

# Case Histories with Herbal Formulas Part 1

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## 1. Chronic fever for 8 months

A 33 year old female has had a low to high grade fever for 8 months accompanied by headache, chills, sweating and occasional pain of the right upper abdomen. She has taken many different kinds of antibiotics with no effect. The patient has a red face, thirst, a desire for cold drinks, fatigue, and dry stools with constipation. The tongue has a yellow greasy coating and the pulse is slippery.

### DIAGNOSIS:

Yangming Qi and Organ damp heat.

### TREATMENT PLAN:

Eliminating Yangming level Qi and Organ damp heat.

### FORMULA:

Bai Hu Tang and Tiao Wei Cheng Qi Tang modification.

Shi Gao	Gypsum	30g.
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	10g.

Shi Gao and Zhi Mu eliminate Qi level heat.

Da Huang	Radix Et Rhizoma Rhei	9g.
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Da Huang purges and clears heat toxins and promotes blood circulation.

Yi Chen Hao	Herba Artemisiae Yinchenhao	30g.
Long Dan Cao	Radix Gentianae Longdancao	9g.

Yin Chen Hao and Long Dan Cao eliminate Liver and Gall Bladder damp heat.

Jin Yi Hua	Flos Lonicerae Japonicae	30g.
Pu Gong Yin	Herba Taraxaci Mongolici cum Radice	24g.

Jin Yin Hua and Pu Gong Yin clear toxic heat.

Ze Lan	Alismatis Rhizoma	15g.
Yi Yi Ren	Semen Coicis Lachryma-jobi	15g.

Ze Lan and Yi Yi Ren promote blood circulation.

Xing Ren	Pruni Armeniaca, Semen	10g.
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Xing Ren opens Lung Qi thereby reducing Yangming Qi level heat.

Ju Hong	Pars Rubra Epicarpium Citri Erythrocarpae	10g.
Bai Dou Kou	Fructus Amomi Kravanh	9g.

Ju Hong and Bai Dou Kou warm and regulate Middle Jiao Qi and dry dampness.

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

**RESOLUTION:**

After 3 bags for 3 days, the fever slowly returned down to normal and a recheck 3 years later confirms no recurrence.

## 2. Stomach Ulcer, Case A

A 38 year old female has had a stomachache for 2 years. The pain radiates to the upper abdomen and ribs and it is more severe at night. She has already been diagnosed with a stomach ulcer. She also experiences: acid reflux, belching. Her tongue coating is white and her pulse is wiry.

DIAGNOSIS:

Liver and Stomach disharmony

TREATMENT PLAN:

Regulate Liver and Stomach Qi

FORMULA:

San Wu Bei Ji Lian San

San Qi	Radix Notoginseng	30g
Yan Hu Suo	Rhizome Corydalis Yanhusuo	9g
Hai Piao Xiao	Os Sepia seu Seiellae	30g
Chuan Bei Mu	Bulbus Fritillariae Cirrhosae	30g
Bai Ji	Rhizoma Bletillae Striatae	30g

San Qi and Yan Hu Suo promote blood circulation to stop pain. Hai Piao Xiao and Chuan Bei Mu calm stomach acid reflux. Hai Piao Xiao is stronger at this function but Chuan Bei Mu has the added function of dissolving hot phlegm nodules. Bai Ji stops bleeding and promotes healing of the ulcer.

Huang Lian	Rhizoma Coptidis	30g
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Huang Lian eliminates damp heat in the Middle Jiao.

Sha Ren	Fructus Amomie	15g
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Fo Shou	Citri Sarcodactylis Fructus	12g
Mu Xiang	Radix Aucklandia Lappae	6g (Add last 5 minutes)

Sha Ren and Fo Shou regulate Qi and dry dampness. Sha Ren is stronger for drying while Fo Shou regulates Liver and Stomach Qi. Mu Xiang penetrates to warm the Qi and eliminate hidden Qi and Phlegm stagnation.

Chuan Lian Zi	Fructus Meliae Toosendan	30g
Bai Shao	Radix Peoniae Lactiflorae	45g
Xiang Fu	Rhizome Cyperi Rotunda	15g
Gan Cao	Radix Glycyrrhizae Uralensis	30g

Chuan Lian Zi clears toxic heat and breaks Liver and Stomach Qi stagnation. Bai Shao stabilizes the Liver and Stomach Qi excess. Xiang Fu promotes blood circulation and regulates Qi and Blood to stop pain. Gan Cao harmonizes the ingredients of the formula.

**ADDITIONAL DIRECTIONS:**

Powder all the ingredients; take about 10 grams three to four times per day.

**RESOLUTION:**

After taking this formula for three months, she reported that her stomach ulcer has improved by 90%.

**3. Stomach Ulcer, Case B**

A 43 year old female patient has had a stomachache for 11 years. The pain is more severe at night. She also experiences acid reflux, a depressed appetite, fatigue, aversion to cold, excess sweating, and excessive fear. She has been diagnosed with a stomach ulcer by an MD. Her face is pale and her tongue is light purple with teethmarks. Her pulse feels weak and deep.

**DIAGNOSIS:**

Liver and Stomach Qi and Blood stagnation with Spleen and Stomach Qi deficiency

**TREATMENT PRINCIPLE:** Move Qi and Blood, Benefit Spleen and Stomach Qi, Promote healing of the ulcer.

**FORMULA:**

San Wu Bei Ji Lian San modification

San Qi	Radix Notoginseng	30g
Yan Hu Suo	Rhizome Corydalis Yanhusuo	9g

Hai Piao Xiao	Os Sepia seu Seiellae	30g
Chuan Bei Mu	Bulbus Fritillariae Cirrhosae	30g
Bai Ji	Rhizoma Bletillae Striatae	30g

San Qi and Yan Hu Suo promote blood circulation to stop pain. Hai Piao Xiao and Chuan Bei Mu calm stomach acid reflux. Hai Piao Xiao is stronger at this function but Chuan Bei Mu has the added function of dissolving hot phlegm nodules. Bai Ji stops bleeding and promotes healing of the ulcer.

Huang Lian	Rhizoma Coptidis	30g
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Huang Lian eliminates damp heat in the Middle Jiao.

Sha Ren	Fructus Amomie	15g
Fo Shou	Citri Sarcodactylis Fructus	12g
Mu Xiang	Radix Aucklandia Lappae	6g (Add last 5 minutes)

Sha Ren and Fo Shou regulate Qi and dry dampness. Sha Ren is stronger to drying while Fo Shou regulates Liver and Stomach Qi. Mu Xiang penetrates to warm the Qi and eliminate hidden Qi and Phlegm stagnation.

Chuan Lian Zi	Fructus Meliae Toosendan	30g
Bai Shao	Radix Peoniae Lactiflorae	45g
Xiang Fu	Rhizome Cyperi Rotunda	15g
Gan Cao	Radix Glycyrrhizae Uralensis	30g

Chuan Lian Zi clears toxic heat and breaks Liver and Stomach Qi stagnation. Bai Shao stabilizes the Liver and Stomach Qi excess. Xiang Fu promotes blood circulation and regulates Qi and Blood to stop pain. Gan Cao harmonizes the ingredients of the formula.

**ADDITIONAL DIRECTIONS:** Powder all the ingredients and add Rou Gui (Cortex Cinnamomi Cassiae) 6g, Dang Shen (Radix Codonopsis Pilosulae) 30g. Have the patient take 10 grams four times a day.

**RESOLUTION:**

After 6 months on this herbal regimen, her stomach ulcer completely resolved.

## 4. Involuntarily movement of eyes and eyebrows

A 6 year old boy is suffering from involuntarily movements in and around his eyes and eye brows. He was first diagnosed with dry eye syndrome and was treated using Vitamin A and D eye creams and herbs to stop internal wind and strengthen the Spleen with no effect. When the patient was rechecked, he had worm spots in the sclera of the eye. (Blue patches on the sclera are



indicative of roundworm.) He is a very picky eater. A stool culture reveals that he has roundworms. The patient has a pale tongue and a floating, wiry and weak pulse.

