuan Xiong moves the Qi in the Blood and flows to Liver channel and therefore the crown of the head. Dang Gui nourishes the Blood. Chi Shao cools the heat in the Blood.

Fang Feng Radix Ledebouriellae Diaricatae 12g

Fang Feng releases the surface and expels wind damp Bi pain and its temperature is not hot, only warm.

Man Jing Zi Fructus Viticis 15g

Man Jing Zi cools the heat and stops wind damp hot Bi pain and harmonizes other hot herbs.

Sheng Di Huang Radix Rehmanniae Galutinosae 9g

Sheng Di Huang cools and nourishes the Blood.

Zhi Ke Fructus Citri Aurantii 9g

Chai Hu Radix Bupleauri 3g

Zhi Ke and Chai Hu regulate Qi. Zhi Ke breaks up the Qi and sends it downward and opens the chest and Stomach. Chai Hu smoothes Qi and rises the Qi upwards.

Tian Ma Rhizoma Gastrodiae Elatae 12g

Gou Teng Ramulus cum Uncis Uncariae 12g

Tian Ma and Gou Teng stop internal Liver Wind and cool heat. Tian Ma is stronger to stop internal Liver Wind. Gou Teng tends to move faster in that it has a quicker effective action and it flows to the surface.

Huang Qi Radix Astragali Membranaceus 40g

Huang Qi strengthens and raises Qi and promotes healing.

Gan Cao Radix Glycyrrhizae Uralensis 3g

Gan Cao harmonizes the ingredients function of the formula.

Result of treatment:

After he took twenty one bags for twenty one days, her syndromes have been no more recurrence for two years.

3) Irregular Heart Beat

Syndromes:

Shortness breath, light headedness, irregular heart beat, fullness of chest, easily sweats, irritability, slightly purple tongue and irregular pulses.

Diagnosis: Qi and Blood stagnation.

Treatment Strategy: Regulate Qi and Blood.

Base Formula: Xue Fu Zhu Yu Tang modified with Zhi Gan Cao Tang.

Zhi Gan Cao Tang ingredients:

Zhi Gan Cao Honey-Fried Radix Glycyrrhizae Uralensis 3-12g

Ren Shen Radix Ginseng 3-12g

Da Zao Fructus Zizyphi Jujubae 9-12g

All the herbs strengthen Qi. Zhi Gan Cao strengthens the Heart and Kidney Qi and balances the Yin and Yang. Ren Shen strengthens the Spleen Qi. Da Zao nourishes the Blood and Jing to strengthen the Qi.

Sheng Jiang Zingiber Officinale Rosc. 3-12g

Gui Zhi Ramulus Cinnamomi Cassiae 3-12g

Sheng Jiang and Gui Zhi are warm and acrid to release surface and regulate Qi. Sheng Jiang warms the Stomach and descends Qi. Gui Zhi warms the channels and harmonizes Ying and Wei.

Mai Men Dong Tuber Ophiopogonis Japonici 12g

Hei Zhi Ma Seami Semen Nigrum 15g

E Jiao Asini Corii Colla 12-15g

All the herbs above nourish the Yin. Mai Men Dong calms the Heart. He Zhi Ma nourishes the Kidney Jing. E Jiao nourishes the Blood and stops bleeding.

Xue Fu Zhu Yu Tang modified with Zhi Gan Cao Tang:

(1) Qi and Blood stagnation Modified

Dan Shen Radix Salviae Miltiorrhizae 12g

Niu Xi Radix Achyranthis Bidentatae 15g

Dan Shen and Niu Xi promote blood circulation. Dan Shen cools the heat from the Heart and calms it. Niu Xi descends tension of the Blood, promotes urination and expels wind damp Bi pain.

Zhi Gan Cao Honey-Fried Radix Glycyrrhizae Uralensis 12-15g

Zhi Gan Cao harmonizes the function of ingredients of the formula and treats Heart beat rhythm issues.

Chuan Xiong Radix Ligustici Chuanxiong 9g

Dang Gui Radix Angelicae Sinensis 3-12g

Chuan Xiong and Dang Gui promote blood circulation. They are paired herbs, Chuan Xiong flows to upper and surface and Dang Gui flows into deeper/lower layers to promote blood circulation and Dang Gui nourishes the Blood.

Chai Hu Radix Bupleuri 6g

Yu Yin Tuber Curcumae 12g

Chai Hu and Yu Jin regulate Liver Qi. Chai Hu spreads the Liver Qi to upper and left and right. Yu Jin tends to regulate Qi in the Liver and cools it down and promotes blood circulation.

(2) Liver and Heart Qi Stagnation and Yang Rise Modified

Xiang Fu Rhizome Cayperi Rotunda 12g

Xiang Fu regulates Liver Qi and Blood.

Bai Shao Paeoniae Radix Alba 12g

Bai Shao calms the Liver Yang and harmonizes the Ying and Wei.

Wu Wei Zi Fructus Schizandrae Chinensis 12g

Wu Wei Zi is sour, calms the Heart and Liver Yang and lubricates the Yin.

Long Gu Os Draconis 30g

Mu Li Concha Ostrae 30-60g

Long Gu and Mu Li settle the Liver and Heart Yang. Long Gu tends to settle the Heart Yang and astringes the Yin. Mu Li tends to settle the Liver and dissolves nodules of stagnation of Qi.

Suan Zao Ren Semen Zizyphi Spinosae 6g

Yuan Zhi Semen Triticum Aestivum 6g

Bai Zi Ren Semen Biotae Orientalis 6g

All the herbs above are calming for the Heart for excess palpitation and insomnia. Suan Zao Ren nourishes the Liver Yin. Yuan Zhi dissolves phlegm. Bai Zi Ren nourishes the excess dryness and moistens the intestines.

Zhi Gan Cao Honey-Fried Radix Glycyrrhizae Uralensis 12g

Zhi Gan Cao harmonizes the function of the ingredients of the formula and treats Heart beat rhythm issues.

Chuan Xiong Radix Ligustici Chuanxiong 3-9g

Chuan Xiong promotes Qi circulation in the Blood.

