

Case Histories with Herbal Formulas Part 2

by Prof. Richard Liao, L.Ac., Dipl.Ac. (NCCAOM)

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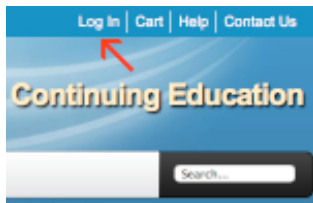
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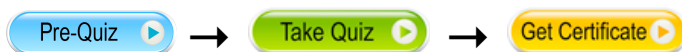


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1. Leg Qi syndrome

A 19 year old female slept outside in the summer. The following day she experienced weakness and numbness of the legs. A few days later, the weakness was so pronounced that she is only able to walk a few steps at a time. She also has edema on the lower legs. Her symptoms are so severe that she has been unable to get up without help for half a month. There has been no Western diagnosis. Her tongue is purple with a moist, white coating and her pulse is floating and choppy.

DIAGNOSIS:

Qi and blood stagnation with wind damp bi pain
Spleen and Kidney Qi deficiency.

TREATMENT PLAN:

Promote blood circulation, expel wind dampness and strengthen Qi.

FORMULA:

Huo Lou Xiao Ling Dan modified:

Dang Gui	Radix Angelicae Sinensis	15g
Chuan Xiong	Radix Ligustici Chuanxiong	9g
Ru Xiang	Gummi Olibanum	3g
Mo Yao	Myrrha	3g
Dan Shen	Radix Salviae Miltiorrhizae	15g
Niu Xi	Radix Achyranthis Bidentatae	24g
Tu Bei Chong	Eupolyphaga/Steleophaga,	12g

Dang Gui, Chuan Xiong, Ru Xiang, Mo Yao, Dan Shen, Niu Xi and Tu Bei Chong promote blood circulation. Dang Gui nourishes the blood. Chuan Xiong moves Qi in the blood. Ru Xiang and Mo Yao stop pain and promote healing. Ru Xiang is stronger at penetrating through stagnation. Mo Yao is stable and stays in the bloodstream longer. Dan Shen circulates blood in the peripheral veins. Niu Xi promotes urination, descends blood and expels wind damp bi pain. Tu Bei Chong breaks congealed blood and stops pain.

Huang Qi	Radix Astragali Membranaceus	24g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	12g

Huang Qi encourages the Qi to flow to assist the extremities. Bai Zhu is warm and drying which benefits Spleen Qi.

Fang Feng	Radix Ledebouriellae Diaricatae	12g
Lu Shi Teng	Trachelospermi Caulis,	12g

Fang Feng and Lu Shi Teng expel wind damp bi pain. Fang Feng expels wind in the surface. Lu Shi Teng tends to work on the interior.

Mu Gua	Fructus chaenomelis	12g
Yi Yi Ren	Semen Coicis Lachryma-jobi	20g

Mu Gua and Yi Yi Ren treat weakness and swelling of the lower extremities. Mu Gua harmonizes the Middle Jiao and Yi Yi Ren drains dampness.

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

RESOLUTION:

After taking three bags for three days, she reported that her strength was 50% improved and there is no more edema in her legs. The dosage of Dang Gui was increased to 30g and Chuan Xiong was increased to 15g. After thirty days on this formula, she was back to normal.

2. Overstimulation of Liver 13

A 34 year old female came in complaining of sudden fear and palpitations. She also had insomnia, diarrhea and low appetite. She said that the symptoms arose after a friend strongly pressed LV-13. Her tongue is slightly dark with a white coating and her pulse is wiry and slippery.

Note: LV-13 (Liver 13, Zhangmen, Completion Gate) is located directly anterior and inferior to the free end of the 11th rib. It is the Front Mu of the Spleen, Meeting point of the Zang, and Meeting point of the Liver and Gallbladder channels. Transverse or oblique needling medially or laterally prevents damage to the liver or spleen which are located under this acupoint.

DIAGNOSIS:

Liver Qi and Blood stagnation.

TREATMENT PLAN:

Promote Qi and blood circulation.

FORMULA:

Shao Lin Formula for Injury to LV-13

Sheng Di Huang	Radix Rehmanniae Galutinosae	9g
Hei Zhi Ma	Seami Semen Nigrum,	15g

Sheng Di Huang and Hei Zhi Ma nourish Yin and Jing. Sheng Di Huang is cooling to balance the warm herbs. Hei Zhi Ma strengthens Kidney Jing and moistens the intestines.

Hong Hua	Flos Carthami Tinctorii	3g
Chi Shao	Radix Paeoniae Rubrae	12g
Ru Xiang	Gummi Olibanum	3g
Mo Yao	Myrrha	3g
Zi Ran Tong	Pyritum	9g

Hong Hua, Chi Shao, Ru Xiang, Mo Yao and Zi Ran Tong promote blood circulation. Hong Hua breaks congealed Blood. Chi Shao cools the blood. Ru Xiang and Mo Yao break congealed blood, stop bleeding and stop pain. Ru Xiang is stronger at penetrating to the interior. Mo Yao is stable and is maintained in the bloodstream longer. Zi Ran Tong breaks stasis and promotes healing of bones and sinews.

Qing Pi	Pericarpium Citri Reticulatae Veride	12g
Chai Hu	Radix Bupleuri	9g
Wu Yao	Radix Linderae Strychnifoliae	9g
Bing Lang	Semen Arecae Catechu	9g
Yu Jin	Tuber Curcumae	9g

Qing Pi, Chai Hu, Wu Yao, Bing Lang and Yu Jin regulate Qi. Qing Pi breaks Liver Qi stagnation with pain. Chai Hu smoothes and opens the Liver Qi. Wu Yao is warming and drying and also benefits the Liver and Kidney. Bing Lang breaks Qi stagnation and promotes urination. Yu Jin promotes blood circulation, cools the blood and opens the orifices.