DIAGNOSIS:

Roundworms with Qi stagnation and internal wind.

TREATMENT PLAN:

Expel roundworms.

FORMULA:

Jun Zi Bing Lang Tang

Chao (Fry) Bai Zhu    Rhizoma Atractylodis Macrocephalae    12g

Shan Yao                Radix Dioscoreae Oppositae                12g

Huang Jing             Rhizoma Polygonati                            15g

Bai Zhu and Shao Yao strengthen Spleen Qi. Bai Zhu dries dampness and Shao Yao is astringent to preserve the Spleen. Huang Jing strengthens Jing to benefit the Spleen Qi.

Bing Lang                Semen Arecae Catechu                        12g

Fei Zi                     Torreyae Semen                                10g

Shi Jun Zi                Fructus Quisqualis Indicae                12g

Bing Lang, Fei Zi and Shi Jun Zi expel parasites. Bing Lang breaks Qi and Damp stagnation. Fei Zi stops intestinal pain. Shi Jun Zi nourishes Spleen Qi.

Zhi Ke                    Fructus Citri Aurantii                        10g

Mu Xiang                Radix Aucklandia Lappae                    9g

Zhi Ke breaks Qi stagnation and descends the Qi. Mu Xiang dries and regulates hidden Qi and Phlegm stagnation.

RESOLUTION:

After taking 3 bags for 3 days, 6 roundworm were expelled. He is no longer a picky eater and has no more involuntary eye movements.

DISCUSSION:

Roundworms are a type of threadworm usually stagnating in the small intestine. A male roundworm is approximately 15-30 cm and a female roundworm is approximately 20-35 cm in length. This infectious disease is more common in children than adults. Typical symptoms include pain in the area of the umbilicus, irregular appetite (hunger, lack of hunger, desire for unusual foods), nausea, vomiting, diarrhea or constipation, worms appearing in the stool or vomit, papules or white patches of the face, protrusions in the membrane of the lower lip, and blue-ish patches in the sclera of the eye. In children, this can lead to developmental issues and learning disabilities.

## 5. Asthma

A 30 year old female patient has been suffering from emotional stress, shortness of breath, cough, asthma, severe hiccups and plum pit throat qi for 3 weeks. She has been using antidepressants with no effect. Her tongue has red sides and a white coating. Her pulse is wiry, small and rapid.

### DIAGNOSIS:

Stomach, Liver and Lung Qi stagnation with dampness

### TREATMENT PLAN:

Regulate Liver and descend Stomach Qi

### FORMULA:

Ding Xiang Shi Di Tang and Ban Xia Huo Po Tang modification

Shi Di	Kaki Calyx Flos	15g
Ding Xiang	Flos Caryophylli	6g
Sheng Jiang	Zingiber Officinale Rosc.	12g

Shi Di, Ding Xiang and Sheng Jiang descend Stomach Qi. Shi Di is physically light in weight and thus tends to treat hiccups on the surface level. Surface level treatment implies that it is fast acting but not as long lasting as physically denser herbs which tend to stay in the bloodstream longer. Ding Xiang is aromatic and therefore acts quickly. Sheng Jiang is acrid and warms the surface level of the disorder to stop hiccups.

Ban Xia	Pinelliae Rhizoma Preparatum	9g
Hou Po	Cortex Magnoliae Officinalis	12g
Zi Su Ye	Folium Perillae Frutescentis	9g

Ban Xia, Hou Po and Zi Su Ye dry dampness and descend Stomach Qi. Ban Xia is dense which descends Stomach Qi. Hou Po regulates Qi and phlegm. Zi Su Ye is light and works on the surface level. This combination of 3 herbs works on the surface, middle and deep level.

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

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

Xing Ren	Pruni Armeniacae, Semen	9g
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Xing Ren opens Lung Qi to stop cough and asthma.

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

**RESOLUTION:**

The patient took 12 bags for 12 days. Her hiccups stopped in the first three days and her asthma and plum pit throat qi resolved in five days.

## 6. Diarrhea

A 2 year old boy has had severe watery diarrhea 8 to 15 times per day for 3 days. He recently suffered from a cold. He is fatigued and skinny. His parents, who are western MDs, have treated him with IV fluids and antibiotics with no effect. His face is pale and the blood vessels on his index finger are green and purple in color.

**DIAGNOSIS:**

Wind damp cold attacking the Lung creating stagnation with Spleen deficiency

**TREATMENT:** Open the Lung Qi and promote urination to drain dampness to dry the Spleen. This is also referred to as opening the river branch to stop diarrhea.

**FORMULA:**

Wu Ling San modification

Jie Geng                      Radix Platycodi Grandiflori                      3g  
 Jie Geng opens the Lung Qi to reestablish Metal's ability to open and close.

Fu Ling                      Sclerotium Poriae Coccoa                      6g  
 Zhu Ling                      Sclerotium Polypori Unbellati                      6g  
 Bai Zhu                      Rhizoma Atractylodis Macrocephalae                      6g  
 Fu Ling and Zhu Ling promote urination to drain and dry the Spleen. Fu Ling is neutral and mild. Zhu Ling cools heat. Bai Zhu is warm and dries the Spleen to stop diarrhea.

Huang Lian                      Rhizoma Coptidis                      6g  
 Wei (Toasted) He Zi      Fructus Terminaliae Chebulae                      6g  
 Ge Gen                      Radix Puerariae                      6g  
 Huang Lian, Wei He Zi and Ge Gen stop diarrhea. Huang Lian eliminates damp heat. Wei He Zi is astringent and Ge Gen benefits Spleen Qi.

Rou Gui                      Cortex Cinnamomi Cassiae                      3g  
 Rou Gui warms the Spleen and Kidney to dry dampness.

Gan Cao                      Radix Glycyrrhizae Uralensis                      1g  
 Gan Cao harmonizes the actions of the ingredients.

ADDITIONAL INSTRUCTIONS:

The tea needs to be cooked down to 4 cc. Give 1 cc four times daily.

RESOLUTION:

He took two bags for two days. His diarrhea gradually slowed and stopped.

## 7. Diabetes

A 68 year old male patient has had diabetes for 15 years. He has used Western drugs, Chinese herbs and food choices to control his blood sugar. His blood glucose level is at about 150. He is a sailor and travels constantly. He suffers from fatigue, thirst, dry mouth, low sexual energy, cold hands and feet, and edema of the lower extremities. His tongue is red with a white coating and his pulse is floating and slippery.

DIAGNOSIS:

Kidney and Liver Yin and Yang deficiency

TREATMENT PLAN:

Strengthen Yin and Yang

FORMULA:

Liu Wei Di Huang Yin and You Gui Wan modification

Rou Cong Rong	Herba Cistanches Deserticolae	6g
Bai Ji Tian	Radix Morindae Officinalis	12g
Tu Si Zi	Semen Cuscutae Chinensis	12g
Shan Zhu Yu	Fructus corni Officinalis	12g

Rou Cong Rong warms Kidney Yang and moistens the intestines. Bai Ji Tian warms the Kidney Yang and penetrates through the channels. Tu Si Zi warms and nourishes the Kidney Yin and Yang. Shan Zhu Yu is astringent which preserves and nourishes Kidney and Liver Yin.

Niu Xi                      Radix Achyranthis Bidentatae                      12g  
 Niu Xi promotes blood circulation and urination while strengthening the Liver and Kidney.

RenShen	Radix Ginseng	12g
Huang Qi	Radix Astragali Membranaceus	15g
Ge Gen	Radix Puerariae	15g

Ren Shen and Huang Qi strengthen Spleen and Kidney Qi. Ren Shen strengthens Spleen Qi. Huang Qi lifts the Qi and is one of the herbs that are especially useful in the treatment of diabetes. Ge Gen relaxes muscles, generate fluids and lifts Spleen Qi.

