

# Case Histories with Herbal Formulas Part 4

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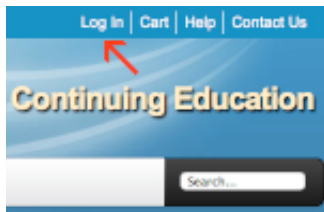
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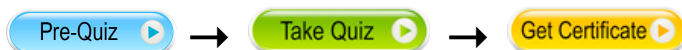


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## 1. Excessive sexual dreams

A 30 year old female complained that she has sexual dreams every night since the birth of her baby three months ago. She experiences fatigue, forgetfulness, low appetite, low voice, vertigo, tinnitus and palpitation. Her face and tongue are pale and dark. Her pulse is weak and empty..

### DIAGNOSIS:

Kidney and Heart Yin and Qi deficiency

### TREATMENT PLAN:

Stabilize the Heart and Kidneys, lubricate Yin and strengthen Qi

### FORMULA:

Gui Pi Tang, Si Wu Tang and Chai Hu Long Gu Mu Li Tang modification

Suan Zao Ren	Semen Zizyphi Spinosae	9g
Yuan Zhi	Semen Tritici Aestivi Levis	12g
Long Yan Rou	Arillus Euphoriae Longanae	12g

All the herbs above stabilize the Heart. Suan Zao Ren lubricates Liver blood to nourish the Heart. Yuan Zhi clears phlegm and opens the orifices to calm the Heart. Long Yan Rou is sweet which strengthens Heart and Spleen Qi.

Dang Shen	Radix Codonopsis Pilosulae	9g
Huang Qi	Radix Astragali Membranaceus	3g

Dang Shen and Huang Qi strengthen the Qi. Dang Shen strengthens Spleen Qi while Huang Qi lifts the Qi and encourages the orifice of the Heart to open and close appropriately.

Sheng Di Huang	Radix Rehmanniae Galutinosae	12g
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Sheng Di Huang cools heat and nourishes the Heart and Kidney Blood, Jing and Yin.

Bai Shao	Paeoniae Radix Alba	12g
Chai Hu	Radix Bupleuri	3g

Bai Shao and Chai Hu smooth Liver Qi. Bai Shao stabilizes the Yang, harmonizes the Ying and Wei, and benefits Heart and Kidney communication. Chai Hu opens and regulates Liver and Shaoyang Qi.

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

Long Gu and Mu Li settle the Heart, Liver and Kidney Yang. Long Gu settles the Kidney and Heart and astringes the Kidney. Mu Li settles Liver Yang and dissolves stagnant nodules.

Gui Zhi	Ramulus Cinnamomi Cassiae	3g
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Gui Zhi is warming and harmonizes the Ying and Wei and benefits Heart and Kidney communication.

Gan Cao                      Radix Glycyrrhizae Uralensis                      3g

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

RESOLUTION:

She took the formula for seven days right before going to sleep. After seven days, she no longer had sexual dreams at night but she remained fatigued and forgetful. The following herbs were removed from the FORMULA:

Suan Zao Ren (Semen Zizyphi Spinosae), Yuan Zhi (Semen Triticum Aestivum Levis). Increases were made to Huang Qi (Radix Astragalus Membranaceus) 15g and Dang Shen (Radix Codonopsis Pilosulae) 15g. She was instructed to take the formula three times per day. After twenty days, all her symptoms resolved.

## 2. Sexual desire and the ‘Broken-Heart’

A 17 year old male is ‘broken-hearted’ over a relationship. He is feeling irritable and is suffering from insomnia and excessive sexual desires at night. His body and legs feel restless and he has a tremor in his head. His tongue has red sides and his pulse is wiry, floating and full.

DIAGNOSIS:

Excess Liver, Heart and Kidney fire and internal wind

TREATMENT PLAN:

Stabilize Liver and Heart fire and stop internal wind.

FORMULA:

Sheng Gan Xie Fang Tang, Dan Zhi Xiao Yao Wan and Tian Wan Bu Xin Dan modification

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

All the herbs above settle the Liver. Long Gu settles the Heart and Kidney and astringes the Kidneys. Mu Li and Shi Jue Ming settle the Liver. Mu Li dissolves phlegm nodules. Shi Jue Ming brightens the eyes.

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

Tian Ma and Gou Teng stop internal wind. Tian Ma is stronger and Gou Teng works on the surface.

Chai Hu	Radix Bupleauri	9g
Bai Shao	Paeoniae Radix Alba	15g
Bo He	Mentha aHaplocalyx	6g

All the herbs above smooth Liver Qi. Bo He works on the the surface level to eliminate irritability. Chai Hu works on the Middle level to harmonize and open the Liver and Shaoyang Qi. Bai Shao works on the deep level to stabilize Liver Yang and to harmonize Ying and Wei.

