

The Healthcare Medicine Institute presents

Dispel Blood Stasis From The Respiratory System

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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 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 and 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.

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 is Qi and Blood Stasis.

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.



Chi Shao

Respiratory System Disorders

Treatment with Xue Fu Zhu Yu Tang

Syndromes:

Cough, shortness of breath, asthma, white or yellow phlegm and fatigue, red, dark or puffy tongue with white or yellow coating and floating, slippery, wiry or rapid pulses.

Diagnosis:

Phlegm, hot phlegm, Qi and blood stasis or Qi deficiency.

Treatment Strategy:

Eliminate phlegm, cool and dissolve hot phlegm, promote Qi and blood circulation or strengthen Qi and Yang

Base Formula:

Xue Fu Zhu Yu Tang

1). Pleurisy

Pleurisy is inflammation of the pleurae, which impairs their lubricating function and causes pain when breathing. It is caused by pneumonia and other diseases of the chest or abdomen.

Syndromes: Fixed pain on the chest, shortness of breath, slightly purple tongue and wiry pulses.

Diagnosis: Qi, blood and phlegm stagnation.

Treatment Strategy: Regulate Qi and blood and dissolve phlegm.

Base Formula: Xue Fu Zhu Yu Tang modified with Er Chen Tang.

Er Chen Tang ingredients:

Ban Xia Rhizoma Pinelliae Ternatae 9g

Chen Pi Pericarpium Citri Reticulatae 9g

Ban Xia and Chen Pi dry the phlegm. Ban Xia dries phlegm and is very stable. Chen Pi regulates the Spleen and Stomach Qi to transform phlegm.

Fu Ling Sclerotium Poriae Cocco 30g
Fu Ling drains and leaks out the dampness and balances the water in the body.

Gan Cao Radix Glycyrrhizae Uralensis 6g
Gan Cao harmonizes the formula.



Gan Cao

(1). Qi and Phlegm Stagnation Modification:

Chen Pi Pericarpium Citri Reticulatae 9g
Ban Xia Rhizoma Pinelliae Ternatae 3-9g
Bai Jie Zi Semen Sinapsis Albae 12-15g
Lai Fu Zi Semen Sinapsis Albae 15-30g

All the herbs above dissolve phlegm. Chen Pi regulates the Spleen and Stomach Qi. Ban Xia dries the phlegm function is strong. Bai Jie Zi penetrates through the phlegm. Lai Fu Zi descends the Stomach Qi to open the Lung.

Fu Ling Sclerotium Poriae Cocco 15-30g
Fu Ling promotes urination to drains the dampness out and balances the water in the body.

Yu Jin Tuber Curcumae 12g

Qing Pi Pericarpium Citri Reticulatae Veride 12g

Yu Jin and Qing Pi regulate Qi. Yu Jin promotes blood circulation and reduces irritability and cools the heat in the blood. Qing Pi breaks Qi stagnation and stops pain.

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 and moves blood of 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 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.

San Qi Radix Notoginseang 30g

Yan Hu Suo Rhizome Corydalis Yanhusuo 12g

San Qi and Yan Hu Suo stop pain. San Qi stops bleeding. Yan Hu Suo regulates Qi and blood.

(2). Qi and Blood Stagnation Modification:

Qing Pi Pericarpium Citri Reticulatae Veride 12g

Qing Pi breaks Qi and phlegm stagnation, has a strong moving function and stops pain.

Xiang Fu Rhizome Cyperi Rotunda 12g

Yu Jin Tuber Curcumae 12g

Xiang Fu and Yu Jin regulate Qi and blood and stop pain. Xiang Fu moves the Qi in the blood. Yu Jin reduces irritability and cools the heat.

Pu Huang Pollen Typhae 12g

Yan Hu Suo Rhizome Corydalis Yanhusuo 12g

San Qi Radix Notoginseng 15g

All the herbs above promote blood circulation and stop pain. Pu Huang and San Qi promote blood circulation and stop bleeding. Pu Huang is stronger to stop bleeding and San Qi tends to promote healing and eliminates swelling. Yan Hu Suo is especially for stopping pain.

Mu Dan Pi Cortex Moutan Radicis 12g

Dan Shen Radix Salviae Miltiorrhizae 12g

Mu Dan Pi and Dan Shen cool the heat in the blood and promote blood circulation. Mu Dan Pi is stronger to cool the blood and Dan Shen calms the Heart.

San Leng Rhizoma Sparganii Stoloniferi 12g

Er Zhu Rhizoma Circuma Ezhu 12g

San Leng and Er Zhu strongly break blood stasis. San Leng moves faster (has a faster effective action) and breaks up the Qi in the blood. E Zhu is maintained in the bloodstream longer.

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 the blood heat. Dang Gui nourishes the blood. Chuan Xiong moves the Qi in the blood, has a faster effective action and flows to the surface and upper body.

Hong Hua Flos Carthami Tinctorii 3-9g

Tao Ren Semen Persicae 3-12g

Hong Hua and Tao Ren both break 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.

Case Study:

1. Male, age 30, was hospitalized with a diagnosis of pleurisy. Since released, he has pain on his right ribs & chest and a cough with phlegm. He had night sweating afterwards but it resolved. His cough is only occasional but his right ribcage is still in severe pain and is worse when he deeply inhales. The right ribcage is painful upon palpation and he expectorates white thick phlegm occasionally. His tongue is dark red, dry, with a thick white coating and his pulses are slippery and wiry.

Diagnosis:

Qi, blood and phlegm stagnation and Kidney and Lung Yin deficiency.

Treatment strategy:

Promote Qi and Blood circulation and expel phlegm and cool the heat in the blood.

Base formula:

Xue Fu Zhu Yu Tang modified with Er Chen Tang and Liu Wei Di Huang Wan.

Chai Hu Radix Bupleuri 6g

Zhi Ke Fructus Citri Aurantii 12g

Qing Pi Pericarpium Citri Reticulatae Verde 6g

All the herbs above regulate Qi. Chai Hu spread the Liver Qi. Zhi Ke opens the chest and descends the Lung Qi. Qing Pi breaks the Qi stagnation and stops pain.

Yu Jin Tuber Curcumae 12g

Xiang Fu Rhizome Cyperi Rotunda 12g

Yu Jin and Xiang Fu promote blood and Qi circulation. Yu Jin reduces the irritability and cools the heat in the blood. Xiang Fu stops pain.

Yan Hu Suo Rhizome Corydalis Yanhusuo 12g

San Qi Radix Notoginseng 15g

Yuan Hu Suo and San Qi stop pain and promote blood circulation. Yan Hu Suo moves the Qi in the blood. San Qi eliminates swelling.

Chi Shao Radix Paeoniae Rubrae 12g

Chuan Xiong Radix Ligustici Chuanxiong 9g

Hong Hua Flos Carthami Tinctorii 3-9g

Tao Ren Semen Persicae 3-9g

All the herbs promote blood circulation. Chi Shao cools the heat in the blood. Chuan Xiong promotes Qi flow in the blood. Hong Hua and Tao Ren break congealed blood and treat bruises due to stasis. Hong Hua moves faster than Tao Ren. Tao Ren is maintained in the bloodstream longer and moistens the dryness.

Chen Pi Pericarpium Citri Reticulatae 9g

Ban Xia Rhizoma Pinelliae Ternatae 12g

Bai Jie Zi Semen Sinapsis Albae 15g

All the herbs above dry phlegm. Chen Pi regulates the Stomach and Spleen Qi. Ban Xia is the strongest one to dry phlegm. Bai Jie Zi has a strong penetration function to break through the phlegm.

Jie Geng Radix Platycodi Grandiflori 12g

Xing Ren Pruni Armeniaca, Semen 12g

Jie Geng and Xing Ren open the Lung and stop coughing. Jie Geng assists the other herbs to the upper body and Xing Ren moistens the Lung.

Sheng Di Huang Radix Rehmanniae Glutinosae 15-30g

Mu Dan Pi Cortex Moutan Radicis 12g

Sheng Di Huang and Mu Dan Pi cool the heat in the blood. Sheng Di Huang moistens the dryness. Mu Dan Pi promotes blood circulation.

Gan Cao Radix Glycyrrhizae Uralensis 3g

Gan Cao harmonizes other ingredients' functions in the formula.

Result of treatment:

After he took this formula (3:1 decoction, one bag for two days for four weeks) his chest and rib pain resolved.



Mu Dan Pi

Case Study:

2. Female, forty years old, had left-sided chest pain for two weeks since arguing with her co-worker after consuming a half bottle of wine. Her pain was fixed between the 5th and 6th ribs. X-ray diagnosis: Pleurisy. Pain medication reduced her pain level. Palpation of her left side between the 5th and 6th ribs was severely painful. Tongue: dark color, purple dots on the sides. Pulse: strong, wiry.

Diagnosis: Qi and Blood stagnation.