Sheng Di Huang	Radix Rehmanniae Galutinosae	15g
Shi Hu	Herba Dendrobii	12g
Tian Hua Fen	Radix Trichosanthis Kirilowii	12g
Mai Men Dong	Tuber Ophiopogonis Japonici	15g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	12g
Wu Wei Zi	Fructus Schizandrae Chinensis	6g

Sheng Di Huang, Shi Hu, Tian Hua Fen, Mai Men Dong, Zhi Mu and Wu Wei Zi all nourish Yin. Sheng Di Huang nourishes Kidney Jing and Liver blood. Shi Hu cools Stomach heat. Tian Hua Fen generates fluids and clears toxic heat. Mai Men Dong calms the heart and cools Stomach and Lung heat. Zhi Mu cools Qi level heat. Wu Wei Zi stops thirst and is one of the special herbs that is useful in the treatment of diabetes.

#### ADDITIONAL INSTRUCTIONS:

Boil the formula the first day and save the herbs for a second boiling the following day. One bag should last 2 days.

#### RESOLUTION:

The patient followed the formula prescription for seven months. Eventually, his blood glucose was able to normalize without Western medication. He also incorporated diet and exercise into his health plan. He was rechecked after 10 years and his blood glucose remains normal.

## **8. Excessive eating and drinking**

A 30 year old female is suffering from excess thirst and hunger. She drinks enormous amounts of water and eats excessive quantities per meal. She has 5-7 meals every day. She is also stressed, irritable and emotional. She worries before her menses. She has dryness in her throat and mouth, tinnitus, and dizziness. She is constipated and only has bowel movements every few days. Her tongue is red and dry with a yellow dry coating. Her pulse is rapid and deep.

#### DIAGNOSIS:

Liver Qi stagnation leading to Kidney, Liver and Stomach Yin deficiency with deficiency heat.

TREATMENT PLAN:

Regulate Liver and calm fire; lubricate Kidney, Liver and Stomach Yin.

FORMULA:

Si Ni San, Liu Wei Di Huang Tang and Bai Hu Tang modification

Chai Hu	Radix Bupleuri	6g
Bai Shao	Radix Peoniae Lactiflorae	30g
Zhi Shi	Fructus Immaturus Citrii Aurantii	12g
Yu Jin	Tuber Curcumae	12g
Xiang Fu	Rhizome Cyperi Rotunda	12g

Chai Hu, Bai Shao, Yu Jin and Xiang Fu smooth Liver Qi. Chai Hu opens and lifts Qi to treat depression. Bai Shao stabilizes excess Yang and calms the mind. Yu Jin cools the blood, promotes blood circulation and opens stagnated orifices. Xiang Fu promotes blood circulation and stops pain. Zhi Shi breaks Qi stagnation and descends Qi.

Fu Xiao Mai	Semen Triticum Aestivum	30g
Yuan Zhi	Radix Polygalae Tenuifoliae	9g

Fu Xiao Mai and Yuan Zhi calm the mind. Fu Xiao Mai treats irritability and Yuan Zhi clears turbid phlegm blocking the orifices.

Shi Gao	Gypsum	60g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	12g
Ge Gen	Radix Puerariae	15g

Shi Gao and Zhi Mu sedate Stomach fire. Shi Gao cools excess Stomach heat to control appetite. Zhi Mu assists Shi Gao to lubricate dryness. Ge Gen relaxes the Stomach muscle and its high fiber content fills the Stomach.

Mai Men Dong	Tuber Ophiopogonis Japonici	12g
Sheng Di Huang	Radix Rehmanniae Galutinosae	15g
Tian Hua Fen	Radix Trichosanthis Kirilowii	20g
Sha Shen	Radix Adenophorae seu Glehniae	15g
Yu Zhu	Polygonati Odorati Rhizoma	15g
Shi Hu	Herba Dendrobii	12g

Mai Men Dong, Sheng Di Huang, Tian Hua Fen, Sha Shen, Yu Zhu and Shi Hu moisten the Yin which curbs thirst and cools heat. Mai Men Dong cools Stomach and Heart fire. Sheng Di Huang nourishes Blood and Jing. Tian Hua Fen clears excess heat. Sha Shen is very juicy and moistens dryness in the Stomach. Yu Zhu calms the Liver. Shi Hu clears Stomach heat.

Huang Jing	Rhizoma Polygonati	30g
Shan Zhu Yu	Fructus corni Officinalis	15g

Huang Jing and Shan Zhu Yu strengthen Kidney and Liver Jing. Huang Jing strengthens Liver blood and fills the Stomach to curb excess appetite. Shan Zhu Yu is astringent and works on the Kidney and Liver.

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

**RESOLUTION:**

The patient took the formula on an empty stomach several times a day whenever she had an urge to eat. After two weeks and 12 bags, her symptoms were improved by 90%.

## 9. Chronic Gall Bladder infection

A 49 year old female has had severe pain in the right upper abdomen for 3 months. Occasionally, she also experiences nausea, vomiting, bitter taste in the mouth and low appetite. The symptoms are worse with greasy food intake and they are so severe that she can only drink fluids or eat baby food. Her face is pale. Her tongue has a light red color with a thin yellow coating. Her pulse is wiry. She has a Western diagnosis of Gallbladder infection.

**DIAGNOSIS:**

Gall Bladder Qi stagnation and damp heat.

**TREATMENT PLAN:**

Eliminate Gall Bladder damp heat toxins and break Qi stagnation.

**FORMULA:**

Yin Chen Hao Tang and Yi Qian Jing modification

Yin Chen Hao	Herba Artemisiae Yinchenhao	30g
Zhi Zi	Fructus Gardeniae Jasminoidis	10g
Huang Qin	Radix Scutellariae Baicalensis	15g

Yin Chen Hao, Zhi Zi and Huang Qin eliminate Gall Bladder and Liver damp heat. Yin Chen Hao clears Gall Bladder damp heat and jaundice. Zhi Zi guides the herbs to the San Jiao and cools heat in the blood and promotes blood circulation. Huang Qin clears GB damp heat.

Jin Qian Cao	Lysimachiae Herba	15g
Hai Jin Sha	Herba Lygodii Japonici	15g
Fu Ling	Sclerotium Poriae Cocco	30g
Ze Xie	Alismatis Rhizoma	9g

Jin Qian Cao, Hai Jin Sha, Fu Ling and Ze Xie promote urination to drain damp heat from the Gall Bladder. Jin Qian Cao and Hai Jin Sha clear stones in the Gall Bladder. Fu Ling harmonizes water metabolism. Ze Xie sedates Kidney fire.

Fo Shou	Citri Sarcodactylis Fructus	12g
Chuan Lian Zi	Fructus Meliae Toosendan	10g
Bai Shao	Radix Peoniae Lactiflorae	12g

Fo Shou, Chuan Lian Zi and Bai Shao regulate Liver Qi. Fo Shou harmonizes the Liver and Stomach. Chuan Lian Zi is bitter and helps sedate Liver and Gall Bladder heat toxins. Bai Shao is stable and calms the Liver Yang and Qi.

Yu Jin	Tuber Curcumae	12g
Yan Hu Suo	Rhizome Corydalis Yanhusuo	12g

Yu Jin and Yan Hu Suo promote Liver Qi and Blood flow and stop pain. Yu Jin cools heat and opens the orifices.

Chi Shao	Radix Paeoniae Rubrae	10g
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Chi Shao cools heat in the blood and promotes blood circulation.

Shan Zha	Fructus Crateigi	12g
Lai Fu Zi	Semen Raphani Sativi	15g
Ji Nei Jin	Endothelium Corneum Gigeruae Galli	12g

Shan Zha, Lai Fu Zi and Ji Nei Jin eliminate food stagnation to assist the Gall Bladder. Shan Zha promotes blood circulation. Lai Fu Zi descends Stomach Qi. Ji Nei Jin dissolves chronic food stagnation and stones.

Ban Xia	Pinelliae Rhizoma Preparatum	9g
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Ban Xia dries dampness to eliminate inflammation and benefits Spleen Qi.

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

#### RESOLUTION:

After taking thirty bags for thirty days, her Gall Bladder infection resolved.