RESOLUTION:

She took six bags for six days and reported that she no longer has palpitations, diarrhea and insomnia. During the six days, she massaged SP-6 and a line from LI-4 to TB-5 to regulate the Qi.

3. Sudden loss of hair

A 42 year old male woke up in the morning and found a perfect 3-5 cm circle on the scalp without any hair. There is no sensation of itchiness. He explained that he was stressed from

taking care of his father-in-law and flying back and forth across the country. He said that he needs more sleep and more money. His tongue is red with a thin, white coating and his pulse is wiry and floating.

DIAGNOSIS:

Kidney and Liver deficiency with deficiency heat burning the scalp

TREATMENT:

Nourish Kidney Jing, Benefit the Liver, and promote Blood and Qi circulation

FORMULA:

Er Zhi Wan and Tao Hong Si Wu Tang modification

Nu Zhen Zi	Fructus Ligustri Lucidi	15g
Han Lian Cao	Herba Ecliptae Prostratae	12g
Sang Shen Zi	Fructus Mori Albae	30g
He Shou Wu	Radix Polygoni Multiflori	30g
Tu Si Zi	Semen Cuscutae Chinensis	15g
Shu Di Huang	Radix Rehmanniae Galutinosae	30g

Nu Zhen Zi, Han Lian Cao, Sang Shen Zi, He Shou Wu, Tu Si Zi and Shu Di Huang nourish the Yin. Nu Zhen Zi and Han Lian Cao nourish the Kidney Yin and Jing. Nu Zhen Zi is stronger at nourishing on a deeper level such that its effects are maintained in the bloodstream longer. Han Lian Cao works at a lighter level and is therefore faster acting. Sang Shen Zi nourishes Liver Blood and Kidney Jing while cooling heat. He Shou Wu especially treats hair loss. Tu Si Zi nourishes Kidney Jing and strengthens Kidney Yang. Shu Di Huang is strong and stable which allows it to nourish Blood and Jing.

Hong Hua	Flos Carthami Tinctorii	10g
Chuan Xiong	Radix Ligustici Chuanxiong	6g

Hong Hua and Chuan Xiong's light weight allow it to bring Qi and Blood flow to the surface of the scalp. The light weight aspect is the physical characteristic of the herb itself and is reflected in its function and action. Hong Hua breaks Blood stagnation. Chuan Xiong moves the Qi in the blood.

Mu Gua	Fructus chaenomelis	15g
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Mu Gua expels wind damp bi pain and harmonizes the Stomach.

Tian Ma	Rhizoma Gastrodiae Elatae	10g
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Tian Ma expels internal wind and calms the Liver to stop headaches.

Dang Gui	Radix Angelicae Sinensis	15g
Bai Shao	Radix Peoniae Lactiflorae	15g
Chuan Xiong	Radix Ligustici Chuanxiong	10g

Dang Gui and Chuan Xiong promote blood circulation. Dang Gui is dense which allows it to move and nourish Blood. Chuan Xiong moves to the surface to move the Qi and Blood on the scalp. Bai Shao nourishes Blood, stabilizes the Yang and harmonizes the Dang Gui.

Qiang Huo	Rhizoma et Radix Notopterygii	10g
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Qiang Huo expels wind damp bi pain to eliminate inflammation in the head.

RESOLUTION:

He took three bags for three days after which a few small hairs started to grow. He was instructed to also apply fresh ginger topically to the area once or twice a day. He was unsatisfied with the results and was asked to continue the treatment for 20-30 days. At that time, the patient's hair began to regrow in the bald region.

4. Kidney stones

A 50 year old male patient has lower back pain that is perceived to come “in waves” as described by the patient. He is also urinating blood. He has been given the Western diagnosis of kidney stones. His tongue has a greasy yellow coating and his pulse is deep, wiry and strong.

DIAGNOSIS:

Kidney stones with damp heat in the Lower Jiao

TREATMENT PLAN: D

Dissolve Kidney stones and eliminate damp heat

FORMULA:

Three Jin Two Shi Amber Tang

Jin Qian Cao	Lysimachiae Herba	30g
Hai Jin Sha	Herba Lygodii Japonici	15g
Ji Nei Jin	Endothelium Corneum Gigeruae Galli	30g
Bei Xie	Rhizomea Discoreae Hypoglaucae	12g
Dan Zhu Yu	Herba Lophatheri Gracilis	15g

Hua Shi	Talcum	30g
Shi Wei	Folium Pyrossiae leaf	15g

All the herbs in this group promote urination. Jin Qian Cao dissolves and pushes Kidney stones outwards from the body. Hai Jin Sha promotes urination to release Kidney stones. Ji Nei Jin dissolves stones and strengthens the Kidney. Bei Xie clears turbid, cloudy urination. Dan Zhu Yu sedates Heart fire. Hua Shi is slippery which helps pass Kidney stones. Shi Wei pushes out stones, stops bleeding and clears damp heat.

Hu Po	Succinum	12g
San Qi	Radix Notoginseang	15g
Yan Hu Suo	Rhizome Corydalis Yanhusuo	12g
Xiang Fu	Rhizome Cyperi Rotunda	12g

Hu Po, San Qi, Yan Hu Suo and Xiang Fu promote blood circulation to push out Kidney stones. Hu Po promotes urination and calms the Heart. San Qi stops pain and swelling. Yan Hu Suo stops pain and relaxes muscles. Xiang Fu regulates the Liver and Kidney channels to stop pain.