Treatment Strategy: Regulate the Qi and Blood.

Base formula: Xue Fu Zhu Yu Tang modified with Shi Xiao San.

Chi Shao	Radix Paeoniae Rubrae	12g
Chuan Xiong	Radix Ligustici Chuanxiong	9g

Dang Gui	Radix Angelicae Sinensis	12g
Hong Hua	Flos Carthami Tinctorii	9g
Tao Ren	Semen Persicae	9g

All the herbs above promote blood circulation. Chi Shao cools the heat in the blood. Chuan Xiong promotes Qi in the blood and acts fast. Dang Gui nourishes the blood and is maintained in the bloodstream longer. Hong Hua and Tao Ren are paired herbs to break congealed blood. Hong Hua has a fast effective action and Tao Ren is maintained in the bloodstream longer and moistens the dryness.

Yan Hu Suo	Rhizome Corydalis Yanhusuo	12g
Xiang Fu	Rhizome Cyperi Rotunda	12g

Yuan Hu Suo and Xiang Fu promote Qi and blood circulation and stop pain. Yan Hu Suo promotes Qi circulation in the blood. Xiang Fu promotes blood flow in the blood.

Chai Hu	Radix Bupleuri	3g
Bai Shao	Radix Peoniae Lactiflorae	15g
Zhi Ke	Fructus Citri Aurantii	12g
Bo He	Mentha Haplocalyx	6g

All the herbs regulate Qi. Chai Hu spreads the Liver Qi. Bao Shao stabilizes the Liver Qi. Zhi Ke breaks the Qi stagnation and descends Qi. Bo He flows the Qi to upper body and releases the surface.

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

Mu Li	Concha Ostrae	30g
Long Gu	Os Draconis	30g

Mu Li and Long Gu settle the Liver and Heart Yang. Mu Li dissolves the lumps and tends to stabilize the Liver Yang. Long Gu especially stabilize the Heart Yang and astringes the Kidney.

Gan Cao	Radix Glycyrrhizae Uralensis	3g
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Gan Cao harmonizes the ingredients function in the formula.

Result of treatment:

After she took one bag of this formula per day for ten days, her chest pain and irritability reduced by approximately 90%. (3:1 decoction)

2). Chronic Bronchitis

Syndromes: Cough, asthma, shortness breath, white or yellow phlegm, fatigue, teeth marks, red or purple tongue with white or yellow greasy coating. Slippery, floating and rapid pulses.

Treatment Strategy: Expel cold or phlegm, open the Lung and promote Qi and blood circulation.

Base formula: Xue Fu Zhu Yu Tang modified with San Zi Yang Qin Tang and Xiang Sha Liu Jun Zi Tang.

San Zi Yang Qin Tang and Xiang Sha Liu Jun Zi Tang ingredients:

(Zi) Su Zi	Perillae Frutescentis Fructus	12g
Bai Jie Zi	Semen Sinapsis Albae	12g
Lai Fu Zi	Semen Raphani Sativi	12g

Su Zi, Bai Jie Zi and Lai Fu Zi dissolve phlegm. Su Zi stops cough. Bai Jie Zi penetrates through the phlegm. Lai Fu Zi reduces the food stagnation to open the middle jiao.

Chen Pi	Pericarpium Citri Reticulatae	9g
Sha Ren	Fructus Amomie	9g

Chen Pi and Sha Ren regulate Stomach and Spleen Qi and descend Stomach Qi. Chen Pi dries and regulates Qi and phlegm more than Sha Ren. Sha Ren is aromatic and has a strong fragrance to penetrate to a deeper level.

Dang Shen	Radix Codonopsis Pilosulae	15g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	15g
Fu Ling	Sclerotium Poriae Cocco	30g
Gan Cao	Radix Glycyrrhizae Uralensis	3g

Si Jun Zi Tang formula: Dang Shen strengthens the Spleen Qi. Bai Zhu dries the dampness. Fu Ling drains and leaches the dampness from the middle jiao. Gan Cao harmonizes their function.

(1). Qi, Phlegm and Blood Stagnation Modification:

Xing Ren	Pruni Armeniaca, Semen	3-12g
Ma Huang	Herba Ephedrae	3-12g
Chuan Bei Mu	Bulbus Fritillariae Cirrhosae	3-30g

Jie Geng Radix Platycodi Grandiflori 3-12g

All the herbs above stop coughing. Xing Ren, Ma Huang and Jie Geng open the Lung. Xing Ren and Ma Huang stop asthma. Xing Ren moistens the Lung and Ma Huang is stronger to stop asthma and it also promotes urination and causes sweating. Jie Geng guides the herbs to the upper body. Chuan Bei Mu moistens the dryness and stops dry cough.

Chen Pi Pericarpium Citri Reticulatae 3-9g

Ban Xia Pinelliae Rhizoma Preparatum 3-9g

Chen Pi and Ban Xia dry phlegm and descend Stomach Qi. Chen Pi regulates the Spleen and Lung Qi. Ban Xia dries phlegm and descends the Stomach Qi.

Fu Ling Sclerotium Poariae Cocoa 3-30g

Fu Ling promotes urination to drain the dampness from the Upper and middle jiao and balance the water in the body.

(Zi) Su Zi Perillae Frutescentis Fructus 12g

Bai Jie Zi Semen Sinapsis Albae 12g

Lai Fu Zi Semen Raphani Sativi 12g

Su Zi, Bai Jie Zi and Lai Fu Zi dissolve phlegm. Su Zi stops coughing. Bai Jie Zi penetrates through the phlegm. Lai Fu Zi reduces food stagnation to open the middle jiao.

Chen Pi Pericarpium Citri Reticulatae 9g

Sha Ren Fructus Amomie 9g

Chen Pi and Sha Ren regulate Stomach and Spleen Qi and descend Stomach Qi. Chen Pi dries and regulates Qi and phlegm. Sha Ren aromatically penetrates in a deeper level. Chen Pi has a faster effective action and Sha Ren is maintained in the bloodstream longer.

Dang Shen Radix Codonopsis Pilosulae 15g

Bai Zhu Rhizoma Atractylodis Macrocephalae 15g

Fu Ling Sclerotium Poriae Cocoa 30g

Gan Cao Radix Glycyrrhizae Uralensis 3g

Si Jun Zi Tang: Dang Shen strengthens the Spleen Qi. Bai Zhu dries the dampness. Fu Ling drains and leaches the dampness from the middle jiao. Gan Cao harmonizes.

Dan Shen Radix Codonopsis Pilosulae 3-12g

Chi Shao Radix Paeoniae Rubrae 3-12g

Chuan Xiong Radix Ligustici Chuanxiong 3-9g

Hong Hua Flos Carthami Tinctorii 3-9g

All the herbs promote blood circulation. Dan Shen cools the heat and calms the Heart. Chi Shao cools the heat and has a strong promote blood circulation function. Chuan Xiong flows fast and to the surface and moves the Qi in the blood. Hong Hua breaks up congealed the blood.

Chai Hu	Radix Bupleauri	3-6g
Zhi Ke	Fructus Citri Aurantii	3-12g
Qing Pi	Pericarpium Citri Reticulatae Veride	3-12g

All the herbs regulate Qi. Chai Hu spreads the Liver Qi. Zhi Ke and Qing Qi break Qi stagnation and descend Qi downwards. Zhi Ke opens the chest. Qing Pi emphasizes breaking Qi stasis and pain stagnation.



Hong Hua

(2). Damp Heat with Qi and Blood Stagnation Modification:

Huang Qin	Radix Scutellariae Baicalensis	3-30g
Yu Xing Cao	Herba cum Radice Houttuyniae Cordate	3-30g
Da Qing Ye	Folium Daqingye	3-15g
Gang Mei Gen	Ilex Asprella Root	12-30g
Tu Niu Xi	Radix Achyranthis	12-30g
Sang Bai Pi	Mori Albae Radicis, Cortex	12-30g

All the herbs above clear damp heat. Huang Qin and Yu Xing Cao clear upper jiao damp heat. Huang Qin emphasis clears damp heat, is maintained in the bloodstream longer than Yu Xing Cao. Yu Xing Cao has a faster effective action and promotes urination. Da Qing Ye clears heat toxins and flows to the surface. Gang Mei Gen and Tu Niu Xi clear heat

toxins and flow to the surface. Gang Mei Gan promotes blood circulation. Sang Bai Pi promotes urination to drain the upper jiao damp heat and stops coughing. Herbs that flow to the surface level tend to have faster effective actions than herbs that act on a deeper level. Deeper level refers to the ability of the herb to maintain its effective action in the bloodstream for a long duration.

Lu Gen Rhizoma Phragmitis Communis 12-30g

Lu Gen promotes urination to drain the damp heat in the upper jiao and moistens the dryness.