## 10. Acute Kidney failure

A 31 year old female is admitted to the hospital with tachycardia. Three days later, she has edema, inhibited urination, nausea and vomiting. After two more days, the patient's face is



yellow and puffy and she is experiencing bloating, fatigue, nausea and vomiting. She has been unable to urinate or have a bowel movement for five days. Her tongue coating is greasy and white and her pulse is slippery and weak.

## DAY 1

### DIAGNOSIS:

Kidney damp heat with Qi and Yang failure.

### TREATMENT PLAN:

Eliminate Kidney damp heat and benefit Qi.

### FORMULA:

Wen Dan Tang modification:

Zhi Ke                      Fructus Citri Aurantii                      12g

Zhu Ru                      Caulis Bambusae in Taeniis                      15g

Zhi Ke and Zhu Ru break Qi stagnation and eliminate damp heat. Zhi Ke opens the chest to clear Lung Qi. Zhu Ru eliminates damp heat.

Ren Shen                      Radix Ginseng                      6g

Ren Shen strengthens Spleen and Kidney Qi.

Wu Wei Zi                      Fructus Schizandrae Chinensis                      10g

Wu Wei Zi astringes Kidney Yin to open the Kidney Qi.

Dan Shen                      Radix Salviae Miltiorrhizae                      20g

Dan Shen promotes blood circulation. It is particularly useful to bring blood to the small, peripheral blood vessels.

Ju Hong                      Pars Rubra Epicarpium Citri Erythrocarpae                      6g

Ban Xia                      Pinelliae Rhizoma Preparatum                      10g

Ju Hong and Ban Xia dry phlegm. Ju Hong regulates Qi. Ban Xia dries phlegm.

Fu Ling                      Sclerotium Poriae Coccoa                      15g

Che Qian Zi                      Semen Plantaginis                      15g

Gan Sui                      Radix Euphorbia Kansui                      6g (2 g. each time, three times per day)

Fu Ling, Che Qian Zi and Gan Sui promote urination to assist the Kidney. Fu Ling balances water in the body. Che Qian Zi sedates Liver and Gall Bladder damp heat. Gan Sui is the strongest at promoting urination and moving the bowels.

**DAY 2**FOLLOWUP:

The patient took one bag the first day. She was able to urinate 200 cc at night and 400cc during the day. Her edema reduced 30% but she was delirious, irritable, nauseous and had bleeding gums and purple spots under the skin. Her tongue was pale purple with a greasy white peeled coating. Her pulse was slippery and weak.

DIAGNOSIS:

Damp heat and heat in the blood.

TREATMENT PLAN:

Eliminate damp heat and cool heat in the blood; purge Yangming excess.

FORMULA:

Wen Dan Tang, Xiao Cheng Qi Tang and Xi Jiao Di Huang Tang modification

Zhu Ru	Caulis Bambusae in Taeniis	15g
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Zhi Ke	Fructus Citri Aurantii	12g
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Zhu Ru eliminates damp heat. Zhi Ke breaks and descends Qi stagnation.

Ren Shen	Radix Ginseng	10g
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Ren Shen strengthens Spleen and Kidney Qi.

Wu Wei Zi	Fructus Schizandrae Chinensis	9g
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Wu Wei Zi nourishes Yin, calms the Heart and its sour taste guides herbs to the Liver.

Ju Hong	Pars Rubra Epicarpium Citri Erythrocarpae	12g
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Ban Xia	Pinelliae Rhizoma Preparatum	9g
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Ju Hong and Ban Xia dry phlegm. Ju Hong regulates Spleen Qi. Ban Xia dries phlegm.

Fu Ling	Sclerotium Poriae Coccinea	30g
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Deng Xin Cao	Medulla Junci Effusi	3g
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Fu Ling and Deng Xin Cao promote urination. Fu Ling balances water in the body. Deng Xin Cao guides Heart fire from the body.

Shi Chang Pu	Rhizome Acori Graminei	12g
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Yu Jin	Tuber Curcumae	12g
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Shi Chang Pu and Yu Jin open the orifices. Shi Chang Pu harmonizes the Spleen and Stomach.

Yu Jin cools the blood and promotes blood circulation.

San Qi	Radix Notoginseng	15g
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San Qi stops bleeding and promotes blood circulation.

Shui Niu Jiao	Corni Bibali	30g
Mu Dan Pi	Cortex Moutan Radicis	12g
Chi Shao	Radix Paeoniae Rubrae	9g

Shui Niu Jiao, Mu Dan Pi and Chi Shao cool heat in blood. Shui Niu Jiao is the strongest at cooling heat in the blood. Mu Dan Pi and Chi Shao both promote blood circulation. Mu Dan Pi is stronger at cooling heat and Chi Shao is stronger at moving blood.

Da Huang	Radix Et Rhizoma Rhei	10g (Add last 10 minutes)
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Da Huang purges, promotes blood circulation and clears heat toxins.

### DAY 3

#### FOLLOWUP:

She took one bag for a day. She was able to urinate 800 cc at night. She had 3 bowel movements that were loose with red mucous. She was delirious at night but woke with a clear head in the morning. There was a 50% improvement in her edema. Her tongue had a greasy white coating and her pulse was slippery.

#### DIAGNOSIS:

Damp heat in the Kidney.

#### TREATMENT PLAN:

Eliminate damp heat and heat in the blood; purge Yangming excess.

#### FORMULA:

Wen Dan Tang, Xiao Cheng Qi Tang and Xiao Jiao Di Huang Tang modification.

Use the same formula as Day 2 and add:

Jin Yin Hua Tan	(Charred) Flos Lonicerae Japonicae	12g
Zi Cao	Radix Arnebiae Seu Lithospermi	12g.

Jin Yin Hua Tan clears heat and stops bleeding. Zi Cao cools heat in blood and treats redness of skin. Zi Cao is a particularly valuable herb in Chinese medicine dermatology.

### DAY 4

#### FOLLOWUP:

She took one bag for one day. She was able to have a few bowel movements that were loose with mucous and blood. Her urine output increased to about 1600cc. Gum bleeding ceased and her

edema improved 70%. Her face is puffy. Her tongue had a greasy white coating and her pulse was slippery.

DIAGNOSIS:

Damp heat in the Kidney

TREATMENT PLAN:

Eliminate damp heat, promote urination and strengthen and regulate Spleen Qi.

FORMULA:

Wen Dan Tang modification:

Zhi Ke                      Fructus Citri Aurantii                      12g

Zhu Ru                      Caulis Bambusae in Taeniis                      15g

Huang Qin                      Radix Scutellariae Baicalensis                      15g

Zhi Ke breaks and descends Qi stagnation. Zhu Ru and Huang Qin eliminate Gall Bladder damp heat. Zhu Ru penetrates and scours out hot phlegm.

Ren Shen                      Radix Ginseng                      5g

Ren Shen strengthens Spleen and Kidney Qi.

Ban Xia                      Pinelliae Rhizoma Preparatum                      10g

Mu Xiang                      Radix Aucklandia Lappae                      10g

Ban Xia and Mu Xiang are warm and dry dampness. Ba Xia is very drying. Mu Xiang has a penetrative nature remove dampness and Qi stagnation.

Chao (fry) Lai Fu Zi      Semen Raphani Sativi                      12g

Fried Lai Fu Zi warms the Spleen and Stomach and dissolves food stagnation and descends Stomach Qi.

Dang Gui                      Radix Angelicae Sinensis                      3g

Dang Gui promotes blood circulation and strengthens the blood.

Bai Shao                      Radix Peoniae Lactiflorae                      10g

Bai Shao smooths Liver and Gall Bladder Qi, stops diarrhea and treats blood and mucous in the stool.

Ma Chi Xian                      Portulacae Herba,                      30g

Ma Chai Xian clears Middle Jiao damp heat to stop diarrhea.

Che Qian Zi                      Semen Plantaginis                      15g

Che Qian Zi promotes urination and clears Liver and Gall Bladder damp heat.