Zhi Zi	Fructus Gardeniae aJasminoidis	12g
Dan Zhu Ye	Herba Loaphatheri Gracilis	12g

Zhi Zi and Dan Zhu Ye sedate Heart fire. Zhi Zi cools heat in the Blood and promotes Blood circulation and clears San Jiao damp heat. Dan Zhu Ye promotes urination to drain Heart fire.

Sheng Di Huang	Radix Rehmanniae Galutinosae	30g
Mu Dan Pi	Cortex Moutan Radicis	12g

Sheng Di Huang and Mu Dan Pi cool heat in the Blood. Sheng Di Huang nourishes dryness in the Blood, Yin and fluids. Mu Dan Pi promotes blood circulation to track down hidden heat.

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

#### RESOLUTION:

He took the formula for seven days and took Tian Wan Bu Xin Dan one hour before sleep. The tongue was no longer as red and the sexual desires diminished by 90% and he was able to sleep better. He continued taking the formula for twenty days and was able to let go of the relationship.

### 3. Impotence

A 36 year old male complains of being impotent for years. He has sweaty palms, thirst, night sweat, tinnitus, vertigo and a weak back and knees. His tongue is red and dry and his pulse is small and rapid.

#### DIAGNOSIS:

Kidney Yin deficiency more than Kidney Yang deficiency.

TREATMENT PLAN:

Lubricate Kidney Yin.

FORMULA:

Zhi Bai Di Huang Wan modification

Zhi Mu                      Rhizoma Anemarrhenae Asphodeloidis                      12g

Huang Bai                      Cortex Phellodendri                      12g

Zhi Mu and Huang Bai sedate Kidney deficiency heat. Zhi Mu lubricates dryness. Huang Bai sedates heat in the Kidneys due to both excess and deficiency.

Sheng Di Huang                      Radix Rehmanniae Galatinosae                      30g

Mu Dan Pi                      Cortex Moutan Radicis                      12g

Sheng Di Huang and Mu Dan Pi cool heat in the blood. Sheng Di Huang nourishes Kidney and Liver Blood, Yin and Jing. Mu Dan Pi promotes blood circulation and to track down hidden heat.

Shan Zhu Yu                      Fructus corni Officinalis                      12g

Shan Zhu Yu astringes the Kidneys and nourishes Kidney and Liver Yin.

Ze Xie                      Alismatis Rhizoma                      9g

Ze Xie sedates Kidney excess and promotes urination.

Nu Zhen Zi                      Fructus Ligustri Lucidi                      15g

Han Lian Cao                      Herba Ecliptae Prostratae                      12g

Huang Jing                      Rhizoma Polygonati                      15g

Nu Zhen Zi and Han Lian Cao eliminate deficiency heat and mildly nourish the Yin. Nu Zhen Zi is more dense which allows it to nourish the Yin. Han Lian Cao is lightweight which makes it effective in tracking down hidden deficiency heat. Huang Jing is dense which nourishes Kidney Jing, Blood and Yin.

Tu Si Zi                      Semen Cuscutae Chinensis                      12g

Tu Si Zi strengthens Kidney Yang and Yin.

Fu Xiao Mai                      Semen Triticum Fructus Levis                      15g

Fu Xiao Mai stops night sweats and calms the mind.

Gan Cao                      Radix Glycyrrhizae Uralensis                      3g

Gan Cao harmonizes the ingredients in the formula.

RESOLUTION:



After twenty bags for twenty days the Kidney Yin deficiency symptoms improved by 90%. He reports that he is able to have an erection and he feels that his energy is stronger. His tongue is slightly purple and his pulse is small and weak.

SECOND DIAGNOSIS:

Kidney Yang deficiency is stronger than Kidney Yin deficiency.

TREATMENT PLAN:

Strengthen Kidney Yang and Yin.

FORMULA:

You Gui Wan and Xue Fu Zhu Yu Tang modification

Shu Di Huang	Radix Rehmanniae Galatinosae	30g
Shan Zhu Yu	Fructus corni Officinalis	12g
Huang Jing	Rhizoma Polygonati	15g

All above herbs above nourish Kidney Jing and Yin. Shu Di Huang and Huang Jing nourish Kidney and Liver blood, Jing and Yin. Shu Di Huang is physically dense which allows it to go deep and nourish Blood, Jing and Yin. Huang Jing strengthens Spleen Qi. Shan Zhu Yu astringes the Kidneys and nourishes Kidney and Liver Yin and Jing.