Yu Jin Tuber Curcumae 12g

Chai Hu Radix Bupleuri 6g

Bo He Mentha Haplocalyx 6g

Yu Jin, Chai Hu and Bo He regulate Liver Qi. Yu Jin promotes blood circulation and cools the Liver Qi and reduces the irritability. Chai Ha and Bo He are paired herbs; Chai Hu spreads the Liver Qi in the deeper layers compared with Bo He. Bo He moves Liver Qi in the upper and surface levels.

Zhi Ke Fructus Citri Aurantii 12-15g

Zhi Ke breaks up the Qi in the chest and descends it downwards.

(3) Qi and Blood Deficiency Modified Formula

Shu Di Huang Radix Rehmanniae Galutinosae 30g

Huang Jing Rhizoma Polygonati 30g

He Shou Wu Radix Polygoni Multiflori 15g

All the herbs above nourish Blood and Jing. Shu Di Huang and Huang Jing nourish the Blood strongly. Shu Di Huang emphasizes nourishing the Blood and Jing. Huang Jing tends to strengthen the Qi. He Shou Wu nourishes the Blood and doesn't have the cloying properties that Shu Di Huang and Huang Jing have.

Huang Qi Radix Astragali Membranaceus 15g

Dang Shen Radix Codonopsis Pilosulae 12g

Huang Qi and Dang Shen strengthen the Qi. Huang Qi rises the Qi upwards for treating exhausted Heart Qi. Dang Shen emphasizes strengthening the Spleen and Middle Jiao Qi.

Zhi Gan Cao Honey-Fried Radix Glycyrrhizae Uralensis 12g

Zhi Gan Cao harmonizes the function of the ingredients of the formula and treats Heart beat rhythm issues.

Dang Gui Radix Angelicae Sinensis 9-15g

Chuan Xiong Radix Ligustici Chuanxiong 6-12g

Dang Gui and Chuan Xiong promote blood circulation. Dang Gui promotes blood of Blood and nourishes the Blood. Chuan Xiong promotes Qi in the Blood and has a faster effective action than Dang Gui.

Bai Shao Radix Peoniae Lactiflorae 12-30g
 Bai Shao stabilizes Liver Yang and nourishes the Blood and Yin and harmonizes the Ying and Wei.

Xu Duan radix Dipsaci Asperi 12g
 Xu Duan strengthens the Kidney Yang and promotes blood circulation.

Case Study

A 28 year old female has palpitations that are worse after running and also before or during menstruation. She has fullness of the chest, vertigo, fatigue, insomnia, low appetite and her tongue is purple with teeth marks with white a coating. She has weak and irregular pulses. She was treated with Suan Zao Ren Tang that calms her palpitations, however, she now experiences faster heart beats and feeling that her heart is shaking after taking the herbs.

Diagnosis: Heart and Spleen Qi deficiency.

Treatment Strategy: To strengthen the Qi and Blood and promote blood circulation.

Base Formula: Xue Fu Zhu Yu Tang modification.

Dang Gui Radix Angelicae Sinensis 10g
Chuan Xiong Radix Ligustici Chuanxiong 9g
Chi Shao Radix Paeoniae Rubrae 9g
Dan Shen Radix Salviae Miltiorrhizae 12g
Hong Hua Flos Carthami Tinctorii) 6g

All the herbs above promote blood circulation. Dang Gui nourishes the Blood. Chuan Xiong flows to surface and upper body and stops vertex Liver headaches. Chi Shao and Dan Shen cool the heat in the Blood. Chi Shao is stronger to move the Blood and Dan Shen tends towards circulation in the small blood vessels and calms the Heart. Hong Hua breaks up the congealed blood.

Chai Hu Radix Bupleauri 3g
 Chai Hu regulates and spreads the Liver Qi and raises the Qi upward.

Bai Shao Paeoniae Radix Alba 12g
 Bai Shao stabilizes the Liver Yang and harmonizes the Ying and Wei.

Huang Qi Radix Astragali Membranaceus 30g
 Huang Qi strengthens and raises the Qi.

Jie Geng Radix Platycodi Grandiflori 12g
Jie Geng carries the herbs to upper body and opens the Lungs.

Zhi Gan Cao Honey-Fried Radix Glycyrrhizae Uralensis 3g
Zhi Gan Cao harmonizes the ingredients and strengthens the Heart and Kidney.

Result of treatment:

After she took the twelve bags for twelve days, her irregular heartbeat reduced by 90%, then she used Shi Quan Da Bu Wan for one month and she has fully recovered.

4) Coronary Artery Disease

Syndromes:

Patient has chest pain that is worse after exercise and exertion, irritability and anger, stress, fear, fatigue, slightly purple tongue, wiry and full pulses.

Treatment Strategy: To promote Qi and Blood circulation.

Diagnosis: Qi and Blood stagnation.

Base Formula: Xue Fu Zhu Yu Tang modified with Xie Bai Bai Jiu Gua Lou San.

Xie Bai Bai Jiu Gua Lou Tang ingredients:

Xie Bai Bulbus Allii 30g

Gua Lou Semen Trichosanthis 15g

Xie Bai and Gua Lou dissolve phlegm. Xie Bai tends to penetrate through the phlegm quickly. Gua Lou dissolves the phlegm and maintains its effective action in the Blood longer.

Bai Jiu Rice wine 15g

Bai Jiu, rice wine, guides the herbs to penetrate through the phlegm stagnation.

Xue Fu Zhu Yu Tang modified with Xie Bai Bai Jiu Gua Lou Tang

(1) Phlegm Stagnation Modified Formula

Shan Zha Fructus Crateigi 12g

Lai Fu Zi Semen Raphani Sativi 30g

Shan Zha and Lai Fu Zi dissolve food stagnation. Shan Zha dissolves meat stagnation and promotes blood circulation. Lai Fu Zi descends the Qi and dissolves the phlegm.

Gua Lou Semen Trichosanthis 12g

Xie Bai Bulbus Allii 12g

Gua Lou and Xie Bai dissolve sticky phlegm in the Heart and Middle Jiao. Gua Lou opens the chest. Xie Bai is warm and penetrates through phlegm.

Ze Xie Alismatis Rhizoma 12g

Ling Zhi Ganoderma Lucidum 15g

Ze Xie and Ling Zhi reduce LDL cholesterol levels. Ze Xie drains the dampness and sedates Kidney heat. Ling Zhi is neutral and calms the Heart.