Jin Yin Hua Tan	(Charred) Flos Lonicerae Japonicae	12g
Jin Yin Hua Tan clears heat and stops bleeding.		
Gan Cao	Radix Glycyrrhizae Uralensis	6g
Gan Cao harmonizes the ingredients in the formula.		

**DAY 5**FOLLOWUP:

After taking 1 bag for 1 day, she had a wind-cold attack. She was coughing, nauseous and had a salty taste in her mouth. Her stools were dark and her urination was frequent. Her tongue was puffy with a white tongue coating and her pulse was slippery.

DIAGNOSIS:

Wind cold common cold with dampness.

TREATMENT PLAN:

Release the surface and dry dampness in the Middle Jiao.

FORMULA:

Wen Dan Tang and Huo Xiang Zheng Qi Wan modification.

Zhi Ke	Fructus Citri Aurantii	12g
Zhu Ru	Caulis Bambusae in Taeniis	15g
Zhi Ke and Zhu Ru break up damp stagnation. Zhi Ke breaks and descends Qi stagnation. Zhu Ru clears damp heat in the Gall Bladder and Upper Jiao		
Huo Xiang	Herba Agastaches Seu Pogostemi	12g
Pei Lan	Herba Eupatorii Fortunei	12g
Zi Su Ye	Folium Perillae Frutescentis	10g
Huo Xiang transforms dampness to dry the Middle Jiao and releases the surface. Pei Lan dries dampness in the Middle Jiao and treats abnormal tastes in the mouth. Zi Su Ye releases the surface, regulates Qi and dries dampness in the Middle Jiao.		
Ban Xia	Pinelliae Rhizoma Preparatum	6g
Chen Pi	Pericarpium Citri Reticulatae	3g
Ban Xia dries dampness. Chen Pi regulates Qi and eliminates phlegm.		
Huang Qin	Radix Scutellariae Baicalensis	12g
Huang Qin eliminates damp heat in the Upper Jiao (upper burner) and GB.		
Che Qian Zi	Semen Plantaginis	12g

Che Qian Zi promotes urination and clears Gall Bladder and Liver damp heat.

Jin Yin Hua Tan (Chared) Flos Lonicerae Japonicae 12g

Jin Yin Hua Tan stops bleeding and clears heat.

Ma Chi Xian Portulacae Herba, 30g

Ma Chi Xian mildly clears damp heat in the Middle Jiao and stops diarrhea.

San Qi Radix Notoginseng 12g

San Qi stops bleeding, promotes blood circulation and stop pain and swelling.

Gan Cao Radix Glycyrrhizae Uralensis 3g

Gan Cao harmonizes the ingredients of the formula.

## DAY 6

FOLLOWUP: The exterior invasion resolved after taking 1 bag for 1 day. However, the patient has black stools and is experiencing fatigue and frequent urination. Her tongue coating is white and her pulse is slippery and weak.

### DIAGNOSIS:

Dampness in the Middle Jiao and Spleen Qi deficiency.

### TREATMENT PLAN:

Eliminate dampness, stop bleeding and strengthen Qi and Blood.

### FORMULA:

Sheng Mai San and Er Chen Tang modification:

Ren Shen Radix Ginseng 6g

Mai Men Dong Tuber Ophiopogonis Japonici 10g

Wu Wei Zi Fructus Schizandrae Chinensis 10g

Ren Shen strengthens Qi. Mai Men Dong nourishes Yin and calms the Heart. Wu Wei Zi is astringent and calms the Heart. These herbs are present in the formula Sheng Mai San. In the context of this formula, Ren Shen strengthens Qi, Mai Men Dong nourishes the Yin and Wu Wei Zi holds Qi and Yin and stops leaking.

Dang Gui Radix Angelicae Sinensis 10g

Gou Qi Zi Fructus Lycii 10g

Dang Gui and Gou Qi Zi nourish the blood. Dang Gui is stronger at promoting blood circulation. Gou Qi Zi is used to treat Liver blood and Jing deficiency manifesting as chronic weak eyes.

Ju Hong	Pars Rubra Epicarpium Citri Erythrocarpae	6g
Ban Xia	Pinelliae Rhizoma Preparatum	10g
Fu Ling	Sclerotium Poriae Cocco	12g

Ju Hong, Ban Xia and Fu Ling are in the formula Er Chen Tang. Ju Hong regulates Qi while Ban Xia dries phlegm and Fu Ling promotes urination to leach out dampness.

San Qi powder	Radix Notoginseng	2g
Bai Mao Gen	Rhizoma Imperatae Cylindrica	30g

San Qi stops bleeding and promotes blood circulation. Bai Mao Gen stops bleeding and promotes urination.

Da Huang	Radix Et Rhizoma Rhei	10g, add last 10 minutes.
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Da Huang purges, clears heat toxins and promotes blood circulation.

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

## DAY 7

FOLLOWUP: After 3 bags, the patient had normal colored loose stools and normal urine output. She is fatigued and now has palpitations, tinnitus, low appetite, and cold hands and feet. Her tongue coating was white and her pulse was weak and small.

### DIAGNOSIS:

Heart, Spleen and Kidney Qi and Yang deficiency.

### TREATMENT PLAN:

Strengthen Heart, Spleen and Kidney Qi.

### FORMULA:

Gui Pi Tang modification:

Ren Shen	Radix Ginseng	3g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	12g
Huang Qi	Radix Astragali Membranaceus	12g

Ren Shen strengthens Qi. Bai Zhu dries dampness to benefit Spleen Qi. Huang Qi lifts and strengthens Spleen Qi.

Long Yan Rou	Arillus Euphorbiae Longanae	12g
Suan Zao Ren	Semen Zizyphi Spinosae	3g
Yuan Zhi	Semen Triticum Aestivum Levis	3g
Wu Wei Zi	Fructus Schizandrae Chinensis	10g

Long Yan Rou, Suan Zao Ren, Yuan Zi and Wu Wei Zi calm the Heart. Long Yang Rou is mild and has a sweet taste that strengthens the Spleen Qi. Suan Zao Ren calms the Liver spirit (Hun) which is the ruler of decision making. Yuan Zhi eliminates heart orifice phlegm. Wu Wei Zi astringes the Heart and Liver Yin.

Ji Nei Jin                      Endothelium Corneum Gigeruae Galli                      10g

Ji Nei Jin eliminates food stagnation and strengthens the Kidney.

Mu Xiang                      Radix Aucklandia Lappae                      3g

Mu Xiang regulates Qi and penetrates phlegm to benefit the Spleen.

Dang Gui                      Radix Angelicae Sinensis                      3g

Dang Gui promotes blood circulation and strengthens the blood.

Gan Cao                      Radix Glycyrrhizae Uralensis                      3g

Gan Cao harmonizes the ingredients in the formula.

#### RESOLUTION:

After taking 5 bags for 5 days, she no longer experienced palpitations and her energy level has improved 60%. She continued on this formula for two months after which she received a normal blood lab exam.

## 11. Impotence

A 29 year old male is suffering from impotence. He has taken herbs to strengthen Kidney Yang and reported that he had a bitter taste in the mouth and no effect on his complaints. He also has insomnia and occasionally experiences nocturnal emissions. His urination is dark yellow and his face is also dark. He explains that he is usually fatigued and has cold hands and feet. His tongue is pale with a greasy yellow coating and his pulse is wiry and rapid.

#### DIAGNOSIS:

Heart and Kidney disharmony

Excess Heart Fire with insufficiency of Kidney Water

#### TREATMENT PLAN:

Sedate Heart fire and nourish Kidney water.

#### FORMULA:

Jiao Tai Wan, Si Ni San and Liu Wei Di Huang Wan modification



Huang Lian	Rhizoma Coptidis	10g
Rou Gui	Cortex Cinnamomi Cassiae	3g

Huang Lian and Rou Gui are found in the formula Jiao Tai Wan. Huang Lian sedates Heart fire. Rou Gui descends Heart fire (returns fire to the source) and warms the Kidney water.