Dan Shen Radix Salviae Miltiorrhizae 3-12g

Chi Shao Radix Paeoniae Rubrae 3-12g

Dan Shen and Chi Shao promote blood circulation and cool the heat in the blood. Dan Shen calms the Heart and promotes small blood vessel circulation. Chi Shao moves the blood of blood. This refers to its lasting ability to invigorate blood for a long duration.

Zhi Ke Fructus Citri Aurantii 3-12g

Chen Pi Pericarpium Citri Reticulatae 3-12g

Zhi Ke and Chen Pi regulate the Qi and descend Qi. Zhi Ke breaks Qi stagnation and opens the chest. Chen Pi regulates Spleen and Stomach Qi and dries the dampness.

Fu Ling Sclerotium Poariae Cocoa 9-30g

Dan Zhu Ye Herba Loaphatheri Gracilis 3-12g

Fu Ling and Dan Zhu Ye promote urination to drain dampness in the upper jiao. Fu Ling balances the water in the Spleen. Dan Zhu Ye clears damp heat and calms the Heart.

Gan Cao Radix Glycyrrhizae Uralensis 3-9g

Gan Cao harmonizes the action of ingredients in the formula.

(3). Qi and Yang deficiency Modification:

(Zi) Su Zi Perillae Frutescentis Fructus 12g

Bai Jie Zi Semen Sinapsis Albae 12g

Lai Fu Zi Semen Raphani Sativi 12g

Su Zi, Bai Jie Zi and Lai Fu Zi dissolve phlegm. Su Zi stops coughing. Bai Jie Zi penetrates through the phlegm. Lai Fu Zi reduces the food stagnation to open the middle jiao.

Chen Pi Pericarpium Citri Reticulatae 9g

Sha Ren Fructus Amomie 9g

Chen Pi and Sha Ren regulate Stomach and Spleen Qi and descend Stomach Qi. Chen Pi dries and regulates Qi and phlegm in the surface level. Sha Ren works on a deeper level and therefore has a slower effective action rate but maintains its action in the bloodstream for a longer duration.

Dang Shen	Radix Codonopsis Pilosulae	15g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	15g
Fu Ling	Sclerotium Poriae Cocco	30g
Gan Cao	Radix Glycyrrhizae Uralensis	3g

Si Jun Zi Tang: Dang Shen strengthens the Spleen Qi. Bai Zhu dries the dampness. Fu Ling drains and leaches the dampness from the middle jiao. Gan Cao harmonizes.

Huang Qi	Radix Astragali Membranaceus	15g
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Huang Qi strengthens and raises the Spleen Qi, promotes healing and mildly promotes urination.

Xu Duan	Radix Dipsaci Asperi	12g
Yin Yang Huo	Herba Epimedii	12g
Bai Ji Tian	Radix Morindae Officinalis	12g
Tu Si Zi	Semen Cuscutae Chinensis	15g

All the herbs strengthens the Kidney Yang. Xu Xuan promotes blood circulation. Yin Yang Huo and Bai Ji Tian expel wind damp Bi pain. Yin Yang Huo has a faster action and Bai Ji Tian maintains in the bloodstream longer. Tu Su Zi nourishes Kidney Yin.

Gan Jiang	Rhizoma Zingiberis Officinalis	12g
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Gan Jiang warms the middle jiao and Lung and descends the Qi downward.

Chai Hu	Radix Bupleuri	3g
Sheng Ma	Rhizoma Cimicifugae	6g
Zhi Ke	Fructus Citri Aurantii	12g

All the herbs above regulate Qi. Chai Hu spreads the Liver Qi on the sides and up and down. Sheng Ma lifts the Qi upwards. Zhi Ke descends the Qi downwards.

Chuan Xiong	Radix Paeoniae Rubrae	9g
Dang Gui	Radix Angelicae Sinensis	9g

Chuan Xiong and Dang Gui promote blood circulation. Chuan Xiong promotes Qi flow in the blood and flows in the surface. Dang Gui promotes blood of blood circulation and nourishes the blood.

Case study:

1. A 56 year old male patient has had chronic bronchitis for more than 10 years characterized by coughing and asthma. He used drugs to control the symptoms. Initially, the medications masked the symptoms but they are no longer helping. His initial TCM visit was in the winter during the cold weather. He had severe coughing fits with white phlegm, shortness breath, fatigue, frequent urination. He had a puffy and purple tongue with a white moist coating. His pulses were deep, small and weak.

Diagnosis: Kidney and Lung Yang deficiency, Qi, blood and cold stagnation.

Treatment strategy:

Strengthen the Yang, expel the cold and promote Qi and blood circulation.

Base formula:

Xue Fu Zhu Yu Tang modified with Fu Zi Li Zhong Tang.

Rou Gui Cortex Cinnamomi Cassiae 9g

Gan Jiang Rhizoma Zingiberis Officinalis 12g

Rou Gui and Gan Jiang warm the middle jiao and lower jiao. Rou Gui warms the channels and guides the fire back to the source. Gan Jiang warms the Spleen and Stomach and has a faster effective action.

Dang Shen Radix Codonopsis Pilosulae 12g

Huang Qi Radix Astragali Membranaceus 12g

Dang Shen and Huang Qi strengthen the Spleen Qi. Dang Shen emphasizes strengthening the middle jiao/Spleen and Stomach. Huang Qi lifts the Qi.

Ban Xia Pinelliae Rhizoma Preparatum 9g

Fu Ling Sclerotium Poariae Coeca 15g

Bai Zhu Rhizoma Atractylodis Macrocephalae 12g

Chen Pi Pericarpium Citri Reticulatae 9g

All the herbs above benefit the Spleen. Ban Xia dries the dampness and phlegm and descends the Stomach Qi. Fu Ling drains the dampness to increase the dryness for the Spleen and has a function of balancing the water in the body. Bai Zhu warms and dries the Spleen to strengthen the Spleen Qi. Chen Pi regulates the Spleen and Stomach Qi and dries the dampness.

Chuan Xiong Radix Ligustici Chuanxiong 9g

Dang Gui Radix Angelicae Sinensis 9g

Dan Shen Radix Salviae Miltiorrhizae 12g

All the herbs promote blood circulation. Chuan Xiong moves the Qi in the blood and flows fast. Dang Gui nourishes the blood and is warming. Dan Shen is cool, calms the Heart and emphasizes promoting small blood vessel circulation.

Chai Hu	Radix Bupleauri	6g
Zhi Ke	Fructus Citri Aurantii	12g

Chai Hu and Zhi Ke regulate Qi. Chai Hu spreads the Liver Qi in every direction. Zhi Ke breaks the Qi and opens the chest.

Jie Geng	Radix Platycodi Grandiflori	12g
Chuan Bei Mu	Bulbus Fritillariae Cirrhosae	12g
Xing Ren	Pruni Armeniacae, Semen	12g
Zhi Ma Huang	Honey-fired Herba Ephedrae	6g

All the herbs above stop coughing. Jie Geng opens the Lungs and carries the herbs to the upper body. Chuan Bei Mu moistens the dryness and dissolves hot phlegm nodules. Xing Ren and Zhi Ma Huang stop asthma. Xing Ren moistens the dry lungs and throat. Zhi Ma Huang strongly stops asthma. Zhi in Zhi Ma Huang indicates that it is treated with honey, which reduces its function to promote sweating.

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

Result of treatment:

After he took six bags for six days, his asthma has resolved completely. He is continuing to take one bag of this herbal formula for three days. He re-boils the herbal formula twice and consumes the herbs two out of the three days per each bag. He is taking this same formula in the winter.

Case study:

- Female, age 62, is suffering from asthma for 20 years. Flare-ups last several days characterized by shortness of breath, coughing, sticky yellow phlegm and low grade fever. Her pulses are floating, rapid and slippery and her tongue is dark red with a greasy yellow coating.

Diagnosis: Qi, blood and hot phlegm stasis

Treatment strategy: Clear hot phlegm and promote Qi and blood circulation.

Base formula: Xue Fu Zhu Yu Tang modified with Yin Qiao San and Ma Huang Tang

Dan Shen	Radix Salviae Miltiorrhizae	12g
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Chi Shao Radix Paeoniae Rubrae 12g
Niu Xi Radix Achyranthis Bidentatae 12g

Dan Shen, Chi Shao and Niu Xi promote blood circulation and cool the heat in the blood. Dan Shen calms the Heart and tends to promote blood circulation in the small blood vessels. Chi Shao cools the blood. Niu Xi guides the blood flow to lower jiao (burner) and promotes urination.

Ma Huang Herba Ephedrae 9g
Xing Ren Pruni Armeniaca, Semen 12g
Jie Geng Radix Platycodi Grandiflori 12g

All the herbs above stop coughing. Ma Huang and Xing Ren are paired herbs to stop asthma. Ma Huang is stronger than Xing Ren to stop asthma. Xing Ren moistens the dryness of lungs. The herbs balance each other with Ma Huang's drying properties and Xing Ren's moistening properties. Jie Geng opens the Lungs and carries the herbs to the upper body.