Dang Gui Radix Angelicae Sinensis 10g

Chuan Xiong Radix Ligustici Chuanxiong 9g

Chi Shao Radix Paeoniae Rubrae 9g

Dan Shen Radix Salviae Miltiorrhizae 12g

Hong Hua Flos Carthami Tinctorii) 6g

All the herbs above promote blood circulation. The herbs can be differentiated as follows: Dang Gui nourishes the Blood. Chuan Xiong flows to surface and upper body and stops vertex Liver headaches. Chi Shao and Dan Shen cool the heat in the Blood; Chi Shao is stronger to move the Blood and Dan Shen tends towards circulation in the small blood vessels and calms the Heart. Hong Hua breaks up the congealed blood.

Yu Jin Tuber Curcumae 12g

Yu Jin cools the heat, promotes blood circulation and reduces irritability.

Zhi Ke Fructus Citri Aurantii 12g

Zhi Ke opens and descends the chest Qi.

(2) Liver Yang Rising - High Blood Pressure Modified Formula

Bai Shao Paeoniae Radix Alba 12g

Tian Ma Rhizoma Gastrodiae Elatae 12g
Gou Teng Ramulus cum Uncis Uncariae 12g

All the herbs above stabilize the Liver Yang. Bai Shao calms the Liver Yang and harmonizes the Ying and Wei. Tian Ma and Gou Teng stop internal Liver wind. Tian Ma is stronger to stop internal wind and Gou Teng tends to flow to surface level.

Chai Hu Radix Bupleuri 3g
Yu Jin Tuber Curcumae 12g
Xiang Fu Rhizome Cyperi Rotunda 12g

All the herbs regulate Liver Qi. Chai Hu raises and spreads the Liver Qi. Yu Jin promotes blood circulation and breaks up the stagnated Liver Qi. Xiang Fu promotes blood circulation and stops pain.

Zhi Ke Fructus Citri Aurantii 12g
Hou Po Cortex Magnoliae Officinalis 6-12g

Zhi Ke and Hou Po regulate Spleen and Stomach Qi. Zhi Ke opens the chest. Hou Po dissolves phlegm.

Zhi Zi Fructus Gardeniae Jasminoidis 12g
Mu Dan Pi Cortex Moutan Radicis 12g

Zhi Zi and Mu Dan Pi cool the heat and promote blood circulation. Zhi Zi calms the Heart and clears San Jiao heat and damp heat. Mu Dan Pi tends to strongly cool the heat in the Blood.

Long Gu Os Draconis 30g
Mu Li Concha Ostrae 30g
Zhen Zhu Mu Concha Margaritiferarum 30g

All the herbs above settle the Yang. Long Gu emphasizes stabilizing the Heart Yang and astringing Kidney Jing. Mu Li tends to stabilize the Liver Yang and dissolve phlegm nodules. Zhen Zhu Mu tends to stabilize Liver Yang and brighten the eyes.

Dan Shen Radix Salviae Miltiorrhizae 12g
Chi Shao Radix Paeoniae Rubrae 9g
Chuan Xiong Radix Paeoniae Rubrae 6g

Dan Shen, Chi Shao and Chuan Xiong promote blood circulation. Dan Shen and Chi Shao are cool in temperature. Dan Shen promotes small blood vessel circulation of the coronary artery region and calms the Heart. Chi Shao moves the blood of Blood. Chuan Xiong promotes the Qi flow in the Blood. Its warm temperature prevents Dan Shen and Chi Shao from being too cold for the patient's condition.

Du Zhong Cortex Eucommiae Ulmoidis 15g
Niu Xi Radix Achyranthis Bidentatae 15g

Du Zhong and Niu Xi strengthen the Kidney. Du Zhong stabilizes Kidney Yang to build up the the Yang to lower the Blood pressure. Niu Xi flows the Blood to lower body and mildly promotes urination.

(3) Qi and Blood Stagnation Modified

Dan Shen	Radix Salviae Miltiorrhizae	12g
Pu Huang	Pollen Typhae	12g
Wu Ling Zhi	Excrem. Trogopteri Seu Pteromi	12g

All the herbs above promote blood circulation. Dan Shen calms the Heart and emphasis promotes small blood vessels circulation. Pu Huang and Wu Ling Zhi strong to break up congealed blood and stop pain. Pu Huang stops bleeding. Wu Ling Zhi emphasis breaks up the acute blood stagnation.

Jiang Xiang	Lignum Dalbergian Odoriferae	9g
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Jiang Xiang (Rosewood Heart Wood) promotes Qi and Blood circulation and stops acute pain.

Dang Gui	Radix Angelicae Sinensis	10g
Chuan Xiong	Radix Ligustici Chuanxiong	9g
Chi Shao	Radix Paeoniae Rubrae	9g
Dan Shen	Radix Salviae Miltiorrhizae	12g
Hong Hua	Flos Carthami Tinctorii)	6g

All the herbs above promote blood circulation. The herbs can be differentiated as follows: Dang Gui nourishes the Blood. Chuan Xiong flows to surface and upper body and stops vertex-Liver headache. Chi Shao and Dan Shen cool the heat in the Blood; Chi Shao is stronger to move the Blood and Dan Shen tends to promote circulation the small blood vessels and calms the Heart. Hong Hua breaks up the congealed blood.

Zhi Ke	Fructus Citri Aurantii	12g
Hou Po	Cortex Magnoliae Officinalis	6-12g

Zhi Ke and Hou Po regulate and descend Spleen and Stomach Qi. Zhi Ke opens the chest. And the Hou Po dissolves phlegm.

(4) Qi and Yang Deficiency Modified

Huang Qi	Radix Astragali Membranaceus	9-12g
Dang Shen	Radix Codonopsis Pilsulae	12g

Huang Qi and Dang Shen strengthen Qi. Huang Qi tends to raise the Qi upwards and promotes healing. Dang Shen emphasizes strengthening the Spleen/Middle Jiao Qi.