Shan Zhu Yu	Fructus corni Officinalis	12g
Shu Di Huang	Radix Rehmanniae Glutinosae Conquिताe	15g
Shan Yao	Radix Rehmanniae Glutinosae Conquिताe	15g
Mu Dan Pi	Cortex Moutan Radicis	12g
Ze Xie	Alismatis Rhizoma	6g
Fu Ling	Sclerotium Poriae Cocolae	12g

This group is from Liu Wei Di Huang Wan to strengthen the Liver, Kidney and Spleen. This combination is unique in that it reduces excess while also balancing heat and cold symptoms. Shan Zhu Yu strengthens and is astringent which benefits the Kidneys. Ze Xie promotes urination to counteract the possibility of Shan Zhu Yu creating excess. Shu Di Huang and Mu Dan Pi work as a pair to benefit Blood. Shu Di Huang nourishes Liver blood and Mu Dan Pi promotes blood circulation and cools the blood. Shan Yao and Fu Ling restore balance to the Spleen. Shan Yao is astringent while Fu Ling promotes urination.

Chai Hu	Radix Bupleuri	6g
Bai Shao	Radix Peoniae Lactiflorae	15g
Zhi Shi	Fructus Immaturus Citrii Aurantii	12g
Gan Cao	Radix Glycyrrhizae Uralensis	3g

This group of herbs make up the formula Si Ni San. Chai Hu regulates the Liver and opens Liver Qi. Bai Shao stabilizes Liver Yang and harmonizes the Ying and Wei. Chai Hu opens and Bai Shao relaxes the muscles. Zhi Shi breaks Qi stagnation and Gan Cao harmonizes acute symptoms.

Dan Shen	Radix Salviae Miltiorrhizae	12g
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Dan Shen promotes blood circulation which increases penile blood flow and calms the Heart.

#### RESOLUTION:

After taking 3 bags for 3 days, the patient reported that his sexual energy and impotence had improved by 60%. The patient was asked to continue on the formula for 3 more months and advised to balance his sexual activity with rest.

## 12. Impotence due to fear

A 45 year old male has had impotence for 2 years. He reports that the impotence started after being startled during intercourse. He has been unable to have a sexual relationship with his wife due to excessive worrying and fear. His tongue is red and dry and his pulse is wiry and slippery.

### DIAGNOSIS:

Heart Qi and Kidney Yin deficiency.

### TREATMENT:

Calm the Heart and lubricate Kidney Yin.

### FORMULA:

Gan Mai Da Zao Tang modification

Fu Xiao Mai	Semen Triticum Fructus Levis	30g
Gan Cao	Radix Glycyrrhizae Uralensis	9g
Da Zao	Fructus Zizyphi Jujubae	5g

Fu Xiao Mai, Gan Cao and Da Zao are the herbs in the formula Gan Mai Da Zao Tang. Fu Xiao Mai calms irritability generated from Heart Yin deficiency. Gan Cao is harmonizing. Da Zao nourishes Blood.

Bai He	Bulbus Lillii	24g
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Bai He nourishes Yin and calms the Heart and Liver.

Shu Di Huang	Radix Rehmanniae Glutinosae Conchatae	15g.
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Shu Di Huang is a very stable herb that nourishes Blood and Jing. By stable, meaning that it maintains its effects in the bloodstream for a significant duration.

### RESOLUTION:

The patient was advised to take the formula one hour before attempting intercourse. He took 5 bags for 10 days following these directions. He reported that he no longer experiences fear before intercourse and he is able to fulfill a healthy sexual relationship with his wife.

### 13. Spermatorrhea

A 21 year old male spent an enormous amount of time watching pornographic movies and masturbating for a three year period. Due to this depletion, he experiences spermatorrhea upon any form of sexual arousal. He also developed fatigue, tinnitus, weak back and knees, and a bitter taste and dry mouth. Visual exam revealed that the patient is thin. His tongue was red with a thin, white coating. His Liver pulse on his left wrist was small and rapid while his Kidney pulse on his left pulse was floating.

#### FIRST DIAGNOSIS:

Liver Qi stagnation, Kidney deficiency, Shen imbalance.

#### TREATMENT PLAN:

Stabilize the Heart, Liver and Kidney.

#### FORMULA:

Gui Zhi Jia Long Gu Mu Li Tang modification

Gui Zhi	Ramulus Cinnamomi Cassiae	3g
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Gui Zhi harmonizes the communication of Ying and Wei and promotes communication between the Heart and Kidneys.

Long Gu	Os Draconis	30g
Mu Li	Concha Ostrae	30g
Bai Shao	Radix Peoniae Lactiflorae	12g

Long Gu, Mu Li and Bai Shao stabilize and astringe the Liver and Kidney. Long Gu works on the Heart and Kidneys. Mu Li stabilizes the Liver and dissolves hot phlegm nodules. Bai Shao harmonizes the communication of the Ying and Wei and of the Heart and Kidney.

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

#### FOLLOWUP:

After taking this formula, the patient described the bitter taste in the mouth as being more intense. The patient experiences nocturnal emissions. His tongue was red and dry and his Liver pulse was wiry, small and rapid while his Kidney pulse was floating and rapid.

SECOND DIAGNOSIS:

Liver Qi stagnation and Kidney deficiency heat.

TREATMENT PLAN:

Stabilize the Liver and Kidney and clear Kidney deficiency heat.

FORMULA:

Gui Zhi Jia Long Gu Mu Li Tang modification

Gui Zhi	Ramulus Cinnamomi Cassiae	3g
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Gu Zhi harmonizes the Ying and Wei and reestablishes communication between the Heart and Kidneys.

Long Gu	Os Draconis	21g
Mu Li	Concha Ostrae	21g

Long Gu and Mu Li settle the Liver and Kidney and astringe Qi and Jing. Long Gu tends to treat the Heart and is stronger at stabilizing the Kidneys. Mu Li settles the Liver and dissolves hot phlegm nodules.

Huang Bai	Cortex Phellodendri	10g
Lian Zi Xin	Plumula Nelumbinis	12g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	10g
Zhi Zi	Fructus Gardeniae Jasminoidis	15g

Huang Bai, Lian Zi Xin, Zhi Mu and Zhi Zi sedate deficiency heat in the Heart, Liver and Kidney. Huang Bai eliminates Kidney/Lower Burner damp heat. Lian Zi Xin clears Heart fire and astringes the Kidney. Zhi Mu sedates Qi level heat and lubricates the Yin. Zhi Zi guides the herbs to the San Jiao (Triple Burner). Zhi Zi clears San Jiao heat, cools blood, promotes blood circulation and reduces irritability.

Bai Shao	Radix Peoniae Lactiflorae	15g
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Bai Shao smooths and stabilizes the Liver and Kidney and harmonizes the relationship between the Heart and the Kidney.

Gan Cao	Radix Glycyrrhizae Uralensis	3g
Sheng Jiang	Zingiber Officinale Rosc.	3g

Gan Cao and Sheng Jiang harmonize the ingredients of the formula. Sheng Jiang is acrid and warm which helps penetrate the ingredients to the interior. It helps harmonize the Ying and Wei and descends Stomach Qi.

FOLLOWUP:

After taking 2 bags for 2 days his irritability decreased. The frequency of nighttime emissions has reduced and he no longer has urges to watch pornographic movies. After being on the formula for 8 days, his nighttime emissions were completely resolved. After 3 weeks, his spermatorrhea completely resolved. The formula was then changed to a Yi Guan Jian modification to smooth the Liver and Kidney and lubricate the Yin and Jing.

Chuan Lian Zi	Fructus Meliae Toosendan	3g
Yu Jin	Tuber Curcumae	12g

Chuan Lian Zi and Yu Jin smooth Liver Qi. Chuan Lian Zi is bitter, sedates Liver fire and breaks Qi stagnation. Yu Jin cools the blood, promotes blood circulation, eliminates irritability and opens orifices.