Sang Zhi	Ramulus Mori Albae	15g
Wang Bu Liu Xin	Semen Vaccariae Segetalis.	12g
Lu Lu Tong	Liquidambar Taiwaniana Hance	12g
Niu Xi	Radix Achyranthis Bidentatae	15g

Sang Zhi clears heat and treats wind damp bi pain in the urinary tract. Wang Bu Liu Xin and Lu Lu Tong promote blood circulation and move stones outward from the body. Wang Bu Liu Xin is more physically dense and therefore maintains its effects in the bloodstream longer. Lu Lu Tong is faster acting as reflected in its physical characteristic of being light weight. Niu Xi promotes blood circulation and urination and descends blood to push stones outwards.

Huang Bai	Cortex Phellodendri	12g
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Huang Bai eliminates damp heat in the Lower Jiao and sedates Kidney fire.

Xian He Cao	Herba Agrimony Pilosae	15g
Di Yu	Radix Sanguisorbae Officinalis	12g

Xian He Cao and Di Yu stop bleeding. Xian He Cao can strengthen the Qi. Di Yu clears damp heat in the Lower Jiao.

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

RESOLUTION:

He took two bags for two days. On the morning of the second day, he felt a sudden blockage in the right groin area and was unable to urinate. He continued to try to urinate and was able to push the stone out. There was immediate relief in symptoms when the stone was released. He continued to drink the herbs for one more day.

5. Hydrocele Testis

A 6 year old boy has a swollen left testicle. He has been given the Western diagnosis of hydrocele testis. His tongue is red and his pulse is slippery. He has taken herbs Li Zhi He (Semen Litchi Chianensis), Ju He (Semen Citri Reticulatae), and Xiao Hui Xiang (Fructus Foeniculi Vulgaris) with no effect. Hydrocele testis is the accumulation of fluids around the testicle.

DIAGNOSIS:

Qi and Phlegm stagnation in the Liver and Kidney channels.

TREATMENT PLAN:

Promote Qi and urination and warm the Liver and Kidney channels.

FORMULA:

Wu Ling San modification:

Ze Xie	Alismatis Rhizoma	10g
Zhu Ling	Sclerotium Polypori Unbellati	10g
Yi Yi Ren	Semen Coicis Lachryma-jobi	12g
Fu Ling	Sclerotium Poriae Cocoa	12g
Mu Tong	Caulis Mutong	6g
Dan Zhu Ye	Caulis Mutong	10g

All the herbs in this group promote urination. Ze Xie sedates Kidney fire. Zhu Ling and Fu Ling are similar but have subtle differences. Zhu Ling is stronger than Fu Ling at cooling heat. Fu Ling is neutral and balances the water metabolism in the body. Yi Yi Ren is draining and is able to travel to the surface and hidden places that other herbs have difficulty reaching. Mu Tong and Dan Zhu Ye drain Heart and Small Intestine fire. Mu Tong strongly promotes urination and breaks stagnation. Dan Zhu Ye sedates Heart fire and drains Upper Jiao damp heat.

Li Zhi He	Caulis Mutong	10g
Xiao Hui Xiang	Fructus Foeniculi Vulgaris	5g
Wu Zhu Yu	Fructus Evodiae Rutacarpae	6g

All the herbs in this group are warm and regulate Qi in the Liver and Kidney channels. Li Zhi He dissolves phlegm nodules. Xiao Hui Xiang and Wu Zhu Yu warm the Liver and Kidney. Xiao Hui Xiang travels to the surface and moves faster. Wu Zhu Yu is dense and its actions tend to work on the interior.

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

RESOLUTION:

After taking two bags for two days, the swelling had a 50% improvement. After seven more bags of this formula, the boy is back to normal. The first formula did not work because it was made up of Qi regulating herbs. This case was due to water stagnation more than Qi stagnation.

6. Breast nodule, Case A

A 65 year old male patient came in with coronary artery disease. His symptoms include vertigo and shortness of breath that has worsened in the past 3 months. He found an egg-sized hard nodule in his right breast. He had it checked by an MD and it was found to be a non-cancerous tumor. His tongue is dark red with purple spots on the side with a greasy yellow coating. His pulse is wiry and slippery.

DIAGNOSIS:

Qi, Phlegm and Blood stagnation

TREATMENT:

Promote Qi and Blood circulation and expel phlegm

FORMULA:

Xiao Lou Wan and Xue Fu Zhu Yu Tang modification

Xuan Shen	Radix scrophulariae Ningpoensis	15g
Mu Li	Concha Ostrae	15g
Zhe Bei Mu	Bulbus Fritillariae Thunbergii	9g

Hai Zao	Herbs Sargassii	12g
Kun Bu	Thallus Algae	12g
Fu Hai Shi	Costaziae Os	12g
Chao (Fry) Bai Jie Zi	Semen Sinapsis Albae	12g
Gua Lou	Semen Trichosanthis	12g

All the herbs in this group dissolve phlegm nodules. Xuan Shen cools heat in the blood. Mu Li stabilizes the Liver Yang. Zhe Bei Mu expels hot phlegm. Hao Zao and Kun Bu dissolve phlegm nodules at the surface. Fu Hai Shi scours away nodules. Chao (Fry) Bai Jie Ji is warm and strong at dissolving phlegm nodules. Gua Lou opens the Lung to benefit the flow of metal element Qi.

Pao (toasted) Chuan Shan Jia (Squamo Manitis Pentadactylae)	9g (endangered animal scale)
Quan Xie	Buthus Martensi 4.5g (toxic, control dosage)

They work as a pair. Quan Xie clears toxins and relaxes the muscles so that Chuan Shan Jia is able to penetrate through the nodule.