Yin Yang Huo	Herba Epimedii	9-12g
Bai Ji Tian	Radix Morindae Officinalis	9-12g
Xu Duan	Radix Dipsaci Asperi	9-15g

Yin Yang Huo, Bai Ji Tian and Xu Duan strengthen Kidney Yang. Yin Yang Huo and Bai Ji Tian expel wind damp Bi pain. Yi Yang Huo promotes sexual energy and activates the Qi in its quick action to exert its medicinal effects. Bai Ji Tian tends to maintain efficacy in the bloodstream longer. Xu Duan promotes blood circulation.

Gou Ji	Rhizoma Cibotii Barometz	12g
Bu Gu Zhi	Fructus Psoraleae Corylifoliae	12g

Gou Ji and Bu Gu Zhi strengthen Kidney Yang and emphasize healing bone. Gui Ji emphasizes healing the spine. Bu Gu Zhi warms the Kidney and Spleen Yang to stop early morning diarrhea and strengthen the bone marrow.

Chuan Xiong	Radix Paeoniae Rubrae	12g
Dang Gui	Radix Angelicae Sinensis	15-30g

Chuan Xiong and Dang Gui promote blood circulation. Chuan Xiong tends to flow on the surface and Dang Gui tends to more deeply affect the body's bloodstream. Chuan Xiong moves the Qi in the Blood and Dang Gui moves the Blood of Blood and nourishes the Blood.

Chai Hu	Radix Bupleuri	9g
Zhi Ke	Fructus Citri Aurantii	12g

Chai Hu and Zhi Ke regulate Qi. Chai Hu spreads the Liver Qi and Zhi Ke breaks and descends the Qi stagnation in the chest.

Case study

A 60 year old male has coronary artery disease, chest pain whenever he has stress, and he is often taking nitroglycerin to dilate his coronary arteries as needed. His tongue is dark red with a greasy yellow coating and his pulses are small and wiry.

Diagnosis: Qi, Blood and phlegm stagnation.

Treatment Strategy: To promote blood circulation and eliminate phlegm.

Base Formula: Xue Fu Zhu Yu Tang and Xie Bai San modification.

Tao Ren	Semen Persicae	12g
Hong Hua	Flos Carthami Tinctorii	9g
Chuan Xiang	Radix Ligustici Chuanxiong	9g
Chi Shao	Radix Paeoniae Rubrae	9g
Dan Shen	Radix Salviae Miltiorrhizae	12g

All the herbs above promote blood circulation. Tao Ren and Hong Hua break up congealed blood. Hong Hua's action is faster as well as stronger. Tao Ren's action is more sustained for a longer period of time and it is able to moisten dryness. Chuan Xiong moves Qi in the Blood and tends to the surface and upper body. Chi Shao and Dan Shen cool the heat in the Blood. Chi Shao has a fast effective action and Dan Shen tends to promote circulation in the small blood vessels and calms the Heart.

Jiang Xiang Lignum dalbergiae Odoriferae 12g

Yan Hu Suo Rhizome Corydalis Yanhusuo 12g

Jiang Xiang and Yan Hu Suo promote blood circulation and stop pain. Jiang Xiang tends to penetrate through the Blood stagnation. Yan Hu Suo moves the Qi and Blood.

Chai Hu Radix Bupleauri 6g

Zhe Ke Fructus Citri Aurantii 12g,

Chai Hu and Zhe Ke regulate Qi. Chai Hu regulates and spreads Liver Qi for treat Liver Qi stagnation. Zhe Ke breaks up the Spleen and Stomach Qi and opens the chest.

Gua Lou Semen Trichosanthis 12g

Xie Bai Bulbus Allii 15g

Shan Zha Fructus Crateigi 30g

All the herbs above dissolve phlegm. Gua Lou and Xie Bai tend towards the upper body and Xie Bai has a faster effective action. Gua Lou's action is more sustained for a longer period of time.

Yu Jin Tuber Curcumae 12g

Yu Jin promotes blood circulation, stops pain, reduces the irritability and cools the heat.

Wu Wei Zi Fructus Schizandrae Chinensis 12g

Wu Wei Zi calms the Heart and Liver and astringes the Jing.

Gan Cao Radix Glycyrrhizae Uralensis 6g

Gan Cao harmonizes the ingredients function in the formula.

Result of treatment:

After he took ten bags of a 3:1 decoction for ten days at a rate of one bag per day, he has reduced frequency of nitroglycerin intake and he is continuing the above formula for a month and his chest pain reduced by about 50% . The dosage of Jiang Xiang is increased and Pu Huang is added whenever his chest tension or pain is very active before he uses nitroglycerin. He is continuing this formula for three more months and his chest pain frequency reduced by about 80-90%. He is using this formula, one bag for three days instead of one bag per day and it may be for rest of his life.

Self-Review Worksheet

Answers on the following page

1. Xue Fu Zhu Yu Tang is based on...
 - a. Cang Er Zi San
 - b. Tao Hong Si Wu Tang modified with Qi regulating herbs
 - c. Tao Hong Si We Tang modified with astringent and warm interior herbs

2. Xue Fu Zhu Yu Tang is designed for the treatment of...
 - a. conditions with underlying Qi and blood stasis
 - b. conditions with underlying Yang and Yin deficiency with internal heat
 - c. Yangming Fu organ heat

3. A 50 year old patient with high blood pressure (170/100mm Hg) has frequent headaches & vertigo. She takes antihypertensive medications and Chinese herbal formulas that stop internal wind, nourish Yin and expel phlegm. The condition remains unchanged. Recently, she began experiencing a sharp pain in her head, irritability and her face became red. Her tongue has a red tip with purple dots on the sides and her pulses are wiry and full. What is the diagnosis?
 - a. Kidney Qi stagnation with cold in the Chong and Ren channels
 - b. Small intestine damp-heat with toxic phlegm in the urination bladder
 - c. Liver Yang uprising with Qi and Blood stagnation

4. Bai Shao...
 - a. stabilizes Liver Yang, nourishes Blood and Yin, and harmonizes Ying and Wei
 - b. stabilizes Lung Yang, nourishes Blood and phlegm, and harmonizes Ying and Wei
 - c. stabilizes Heat Yang, nourishes Blood and Yin, and harmonizes Taiyin and Jueyin Jing

Answers to Self-Review

1. Xue Fu Zhu Yu Tang is based on...

- a. Cang Er Zi San
 - b. Tao Hong Si Wu Tang modified with Qi regulating herbs
 - c. Tao Hong Si We Tang modified with astringent and warm interior herbs
- answer: b

2. Xue Fu Zhu Yu Tang is designed for the treatment of...

- a. conditions with underlying Qi and blood stasis
 - b. conditions with underlying Yang and Yin deficiency with internal heat
 - c. Yangming Fu organ heat
- answer: a

3. A 50 year old patient with high blood pressure (170/100mm Hg) has frequent headaches & vertigo. She takes antihypertensive medications and Chinese herbal formulas that stop internal wind, nourish Yin and expel phlegm. The condition remains unchanged. Recently, she began experiencing a sharp pain in her head, irritability and her face became red. Her tongue has a red tip with purple dots on the sides and her pulses are wiry and full. What is the diagnosis?