Mu Dan Pi	Cortex Moutan Radicis	12g
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Mu Dan Pi cools heat in the blood and promotes blood circulation to track down hidden heat.

Yin Yang Huo	Rhizome Corydalis Yanhusuo	12g
Du Zhong	Cortex Eucommiae Ulmoidis	12g
Tu Si Zi	Semen Cuscutae Chinensis	30g

All herbs in this group strengthen Kidney Yang. Yin Yang Huo warms Kidney Yang and treats impotence. Du Zhong is stable which allows it to stay in the bloodstream longer and warm Kidney Yang. Tu Si Zi nourishes Kidney Yang and Yin.

Chai Hu	Radix Bupleauri	3g
Bai Shao	Paeoniae Radix Alba	12g

Chai Hua and Bai Shao smooth Liver Qi. Chai Hu opens and lifts Liver Qi and Bai Shao stabilizes and harmonizes the Ying and Wei.

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

All the herbs above promote blood circulation. Chi Shao cools the blood. Dan Shen promotes circulation in the small blood vessels. Hong Hua and Tao Ren break congealed Blood. Hong Hua is stronger and moves faster. Tao Ren stays in the bloodstream longer and moistens dryness.

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

RESOLUTION:

He took the formula for one month and was asked to refrain from ejaculation for that time period. His symptoms completely resolved.

## 4. Penis Withdraws into the Body

A 58 year old male patient complained that after intercourse with his wife in cold weather and after drinking too much cold water, his penis reversed direction and withdrew into his body accompanied by severe pain. He explained that he quickly drank warm water, turned the heater up and put heat on his sacrum and pelvic region. This reduced his pain. He has cold extremities, a pale face and an aversion to cold. His tongue is puffy and the coating is bright white. His pulse is weak, deep and slow (especially at the Kidney position).

DIAGNOSIS:

Kidney Yang deficiency.

TREATMENT PLAN:

Strengthen Kidney Yang, Qi and Blood

FORMULA:

Ren Shen Si Ni Tang and Si Wu Tang modification

Fu Zi	Aconiti Radix Lateralisa preparata	9g (boil it at least one hour to release toxin)
Gan Jiang	Rhizoma Zingiberis Officinalis	12g
Gan Cao	Radix Glycyrrhizae Uralensis	12g

Fu Zi strengthens and rescues devastated Kidney Yang. Gan Jiang assists Fu Zi to strengthen the Kidney Yang. Gan Jiang is faster moving. Fu Zi is maintained in the bloodstream longer and is stronger. Gan Cao has a sweet taste which strengthens Qi and Yang.

Ren Shen	Radix Ginseng	15g
Huang Qi	Radix Astragali Membranaceus	15g

Ren Shen strengthens Yuan Qi. Huang Qi raises Qi and moves it to the surface.

Xiao Hui Xiang      Fructus Foeniculi Vulgaris      15g

Wu Zhu Yu      Fructus Evodiae Rutacarpae      12g

Xiao Hui Xiang and Wu Zhu Yu regulate and warm the Liver and Kidney. Xiao Hui Xiang flows to the surface and Wu Zhu Yu works on the deep level.

Chuan Xiong      Radix Ligustici Chuanxiong      9g

Dang Gui      Radix Angelicae Sinensis      12g

Chuan Xiong and Dang Gui promote blood circulation. Chuan Xiong promotes Qi in the blood to flow. Dang Gui nourishes the Blood.

#### RESOLUTION:

After taking one bag, he reported that his penis extended halfway out of his body. He took the formula for two more days and penis returned to normal position but he feels impotent. Fu Zi was taken out and Bai Shao (Paeoniae Radix Alba )15g, Di Long (Lumbricus)12g, Ru Xiang (Gummi Olibanum) 6g, and Mo Yao(Myrrha) 6g were added to the formula. He was on this formula for seven more days. After this treatment, all his symptoms resolved.

## 5. Excess Erect Penis

A 20 year old man slept in an open field at night and had a vision of a female having intercourse with him. He is presenting with palpitations, fear, tinnitus, fatigue and his penis is erect and does not return to its flaccid state. His tongue has a red tip with a greasy yellow coating and his pulse is full, wiry and floating.

#### DIAGNOSIS:

- Heart and Kidney Yin deficiency
- Damp heat in the Gallbladder
- Liver Qi stagnation

#### TREATMENT PLAN:

Sedate deficiency heat, clear damp heat, smooth Liver

#### FORMULA:

Zhi Bai Di Huang Wan and Wen Dan Tang modification

Zhi Mu      Rhizoma Anemarrhenae Asphodeloidis      12g

Huang Bai	Cortex Phellodendri	12g
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Zhi Mu and Huang Bai clear deficiency heat. Zhi Mu moistens dryness and clears Qi level heat. Huang Bai eliminates Kidney excess and damp heat.