Yu Xing Cao Herba cum Radice Houttuyniae Cordate 15g
Huang Qin Radix Scutellariae Baicalensis 15g

Yu Xing Cao and Huang Qin clear damp heat in the lungs. Yu Xing Cao flows faster and to the surface meaning that it has a fast effective action. Huang Qin is maintained in the bloodstream longer. Note that herbs with fast effective actions tend to be physically lighter substances whereas those with the ability to maintain effectiveness in the bloodstream for a longer duration tend to be relatively dense substances.

Niu Bang Zhi Fructus Arctii Lappae 12g
Jin Yin Hua Flos Lonicerae Japonicae 15g
Liao Qiao Fructus Forsythiae Suspensae 12g

All the herbs above clear heat toxins. Niu Bang Zi clears the heat toxins involved in sore throats. Jin Yin Hua and Liao Qiao release the surface, that is, promote sweating. Jin Yin Hua has a fast effective action and Liao Qiao dissolves hot phlegm nodules.

Gua Lou Semen Trichosanthis 12g
Hai Ge Ke Meretricis/Cyclinae Concha 15g

Gua Lou and Hai Ge Ke dissolve hot phlegm. Gua Lou regulates the Lung Qi. Hai Ge Ke moistens the dryness of the throat and Lungs to dislodge the dry phlegm from the lungs.

Xuan Shen Radix scrophulariae Ningpoensis 12g
Tian Hua Fen Radix Trichosanthis Kirilowii 12g
Bai Mao Gen Rhizoma Imperatae Cylindrica 30g
Lu Gen Rhizoma Phragmitis Communis 30g

All the herbs above clear heat and moisten the dryness. Xuan Shen dissolves hot phlegm and cools the heat in the blood. Tian Hua Fen clears hot phlegm and sore throat. Bai Mao

Gen and Lu Gen moisten the dryness and promote urination. Bao Mao Gen flows to the upper jiao and stops bleeding. Lu Gen drains damp heat from the Lungs.

Sang Bai Pi Mori Albae Radicis, Cortex 30g
Sang Bai Pi drains the hot phlegm from the lungs, stops coughing and clears heat toxins.

Gan Cao Radix Glycyrrhizae Uralensis 6g
Gan Cao harmonizes the function of the ingredients.

Result of treatment:

After she took one bag per day for five days, she has no more yellow phlegm and fever. She is continuing to take the Xue Fu Zhu Yu Tang modified with Ma Huang Tang and Bu Zhong Yi Qi Tang for her further care

3). Asthma

Syndromes: Wheezing, shortness of breath, worse with exertion, fatigue, mucous, purple tongue and wiry and floating pulses.

Diagnosis: Lung Qi and blood stagnation.

Treatment Strategy: Open the Lungs and promote Qi and blood circulation.

Base formula: Xue Fu Zhu Yu Tang modified with Xiao Qing Long Tang.

Xiao Qing Long Tang ingredients:

Ma Huang Herba Ephedrae 3-9g

Xi Xin Herba cum Radice Asari 0.3g *

Ma Huang and Xi Xin stop asthma. Ma Huang opens the Lung and Xi Xin warms and relaxes the lungs to stop asthma.

* Xi Xin's dosage is below 0.3 grams to prevent toxic reactions. Xi Xin is illegal in many states and countries. Check state and national laws to see if this form of wild ginger is legal in your area. Use with caution.

Gui Zhi Ramulus Cinnamomi Cassiae

Gui Zhi warms the Lungs and channels to assist the Ma Huang and Xi Xin to stop asthma.

Bai Shao Radix Peoniae Lactiflorae 12g

Wu Wei Zi Fructus Schizandrae Chinensis 12g

Gan Cao Radix Glycyrrhizae Uralensis 3g

Bai Shao, Wu Wei Zi and Gan Cao harmonize Ma Huang and Xi Xin's opening, releasing and warming actions. Bai Shao stabilizes the Liver and harmonizes Ying and Wei. Wu Wei Zi astringes the Lung Qi to stop coughing and calms the Heart. Gan Cao's sweet taste moderates the function of the other ingredients.

(1). Excess Qi and Phlegm Stagnation Modification:

Ma Huang Herba Ephedrae 12g

Xing Ren Pruni Armeniacae, Semen 12g

Ma Huang and Xing Ren open the Lungs to stop asthma. Ma Huang is stronger at stopping asthma and causing sweating to release the surface. Xing Ren moistens the lungs.

Jie Geng Radix Platycodi Grandiflori 12-15g

Jie Geng opens the Lungs to stop coughing and carries the herbs to the upper body.

Qing Pi Pericarpium Citri Reticulatae Verde 12g

Hou Po Magnoliae Officinalis Cortex 12g

Qing Pi and Hou Po break Qi stagnation and dissolve phlegm. Qing Pi is stronger to break up the Qi stagnation and stops pain. Hou Po is stronger to dissolve the phlegm.

Xin Yi Hua Magnolia Liliflora

Bai Zhi Radix Angelicae Dahuricae

Xin Yi Hua and Bai Zhi dry mucous in sinuses. Xin Yi Hua treats nose itching and a sore throat from external wind. Bai Zhi dries and breaks through the mucous with its penetrating quality.

Ban Xia Pinelliae Rhizoma Preparatum 9g

Ban Xia dries phlegm and descends the Qi.

Fu Ling Sclerotium Poariae Cocoa 15g

Fu Ling drains the dampness and balances the water in the body.

Gua Luo Semen Trichosanthis 12g

Fu Hai Shi Costaziae Os 15g

Hai Ge Ke Meretricis Cyclinae Concha 30g

All the herbs above clear hot phlegm. Gua Luo opens the chest. Fu Hai Shi and Hai Ge Ke dislodge sticky hot phlegm. Fu Hai Shi emphasizes dislodging sticky phlegm by expelling it. Hai Ge Ke emphasizes moistening the dryness to dislodge sticky phlegm. An old saying expressing this function, it pushes the boat from a dry creek.

Dan Shen Radix Codonopsis Pilosulae 3-12g

Dang Gui Radix Angelicae Sinensis 3-12g

Chuan Xiong Radix Ligustici Chuanxiong 3-9g

Hong Hua Flos Carthami Tinctorii 3-9g

All the herbs promote blood circulation. Dan Shen cools the heat and calms the Heart. Dang Gui promotes blood of blood circulation and nourishes the blood. Chuan Xiong flows fast and to the surface and moves the Qi in the blood. Hong Hua breaks up congealed blood.

(2). Qi and Yang Deficiency Modification:

Ma Huang Herba Ephedrae 12g

Xing Ren Pruni Armeniacae Semen 12g

Ma Huang and Xing Ren open the Lungs to stop asthma. Ma Huang strongly stops asthma and causes sweating to release the surface. Xing Ren moistens the lungs.

Dang Shen Radix Codonopsis Pilosulae 12g

Huang Qi Radix Astragali Membranaceus 9-30g

Dang Shen and Huang Qi strengthen the Qi. Dang Shen emphasizes strengthening the middle jiao Qi and Huang Qi raises the Qi upwards and strengthens the Wei Qi.

Yin Yang Huo Herba Epimedii 12g

Ba Ji Tian Radix Morindae Officinalis 12g

Xu Duan Radix Dipsaci Asperi 12g

Dong Chong Xia Cao Cordyceps Sinensis 9g

All the herbs above strengthen the Kidney Yang. Yin Yang Huo and Ba Ji Tian have a moving function to expel the cold. Yin Yang Huo flows to the surface and Bai Ji Tian is maintained in the bloodstream longer. Xu Duan promotes blood circulation. Dong Chong Xia Cao strengthens Kidney Yang and Yin.

Zhi Ke Fructus Citri Aurantii 12g

Chai Hu Radix Bupleauri 3g

Zhi Ke and Chai Hu regulate Qi. Zhi Ke breaks upper jiao Qi stagnation. Chai Hu spreads Liver Qi to the sides and up and down.

Dang Gui Radix Angelicae Sinensis 3-12g

Chuan Xiong Radix Ligustici Chuanxiong 3-9g

Dang Gui and Chuan Xiong promote blood circulation. Dang Gui promotes blood of blood circulation and nourishes the blood. Chuan Xiong promotes Qi of blood circulation and flows to the upper body and surface.

(3). Excess External Wind Attack Modification:

Ma Huang Herba Ephedrae 12g

Xing Ren Pruni Armeniacae, Semen 12g

Ma Huang and Xing Ren open the Lungs to stop asthma. Ma Huang strongly stops asthma and causes sweating to release the surface. Xing Ren moistens the lungs.

Jing Jie Schizonepetae Herba, 9-12g

Fang Feng Radix Ledebouriellae Diaricatae 9-12g

Jing Jie and Fang Feng expel external wind. Jing Jie has stronger moving function. Fang Feng stops internal wind and wind damp Bi pain.