- a. Kidney Qi stagnation with cold in the Chong and Ren channels
 - b. Small intestine damp-heat with toxic phlegm in the urination bladder
 - c. Liver Yang uprising with Qi and Blood stagnation
- answer: c

4. Bai Shao...

- a. stabilizes Liver Yang, nourishes Blood and Yin, and harmonizes Ying and Wei
 - b. stabilizes Lung Yang, nourishes Blood and phlegm, and harmonizes Ying and Wei
 - c. stabilizes Heat Yang, nourishes Blood and Yin, and harmonizes Taiyin and Jueyin Jing
- answer: a

5) Stroke

Syndromes:

Paralysis of half the body (hemiplegia), a deviated tongue, forgetfulness and fatigue. Purple and red tongue and wiry and floating pulses on the side of paralysis.

Diagnosis: Qi and Blood stagnation.

Treatment Strategy: Regulate Qi and Blood circulation.

Base Formula: Xue Fu Zhu Yu Tang modified with Bu Yang Huang Wu Tang.

Bu Yang Huang Wu Tang ingredients:

Dang Gui Wei	Radix Angelicae Sinensis	12g
Chuan Xiong	Radix Ligustici Chuanxiong	9-12g
Chi Shao	Radix Paeoniae Rubrae	12g

All the herbs above promote blood circulation. Dang Gui Wei more strongly to promotes blood circulation and less powerfully nourishes the Blood than Dang Gui. Chuan Xiong tends to flow to surface and upper body. Chi Shao cools the heat in the Blood.

Tao Ren	Semen Persicae	12g
Hong Hua	Flos Carthami Tinctorii	9g

Tao Ren and Hong Hua break up congealed blood. Tao Ren maintains its effective action in the Blood longer and moistens the dryness and intestines. Hong Hua is stronger to break up congealed blood and has a faster effective action.

Di Long	Lumbricus	6g
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Di Long penetrates through the Blood stagnation.

Huang Qi	Radix Astragali Membranaceus	9-30g
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Huang Qi strengthens and rises the Qi upwards and promotes healing. Huang Qi and Di Long paired help to create movement through the channels.

Xu Fu Zhu Yu Tang Modified with Bu Yang Huang Wu Tang:

(1) Qi and Blood stagnation Modified

Use this variation for increased Qi and Blood stagnation related stroke.

Dang Gui Wei	Radix Angelicae Sinensis	12g
Chuan Xiong	Radix Ligustici Chuanxiong	9-12g
Chi Shao	Radix Paeoniae Rubrae	12g
Dan Shen	Radix Salviae Miltiorrhizae	12g

All the herbs above promote blood circulation. Dang Gui Wei more strongly to promotes blood circulation and less powerfully nourishes the Blood than Dang Gui. Chuan Xiong tends to flow to surface and upper body. Chi Shao and Dan Shen cool the heat in the Blood. Chi Shao tends to move the Blood of blood. Dan Shen circulates in the small blood vessels and calms the Heart.

Jiang Xiang Lignum Dalbergiae Odoriferae 12g
Jiang Xiang regulates the Qi and Blood and stops pain.

Huang Qi Radix Astragali Membranaceus 9-60g
Huang Qi strengthens and raises the Qi and promotes healing.

Di Long Lumbricus 6g
Di Long assists the other herbs to penetrate through the channels. Huang Qi helps to push the Qi through the channels when combined with Di Long.

Chai Hu Radix Bupleauri 6g
Zhe Ke Fructus Citri Aurantii 12g,
Chai Hu and Zhe Ke regulate Qi. Chai Hu regulates and spreads Liver Qi for treating Liver Qi stagnation. Zhe Ke breaks up Qi stagnation and opens the chest.

(2) Excess Liver Yang with High Blood Pressure Modified

Tian Ma Rhizoma Gastrodiae Elatae 9-12g
Gou Teng Ramulus cum Uncias Uncariae 12g

Tian Ma and Gou Teng stop internal wind. Tian Ma is stronger and Gou Teng tends to flow to the surface and upper part of the body. Gou Teng has a fast effective action and Tian Ma maintains its effective action in the bloodstream longer.

Shi Jue Ming Concha Haliotidis 30g
Long Gu Os Draconis 30g
Mu Li Concha Ostrae 30g

All the herbs above settle the Liver and Heart Yang. Shi Ju Ming and Mu Li tend to stabilize the Liver Yang. Shi Jue Ming brightens the eyes and Mu Li dissolves the phlegm nodules. Long Gu tends to stabilize the Heart Yang and astringes the Kidney Jing.

Xiang Fu Rhizome Cayperi Rotunda 12g
Yu Jin Tuber Curcumae 12g

Xiang Fu and Yu Jin Regulate Qi and Blood. Xiang Fu stops pain and Yu Jin cools the heat and reduces irritability.

Ge Gen Radix Puerariae 15-30g
Ge Gen relaxes the muscle and nourishes the Yin.

Dang Gui Wei Radix Angelicae Sinensis 12g
Chuan Xiong Radix Ligustici Chuanxiong 3-9g

Chi Shao	Radix Paeoniae Rubrae	12g
Dan Shen	Radix Salviae Miltiorrhizae	12g

All the herbs above promote blood circulation. Dang Gui Wei promotes blood circulation and less strongly nourishes the Blood than Dang Gui. Chuan Xiong tends to flow to surface and upper body. Chi Shao and Dan Shen cool the heat in the Blood. Chi Shao tends to move the Blood of blood. Dan Shen circulates in the small blood vessels and calms the Heart.