Mu Dan Pi	Cortex Moutan Radicis	12g
Sheng Di Huang	Radix Rehmanniae Galatinosae	30g

Mu Dan Pi and Sheng Di Huang cool heat in the blood. Mu Dan Pi promotes blood circulation. Sheng Di Huang lubricates Yin, Blood and Jing.

Ze Xie	Alismatis Rhizoma	9g
Fu Ling	Sclerotium Poriae Cocco	15g

Ze Xie and Fu Ling promote urination. Ze Xie sedates fire in the Kidney due to both excess and deficiency. Fu Ling balances water in the body.

Mai Men Dong	Tuber Ophiopogonis Japonici	12g
Wu Bei Zi	Fructus Schizandrae Chinensis	3g

Mai Men Dong and Wu Bei Zi nourish and calm the Heart. Mai Men Dong nourishes the Lung and Stomach. Wu Bei Zi astringes the Liver and Kidney.

Zhu Ru	Caulis Bambusae in Taeniis	15g
Zhi Ke	Fructus Citri Aurantii	12g

Zhu Ru and Zhi Ke break Qi and damp heat stagnation. Zhu Ru eliminates Gallbladder and Middle Jiao damp heat. Zhi Ke opens the chest and breaks Qi stagnation.

Lian Zi Xin	Plumula Nelumbinis	12g
Huang Lian	Rhizoma Coptidis	9g

Lian Zi Xin and Huang Lian sedate Heart fire. Lian Zi Xin work on a light level (fast acting but short duration in the bloodstream) and astringes the Heart and Kidney. Huang Lian sedates excess Heart fire.

Bai Shao	Paeoniae Radix Alba	15g
Chai Hu	Radix Bupleuri	6g

Bai Shao and Chai Hu smooth Liver Qi. Bai Shao stabilizes Liver Yang and relaxes muscles. Chai Hu opens and regulates the Liver.

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

After taking three bags, his penis returns to a slightly more flaccid state. His tongue has a less pronounced red tip but there is a greasy coating and bad breath. The following herbs were added to the FORMULA:

Yin Chen Hao (Herba Artemisiae Yinchenhao) 30g, Huang Qin (Radix Scutellariae Baicalensis) 15g, Ban Xia (Pinelliae Rhizoma Preparatum) 6g, and Zhu Ling (Sclerotium

Polypori Unbellati) 15g. This modified formula was taken for six days. The patients penis returned to its normal flaccid state and the erectile dysfunction resolved.

## 6. Low sperm count

A 40 year old male patient has a low sperm count. He and his wife have been trying to have a baby for 3 years. He also presents with fatigue, loose stools, insomnia, forgetfulness and a weak back and knees. He has been using hormones and Kidney Yang tonics with no effect. His tongue has toothmarks and his pulse is weak.

### DIAGNOSIS:

Spleen and Kidney Qi and Yang deficiency

### TREATMENT PLAN:

Strengthen the Spleen Qi first then tonify the Yang

### FORMULA:

Liu Jun Zi Tang, Bu Zhong Yi Qi Tang and Gui Pi Wan modification

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

Dang Shen and Huang Qi strengthen Spleen Qi. Dang Shen strengthens Spleen Qi. Huang Qi encourages Qi to raise upwards and strengthens the surface.

Bai Zhu	Rhizoma Atractylodis Macrocephalae	12g
Chen Pi	Pericarpium Citri Reticulatae	6g
Ban Xia	Pinelliae Rhizoma Preparatum	9g

Bai Zhu, Chen Pi and Ban Xia warm the Spleen and Stomach. Ban Zhu is stable, warming and dries the Spleen. Chen Pi regulates Qi. Ban Xia dries phlegm nodules and descends Stomach Qi.

Fu Ling	Sclerotium Poriae Cocco	15g
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Fu Ling drains dampness from the Middle Jiao.

Chai Hu	Radix Bupleauri	3g
Ge Gen	Radix Puerariae	15g
Sheng Ma	Cimicifugae Rhizoma	9g

Chai Hu, Ge Gen and Sheng Ma lift the Qi upwards. Chai Hu opens and regulates Liver Qi. Ge Gen raises Spleen Qi to stop diarrhea and relaxes the muscles. Sheng Ma is the strongest at lifting Qi upwards and to the surface.

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

Yin Yang Huo              Herba Epimedii                      12g  
Yin Yang Huo strengthens Kidney Yang and expels wind damp bi pain.