Xiang Fu	Rhizome Cyperi Rotunda	9g
Chai Hu	Radix Bupleuri	4.5g
Qing Pi	Pericarpium Citri Reticulatae Veride	9g

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

Chen Pi	Pericarpium Citri Reticulatae	9g
Ban Xia	Pinelliae Rhizoma Preparatum	12g
Fu Ling	Sclerotium Poriae Cocoa	15g

These are herbs in the formula Er Chen Tang. They work together to dissolve phlegm. Chen Pi regulates Spleen Qi. Ban Xia dries phlegm and breaks nodules. Fu Ling promotes urination to drain dampness.

Tao Ren	Sclerotium Poriae Cocoa	9g
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Tao Ren promotes blood circulation and moistens dryness.

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

RESOLUTION:

He took twelve bags for twelve days after which the nodule is softer and now the size of 1/2 an egg. He still has vertigo, shortness of breath and fullness and pain the chest. 6g of Hong Hua and

12g of Dan Shen were added to the above formula. After taking 10 bags of the modified formula, his chest pain reduced and he is no longer experiences vertigo. After 60 bags over the course of 2 months, the nodule disappeared and he has significantly less chest pain.

7. Breast nodule, Case B

A 20 year old female has a duck egg sized non-cancerous breast nodule. It is soft and painful, especially before menstruation. Her tongue is pale red with a white coating and her pulse is small and wiry.

DIAGNOSIS:

Qi and Phlegm stagnation.

TREATMENT PLAN:

Regulate Qi and dissolve Phlegm.

FORMULA:

Xiao Lou Wan modification

Xuan Shen	Radix scrophulariae Ningpoensis	12g
Mu Li	Concha Ostrae	15g
Chuan Bei Mu	Bulbus Fritillariae Cirrhosae	9g
Xia Ku Cao	Spica Prunellae vulgaris	9g

All the herbs in this group dissolve phlegm nodules. Xuan Shen cools heat and moistens dryness. Mu Li stabilizes Liver Yang. Chuan Bei Mu dissolves hot phlegm and moistens the throat and Lung. Xia Ku Cao clears heat and treats external wind heat.

Chai Hu	Radix Bupleuri	3g
Bai Shao	Pinelliae Rhizoma Preparatum	9g
Qing Pi	Pinelliae Rhizoma Preparatum	6g

The herbs in this category regulate Liver Qi. Chai Hu opens Liver Qi. Bai Shao stabilizes Liver Qi. Qing Pi breaks Qi stagnation and stops pain.

Dang Gui	Radix Angelicae Sinensis	9g
Chuan Xiong	Radix Ligustici Chuanxiong	5g

Dang Gui and Chuan Xiong promote blood circulation. Dang Gui nourishes blood and is maintained in the bloodstream longer. Chuan Xiong moves the Qi of blood and tends to work on the surface meaning that it acts quickly.

Chuan Shan Jia	Squamo Manitis Pentadactlyae	6g
Qian Xie	Buthus Martensi	4.5g (toxic)

1. Chuan Shan Jia penetrates through blood and phlegm stagnation. Qian Xie clears toxins and expels wind phlegm stagnation.

RESOLUTION:

She took six bags for six days and her nodule shrank to the size of an egg. Her pulse remained small and rapid. 9g of Zi Cao Ci and 9g of Huan Yao Zi (Dioscorea Bulbifera Tuber) were added to the above formula. She took a total of 36 bags after which her nodule completely dissolved.

8. Thyroid cyst

A 26 year old female found a cyst 3cm in diameter on her thyroid after having a sore throat and cough. She also experienced breast pain, distention in the lower abdomen, hot flashes, low back pain before and during menstruation and decreased blood flow during menstruation. Her tongue was red with a thin yellow coating and her pulse was small and wiry.

DIAGNOSIS:

Damp heat
 Qi, Phlegm and Blood stagnation
 Qi and Yin deficiency
 Yin deficiency heat

TREATMENT PLAN:

Regulate Qi
 Dissolve Phlegm
 Clear deficiency heat

FORMULA:

Xiao Lou Wan modification

Chai Hu	Radix Bupleuri	9g
Qing Pi	Pericarpium Citri Reticulatae Veride	9g
XiangFu	Rhizome Cyperi Rotunda	12g

The herbs in this group regulate Liver Qi. Chai Hu opens Liver Qi to eliminate depression. Qing Pi breaks Qi stagnation and stops pain. Xiang Fu promotes blood circulation and stops pain.

Dang Gui	Radix Angelicae Sinensis	9g
Tao Ren	Semen Persicae	9g
Hong Hua	Flos Carthami Tinctorii	6g
Mu Dan Pi	Cortex Moutan Radicis	12g

The herbs in this group promote blood circulation. Dang Gui nourishes the blood. Tao Ren and Hong Hua break congealed blood. Tao Ren is dense and moistens dryness. Hong Hua acts quickly. Mu Dan Pi cools heat in the blood and balances the temperature of the warming herbs in the formula.

Zi Cao	Radix Arnebiae Seu Lithospermi	12g
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Zi Cao cools the deficiency heat and clears heat skin rashes.

Xuan Shen	Radix scrophulariae Ningpoensis	12g
Chuan Bei Mu	Bulbus Fritillariae Cirrhosae	9g
Mu Li	Concha Ostrae	15g
Kun Bu	Thallus Algae	12g
Hai Zao	Herbs Sargassii	12g
Huang Yao Zi	Dioscoreae Bulbiferae Rhizoma	9g

All the herbs in this group dissolve nodules. Xuan Shen cools heat and moistens dryness. Chuan Bei Mu dissolves hot phlegm. Mu Li stabilizes the Liver Yang. Kun Bu and Hai Zao dissolve phlegm nodules. Kun Bu acts quickly. Hai Zao is maintained in the bloodstream longer. Huang Yao Zi strongly dissolves nodules due to stagnant Qi, Phlegm or Blood.