(3) Qi and Phlegm Stagnation Modified

Xie Bai	Bulbus Allii	12g
Gua Lou	Semen Trichosanthis	12g

Xie Bai and Gua Lou reduce phlegm. Xie Bai penetrates through phlegm stagnation. Gua Lou maintains its effective action in the Blood longer.

Ban Xia	Pinelliae Rhizoma Preparatum	9g
Chen Pi	Pericarpium Citri Reticulatae	9g
Bai Jie Zi	Sinapsis Semen	15g

All the herbs above dissolve phlegm. Ban Xia is very stable to dissolve phlegm and descend the Qi. Chen Pi regulates the Qi and phlegm. Bai Jie Zi is acrid and warm to penetrate the sticky cold phlegm.

Chai Hu	Radix Bupleauri	3g
Qing Pi	Pericarpium Citri Reticulatae Verde	12g
Xiang Fu	Rhizome Cayperi Rotunda	12g

All the herbs above regulate Qi. Chai Hu spreads the Liver Qi. Qing Pi breaks the Liver Qi stagnation and stops pain. Xiang Fu promotes blood circulation and stops pain.

Qiang Huo	Rhizoma et Radix Notopterygii	12g
Gao Ben	Rhizoma Et Radix Ligustici	12g

Qiang Huo and Gao Ben expel wind damp Bi pain. Qiang Huo emphasizes expelling dampness in the upper body. Gao Ben stops pain.

Dang Gui Wei	Radix Angelicae Sinensis	12g
Chuan Xiong	Radix Ligustici Chuanxiong	9-12g
Chi Shao	Radix Paeoniae Rubrae	12g
Dan Shen	Radix Salviae Miltiorrhizae	12g

All the herbs above promote blood circulation. Dang Gui Wei promotes blood circulation and nourishes the Blood. Chuan Xiong tends to flow to surface and upper body. Chi Shao and Dan Shen cool the heat in the Blood. Chi Shao tends to move the Blood of blood. Dan Shen c

(4) Qi and Yang Deficiency Modified

Dang Shen Radix Codonopsis Pilosulae 12g

Huang Qi Radix Astragali Membranaceus 6-15g

Dang Shen and Huang Qi strengthen the Qi. Huang Qi rises the Qi up and promotes healing. Dang Shen tends to strengthen the Spleen of Middle Jiao Qi.

Yin Yang Huo Herba Epimedii 12g

Ba Ji Tian Radix Morindae Officinalis 12g

Yin Yang Huo and Ba Ji Tian strengthen the Yang and expel wind damp Bi pain. Yin Yang Huo has a fast effective action. Bai Ji Tian tends to have a slower effective action but maintains in the bloodstream longer.

Xu Duan Radix Dipsaci Asperi 12g

Xu Duan strengthens the Kidney Yang and promotes blood circulation.

Ji Xue Teng Radix et Caulis Jixueteng 15g

Ye Jiao Teng Caulis Polygoni Multiflori 15g

Bai Shao Paeoniae Radix Alba 15g

Ge Gen Radix Puerariae 30g

All the herbs above relax the tendons and muscles. Ji Xue Teng and Ye Jiao Teng nourish the Blood. Ji Xue Teng is stronger to expel wind damp Bi pain and Ye Jiao Teng calms the Heart. Bai Shao settles the Liver Yang and nourishes the Blood and harmonizes Ying and Wei. Ge Gen nourishes the fluid and strengthens the Spleen Qi.

Dang Gui Wei Radix Angelicae Sinensis 12g

Chuan Xiong Radix Ligustici Chuanxiong 9-12g

Chi Shao Radix Paeoniae Rubrae 12g

Dan Shen Radix Salviae Miltiorrhizae 12g

All the herbs above promote blood circulation. Dang Gui Wei promotes blood circulation and nourishes the Blood. Chuan Xiong tends to flow to surface and upper body. Chi Shao and Dan Shen cool the heat in the Blood. Chi Shao tends to move the Blood of blood. Dan Shen circulates in the small blood vessels and calms the Heart.

(5) Excess Hemorrhage Modified

Xian He Cao Herba Agrimony Pilosae 15-30g

Zi Zhu Cao Folium Callicarpae Formosanae 15-30g

Bai Ji Rhizoma Bletillae Striatae 12g

All the herbs above are astringent to stop bleeding. Xian He Cao can strengthen the Qi. Zhi Zhu Cao warms the channels. And Bai Ji promotes healing.

San Qi	Radix Notoginseng	30g
Pu Huang	Pollen Typhae	12g
Qian Cao	Rubiae Radix	15g

All the herbs above stop bleeding and promote blood circulation. San Qi eliminates inflammation. Pu Huang has a faster effective action. Qian Cao cools the heat in the Blood.

Bai Shao	Radix Peoniae Lactiflorae	15-30g
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Bai Shao stabilizes the Liver Yang and softens the hardness and harmonizes the Ying and Wei.

Chuan Xiong	Radix Paeoniae Rubrae	6g
Dan Shen	Radix Salviae Miltiorrhizae	12g

Chuan Xiong and Dan Shen promote blood circulation. Chuan Xiong tends to flow to the upper body and surface and moves the Qi in the Blood. Dan Shen cools the Heart and promotes small blood vessel circulation.

Yu Jin	Tuber Curcumae	12g
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Yu Jin cools the heat, promotes blood circulation and reduces irritability.

Di Long	Lumbricus	15g
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Di Long penetrates through the Blood and phlegm stagnation.

Chai Hu	Radix Bupleuri	6g
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Chai Hu spreads the Liver Qi up and down and left and right.

Jie Geng	Radix Platycodi Grandiflori	12g
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Jie Geng opens and spreads the Lung Qi to regulates the herbs in the formula.

Case Study

An 82 year old male patient has coronary artery disease and history of heart attacks and high blood pressure. He was under excess stress and recently fell from toilet to the floor. Since the cerebrovascular incident, he experiences difficulty raising his left arm and leg but his hand grip remains strong. He is worse three days after the fall/stroke. His tongue is slightly purple, peeled coating and is shaking. His pulses are wiry, small, rapid and floating on the left.