Bo He Mentha Ahaplocalyx 6-9g
Bo He clears heat, expels external wind and clears heat in the throat and head.

Zhi Ke Fructus Aurantii 12g
Chai Hu Radix Bupleuri 3g
Zhi Ke and Chai Hu regulate Qi. Zhi Ke breaks upper jiao Qi stagnation. Chai Hu spreads Liver Qi in every direction.

Chuan Xiong Radix Ligustici Chuanxiong 9g
Chuan Xiong promotes Qi of blood circulation and flows to the surface and warms the channels.

(4). Hot Phlegm Modification:

Ma Huang Herba Ephedrae 12g
Xing Ren Pruni Armeniacae, Semen 12g
Ma Huang and Xing Ren open the Lungs to stop asthma. Ma Huang strongly stops asthma and causes sweating to release the surface. Xing Ren moistens the lungs.

Huang Qin Radix Scutellariae Baicalensis 12-30g
Yu Xing Cao Herba cum Radice Houttuyniae Cordate 12-30g
Huang Qin and Yu Xing Cao clear damp heat. Huang Qin emphasizes clearing upper jiao damp heat and is maintained in the bloodstream longer. Yu Xing Cao has a fast effective action and promotes urination.

Sang Bai Pi Mori Albae Radicis, Cortex 15-30g
Dan Zhu Ye Herba Loaphatheri Gracilis 12g
Sang Bai Pi and Dan Zhu Ye promote urination and drain damp heat in the upper jiao. Sang Bai Pi clears Lung heat and stops coughing. Dan Zhu Ye drains Heart fire.

Zhe Bei Mu Bulbus Fritillariae Thunbergii 12g
Qian Hu Rsiz Peucedani 12g
Zhe Bei Mu and Qian Hu stop coughing and clear hot phlegm. Zhe Bei Mu dissolves hot phlegm nodules. Qian Hu clears wind heat.

Gua Lou Semen Trichosanthis 12g
Zhu Ru Caulis Bambusae in Taeniis 12g
Tian Hua Fen Radix Trichosanthis Kirilowii 12g
Xuan Shen Radix scrophulariae Ningpoensis 15g

All the herbs above dissolve hot phlegm. Gua Lou dissolves hot phlegm in the lungs and regulates Lung Qi. Zhu Ru dissolves hot phlegm from the Lungs and throat. Zhu Ru clears heat from the Gallbladder and relieves irritability and coughing. Tian Hua Fen and Xuan Shen moisten the throat and clear heat toxins. Tian Hua Fen dissolves hot phlegm nodules and Xuan Shen moistens the dryness and cools the heat.

Hou Po Cortex Magnoliae Officinalis 12g

Zhi Ke Fructus Aurantii 12g

Hou Po and Zhi Ke regulate Qi. Hou Po dissolves phlegm. Zhi Ke opens the chest and descends the Qi downward.

Dan Shen Radix Salviae Miltiorrhizae 12g

Chi Shao Radix Paeoniae Rubrae 12g

Dan Shen and Chi Shao promote blood circulation and cool the heat in the blood. Dan Shen calms the Heart and promotes small blood vessel circulation. Chi Shao cools the heat to stop bleeding.

(5). Excess Wheezing Modification:

Ma Huang Herba Ephedrae 3-12g

Xing Ren Pruni Armeniacae, Semen 9-12g

Ma Huang and Xing Ren stop asthma. Ma Huang strongly stops asthma and causes sweating to release the surface. Xing Ren moistens the dryness and more gently addresses the symptoms of asthma.

Xi Xin Herba cum Radice Asari 0.3g

Xi Xin stops asthma and stops pain. One needs to be cautious to limit the dosage to prevent toxicity. Use only where legal.

Wu Wei Zi Fructus Schizandrae Chinensis 12-15g

Wu Wei Zi astringes the Lungs and calms the Lung and Liver Qi.

Zi Wan Asteris Tatarici, Radix 12g

Kuan Dong Hua Tussilaginis Farfarea, Flos 12g

Zi Wan and Kuan Dong Hua stop coughing and expel phlegm. Zi Wan dissolves the phlegm and Kuan Dong Hua has an emphasis to stop coughing.

Chuan Xiong Radix Ligustici Chuanxiong 9g

Chuan Xiong promotes Qi of blood circulation and flows to the surface and warms the channels.

Zhi Ke Fructus Aurantii 12g

Lai Fu Zi	Semen Raphani Sativi	30g
(Zi) Su Zi	Perillae Frutescentis, Fructus	30g

Zhi Ke, Lai Fu Zi and Su Zi regulate and descend Lung Qi. Zhi Ke and Lai Fu Zi regulate the middle jiao Qi. Zhi Ke is stronger to break Qi stagnation and Lai Fu Zi dissolves food stagnation to open up the middle jiao. Su Zi stops coughing and asthma.

Case study:

A Female patient, age 50, has wheezing. She is living a valley where there is excess pollen. She sneezes often, has nasal obstruction with mucous and uses an inhaler three times per day. She has not improved very much with the inhaler. Her tongue has teeth marks with a moist white coating. Her pulses are floating and slippery.

Diagnosis: Wind dampness attack and Lung Qi stagnation.

Treatment Strategy: Open the Lungs and clear wind phlegm.

Base formula: Xue Fu Zhu Yu Tang with Ma Huang Tang and Er Chen Tang modification.

Chuan Xiong	Radix Ligustici Chuanxiong	9g
Bai Zhi	Radix Angelicae Dahuricae	9g
Xin Yi Hua	Magnolia Liliflora	12g
Gui Zhi	Ramulus Cinnamomi Cassiae	9g

All the herbs above clear wind phlegm in the sinus region. Chuan Xiong promotes blood circulation in the Lungs and upper jiao. Bai Zhi penetrates through the phlegm and dissolves phlegm nodules. Xin Yi Hua stops itching and sneezing due to wind. Gui Zhi warms the channels and expels external wind.

Ban Xia	Rhizoma Pinelliae Ternatae	9g
Chen Pi	Pericarpium Citri Reticulatae	9g
Fu Ling	Sclerotium Poriae cocoa	30g

All the herbs above employ team work. Ban Xia dries the phlegm and descends the Qi downward. Chen Pi regulates Qi and Fu Ling drains the dampness.

Ma Huang	Herba Ephedrae	9g
Xing Ren	Pruni Armeniaca, Semen	12g

Ma Huang and Xing Ren are a team of paired herbs. Ma Huang strongly opens the Lungs to stop asthma and Xing Ren assists Ma Huang, stops asthma, moistens dry Lungs and works on the Wei and Qi levels.

Zhi Ke	Fructus Citri Aurantii	12g
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Jie Geng Radix Platycodi Grandiflori 12g

Zhi Ke and Jie Geng open the Lungs. Zhi Ke descends the Lung Qi. Jie Geng releases the surface.

Gan Cao Radix Glycyrrhizae Uralensis 3g

Gan Cao harmonizes the function of formula.

Result of treatment:

After she took one bag per day for three days, her wheezing stopped. Occasional, ongoing use of the herbs for the treatment of phlegm and to promote Qi and blood circulation helps to prevent asthma.

4). Emphysema

Syndrome:

Shortness breath that is worse on moving, cough, excess phlegm in the lungs, difficulty breathing when lying on the bed. Patient has a teeth marked tongue with white coating and a slippery, floating, weak pulse.

Diagnosis:

Excess phlegm in the Lungs. Lung, Spleen and Kidney Qi deficiency. Qi and blood stagnation.

Treatment Strategy:

Open the Lung Qi, eliminate phlegm, promote Qi and blood circulation and strengthen the Spleen and Kidney.

Base formula: Xue Fu Zhu Yu Tang modified with Shen Ling Bai Zhu San.

Shen Ling Bai Zhu San ingredients:

Dang Shen	Radix Codonopsis Pilosulae	12g
Bai Zhu	Atractylodis Macrocephalae Rhizoma,	12g
Fu Ling	Sclerotium Poriae Cocoa	15g
Gan Cao	Radix Glycyrrhizae Uralensis	6g

This portion of Shen Ling Bai Zhu San is comprised of Si Jun Zi Tang ingredients. Dang Shen strengthens the Spleen Qi. Bai Zhu warms and dries the dampness in the middle jiao. Fu Ling drains the dampness and Gan Cao harmonizes the action of formula ingredients.

Yi Yi Ren	Semen Coicis Lachryma-Jobi	15g
Bai Bian Dou	Semen Dolichoris Lablab	30g

Yi Yi Ren and Bai Bian Dou leach out dampness. Yi Yi Ren is stronger to leach out the dampness and Bai Bian Dou emphasizes strengthening the Spleen.