Pao Chuan Shao Jia	Squamo Manitis Pentadactylae	5g
Quan Xie	Buthus Martensi	4.5g (toxic, careful with dosage)

Pao Chuan Shao Jia penetrates through Qi, Phlegm and Blood stagnation. Quan Xie dissolves wind phlegm stagnation nodules.

RESOLUTION:

After taking 6 bags, her nodule shrank down to a diameter of 2cm. 9g. of Ban Xia was added. She continued this formula for 40 days until the nodule completely dissolved.

9. Leaking breast milk

A 38 year old female who is seven months pregnant is suffering from stress and fatigue. She has constant, mild breast milk leakage that is severe enough to soak through 3 layers of clothes. She also has low appetite, sweats easily and has loose stools. Her tongue has toothmarks and is pale. Her pulse is small, slippery and weak. The patient notes that she has a three year old child.

DIAGNOSIS:

Qi and Blood deficiency

TREATMENT PLAN:

Strengthen Spleen Qi and Liver blood
Smoothe Liver.

FORMULA:

Ba Zhen Tang modified:

Ren Shen	Radix Ginseng	10g
Huang Qi	Radix Astragali Membranaceus	45g

Ren Shen and Huang Qi strengthen Qi. Ren Shen strengthens Spleen Qi. Huang Qi raises Spleen Qi and stabilizes the Wei Qi to stop leaking milk.

Shan Yao	Radix Dioscoreae Oppositae	30g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	12g
Lian Zi	Semen Nelumbinis Nuciferae	15g
Qian Shi	Semen Eyrtakes Ferocis	30g

Shan Yao, Lian Zi and Qian Shi astringe the Spleen and Kidney Qi. Shan Yao works on a deep level to astringe the Spleen. Lian Zi and Qian Shi work on the lighter level to treat the upper body. They are more effective for chronic symptoms rather than the acute symptoms. Lian Zi astringes the Heart and Kidney. Qian Shi astringes the Spleen and Kidney. Bai Zhu is warming, dries the Spleen and stabilizes the surface Wei Qi to stop leaking milk.

Shu Du Huang	Radix Rehmanniae Glutinosae Conquitae	15g
Bai Shao	Radix Peoniae Lactiflorae	15g
Dang Gui	Radix Angelicae Sinensis	10g

The herbs in this group nourish Blood. Shu Di Huang nourishes Blood and Jing. The physical density of Shu Di Huang reflects its ability to work on a deep level and maintain its effects in the

bloodstream for a long duration. Bai Shao smoothes and stabilizes Liver Qi and astringes the Ying and Wei to stop breast milk leakage. Dang Gui promotes blood circulation.

Chai Hu	Radix Bupleuri	3g
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Chai Hu smoothes and opens the Liver Qi to harmonize the formula.

RESOLUTION:

After taking six bags for six days, she no longer leaked breast milk.

10. Breast bleeding during menstruation

A 38 year old female came in because her left breast leaks blood during menstruation. This has happened for one year and she has had surgery in an attempt to correct this disorder. She also experiences pain and fullness in the ribs and breast, headache, irritability, dry mouth and excessive dreams. Her tongue is red with a dry coating and a small and wiry pulse.

DIAGNOSIS:

Liver Qi stagnation with Kidney Yin deficiency

TREATMENT:

Regulate the Liver and lubricate the Yin

FORMULA:

Dan Zhi Xiao Yao San modification

Mu Dan Pi	Radix Rehmanniae Galutinosae	12g
Zhi Zi	Fructus Gardeniae Jasminoidis	12g
Tian Hua Fen	Radix Trichosanthis Kirilowii	12g

This group of herbs cool heat. Mu Dan Pi cools heat in the blood and mildly promotes blood circulation. Zhi Zi clears damp heat in the San Jiao, mildly promotes blood circulation and eliminates irritability. Tian Hua Fen clears toxic heat and hot phlegm while moistening dryness.

Chai Hu	Radix Bupleuri	3g
Bai Shao	Radix Peoniae Lactiflorae	12g
Xiang Fu	Radix Peoniae Lactiflorae	12g
Bo He	Mentha Haplocalyx	3g
Li Zhi He	Semen Litchi Chianensis	12g

Mai Ya	Fructus Hordei Vulgaris	120g
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This group of herbs smooth Liver Qi. Chai Hu and Bo He open Liver Qi to smooth the flow of Qi. Chai Hu is more stable meaning that it is maintained in the bloodstream longer and works more interiorly. Bo He works on the surface and acts quickly. Bai Shao stabilizes the Liver Yang and balances Ying and Wei to stop bleeding in the uterus and breast. Xiang Fu promotes blood circulation to assist blood flow in the uterus. Li Zhi He breaks Qi and phlegm stagnation. Mai Ya opens the Stomach channel to stop breast leakage.

Fu Ling	Sclerotium Poriae Cocco	30g
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Fu Ling promotes urination to dry the Spleen and eliminate dampness.

Dang Gui	Radix Angelicae Sinensis	3g
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Dang Gui promotes Blood circulation, nourishes Blood and balances the cool herbs in the formula.

Sheng Di Huang	Radix Angelicae Sinensis	30g
Di Gu Pi	Cortex Lycii Radicis	12g
Yin Chai Hu	Stellariae Dichotomae, Herba	15g

Sheng Di Huang nourishes Blood and Jing while cooling heat in the blood. Di Gu Pi and Yin Chai Hu cool heat in the blood and treat steaming bone syndrome. Di Gu Pi tends to have a quicker effective³ action whereas Yin Chai Hu is maintained in the bloodstream for a longer duration and it clears damp heat in Middle Jiao.

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

RESOLUTION: The patient took fifteen bags before and during menstruation. The breast leakage discontinued and the patient's condition resolved.