Western medicine diagnosis: Blood clot in the brain.

TCM diagnosis: Qi and Blood stagnation, internal Liver wind and empty heat rising.

Treatment Strategy: To promote blood circulation and cool the empty heat.

Base formula: Xue Fu Zhu Yu Tang modified with Tian Ma Gou Teng Yin and Bu Yang Huan Wu Tang.

Chuan Xiong	Radix Ligustici Chuanxiong	9g
Chi Shao	Radix Paeoniae Rubrae	9g
Dang Gui Wei	Radix Angelicae Sinensis	9g
Dan Shen	Radix Salviae Miltiorrhizae	12g
Tao Ren	Semen Persicae	9g
Hong Hua	Flos Carthami Tinctorii	9g

All the herbs above promote blood circulation. Chuan Xiong is warm and flows to upper body and at the surface. Chi Shao cools the heat and circulates in the Blood level. Dan Gui Wei promotes blood circulation and nourishes the Blood. Dan Shen cools and calms the Heart and tends to circulate in the small blood vessels. Tao Ren and Hong Hua break the congealed blood. Tao Ren moistens the dryness and intestines. Hong Hua is stronger to break up congealed blood.

Tian Ma	Rhizoma Gastrodiae Elatae	12g
Gou Teng	Ramulus cum Uncias Uncariae	12g

Tian Ma and Gou Teng stop internal wind. Tian Ma is stronger and Gou Teng flows to the surface.

Ge Gen	Radix Puerariae	15g
Bai Shao	Paeoniae Radix Alba	15g

Ge Gen and Bai Shao relax the muscles. Ge Gen nourishes the fluid and strengthens the Spleen Qi. Bai Shao nourishes the Blood and calms the Liver and harmonizes Ying and Wei.

Ji Xue Teng	Radix et Caulis Jixueteng	15g
Ye Jiao Teng	Caulis Polygoni Multiflori	30g

Ji Xue Teng and Ye Jiao Teng smooth and expel wind damp Bi pain in the tendons and muscles and nourishes the Blood. Ji Xue Teng is strong to expel wind damp Bi pain. Ye Jiao Teng calms the Heart.

Di Long	Lumbricus	6g
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Di Long penetrates through the Blood stagnation.

Huang Qi	Radix Astragali Membranaceus	9g
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Huang Qi raises the Qi to flow through the stagnation.

Sheng Di Huang	Radix Rehmanniae Galutinosae	15g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	12g
Mu Dan Pi	Cortex Moutan Radicis	12g

All the herbs cool the heat in the Blood and moisten the dryness. Sheng Di Huang is the strongest to moisten the dryness and Blood and Jing. Zhi Mu nourishes fluid and sedates Qi level heat. Mu Dan Pi promotes blood circulation.

Gan Cao Radix Glycyrrhizae Uralensis 3g
Gan Cao harmonizes ingredients of formula.

Result of treatment:

He took six bags of the herbs for two weeks, one bag per day in a 3:1 decoction. His speech, eating, and range of motion of his left arm and leg movement have about 70% improved.

6) LDL High Cholesterol

Syndromes:

Headache, vertigo, heavy sensation of chest, stiffness of joints, high blood pressure, irritability, coronary artery disease. White coating and purple tongue; slippery and wiry pulses.

Diagnosis: Qi and phlegm stagnation.

Treatment Strategy: Promote Qi and Blood and dissolve phlegm.

Base Formula: Xue Fu Zhu Yu Tang modified with Xie Bai Bai Jiu Gua Lou San.

Xie Bai Bai Jiu Gua Lou San ingredients:

Xie Bai	Bulbus Allii	30g
Gua Lou	Semen Trichosanthis	15g

Xie Bai and Gua Lou dissolve phlegm. Xie Bai tends to penetrate through the phlegm. Gua Lou is stable to dissolve the phlegm and maintains its effective action in the Blood longer.

Bai Jiu	Rice wine	15g
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Bai Jiu, rice wine, guides the herb to penetrate through the phlegm stagnation.

Xue Fu Zhu Yu Tang modified with Xie Bai Bai Jiu Gua Lou San:

(1) Qi and Blood stagnation modification with:

Chuan Xiong	Radix Ligustici Chuanxiong	9g
Dang Gui	Radix Angelicae Sinensis	9g

Chuan Xiong and Dang Gui promote blood circulation. They are often used together. Chuan Xiong moves to the surface and the Qi in the Blood. Dang Gui moves the Blood of Blood and nourishes the Blood.

Chai Hu	Radix Bupleauri	6g
Yu Jin	Tuber Curcumae	15g

Chai Hu and Yu Jin regulate Qi. Chai Hu spreads and opens Liver Qi and Yu Jin cools the Liver and promotes blood circulation.

Xie Bai	Bulbus Allii	30g
Gua Lou	Semen Trichosanthis	15g

Xie Bai and Gua Lou dissolve phlegm. Xie Bai tends to penetrate through the phlegm. Gua Lou is stable to dissolve the phlegm and is more sustained for a longer period of time.

Dan Shen	Radix Salviae Miltiorrhizae	12g
Xiang Fu	Rhizome Cayperi Rotunda	12g
Wang Bu Liu Xin	Semen Vaccariae Segetalis	12g
Lu Lu Tong	Liquidambar Taiwaniana Hance	9g

All the herbs above promote blood circulation. Dan Shen tends to promote blood circulation in the small blood vessels, cools the heat and calms the Heart. Xiang Fu regulates the Liver Qi and stops pain. Wang Bu Liu Xin and Lu Lu Tong break up Qi and Blood stagnation. Wang Bu Liu Xin is stronger to break through stagnation and Lu Lu Tong tends to move faster and flows to the surface.

(2) Qi and Phlegm Stagnation Modified

Gua Lou	Semen Trichosanthis	12g
Xie Bei	Bulbus Allii	12g
Ling Zhi	Ganoderma Lucidum	12g

The entire herbs above dissolve phlegm and, in this way, reduce LDL cholesterol. Gua Lou and Xie Bei are often used as paired herbs. Gua Lou's action is sustained for a longer period of time and Xie Bei is stronger to regulate Qi. Ling Zhi calms the mind.