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

He took the formula for seven days along with 10 pills of Gui Pi Wan before sleep. He said that his sleeping and loose stools had improved by 80%. The dosage for Gui Pi Wan was reduced from 10 pills to 5 pills before sleeping. 12g of Pei Lan (Herba Eupatorii Fortunei) and 12g of Huo Xiang (Herba Agastaches Seu Pogostemi) were added to the formula to open up Spleen Qi. After three months, his sperm count is almost normal. He no longer has loose stools and sleep is fine. However, he still had weak knees and mild toothmarks on his tongue and his pulse was deep, weak and slow.

DIAGNOSIS:

Kidney Qi and Yang deficiency

TREATMENT PLAN:

Strengthen, warm and regulate the Kidney and Liver.

FORMULA:

You Gui Wan and Xiao Fu Zhu Yu Tang modification

Yin Yang Huo	Herba Epimedii	12g
Tu Si Zi	Semen Cuscutae Chinensis	12g
Shan Zhu Yu	Fructus corni Officinalis	12g
Lu Rong	Cornu Cervi Parvum	9g

All the herbs above strengthen Kidney Yang. Yin Yang Huo is fast acting and expels wind damp bi pain. Tu Si Zi nourishes Kidney Yin. Shan Zhu Yu (Shan You Rou) astringes the Kidneys and nourishes Liver and Kidney Yin. Lu Rong is the strongest at strengthening Kidney Yang and Jing.

Xiao Hui Xiang	Fructus Foeniculi Vulgaris	12g
Wu Zhu Yu	Fructus Evodiae Rutacarpae	12g

Xiao Hui Xiang and Wu Zhu Yu are warm and regulate the Liver and Kidney. Xiao Hui Xiang flows faster and at the lighter level. Wu Zhu Yu goes deeper and is therefore slower acting but is maintained in the bloodstream longer.

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

Chuan Xiong and Dang Gui promote blood circulation. Chuan Xiong promotes the Qi of Blood. Dang Gui promotes the Blood of Blood.

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

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

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

#### RESOLUTION:

He took the formula for two weeks and his sperm count is normal and his wife was able to get pregnant within two months.

## 7. Epistaxis with Menstruation

A 45 year female soccer player has irregular and late menstruation accompanied by hot flashes. One day, she suddenly had excessive nose bleeding that coincided with her menses. Her tongue is red and peeled and her pulse is wiry, small and rapid.

#### DIAGNOSIS:

Kidney Yin deficiency with deficiency heat, hot and dry uterus

#### TREATMENT PLAN:

Lubricate Kidney Yin and eliminate deficiency heat

#### FORMULA:

Qing Hao Bie Jia Tang and Liu Wei Di Huang Tang modification

Qing Hao	Herba Artemisia Annuae	12g
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Bie Jia	Carapax Amydae Sinensis	30g
Di Gu Pi	Cortex Lycii Radicis	12g
Mu Dan Pi	Cortex Moutan Radicis	12g
Bai Wei	Radix Cynanchi Baiwei	12g
Sheng Di Huang	Radix Rehmanniae Galutinosae	30g

All the herbs above cool heat in the blood. Qing Hao encourages deficiency heat to the surface to assist Bie Jia. Di Gu Pi and Mu Dan Pi eliminate steaming bone syndrome. Di Gu Pi tends to work on the surface and Mu Dan Pi promotes blood circulation. Bai Wei sedates acute or chronic deficiency heat. Sheng Di Huang nourishes the Blood, Yin and Jing.

Bai Mao Gen	Rhizoma Imperatae Cylindrica	30g
San Qi	Radix Notoginseng	12g

Bai Mao Gen and San Qi stop bleeding. Bai Mao Gen flows to the Upper Jiao and nose and promotes urination. San Qi promotes blood circulation and stops pain and swelling.

Fu Ling	Sclerotium Poriae Cocco	15g
Dan Zhu Ye	Herba Loophatheri Gracilis	12g

Fu Ling and Dan Zhu Ye promote urination to drain heat from the Upper Jiao. Fu Ling balances water in the body.

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

#### RESOLUTION:

She took the formula for three days and her nose bleeding gradually stopped in five days. Bai Mao Gen and San Qi were taken out and she was on the formula for three more weeks. Her menses came on time the next two months and no further symptoms occurred.

## 8. High blood pressure

A 28 year female patient had high blood pressure at 180/110. She took herbs to stop internal wind with no results. She had the following symptoms: stress, emotional distress, excessive worries, a heavy sensation of the body, fatigue, dull dreams, insomnia, fullness of the abdomen, nausea, sticky bowel movements and scanty, dark urination. Her tongue has a greasy yellow coating and her pulse is slippery and full.