Shan Yao	Radix Dioscoreae Oppositae	15g
Lian Zi	Semen Nelumbinis Nuciferae	12g

Shan Yao and Lian Zi astringe the Spleen. Shan Yao works on a deep level for the Spleen and Lian Zi flows to the surface level for treating acute or mild syndromes of Spleen Qi deficiency related diarrhea.

Sha Ren	Fructus Amomie	9g
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Sha Ren warms and aromatically dries the Spleen.

Jie Geng Radix Platycodi Grandiflori 12g

Jie Geng opens the Lung Qi to assist the Spleen and carries the herbs to upper body.

(1). Excess Qi and Phlegm in the Lungs Modification:

Ban Xia Pinelliae Rhizoma Preparatum 9g

Chen Pi Pericarpium Citri Reticulatae 9g

Ban Xia and Chen Pi dry dampness. Ban Xia is strong to dry the dampness and Chen Pi regulates the Stomach and Spleen as paired herbs to regulate and dry the Spleen, Stomach and Lungs.

Zhi Ke Fructus Citri Aurantii 12g

Chai Hu Radix Bupleauri 6g

Zhi Ke and Chai Hu regulate Qi. Zhi Ke opens the chest and descends the Qi downwards and Chai Hu spreads the Liver Qi upwards. They are the paired herbs to harmonize the Qi upwards and downwards.

Fu Ling Sclerotium Poariae Cocoa 30g

Yi Yi Ren Semen Coicis Lachryma-jobi 30g

Bai Bian Dou Semen Dolichoris Lablab 30g

The herbs above promote urination to drain the dampness from the Lung and Spleen. Fu Ling is the strongest one in this group to drain dampness and for balancing the water in the body. Yi Yi Ren and Bai Bian Dou mildly leach the dampness. Yi Yi Ren is stronger to leach the dampness and Bai Bian Dou emphasizes strengthening the Spleen Qi.

Bai Zhu Rhizoma Atractylodis Macrocephalae 12g

Bai Zhu dries dampness to strengthen the Spleen for the transforming water function to benefit the Lung.

Xing Ren Pruni Armeniacae, Semen 12g

Jie Geng Radix Platycodi Grandiflori 12g

Xing Ren and Jie Geng open the Lungs and stop coughing. Xing Ren stops asthma and moistens the Lungs and Jie Geng assists the other herbs to the upper body.

Chuan Xiong Radix Ligustici Chuanxiong 9g

Dang Gui Radix Angelicae Sinensis 12g

Hong Hua Flos Carthami Tinctorii 9g

Tao Ren Semen Persicae 9g

All the herbs above promote blood circulation. Chuan Xiong promotes the Qi flow in the blood and flows to the surface. Dang Gui promotes the blood of blood and nourishes the blood. Hong Hua and Tao Ren break congealed blood. Hong Hua is faster acting. Tao Ren is maintained in the bloodstream longer and moistens the dryness.

(2). Hot Phlegm Modification:

Gang Mei Gen (Wan Dian Jin)	Ilex root	30-60g
Huang Qin	Radix Scutellariae Baicalensis	15-30g
Jin Yin Hua	Flos Lonicerae Japonicae	15-30g
Lian Qiao	Fructus Forsythiae Suspensae	15g
Sang Bai Pi	Mori Albae Radicis, Cortex	15-30g

All the herbs above clear hot phlegm. Gang Mei Gen eliminates heat toxins and relieves sore throats. Gang Mei Gen is commonly found in the herbal formula Gan Mao Ling. Huang Qin eliminates hot phlegm in the upper body. Jin Yin Hua and Lian Qiao expel external Wind Heat type of common cold. Jin Yin Hua emphasizes expelling wind heat and Lian Qiao dissolves hot phlegm nodules. Sang Bai Pi promotes urination to drain the damp heat in the Lungs and clears the Lung heat.

Zhe Bei Mu	Bulbus Fritillariae Thunbergii	15g
Jie Geng	Radix Platycodi Grandiflori	15g
Xing Ren	Pruni Armeniacae, Semen	12g

All the herbs above stop coughing and dissolve hot phlegm. Zhe Bei Mu dissolves hot phlegm nodules. Jie Geng opens the Lungs and assists other herbs to the upper body. Xing Ren opens the Lungs, stops asthma and moistens the dryness.

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

Dan Shen and Chi Shao promote blood circulation and cool the heat in the blood. Dan Shen calms the Heart and promotes small blood vessel circulation. Chi Shao cools the heat to stop bleeding.

Zhi Ke	Fructus Citri Aurantii	12g
Chai Hu	Radix Bupleauri	6g

Zhi Ke and Chai Hu regulate Qi. Zhi Ke opens the chest and descends the Qi downwards and Chai Hu spreads the Liver Qi upwards. They are paired herbs to harmonize the Qi upwards and downwards.

(3). Qi and Yang Deficiency Modification:

Dang Shen	Radix Codonopsis Pilosulae	12g
Huang Qi	Radix Astragali Membranaceus	15g

Dang Shen and Huang Qi strengthen the Qi. Dang Shen emphasizes strengthening the middle-Spleen Qi. Huang Qi emphasizes lifting up the Qi and promoting healing.

Yin Yang Huo	Herba Epimedii	12g
Ba Ji Tian	Radix Morindae Officinalis	12g

Yin Yang Huo and Ba Ji Tian strengthen the Kidney Yang and expel wind damp Bi pain. Yin Yang Huo moves faster (faster effective action) and Ba Ji Tian is maintained in the bloodstream longer.

Dong Chong Xia Cao Cordyceps Sinensis 9g

Dong Chong Xia Cao strengthens the Kidney Yang and Yin.

Chuan Xiong Radix Paeoniae Rubrae 12g

Dang Gui Radix Angelicae Sinensis 15-30g

Chuan Xiong and Dang Gui promote blood circulation. Chuan Xiong flows on the surface, has a faster effective action and promotes Qi flow in the blood. Dang Gui works into deeper levels, moves the blood of blood and nourishes the blood.

Chai Hu Radix Bupleauri 3g

Zhi Ke Fructuas Aurantii 12g

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

Case study:

Male, age 65, has chronic coughing, shortness breath and chronic emphysema for years. He has a history of tuberculosis. The patient has severe shortness breath. His lung phlegm sounds can be heard as the sound of ‘a thousand horses running’ due to TB scarring of his lungs. He is worse in the cold and winter. He has loose stools and fatigue. His tongue is puffy with a purple color and a greasy white coating. His pulses are floating, weak and slippery.

Diagnosis:

Lung, Spleen and Kidney Qi and Yang deficiency, excess phlegm, Qi and blood stagnation in the Lung.

Treatment Strategy:

Promote Qi and blood circulation, strengthen the Spleen and Kidney Qi and Yang.

Base Formulas: Xue Fu Zhu Yu Tang, Zhi Sou San and Li Zhong Tang.

Chuan Xiong Radix Ligustici Chuanxiong 9g

Dang Gui Radix Angelicae Sinensis 9g

Chuan Xiong and Dang Gui promote blood circulation. Chuan Xiong moves faster and to the surface and promotes Qi flow in the blood. Dang Gui moves the blood of blood and nourishes the blood.

Zhi Ke	Fructus Citri Aurantii	12g
Chai Hu	Radix Bupleauri	6g

Zhi Ke and Chai Hu regulate Qi. Zhi Ke opens the chest and descends the Qi downward. Chai Hu spreads Liver Qi to the sides, up and down to improve circulation. Together, they regulate descending, ascending and spreading functioning for regulate Qi in the body. This classic combination balances the ‘up and down.’

Gan Jiang	Rhizoma Zingiberis Officinalis	12g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	12g
Dang Shen	Radix Codonopsis Pilosulae	15g

All the herbs strengthen the Spleen Qi. Gan Jiang and Bai Zhu warm and dry the Spleen. Gan Jiang emphasizes the warm temperature and Bai Zhu has long lasting, moderate, dry function. Dang Shen strengthens the Qi.

Fu Ling	Sclerotium Poariae Cocoa	30g
Sang Bai Pi	Mori Albae Radicis, Cortex	30g

Fu Ling and Sang Bai Pi promote urination to drain the dampness. Fu Ling has a balancing the water function for the Spleen. Sang Bai Pi stops coughing.

Ban Xia	Pinelliae Rhizoma Preparatum	9g
Chen Pi	Pericarpium Citri Reticulatae	6g

Ban Xia and Chen Pi are paired herbs that dry and regulate the Lung and Spleen Qi. Ban Xia has a strong function for drying phlegm and Chen Pi regulates the Qi.

Xing Ren	Pruni Armeniaca, Semen	9g
Jie Geng	Radix Platycodi Grandiflori	12g
Zi Wan	Asteris Tatarici, Radix	12g
Kuan Dong Hua	Tussilaginis Farfarea, Flos	12g

All the herbs above stop coughing. Xing Ren and Jie Geng open the Lung Qi to stop coughing. Xing Ren is the strongest to stop asthma in this group. Jie Geng assists the herbs to the upper body. Zi Wan and Kuan Dong Hua dissolve phlegm. Zi Wan emphasizes dissolving the phlegm and Kuan Dong Hua emphasizes stopping coughing.