Mai Men Dong	Tuber Ophiopogonis Japonici	12g
Sheng Di Huang	Radix Rehmanniae Galutinosae	30g
Gou Qi Zi	Fructus Lycii	12g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	12g

Mai Men Dong, Sheng Di Huang, Gou Qi Zi and Zhi Mu lubricate Yin. Mai Men Dong calms Heart fire. Sheng Di Huang nourishes Jing and Blood. Gou Qi Zi nourishes Liver blood. Zhi Mu cools Qi level heat and clears Kidney deficiency heat.

Long Gu	Os Draconis	15g
Mu Li	Concha Ostrae	15g

Long Gu and Mu Li settle the Liver and Kidney. Long Gu astringes the Kidney to stop spermatorrhea. Mu Li sedates Liver fire and dissolves stagnant hot phlegm.

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

RESOLUTION:

The patient took this formula for 1 month and all symptoms resolved as confirmed by a one year followup.

## 14. Anejaculation

A 27 year old male was unable to ejaculate during intercourse. He had been treated with Western drugs and Chinese herbs. His Chinese herb formula included the following herbs: Fu Zi (Aconiti Radix Lateralisa preparata), Shu Di (Radix Rehmanniae Glutinosae Conquिताe), Suo Yang (Herba Cynomorii Songarici), Ba Ji Tian (Radix Morindae Officinalis), Du Zhong (Cortex Eucommiae Ulmoidis), Rou Ron Rong Herba Cistanches Deserticolae), and Yin Yang Huo (Herba Epimedii). He was on this formula for 6 months with no alleviation of symptoms. His diet includes a lot of red meat. His tongue is red and dry and his pulse is wiry and rapid.

### DIAGNOSIS:

Kidney deficiency heat, Heart fire and Liver Qi stagnation.

### TREATMENT PLAN:

Sedate Heart fire, lubricate the Kidney and and regulate Liver Qi.

### FORMULA:

Chai Hu	Radix Bupleuri	30g
Bai Shao	Radix Peoniae Lactiflorae	30g
Bai Ji Li	Fructus Tribuli Terrestris	20g

Chai Hu, Bai Shao and Bai Ji Li regulate Liver Qi. Chai Hu opens and allows Liver qi to flow. Bai Shao balances Chai Hu's opening nature by smoothing and stabilizing Liver qi. Bai Ji Li stops internal wind and spasms thereby releasing tension in the genital area.

Sheng Di Huang	Radix Rehmanniae Galutinosae	30g
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Sheng Di Huang cools heat in the Blood and nourishes Blood and Jing.

Fu Ling	Sclerotium Poriae Cocco	20g
Niu Xi	Radix Achyrantis Bidentatae	15g

Fu Ling and Niu Xi promote urination to leach out dampness and heat. Fu Ling can balance water in the body. Niu Xi promotes blood circulation and descends blood.

Huang Bai	Cortex Phellodendri	10g
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Huang Bai clears lower jiao (burner) damp heat.

Da Huang	Radix Et Rhizoma Rhei	10g
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Da Huang is strong at sedating excess heat. It also promotes blood circulation and purges.

RESOLUTION:

The patient was directed to cook the formula in three cups of water boiled down to one cup in the morning. The herbs are then to be recooked in the afternoon in three cups of water boiled down to one cup for a total of two servings per day. After taking this formula for one day, he developed mild diarrhea so the dosage of Da Huang was reduced to 3g.

He continued to experience loose stools occasionally so Da Huang was taken out. He took the formula for four weeks after which he reported that his symptoms had resolved.

His previous herbal formula was ineffective due to misdiagnosis. He had Kidney deficiency heat and lower jiao damp heat, not Kidney Yang deficiency

## 15. Guillain-Barre' Syndrome

A 22 year old female was suffering from weakness and lack of strength in her four extremities. She is unable to stand, walk or hold objects. The symptoms started one week ago after a common cold. She had been given a Western diagnosis of Guillain-Barré Syndrome and was placed on hormone and vitamin therapy with no effect. She was also experiencing dizziness, headache, five palms heat, excessive sweating during both day and night, bitter taste in the mouth, lack of thirst, constipation with a bowel movement every 2 days, dark and scanty urination, and a feeling of heaviness in the lower abdomen. Her tongue is purple with a greasy yellow coating and her pulse is slippery and rapid.

DIAGNOSIS:

Kidney and Liver Yin deficiency, heat in the blood, damp heat in the Middle Jiao and Spleen Qi deficiency.

TREATMENT PLAN:

Lubricate Yin and eliminate heat in the blood, clear damp heat and promote blood circulation.

FORMULA:

Si Miao San and Tao Hong Si Wu Tang modification:

Huang Bai	Cortex Phellodendri	12g
Cang Zhu	Rhizoma Atractylodis	9g
Niu Xi	Radix Achyranthis Bidentatae	15g
Yi Yi Ren	Semen Coicis Lachryma-jobi	30g

These are the herbs found in the formula Si Miao San. Si Miao San treats Wei Syndrome (atrophy disorder) due to damp heat in the lower jiao. Huang Bai clears damp heat and Kidney deficiency heat. Cang Zhu dries dampness in the Middle Jiao to lift Spleen Qi. Yi Yi Ren promotes urination to guide out the heat. Niu Xi strengthens sinews and bones and promotes blood flow. Yi Yi Ren mildly leaches out dampness.

Ze Xie	Alismatis Rhizoma	12g
Han Fang Ji	Radix Stephaniae Tetrandrae	9g

Ze Xie and Fang Ji promote urination to drain excess. Ze Xie sedates Kidney fire. Fang Ji eliminates wind damp bi pain.

Ji Xue Teng	Radix et Caulis Jixueteng	30g
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Ji Xue Teng promotes blood circulation to clear wind damp bi pain and nourishes blood.

Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	12g
Shi Hu	Herba Dendrobii	15g
Sha Shen	Radix Adenophorae seu Glehniae	15g

Zhi Mu, Shi Hu and (Bei) Sha Shen cool heat and nourish Yin. Zhi Mu cools Qi level and Kidney deficiency heat. Shi Hu clears Stomach heat. Sha Shen nourishes the Lung and Stomach to stop thirst and dry throat.

Tao Ren	Semen Persicae	9g
Hong Hua	Flos Carthami Tinctorii	9g
Chi Shao	Radix Paeoniae Rubrae	12g
Mu Dan Pi	Cortex Moutan Radicis	12g

Tao Ren and Hong Hua promote blood circulation and break congealed blood. Tao Ren moistens dryness and stays in the bloodstream longer. Hong Hua is faster moving and stronger at penetrating through stagnation.

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

Xi Yang Shen	Radix Panacis Quinquefolii	12g
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Xi Yang Shen strengthens Qi, lubricates Yin and clears heat.

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



FOLLOWUP:

She took seven bags for seven days, had acupuncture treatments, and took Vitamin B1 and B12 daily. Her extremities were stronger as was her energy. Her temperature fluctuations and sweating decreased. She was asked to remain on the formula for another thirty days. When she returned, she reported that she was able to walk slowly and to walk up stairs unassisted. However, she is still experiencing night sweats, hot flashes and five palms heat. She has a bitter taste in her mouth and has a desire to drink but is only able to take small sips. Her tongue was red with less coating and her pulse was small and rapid.

SECOND DIAGNOSIS:

Kidney and Liver Yin deficiency with deficiency heat and damp heat in the Middle Jiao.

TREATMENT PLAN:

Lubricate Kidney and Liver Yin and strengthen Spleen and Kidney Qi and Yang.

FORMULA:

Hu Qian Wan and Zhi Bai Di Huang Wan modification

Huang Bai	Cortex Phellodendri	12g
Gui Ban	Plastrum testudinis	30g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	12g
Shu Di Huang	Radix Rehmanniae Glutinosae Conquिताe	30g
Zhu Ji Shui	Pig spine	60g

Huang Bai and Zhi Mu sedate Kidney deficiency heat. Huang Bai is stronger at clearing heat. Zhi Mu moistens dryness. Gui Ban and Zhu Ji Shui nourish Kidney Yin and Jing. Gui Ban sedates Kidney deficiency heat and stabilizes the Liver and Kidney. Zhu Ji Shui is stronger at nourishing Kidney and Liver Jing and blood. Shu Di Huang also nourishes Kidney and Liver blood and Jing.