11. Lupus “Butterfly Purple Face”

A 50 year old female had a bout of chills and fever with itching over her entire body four years ago. Since then she has had the ‘butterfly purple face’ markings associated with lupus. She was given the Western diagnosis of lupus and was treated with hormones and antibiotics. There was no change in the condition after this course of medication. She also has vertigo, fullness of the

chest, numbness in the extremities, fatigue and low appetite. Her tongue has purple dots on the sides and her pulse is deep, small and choppy.

DIAGNOSIS:

Qi and Jing deficiency with Qi and Blood stagnation.

TREATMENT PLAN:

Promote blood circulation and strengthen Qi and Jing.

FORMULA: Tong Qiao Huo Xue Tang modification

Tao Ren	Semen Persicae	12g
Hong Hua	Flos Carthami Tinctorii	9g
Chuan Xiong	Radix Ligustici Chuanxiong	9g
Chi Shao	Radix Paeoniae Rubrae	12g

This group of herbs promote blood circulation. Tao Ren and Hong Hua break congealed blood. Tao Ren is maintained in the bloodstream longer and moistens dryness. Hong Hua is faster-acting and stronger at breaking up congealed blood. Chuan Xiong moves the Qi of Blood and works on the level of the surface and face. Chi Shao cools the blood.

Dang Shen	Radix Codonopsis Pilosulae	15g
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Dang Shen strengthens Spleen Qi.

Bai Zhi	Radix Angelicae Dahuricae	9g
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Bai Zhi dries phlegm and works as a pair with Chuan Xiong to expel wind in the face and head.

Mai Men Dong	Tuber Ophiopogonis Japonici	12g
Sheng Di Huang	Radix Rehmanniae Galutinosae	15g

Mai Men Dong lubricates Yin and calms the Heart. Sheng Di Huang nourishes Blood and Jing.

Cong Bai	Allium Pstulosum	12g
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Cong Bai penetrates through the orifices and balances Yang Qi.

RESOLUTION:

She took ten bags for ten days after which the discoloration has improved by 40%. 15g of Huang Qi (Radix Astragali Membranaceus) and 30g of Fu Ling (Sclerotium Poriae Cocoa) were added to the formula and ten bags were taken for another ten days. The discoloration cleared up completely. She reported that even after 10 years, she had no recurrence of the same symptoms.

12. Menorrhagia

A 42 year old female has been getting treatment with herbal medicine for menorrhagia with no effect. Menorrhagia is abnormally heavy bleeding during menstruation. She easily gains weight and is overweight. Her tongue has a white coating and her pulse is slippery.

DIAGNOSIS:

Qi and Phlegm stagnation.

TREATMENT PLAN:

Regulate Qi and dissolve Phlegm.

FORMULA: San Zi Yang Qing Tang

Chao Zi Su Zi Perillae Frutescentis Fructus 30g

Chao Bai Jie Zi Semen Sinapsis Albae 30g

Su Zi and Bai Jie Zi expel phlegm. Frying herbs (chao) increases the warming temperature. Zi Su Zi descends the Lung metal Qi. Bai Jie Zi has a strong function to penetrate through phlegm stagnation.

Chao (Fry) Lai Fu Zi Semen Raphani Sativi 15g

Lai Fu Zi descends Stomach Qi to open the Middle Jiao.

RESOLUTION:

She took three bags for three days. The menorrhagia resolved.

13. Kidney Yang and Spleen Qi deficiency prolapsed uterus

A 38 year old female had a prolapsed uterus. She was also fatigued, had loose stools, excessive sweating, low to no sexual energy, and thin pubic hair. She took Bu Zhong Yi Qi Tang for 3 months with no effect and also developed weak knees, tinnitus and more greatly pronounced fatigue while on this formula. Her tongue was dark and had toothmarks. Her pulse was slippery and weak.

DIAGNOSIS:

Spleen Qi and Kidney Yang deficiency

TREATMENT PLAN:

Strengthen Spleen Qi and Kidney Yang

FORMULA:

Bu Zhong Yi Qi Tang modification

Huang Qi	Radix Astragali Membranaceus	24g
Dang Shen	Radix Codonopsis Pilosulae	24g

Huang Qi and Dang Shen strengthen Spleen Qi. Huang Qi lifts Qi upwards. Dang Shen strengthens the Middle Jiao.

Bai Zhu	Rhizoma Atractylodis Macrocephalae	15g
Chen Pi	Pericarpium Citri Reticulatae	6g

Bai Zhu and Chen Pi dry dampness in the Middle Jiao. Bai Zhu dries dampness and strengthens the organs. Chen Pi regulates Qi.

Dang Gui	Radix Angelicae Sinensis	12g
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Dang Gui promotes Blood circulation and nourishes Blood.

Chai Hu	Radix Bupleuri	6g
Sheng Ma	Cimicifugae Rhizoma	18g

Chai Hu and Sheng Ma raise Qi. Chai Hu regulates Liver Qi. Sheng Ma encourages Qi and Yang to the surface.

Zhi Gan Cao	Honey-Fried Radix Glycyrrhizae Uralensis	6g
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Zhi Gan Cao harmonizes the ingredients of formula and strengthens Qi.

Tu Si Zi	Semen Cuscutae Chinensis	24g
Du Zhong	Cortex Eucommiae Ulmoidis	18g
Gui Zhi	Ramulus Cinnamomi Cassiae	15g

Tu Si Zi and Du Zhong strengthen Kidney Yang. Tu Si Zi nourishes Kidney Yin and Du Zhong strengthens the sinews and bones. Gui Zhi warms the channels and guides the herbs to harmonize the movement of the Wei and Ying.

RESOLUTION:

She took ten bags for ten days. She reported that her sexual energy increased, her knees were stronger. The uterine prolapse condition decreased. The previous formula did not work because it only worked to strengthen the Spleen and failed to address the Kidneys.