#### DIAGNOSIS:



Liver attacking the Spleen and Stomach with damp heat stagnation

TREATMENT PLAN:

Benefit the Liver and Spleen

FORMULA:

San Ren Tang, Xiao Yao San and Huo Xiang Zheng Qi Tang modification

Bai Dou Kou	Fructus Amomi Kravanh	12g
Yi Yi Ren	Semen Coicis Lachryma-jobi	30g
Xing Ren	Pruni Armeniacae, Semen	9g

These are the chief herbs in San Ren Tang which are used because they are aromatic and can drain and open Lung Qi to clear dampness. Bai Dou Kou aromatically transforms dampness. Yi Yi Ren promotes urination and drains dampness out of the Upper Jiao and surface. Xing Ren opens Lung Qi to clear out sticky dampness.

Huo Xiang	Herba Agastaches Seu Pogostemi	12g
Pei Lan	Herba Eupatorii Fortunei	12g

Huo Xiang and Pei Lan aromatically transform dampness. Huo Xiang is more dense and smells stronger which dries dampness and releases wind dampness. Pei Lan is fast acting.

Zhu Ru	Caulis Bambusae in Taeniis	15g
Yin Chen Hao	Herba Artemisiae Yinchenhao	30g

Zhu Ru and Yin Chen Hao clear damp heat in the Middle Jiao and Gallbladder. Zhu Ru clears hot phlegm in the Gallbladder and reduces irritability. Yin Chen Hao clears Gallbladder damp heat and jaundice.

Zhi Shi	Fructus Immaturus Citrii Aurantii	12g
Chen Pi	Pericarpium Citri Reticulatae	6g

Zhi Shi and Chen Pi regulate Qi. Zhi Shi breaks Qi stagnation and descends it down. Chen Pi dissolves phlegm.

Bai Shao	Paeoniae Radix Alba	12g
Chai Hu	Radix Bupleauri	6g
Bo He	Mentha Ahaplocalyx	6g

All the herbs above regulate Liver Qi. Bai Shao stabilizes Liver Yang and harmonizes the Ying and Wei. Chai Hu opens Liver Qi and harmonizes the Shaoyang. Bo He flows to surface to eliminate irritability and heat.

Sheng Jiang	Zingiber Officinale Rosc.	12g
Da Zao	Fructus Zizyphi Jujubae	9g

Sheng Jiang and Da Zao harmonize the formula. Sheng Jiang is acrid and warm which opens and releases stagnation and descends Stomach Qi. Da Zao is sweet which slows down acute symptoms and nourishes the blood.

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

RESOLUTION:

She took the formula for fifteen days with more exercise and Tai Ji Quan (Tai Chi Chuan) practice. Her blood pressure down to 150/80. She no longer experienced insomnia and a feeling of heaviness in the body. She continued treatment for twenty days and her symptoms improved and her blood pressure came down to normal.

## 9. Mastitis

A thirty year old female's baby died. She is very distraught and is suffering from pain, redness and swelling of the breasts. She has a low grade fever and aversion to touch. Her tongue is red and dry and her pulse is full, wiry and rapid.

DIAGNOSIS:

- Damp heat toxins in the breast
- Liver Qi stagnation.

TREATMENT PLAN:

Clear toxic heat and smooth Liver.

FORMULA:

Wu Wei Xiao Du Yin and Si Ni San modification

Pu Gong Yin	Herba Taraxaci Mongolici cum Radice	15g
Lian Qiao	Fructus Forsythiae Suspensae	15g
Ye Ju Hua	Flos Chrysanthemi Indici	12g
Huang Lian	Rhizoma Coptidis	9g
Hong Teng	Sargentodoxae Caulis	30g

All the herbs above clear heat toxins. Pu Gong Yin dissolves nodules and mildly promotes blood circulation. Lian Qiao tends to work on the surface and clears hot phlegm nodules. Ye Ju Hua

clears Liver heat. Huang Lian is dense which allows it to go deep to clear heat toxins and sedate Heart fire. Hong Teng promotes blood circulation.

Wang Bu Liu Xin	Semen Vaccariae Segetalis	15g
(Zao) Jiao Ci	Gleditsiae Spina	12g

Wang Bu Liu Xin and Jiao Ji break through stagnation. Wang Bu Liu Xin is penetrating. Jiao Ci clears heat toxins.

Mai Ya	Fructus Hordei Vulgaris	60g
Chai Hu	Radix Bupleauri	6g
Qing Pi	Pericarpium Citri Reticulatae Veride	12g

All the herbs above regulate Liver Qi. Mai Ya opens the Stomach to reduce food stagnation and stop lactation. Chai Hu opens Liver Qi and harmonizes the Shaoyang. Qing Pi breaks Qi stagnation and stops pain.