Chen Pi	Pericarpium Citri Reticulatae	3g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	12g
Huang Qi	Radix Astragali Membranaceus	12g

Chen Pi and Bai Zhu are warm which helps dry the Spleen. Chen Pi regulates Qi. Bai Zhu is strong and stable which dries dampness in the Middle Jiao. Huang Qi lifts the Qi upwards and strengthens the Wei Qi to stop excessive sweating.

Bai Shao	Radix Peoniae Lactiflorae	12g
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Bai Shao harmonizes the Ying and Wei which reestablishes communication between the interior and exterior. This stability reestablishes order in the immune system and stops the body from attacking itself in the form of an autoimmune response.

Bai Ji Tian	Radix Morindae Officinalis	9g
Rou Cong Rong	Herba Cistanches Deserticolae	9g
Suo Yang	Herba Cynomorii Songarici	12g
Gan Jiang	Rhizoma Zingiberis Officinalis	12g

Bai Ji Tian, Rou Cong Rong, Suo Yang and Gan Jiang are warming and strengthen Kidney Yang. Bai Ji Tian expels wind damp bi pain. Rou Cong Rong and Suo Yang moisten dryness and move the bowels. Rou Cong Rong is stronger at moistening dryness. Suo Yang strongly warms the Kidney Yang. Gan Jiang warms the Spleen and Stomach.

Ji Xue Teng	Radix et Caulis Jixueteng	30g
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Ji Xue Teng promotes blood circulation, nourishes blood, and expels wind damp bi pain.

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

#### FOLLOWUP:

She took twenty bags for twenty days. She reported that she was able to walk slowly for up to one hour without any discomfort and her Kidney Yin deficiency symptoms reduced by 90%.

## 16. Behcet's syndrome / Fox syndrome

A 35 year old female has ulcers in the mouth and vagina. The location of the ulcers alternately switches from the mouth to the genitals. She has been taking vitamins, hormones and herbs that clear heat toxins with no remarkable results. She is irritable and has insomnia. Her tongue is red with a moist, sticky, white coating and her pulse is wiry, slippery and small.

*In western medicine, Behcet's syndrome is considered a form of vasculitis. It involves inflammation of the blood vessels that causes sores of the mouth, genitals, and other sores. It also involves swellings of the eye and pain & swelling of the joints. Skin lesions may include acne, erythema, and folliculitis. The etiology is considered unknown and complications include meningitis, arthritis, deep venous thrombosis, hearing and balance disorders, personality changes, blood clots, blindness and digestive disorders.*

*In Chinese medicine, Fox syndrome refers to sores that come and go just as like a fox darting his head inside and out of a burrow. Fox syndrome, also referred to as Fox puzzling, often references sores such as herpes sores of the mouth, eyes and genitals.*

DIAGNOSIS:

- Liver and Shaoyang Qi stagnation
- Damp heat
- Qi level heat.

TREATMENT PLAN:

Regulate the Liver and Shaoyang channels, eliminate damp heat and clear Qi level heat.

FORMULA:

Wei Jing Tang, Yu Nu Jian and Si Ni San modification

Yi Yi Ren	Semen Coicis Lachryma-jobi	150g
Lu Gen	Rhizoma Phragmitis Communis	30g
Dan Zhu Ye	Herba Loaphatheri Gracilis	15g

All the herbs in this group drain damp heat. Yi Yi Ren eliminates viruses. Lu Gen eliminates Stomach and Qi level heat and generates fluid. Dan Zhu Ye drains fire in the Heart and Upper Jiao.

Pei Lan	Herba Eupatorii Fortunei	12g
Bai Dou Kou	Fructus Amomi Kravanh	9g
(Zi) Su Ye	Perillae Folium	12g
He Ye	Folium Nelumbinis Nuciferae	9g

All the herbs in this group aromatically transform dampness. Pei Lan eliminates metallic tastes in the mouth and dries dampness in the Upper Jiao. Bai Dou Kou eliminates dampness in the Upper and Middle Jiao. Su Ye releases the surface and descends Stomach Qi. He Ye releases summer heat and wakes up the Spleen Qi.

Shi Gao	Gypsuama	30g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	12g
Sheng Di Huang	Radix Rehmanniae Galutinosae	15g

Shi Gao and Zhi Mu sedates Qi level heat. Shi Gao is stronger at eliminating heat. Zhi Mu can moisten dryness and clear deficiency heat. Sheng Di Huang cools the heat in the Blood and nourishes Yin, Blood and Jing.

Chai Hu	Radix Bupleauri	3g
Bai Shao	Paeoniae Radix Alba	15g
Zhi Ke	Fructus Citri Aurantii	9g

All the herbs in this group regulate Qi. Chai Hu opens and regulates Liver and Shaoyang Qi. Bai Shao stabilizes Liver Yang and harmonizes the Ying and Wei. Zhi Ke opens the chest and descends Qi.

Gan Cao                      Radix Glycyrrhizae Uralensis                      3g

Gan Cao harmonizes the ingredients of the formula and its sweet taste softens acute symptoms.

RESOLUTION:

After taking the formula for ten days, her symptoms subsided.

**Enrichment Exercises (Answers on next page)**

1. Chronic stomach ulcers...
  - a. may be due to Liver and Stomach disharmony
  - b. may include San Qi (Radix Notoginseng) as part of the treatment plan
  - c. All of the above
  
2. Hai Piao Xiao (Os Sepia seu Seiellae) and Chuan Bei Mu (Bulbus Fritillariae Cirrhosae)...
  - a. are effective for treating Heart Yin deficiency with Liver Wind
  - b. calm the stomach in patients with acid reflux
  - c. are contraindicated for the treatment of Liver and Stomach Qi and Blood stagnation
  
3. Roundworms...
  - a. often stagnate in the small intestine
  - b. are between 15-35cm in length
  - c. create irregular appetite urges
  - d. cause pain in the area of the umbilicus
  - e. may cause papules or white patches on the face
  - f. may cause blue patches on the sclera of the eye
  - g. All of the above
  
4. Long Gu (Os Draconis) and Mu Li (Concha Ostrae)...
  - a. stabilize the Liver and Kidney
  - b. stabilize the Lung and Small Intestine
  - c. None of the Above
  
5. Guillain-Barré Syndrome may involve...
  - a. Kidney and Liver deficiency with heat in the Blood
  - b. damp heat in the middle burner and Splee Qi deficiency
  - c. weakness in the four extremities with inability to stand, walk or hold objects
  - d. All of the Above

**Answers:**

1. Chronic stomach ulcers...
  - a. may be due to Liver and Stomach disharmony
  - b. may include San Qi (Radix Notoginseng) as part of the treatment plan
  - c. All of the aboveAnswer: C
  
2. Hai Piao Xiao (Os Sepia seu Seiellae) and Chuan Bei Mu (Bulbus Fritillariae Cirrhosae)...
  - a. are effective for treating Heart Yin deficiency with Liver Wind
  - b. calm the stomach in patients with acid reflux
  - c. are contraindicated for the treatment of Liver and Stomach Qi and Blood stagnationAnswer: B
  
3. Roundworms...
  - a. often stagnate in the small intestine
  - b. are between 15-35cm in length
  - c. create irregular appetite urges
  - d. cause pain in the area of the umbilicus
  - e. may cause papules or white patches on the face
  - f. may cause blue patches on the sclera of the eye
  - g. All of the aboveAnswer: G
  
4. Long Gu (Os Draconis) and Mu Li (Concha Ostrae)...
  - a. stabilize the Liver and Kidney
  - b. stabilize the Lung and Small Intestine
  - c. None of the AboveAnswer: A
  
5. Guillain-Barré Syndrome may involve...
  - a. Kidney and Liver deficiency with heat in the Blood
  - b. damp heat in the middle burner and Spleen Qi deficiency
  - c. weakness in the four extremities with inability to stand, walk or hold objects
  - d. All of the AboveAnswer: D

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