14. Morning sickness

A 20 year old female is 4.5 months pregnant. She is suffering from morning sickness with nausea, vomiting and is unable to keep down any food. She is being hydrated with an IV drip every day and herbal medication appears to have no effect. Her tongue is pale red with a dry white coating and her pulse is slippery, floating and weak.

DIAGNOSIS:

Disharmony of the Stomach, Spleen, Liver and Kidney

TREATMENT PLAN:

Stabilize and descend Stomach Qi downwards.

Harmonize the Spleen and Liver.

FORMULA:

Wu Wei Zi Tang modification

Wu Wei Zi	Fructus Schizandrae Chinensis	9g
Huang Qin	Radix Scutellariae Baicalensis	10g
Sheng Jiang	Zingiber Officinale Rosc.	10g
Salt		3g
Brown sugar		20g

Wu Wei Zi has a sour taste that calms the Liver and stops it from attacking the Stomach. Huang Qin is bitter which stabilizes the Heart and clears the Upper Jiao of damp heat. Sheng Jiang is acrid and warm, harmonizes the Ying and Wei, and stabilizes the exterior and interior. Salt stabilizes Kidney Qi and Stomach Qi and strengthens bone. Brown sugar has a sweet taste to harmonize the Spleen and Stomach Qi and nourish the Spleen.

Gan Cao	Radix Glycyrrhizae Uralensis	8g
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Gan Cao harmonizes acute symptoms.

Dang Shen	Radix Codonopsis Pilosulae	15g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	10g

Sha Ren Fructus Amomie 4g

Dang Shen strengthens Spleen Qi. Bai Zhu is warm and dries the Spleen and Stomach. Sha Ren warms the Stomach and Spleen and aromatically transforms dampness.

Tu Su Zi Rhizoma Atractylodis Macrocephalae 15g

Tu Si Zi strengthens and nourishes Kidney Yang and Jing.

Xiang Fu Rhizome Cayperi Rotunda 6g

Xiang Fu promotes blood circulation, stops pain and regulates the Liver at the blood level. All these actions smooth the relationship between the Liver and Stomach.

RESOLUTION:

The patient was asked to add three cups of water to the dry herbs and boil down to one cup. She was then instructed to sip the formula throughout the day so as not to upset her stomach. After following these instructions for two days, her nausea slowly subsided and she was able to eat soft foods. She was kept on the formula for two weeks. She was able to carry the pregnancy to term and had a healthy baby.

15. Belching during menstruation.

A 43 year old female is suffering from constant belching three days before and during menstruation. The only thing that seems to help is if she continues talking after eating. She has been using Xiao Yao San for fourteen years which reduced the symptoms. She came in with irritability, an upset Stomach and fullness of the chest and ribs. She explained that three days prior to the start of her menses, she has frequent belching, a pale face, fatigue, low appetite, cold extremities and insomnia. She experiences excessive bleeding when her menses begins. Her tongue is pale with a red tip and toothmarks. Her pulse is deep and small.

DIAGNOSIS:

- Qi, Blood and Yin deficiency
- Liver and Stomach not harmonizing
- Spleen and Kidney Qi deficiency

TREATMENT PLAN:

Strengthen Spleen Qi
Calm the Heart and Liver

FORMULA:

Gui Pi Tang modification

Suan Zao Ren	Semen Zizyphi Spinosae	9g
Yuan Zhi	Semen Triticum Aestivum	12g
Long Yan Rou	Arillus Euphorbiae Longanae	12g

Suan Zao Ren, Yuan Zhi and Long Yan Rou calm the Heart and Liver. Suan Zao Ren tends to calm the Liver and nourishes Liver blood. Yuan Zhi clears phlegm blocking the orifices. Long Yan Rou nourishes the blood and its sweet taste benefits the Spleen Qi.

Dang Shen	Radix Codonopsis Pilosulae	12g
Sheng Jiang	Zingiberis Officinale Rosc.	12g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	12g
Fu Ling	Sclerotium Poriae Cocco	15g
Gan Cao	Radix Glycyrrhizae Uralensis	3g

Dang Shen strengthens the Spleen Qi to help descend Stomach Qi. Sheng Jiang warms to descend Stomach Qi. Bai Zhu and Fu Ling are warm and drain dampness in the Middle Jiao. Bai Zhu is warm and dries the Spleen. Fu Ling drains dampness in the Middle Jiao. Gan Cao is sweet which benefits Spleen Qi and reduces the acute belching symptoms.

Dang Gui	Radix Angelicae Sinensis	9g
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Dang Gui promotes Blood circulation and nourishes Blood.

Shi Di	Kaki Calyx	12g
Shen Qu	Massa Fermentata	15g

Shi Di and Shen Qu descend Stomach Qi. Shi Di is physically light-weight indicating that it stops belching on the surface level. The surface level indicates that Shi Di has a quick effective action but does not maintain its effects in the bloodstream for a long duration. Shen Qu is acrid which penetrates through stagnation in the Stomach.

Xiao Hui Xiang	Fructus Foeniculi Vulgaris	12g
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Xiao Hui Xiang is warm which dries the Stomach and harmonizes the Liver. It also regulates Liver, Stomach and Kidney Qi.

RESOLUTION:

She took the three bags of the formula after which her symptoms improved by 50%. She continued to take the formula before and during each menses for four months and she reported that she was no longer belching.

16. Vaginal Flatulence

A 34 year old patient is complains frequent vaginal flatulence of approximately ten times per day. She has been suffering from Stomach and uterus prolapse for a few years. She is skinny, fatigued, has loose stool with dull Stomach pain and has leukorrhea with a clear, thin discharge. Her menses is light. Her tongue is pale with a thin, white coating and her pulse is deep and weak.