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

Result of treatment:

He boiled one bag of this herbal formula for a day and re-boiled it and took it for next day. After he took two bags of herbal medicine for six days, his shortness breath and excess phlegm in the lungs have been reduced 80%. He continued taking this herbal formula for his Qi and blood circulation to warm and dry the Spleen and Lung for a half year. His thousands horse running sound in his lung has been reduced by 60%.

5). Hemoptysis

Syndromes:

Coughing blood, shortness of breath, sticky mucous or yellow phlegm with blood, fatigue, purple or pale tongue and floating pulses.

Diagnosis:

Qi and blood stagnation or deficiency or hot phlegm in the Lung or heat in the blood.

Treatment Strategy:

Regulate the Qi and blood and strengthen the Qi, clear hot phlegm or cool the heat in the blood.

Base formula: Xue Fu Zhu Yu Tang modified with Ke Xue Fang.

Ke Xue Fang ingredients:

Qing Dai	Indigo Naturalis	6g
Shan Zhi Zi	Fructus Gardeniae Jasminoidis	12g

Qing Dai and Shan Zhi Zi powerfully cool the heat. Qing Dai cools the Liver wood element heat and stops bleeding. Shan Zhi Zi cools San Jiao heat and, if charred, can stop bleeding.

Gua Lou Ren	Semen Trichosanthis	15g
Fu Hai Shi	Costaziae Os	12g

Gua Lou Ren and Fu Hai Shi eliminate hot phlegm. Gou Lou Ren moistens the Lung and Fu Hai Shi scratches sticky phlegm out from the lungs.

He Zi	Fructus Terminaliae Chebulae	12g
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He Zi cools the heat, astringes the Lungs and descends excess from the Lungs to the Large Intestine channel.

(1). Excess Bleeding Modification:

San Qi	Radix Notoginseang	12-30g
Pu Huang	Pollen Typhae	12g

San Qi and Pu Huang stop bleeding and promote blood circulation. San Qi eliminates swelling and Pu Huang stops pain.

Bai Mao Gen	Rhizoma Imperatae Cylindrica	15-30g
Xian He Cao	Herba Agrimony Pilosae	15g

Ce Bei Ye Cacumen Biotae Oracientalis 12g

All the herbs above stop bleeding and cool the heat. Bai Mao Gen drains dampness. Xian He Cao and Ce Bei Ye cool the heat in the blood. Xian He Cao strengthens the Qi and Ce Bei Ye emphasizes cooling the heat in the blood.

Dan Shen Radix Salviae Miltiorrhizae 9g

Dan Shen cools the heat in the blood and emphasizes promoting small blood vessel blood circulation.

Chai Hu Radix Bupleauri

Zhi Ke Fructuas Aurantii

Chai Hu and Zhi Ke regulate Qi. Chai Hu regulates Liver wood preventing attacking the Lung metal Qi. Zhi Ke regulates the San Jiao, opens the chest and descends Qi.

(2). Hot Phlegm Modification:

Huang Qin Radix Scutellariae Baicalensis 15-30g

Sang Bai Pi Mori Albae Radicis, Cortex 15-30g

Huang Qin and Sang Bai Pi clear upper jiao damp heat. Huang Qin is very stable to eliminate upper jiao damp heat. Sang Bai Pi promotes urination and drains damp heat in the upper jiao.

Hai Ge Ke Meretricis/Cyclinae Concha 12-15g

Fu Hai Shi Costaziae Os 12g

Hai Ge Ke and Fu Hai Shi dissolve sticky hot phlegm. Hai Ge Ke smoothes and moistens the sticky hot phlegm out and Fu Hai Shi scratches the sticky hot phlegm out from the body.

Xuan Shen Radix Scrophulariae Ningpoensis 12g

Tian Hua Fen Radix Trichosanthis Kirilowii 12g

Xuan Shen and Tian Hua Fen dissolve hot phlegm and moisten the dryness. Xuan Shen cools the heat in the blood level. Tian Hua Fen clears heat toxins.

Bai Mao Gen Rhizoma Imperatae Cylindrica 15-30g

Bai Mao Gen cools the upper body heat, stops bleeding and drains dampness.

Chai Hu Radix Bupleauri 6g

Zhi Ke Fructuas Aurantii 12g

Chai Hu and Zhi Ke regulate Qi. Chai Hu spreads the Liver Qi that harmonizes the wood and metal-Lung relationship. Zhi Ke regulates San Jiao Qi, opens the chest and descends Qi.

Dan Shen Radix Salviae Miltiorrhizae 9g

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

Qing Dai	Indigo Naturalis	6g
Shan Zhi Zi	Fructus Gardeniae Jasminoidis	12g

Qing Dai and Shan Zhi Zi cool the heat. Qing Dai cools the Liver wood heat and stops bleeding. Shan Zhi Zi cools San Jiao heat and, if charred, stops bleeding.

(3). Qi Deficiency Modification:

Xi Yang Shen	Radix Panacis Quinquefolii	15-30g
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Xi Yang Shen cools the heat, strengthens the Qi and stops bleeding.

Dang Shen	Radix Codonopsis Pilosulae	15g
Huang Qi	Radix Astragali Membranaceus	12-30g

Dang Shen and Huang Qi strengthen the Qi. Dang Shen emphasizes to strengthening the Spleen Qi. Huang Qi is stronger flowing, lifts up the Qi and promotes healing.

San Qi	Radix Notoginseang	12-30g
Pu Huang	Pollen Typhae	12g

San Qi and Pu Huang stop bleeding and promote blood circulation. San Qi eliminates swelling and Pu Huang stops pain.

Bai Mao Gen	Rhizoma Imperatae Cylindrica	15-30g
Xian He Cao	Herba Agrimony Pilosae	15g
Ce Bai Ye	Cacumen Biotae Oracientalis	12g

All the herbs above stop bleeding and cool the heat. Bai Mao Gen drains dampness. Xian He Cao and Ce Bai Ye cool the heat in the blood. Xian He Cao strengthens the Qi and Ce Bai Ye tends to cool the heat in the blood.

Chai Hu	Radix Bupleauri	6g
Zhi Ke	Fructuas Aurantii	12g

Chai Hu and Zhi Ke regulate Qi. Chai Hu regulates Liver wood so as not to attack the Lung-metal Qi. Zhi Ke regulates San Jiao Qi, opens the chest and descends Qi.

(4). Heat in the Blood Modification:

Mu Dan Pi	Cortex Moutan Radicis	12g
Di Gu Pi	Cortex Lycii Radicias	12g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	12g

All the herbs above cool the in heat in the blood. Mu Dan Pi promotes blood circulation. Di Gu Pi clears the Lung heat and empty (deficiency) heat. Zhi Mu moistens the dryness and clears Qi level heat.

Sheng Di Huang Radix Rehmanniae Galutinosae 15-30g

Xuan Shen Radix Scrophulariae Ningpoensis 12g

Sheng Di Huang and Xuan Shen cool the heat in the blood. Sheng Di Huang nourishes the blood and Yin. Xuan Shen clears heat toxins.

Xi Yang Shen Radix Panacis Quinquefolii 15-30g

Xi Yang Shen cools the heat, strengthens the Qi and stops bleeding.

Qing Dai Indigo Naturalis 6g

Shan Zhi Zi Fructus Gardeniae Jasminoidis 12g

Qing Dai and Shan Zhi Zi cool the heat. Qing Dai cools the Liver wood heat and stops bleeding. Shan Zhi Zi cools San Jiao heat and, if charred, can stop bleeding.

Bai Mao Gen Rhizoma Imperatae Cylindrica 15-30g

Xian He Cao Herba Agrimony Pilosae 15g

Ce Bai Ye Cacumen Biotae Oracientalis 12g

All the herbs above stop bleeding and cool the heat. Bai Mao Gen drains dampness. Xian He Cao and Ce Bai Ye cool the heat in the blood. Xian He Cao strengthens the Qi and Ce Bai Ye tends to cool the heat in the blood.

Chai Hu Radix Bupleuri 3g

Zhi Ke Fructus Aurantii 12g

Chai Hu and Zhi Ke regulate Qi. Chai Hu regulates Liver wood not attack the Lung metal Qi. Zhi Ke regulates San Jiao Qi, opens the chest and descends Qi.

(5). Qi Level Heat Modification:

Shi Gao Gypsum 15-60g

Zhi Mu Rhizoma Anemarrhenae Asphodeloidis 12g

Shi Gao and Zhi Mu cool the heat in the Qi level. Shi Gao emphasizes eliminating the heat. Zhi Mu moistens the dryness and cools the heat in the Qi and blood level.

Lu Gen Rhizoma Phragmitis Communis 15-30g

Lu Gen clears Qi level heat, moistens the dryness and promotes urination.