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

#### RESOLUTION:

She took the formula for three days and sprayed rice wine on her breast to release heat 3 to 4 times per day. She was advised to pump milk from her breast several times per day with a breast pump. Her fever cleared but she was advised to stay on the formula for three more days. After treatment, she was able to completely recover.

## 10. Fish Scale Skin

A 19 year old male patient has skin that looks like fish scales due to dryness. It feels dry and itchy and he has had this dry skin condition since he was a child. He feels fatigued, has vertigo and suffers from low back pain. His tongue is red with a white greasy coating and his pulse is floating and rapid.

#### DIAGNOSIS:

- Liver and Kidney Yin and Blood deficiency
- Deficiency Heat with dryness.

#### TREATMENT PLAN:

Lubricate Yin and blood, promote blood circulation and expel wind.

FORMULA:

Xiao Fang San and Si Wu Tang modification

He Shou Wu	Radix Polygoni Multiflori	12g
Sheng Di Huang	Radix Rehmanniae Galutinosae	30g
Hei Zhi Ma	Seami Semen Nigrum	12g

All the herbs in this group moisten the Yin. He Shou Wu nourishes skin and hair. Sheng Di Huang cools the Blood and nourishes Blood and Jing. Hei Zhi Ma nourishes Kidney Jing.

Shi Gao	Gypsuama	30g
Ku Shen	Radix Sophorae flavescentis	12g
Bai Xian Pi	Cortex Dictamni Dasycarpi Radicis	12g

All the herbs above sedate heat at the Yangming level. Shi Gao eliminates excess heat and stabilizes the Yang. Ku Shen and Bai Xian Pi clear heat from the body and heat toxins from skin. Ku Shen is more dense and Bai Xian Pi tends work on the surface and is therefore faster acting.

Chan Tui	Periosticum Cicadae	6g
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Chan Tui tracks down wind on the surface and stops internal Liver wind and spasms.

Mu Dan Pi	Cortex Moutan Radicis	12g
Dan Shen	Radix Salviae Miltiorrhizae	12g
Qin Jiao	Radix Gentianae Qinjiao	12g

All the herbs cool heat in the blood. Mu Dan Pi and Dan Shen promote blood circulation. Mu Dan Pi is stronger at cooling the Blood. Dan Shen is stronger at promoting Blood circulation and calming the Heart. Qin Jiao expels wind damp bi pain to stop itching and cool heat.

Shen Qu	Massa Fermentata	30g
Lai Fu Zi	Semen Raphani Sativi	12g

Shen Qu and Lai Fu Zi reduce food stagnation to treat the greasy white coating that indicates dampness in the Middle Jiao. Shen Qu flows through the hidden food stagnation. Lai Fu Zi dissolves phlegm and descends Stomach Qi.

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

RESOLUTION:

He took the formula for three weeks and his skin improved by 90%. He was asked to continue the formula at a reduced dosage of one bag every two days. The dosages of the following herbs were reduced: Shi Gao(Gypsuama) to 9g, Ku Shen (Radix Sophorae flavescentis) and Bai Xian Pi(Cortex Dictamni Dasycarpi Radicis) to 9g. After total six weeks of treatment, his skin normalized. The patient was advised to avoid spicy hot foods and rest well.

## 11. Itchy Scrotum

A 50 year old male complains that his scrotum has been itchy and sweaty for seven months. He scratches it until it is red and pus drains out of it. His lifestyle is stressful and busy. The sides of his tongue are red and his pulse is wiry and rapid.

### DIAGNOSIS:

- Liver Qi stagnation
- Liver and Kidney Yin deficiency.

### TREATMENT PLAN:

Sedate heat, nourish Yin and smooth Liver Qi.

### FORMULA:

Chai Hu Long Gu Mu Li Tang and Xiao Feng San modification

Long Gu	Os Draconis	30g
Mu Li	Concha Ostrae	30g
Wu Wei Zi	Fructus Schizandrae Chinensis	9g
Fu Xiao Mai	Semen Tritici Fructus Levis	15g
Ye Jiao Teng	Caulis Polygoni Multiflori	30g

The herbs in this category calm the Heart and Liver. Long Gu and Mu Li stabilize Liver and Heart Yang. Long Gu tends to calm the Heart and astringe the Kidneys. Mu Li calms the Liver and dissolves phlegm nodules. Wu Wei Zi and Fu Xiao Mai calm the Heart and Liver while astringing sweat. Wu Wei Zi goes to the Liver and works with Fu Xiao Mai to stop irritability. Ye Jiao Teng nourishes Blood and expels wind damp bi pain.