Vaginal flatulence is the expulsion air from the vagina which is most common after intercourse, stretching, and exercise. Although the sound is similar to that of flatulence from the anus, there is usually no odor or waste gases emitted. However, a colovaginal fistula is indicated if a strong fecal odor is present during vaginal flatulence. In this patient, there is no fecal odor and the vaginal flatulence is related to organ prolapse and not a colovaginal fistula.

DIAGNOSIS:

- Spleen Qi deficiency
- Qi prolapse

TREATMENT PLAN:

Strengthen the Spleen Qi and lift the Qi upwards

FORMULA:

Shen Ling Bai Zhu San modification

Huang Qi	Radix Astragali Membranaceus	15g
Dang Shen	Radix Codonopsis Pilosulae	12g
Fu Ling	Sclerotium Poriae Cocoa	15g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	12g
Sha Ren	Fructus Amomie	9g
Gan Cao	Radix Glycyrrhizae Uralensis	3g

Huang Qi and Dang Shen strengthen the Spleen Qi. Huang Qi raises the Qi and stabilizes the Wei Qi. Dang Shen strengthens Middle Jiao Spleen Qi. Bai Zhu and Fu Ling are used as a pair to dry and drain dampness in the Spleen. Bai Zhu dries dampness in the Spleen and stabilizes the Wei Qi. Fu Ling drains dampness in the Middle Jiao. Sha Ren aromatically dries dampness and regulates Qi in the Middle Jiao. Gan Cao is sweet which harmonizes the ingredients of the herbal formula and strengthens Spleen Qi.

Bai Bian Dou	Semen Dolichoris Lablab	12g
Shan Yao	Radix Dioscoreae Oppositae	15g
Lian Zi	Semen Nelumbinis Nuciferae	12g

Bai Bian Dou mildly drains dampness in the Middle Jiao. Shan Yao and Lian Zi astringe the Spleen. Shan Yao is more stable while Lian Zi works on the surface (acts quickly) and calms the Heart and Kidney.

Jie Geng	Radix Platycodi Grandiflori	12g
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Jie Geng opens the Lung Qi to clear lingering stagnation and carries the herbs to the upper portion body.

Dang Gui	Radix Angelicae Sinensis	12g
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Dang Gui promotes Blood circulation and nourishes Blood.

Lu Jiao Shuang	Cervi Cornu Degelatinatum	12g
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Lu Jiao Shuang strengthens and astringes Kidney Yang.

Chai Hu	Radix Bupleuri	6g
Sheng Ma	Cimicifugae Rhizoma	6g

Chai Hu and Sheng Ma raise Spleen Qi. Chai Hu regulates Liver Qi and Sheng Ma is stronger at lifting Qi.

RESOLUTION:

After taking twenty bags for twenty days, she reported that her symptoms have resolved and her stools are no longer loose. She continued to use the modified Shen Ling Bai Zhu San and Bu Zhong Yi Qi Tang to maintain stabilization of the condition.

Enrichment Exercises (Answers on next page)

1. Transverse or oblique needling of LV23 (Zhangmen)...
 - a. prevents damage to the Liver
 - b. prevents damage to the Spleen
 - c. All of the Above

2. Herbs that treat sudden loss of hair due to Kidney and Liver deficiency are...
 - a. Sang Shen Zi (Fructus Mori Albae), He Shou Wu (Radix Polygoni Multiflori), Tu Si Zi (Semen Cuscutae Chinensis)
 - b. Qing Pi (Pericarpium Citri Reticulatae Veride), Chai Hu (Radix Bupleuri), Wu Yao (Radix Linderae Strychnifoliae)
 - c. None of the Above

3. A chief herb for the treatment of Kidney stones is...
 - a. Jin Qian Cao (Lysimachiae Herba)
 - b. He Shou Wu (Radix Polygoni Multiflori)
 - c. Dang Gui (Radix Angelicae Sinensis)

4. Ze Xie (Alismatis Rhizoma) is an important herb for the treatment of hydrocele testis, accumulation of fluids around a testicle, because...
 - a. it drains dampness
 - b. it sedates Kidney fire
 - c. Both A and B

5. Zhi Zi (Fructus Gardeniae Jasminoidis)...
 - a. clears damp heat in the Triple Burner (Sanjiao)
 - b. eliminates irritability and mildly promotes blood circulation
 - c. Both A and B

Answers:

1. Transverse or oblique needling of LV23 (Zhangmen)...
 - a. prevents damage to the Liver
 - b. prevents damage to the Spleen
 - c. All of the AboveAnswer: C

2. Herbs that treat sudden loss of hair due to Kidney and Liver deficiency are...
 - a. Sang Shen Zi (Fructus Mori Albae), He Shou Wu (Radix Polygoni Multiflori), Tu Si Zi (Semen Cuscutae Chinensis)
 - b. Qing Pi (Pericarpium Citri Reticulatae Veride), Chai Hu (Radix Bupleuri), Wu Yao (Radix Linderae Strychnifoliae)
 - c. None of the AboveAnswer: A

3. A chief herb for the treatment of Kidney stones is...
 - a. Jin Qian Cao (Lysimachiae Herba)
 - b. He Shou Wu (Radix Polygoni Multiflori)
 - c. Dang Gui (Radix Angelicae Sinensis)Answer: A

4. Ze Xie (Alismatis Rhizoma) is an important herb for the treatment of hydrocele testis, accumulation of fluids around a testicle, because...
 - a. it drains dampness
 - b. it sedates Kidney fire
 - c. Both A and BAnswer: C

5. Zhi Zi (Fructus Gardeniae Jasminoidis)...
 - a. clears damp heat in the Triple Burner (Sanjiao)
 - b. eliminates irritability and mildly promotes blood circulation
 - c. Both A and BAnswer : C

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