Jin Yin Hua Flos Lonicerae Japonicae 15g

Lian Qiao Fructus Forsythiae Suspensae 15g

Jin Yin Hua and Lian Qiao release wind heat and clear heat toxins to clear and encourage release of heat from the Wei level. Jin Yin Hua is stronger to release the surface. Lian Qiao eliminates the hot phlegm nodules.

Xi Yang Shen Radix Panacis Quinquefolii 15-30g
Xi Yang Shen cools the heat, strengthens the Qi and stops bleeding.

Qing Dai Indigo Naturalis 6g
Shan Zhi Zi Fructus Gardeniae Jasminoidis 12g
Qing Dai and Shan Zhi Zi cool the heat. Qing Dai cools the Liver wood heat and stops bleeding. Shan Zhi Zi cools San Jiao heat and when charred stops bleeding.

Bai Mao Gen Rhizoma Imperatae Cylindrica 15-30g
Xian He Cao Herba Agrimony Pilosae 15g
Ce Bai Ye Cacumen Biotae Oracientalis 12g
All the herbs above stop bleeding and cool the heat. Bai Mao Gen drains dampness. Xian He Cao and Ce Bai Ye cool the heat in the blood. Xian He Cao strengthens the Qi and Ce Bai Ye tends to cool the heat in the blood.

Chai Hu Radix Bupleauri 3g
Zhi Ke Fructus Aurantii 12g
Chai Hu and Zhi Ke regulate Qi. Chai Hu regulates Liver wood not to attack the Lung metal Qi. Zhi Ke regulates San Jiao Qi, opens the chest and descends Qi.

Case study:

Male, age 50, expectorates yellow sticky phlegm for 10 days. Since yesterday, he started coughing out blood within the sticky phlegm. He has fullness in the chest and thirst. His tongue is red with a greasy yellow coating and he has a floating, slippery and full pulse.

Diagnosis: Qi and blood stagnation, hot phlegm stagnation in the Lung.

Treatment Strategy: Clear hot phlegm and promote Qi and blood circulation.

Base formula: Xue Fu Zhu Yu Tang modified with Qing Gu San and Xie Bai San.

Chuan Xiong Radix Ligustici Chuanxiong 6g
Di Long Lumbricus 12g
Chuan Xiong and Di Long promote blood circulation. Chuan Xiong moves to the surface and promotes Qi in the blood circulation. Di Long stops spasm and penetrates blood and phlegm stagnation.

Chai Hu Radix Bupleauri 3g

Zhi Ke Fructus Citri Aurantii 12g

Chai Hu and Zhi Ke regulate Qi. Chai Hu spreads the Liver Qi flowing into different directions. Zhi Ke opens the Lung Qi and descends the Qi downwards.

Di Gu Pi Cortex Lycii Radicias 12g

Mu Dan Pi Cortex Moutan Radicis 12g

Sheng Di Huang Radix Rehmanniae Galutinosae 30g

All the herbs above cool the heat in the blood. Di Gu Pi clears Lung heat. Mu Dan Pi promotes blood circulation. Sheng Di Huang nourishes the dryness and Yin, Jing and blood.

Xuan Shen Radix Scrophulariae Ningpoensis 12g

Tian Hua Fen Radix Trichosanthis Kirilowii 12g

Xuan Shen and Tian Hua Fen clear hot phlegm and moisten the dryness. Xuan Shen cools the heat in the blood. Tian Hua Fen clears heat toxins.

Hai Ge Ke Meretricis/Cyclinae Concha 30g

Fu Hai Shi Costaziae Os 12g

Hai Ge Ke and Fu Hai Shi expel sticky hot phlegm. Hai Ge Ke moistens the dryness and moves the hot phlegm toward expectoration. Fu Hai Shi scratches (scourers) sticky hot phlegm.

Xi Yang Shen Radix Panacis Quinquefolii 15g

Xi Yang Shen strengthens the Qi, cools heat and stops bleeding.

Zhe Bei Mu Bulbus Fritillariae Thunbergii 15g

Xing Ren Pruni Armeniacae, Semen 9g

Zhe Bei Mu and Xing Ren stop coughing. Zhe Bei Mu dissolves hot phlegm. Xing Ren opens the Lung Qi, and moistens the dryness.

Huang Qin Radix Scutellariae Baicalensis 30g

Lu Gen Rhizoma Phragmitis Communis 30g

Sang Bai Pi Mori Albae Radicis, Cortex 30g

Bai Mao Gen Rhizoma Imperatae Cylindrica 30g

Huang Qin, Lu Gen, Sang Bai Pi and Bai Mao Gen clear Lung heat. Huang Qin is very stably to clear hot phlegm. Lu Gen, Sang Bai Pi and Bai Mao Gen clear Lung heat by promoting urination. Lu Gen moistens the dryness. Sang Bai Pi stops coughing and Bai Mao Gen stops bleeding.

Shi Gao Gypsuama 60g

Zhi Mu Rhizoma Anemarrhenae Asphodeloidis 12g

Shi Gao and Zhi Mu clear Qi level heat. Shi Gao is strong to settle the heat and Zhi Mu cools the heat in the blood and moistens the dryness.

Gan Cao Radix Glycyrrhizae Uralensis 9g
Gan Cao harmonizes the ingredients function of formula.

Result of treatment:

He took one bag of the herbal decoction per day. Three days later his phlegm is clear and the amount of blood reduced about 80%. He took three more bags of herbs; his hemoptysis has resolved. He was continued taking a modification of Xue Fu Zhu Yu Tang and Qing Gu San for his further care.

Case study:

Male, age 60, had a dry cough in the autumn for 2 months. Later he developed expectorating sticky white phlegm with blood in it. The biomedical diagnosis was hemoptysis and he had treatment from an MD for 4 weeks. He continued to frequently cough blood although less frequently. He sought Chinese Medicine for help. His phlegm had a dark color of blood and he had chest fullness, especially on his right lung. His tongue is dark with purple dots on the sides with a dry coating. His pulses are wiry and choppy.

Diagnosis: Qi and blood stagnation with Yin deficiency.

Treatment Strategy:

Smooth the Qi and blood, lubricate Yin, stop coughing and bleeding.

Base formula: Xue Fu Zhu Yu Tang modified with Qing Hao Bei Jia Tang.

Chi Shao Radix Paeoniae Rubrae 12g

Mu Dan Pi Cortex Moutan Radicis 12g

Chi Shao and Mu Dan Pi cool heat in the blood and promote blood circulation. Chi Shao is stronger to promote blood circulation and Mu Dan Pi is stronger to cool the heat in the blood.

Zhi Ke Fructus Citri Aurantii 12g

Jie Geng Radix Platycodi Grandiflori 12g

Qing Hao Herba Artemisia Annuae 12g

All the herbs above regulate Qi. Zhi Ke opens the chest and descends the Qi. Jie Geng opens the Lung to let the Lung Qi descend and stops coughing. Qing Hao encourages the Qi from the inner layer to the surface and clears heat.

Bie Jia Carapax Amydae Sinensis 30g

Sheng Di Huang Radix Rehmanniae Glutinosae 30g

Mai Men Dong Tuber Ophiopogonis Japonici 12g

All the herbs above cool heat. Bie Jia and Sheng Di Huang cool the heat in the blood. Bie Jia cools the heat and dissolves blood stagnation nodules. Sheng Di Huang nourishes the Yin and blood. Mai Men Dong moistens the Yin and calms the Heart.

Bai Mao Gen	Rhizoma Imperatae Cylindrica	30g
Xian He Cao	Herba Agrimony Pilosae	15g
San Qi	Radix Notoginseng	15g
Xi Yang Shen	Radix Panacis Quincquefolii	15g

All the herbs stop bleeding. Bai Mao Gen, Xian He Cao and Xi Yang Shen cool the heat. Bai Mao Gen promotes urination and drains upper jiao heat. Xian He Cao and Xi Yang Shen strengthen Qi. San Qi eliminates the dampness of inflammation.

Hai Ge Ke	Meretricis/Cyclinae Concha	30g
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Hai Ge Ke moistens the dryness and smoothes the phlegm out from the lungs and throat.

Chen Pi	Pericarpium Citri Reticulatae	9g
Fu Ling	Sclerotium Poriae Cocco	30g

Chen Pi and Fu Ling are paired herbs to release phlegm. Chen Pi regulates Qi and dissolves phlegm and Fu Ling promotes urination and balancing water in the body.

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

Result of treatment:

Using a fresh bag of herbs each day, he boiled the herbal tea from 4 cups to 1 cup three times per day. This is one initial boiling and two re-boilings. He drank 1 cup, three times per day (3 cups per day) for 2 weeks. Since, his coughing blood syndrome has stopped. He is continuing with a modified Xue Fu Zhu Yu Tang with Qing Hao Bei Jia Tang formula for further care.

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