Ze Xie	Alismatis Rhizoma	12g
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Ze Xie promotes urination and sedates Kidney fire.

Bai Zhu	Atractylodis Macrocephalae Rhizoma,	12g
Fu Ling	Sclerotium Poariae Cocoa	15g

Bai Zhu and Fu Ling benefit Spleen Qi. Bai Zhu warms up the Spleen and Fu Ling drains out the dampness from the Spleen.

Shan Zha	Fructus Crateigi	12g
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Shan Zha eliminates grease food stagnation and promotes blood circulation.

Bai Jie Zi Sinapsis Semen 15-30g

Bai Jie Zi dissolves and breaks up phlegm stagnation.

Jue Ming Zi Semen Cassiae 12g

Jue Ming Zi cools the Liver heat and moistens the intestines.

Chuan Xiong	Radix Ligustici Chuanxiong	9g
Chi Shao	Radix Paeoniae Rubrae	9g
Dang Gui Wei	Radix Angelicae Sinensis	9g
Dan Shen	Radix Salviae Miltiorrhizae	12g
Tao Ren	Semen Persicae	9g
Hong Hua	Flos Carthami Tinctorii	9g

All the herbs above promote blood circulation. Chuan Xiong is warm and flows to upper body and at the surface level. Chi Shao cools the heat and circulates in the Blood level. Dan Gui Wei promotes blood circulation and nourishes the Blood. Dan Shen cools and calms the Heart and tends to circulate in the small blood vessels. Tao Ren and Hong Hua break the congealed blood. Tao Ren moistens the dryness and intestines. Hong Hua is stronger to break up congealed blood.

(3) High Blood Pressure with Liver Yang Rising Modified

Long Gu Os Draconis 30-60g

Mu Li Concha Ostrae 30-60g

Long Gu and Mu Li settle the Liver and Heart Yang. Long Gu tends to stabilize the Heart and astringes Kidney Jing. Mu Li tends to stabilize the Liver Yang and dissolves the phlegm nodules.

Bai Shao Paeoniae Radix Alba 12g

Tian Ma Rhizoma Gastrodiae Elatae 12g

Gou Teng Ramulus cum Uncias Uncariae 12g

The entire herbs above stop internal wind and smooth the Liver. Bai Shao stabilizes the Liver Yang and nourishes the Yin and balances the Ying and Wei. Tian Ma and Gou Teng smooth the Liver and stop internal wind. Tian Ma is stronger and maintains its effective action in the Blood longer than Gou Teng. Gou Teng has a faster effective action.

Dan Shen Radix Salviae Miltiorrhizae 12g

Chuan Xiong Radix Ligustici Chuanxiong 9g

Dan Shen and Chuan Xiong promote blood circulation. Dan Shen cools the heat and calms the Heart. Chuan Xiong promotes Qi in the Blood and flows to the surface.

Chai Hu Radix Bupleauri 6g

Zhi Ke Fructus Citri Aurantii 12g

Chai Hu and Zhi Ke regulate Qi. Chai Hu spreads the Liver Qi and tends towards the upward part of the body. Zhi Ke breaks up the Middle Jiao Qi and descends it downwards.

Case Study

A 63 year old female has abnormal LDL high cholesterol, vertigo, shaking hands, headache, irritability, constipation, and her tongue is purple and her pulses are wiry, thick and full.

Diagnosis: Qi, Blood and phlegm stagnation and Liver Yang rising.

Treatment Strategy: To promote Qi and Blood circulation, stabilize Liver Yang and dissolve phlegm.

Base Formula: Xue Fu Zhu Yu Tang and Tian Ma Gou Teng Wan modification.

Chi Shao Radix Paeoniae Rubrae 12g

Niu Xi Radix Achyranthis Bidentatae 30g

Chi Shao and Niu Xi promote blood circulation. Chi Shao more strongly promotes blood circulation and Niu Xi guides the Blood flow downward and expels wind damp Bi pain and promotes urination.

Gua Lou Semen Trichosanthis 12g

Xie Bei Bulbus Allii 12g

Ling Zhi Ganoderma Lucidum 12g

The entire herbs above dissolve phlegm and reduce LDL cholesterol. Gua Lou and Xie Bei are often used as paired herbs, Gua Lou maintains its actino in the Blood longer and Xie Bei is stronger to regulate Qi. Ling Zhi calms the mind.

Ze Xie Alismatis Rhizoma 12g

Ze Xie promotes urination and sedates Kidney fire and lowers the LDL.

Shan Zha Fructus Crateigi 12g

Shan Zha eliminates greasy food stagnation and promotes blood circulation.

Jue Ming Zi Semen Cassiae 12g

Jue Ming Zi cools the Liver heat and moistens the intestines.

Sheng Di Huang Radix Rehmanniae Galutinosae 15g

Sheng Di Huang cools the heat in the Blood and nourishes the fluid, Blood and Jing.

Chai Hu Radix Bupleuri 3g

Zhi Ke Fructus Citri Aurantii 6g

Chai Hu and Zhi Ke regulate Qi. Chai Hu spreads the Liver Qi and Zhi Ke descends the Qi downwards and opens the chest.

Tian Ma Rhizoma Gastrodiae Elatae 12g

Gou Teng Ramulus cum Uncias Uncariae 12g

Tian Ma and Gou Teng stop internal Liver wind. Tian Ma is strong to eliminate the internal wind and Gou Teng tends to flow to surface and upper body.

Long Gu Os Draconis 30g

Long Gu settles the Liver and Heart Yang and astringes Kidney Jing.

Gan Cao Radix Glycyrrhizae Uralensis 3g

Gan Cao harmonizes the ingredients in the formula.

Result of treatment:

3:1 decoction, 1 bag per day, 1 cup per day.

She took fourteen bags of herbs for two weeks. Her vertigo, headache, shaking hands, constipation and purple tongue and thick pulse improved by 50%. She continued the same formula for nine months and her shaking hands, vertigo, headache and constipation syndromes disappeared completely and the purple tongue resolved. Her thick pulses are 80% improved and her LDL cholesterol is in normal range.

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