Chai Hu	Radix Bupleauri	6g
Bai Shao	Paeoniae Radix Alba	12g

Chai Hu and Bai Shao regulate Liver Qi. Chai Hu opens Liver Qi and harmonizes the Shaoyang. Bai Shao stabilizes Liver Yang, nourishes Yin and harmonizes the Yin and Wei.

Shi Gao	Radix Glycyrrhizae Uralensis	3g
Ku Shen	Radix Sophorae flavescens	12g
She Chuang Zi	Fructus Cnidii Monnieri	12g

All the herbs in this group clear heat in the skin and muscles at the Yangming level. Shi Gao strongly sedates Yangming heat to eliminate red skin. Ku Shen and She Chuang Zi clear toxic heat from the skin. Ku Shen is more dense. She Chuan Zi acts quickly.

He Shou Wu	Radix Polygoni Multiflori	12g
Hei Zhi Ma	Seami Semen Nigrum	12g
Sheng Di Huang	Radix Rehmanniae Galutinosae	30g

All the herbs in this group moisten Yin and fluids. He Shou Wu works on skin and hair. Hei Zhi Ma moistens Kidney Jing. Sheng Di Huang cools heat in the Blood level and nourishes Blood and Jing.

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

#### RESOLUTION:

He took the formula for ten days and he also sat in an herbal bath each day: Ku Shen 30g (Radix Sophorae flavescens), She Chuang Zi 30g (Fructus Cnidii Monnieri) and Hua Shi (Talcum) 60g. His symptoms completely resolved.

## 12. Difficult Labor

A 23 year old woman is pregnant for the first time. She has past the due date and used drugs to induce labor with no effect. She is concerned that she will have to get a Caesarean section. Her face is pale yellow and she is fatigued. Her tongue is dark and her pulse is wiry and weak.

#### DIAGNOSIS:

- Qi and blood stagnation
- Qi deficiency.

#### TREATMENT PLAN:

Promote Qi and blood circulation, strengthen and descend Qi

#### FORMULA:

Dang Gui Chuan Xiong Tang

Ren Shen	Radix Ginseng	30g
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Ren Shen strengthens Yuan Qi.

Dang Gui	Radix Angelicae Sinensis	30g
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Chuan Xiong	Radix Ligustici Chuanxiong	30g
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Dang Gui and Chuan Xiong promote blood circulation. Dang Gui promotes Blood circulation and nourishes Blood. It is able to be maintained in the body longer. Chuan Xiong promotes Blood circulation by working on the Qi of Blood. It acts faster than Dang Gui.

Dai Zhe Shi	Haematitum	60g
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Niu Xi	Radix Achyranthis Bidentatae	30g
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Dai Zhe Shi and Niu Xi descend Qi. Dai Zhe Shi is heavy which helps it descend Qi. Niu Xi promotes blood circulation, guides Blood downwards and expels wind damp bi pain.

#### RESOLUTION:

Directions: Boil 3 cups of water down to 1 cup. Take ½ cup each time, two times per day. Use one bag per day. She was able to go into labor and have a healthy baby after taking the herbs for two days.

## **13. Uterine fibroid tumor during Pregnancy**

A 30 year old female has a uterine fibroid tumor with a history of miscarriages. She is currently 4 months pregnant and has had a history of miscarriages at this time period during other pregnancies. Her tongue is puffy with a white coating and her pulse is floating and slippery.

#### DIAGNOSIS:

Qi, Phlegm and Blood stagnation

#### TREATMENT PLAN:

Regulate Qi and break Phlegm and Blood stagnation

#### FORMULA:

Gui Zhi Fu Ling Wan

Gui Zhi	Ramulus Cinnamomi Cassiae	12g
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Gui Zhi harmonizes the Ying and Wei of the uterus and warms the channels.

Fu Ling	Sclerotium Poriae Cocco	15g
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Fu Ling drains dampness and balances water metabolism in the uterus.

Mu Dan Pi	Cortex Moutan Radicis	12g
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Tao Ren	Semen Persicae	3g
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Mu Dan Pi and Tao Ren promote blood circulation. Mu Dan Pi cools blood and promotes blood circulation. Tao Ren is physically heavy reflecting its ability to be maintained in the bloodstream. Tao Ren promotes blood circulation in the uterus. Note that a low dosage of Tao Ren is used as not to disturb the pregnancy by excessively moving the blood.

Bai Shao	Radix Peoniae Lactiflorae	12g
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Bai Shao harmonizes the Ying and Wei to stabilize Yang

#### RESOLUTION:

She took this formula in powdered form for three months. She was able to carry the pregnancy to term and gave birth to a beautiful, healthy baby. Note that this formula is not recommended during pregnancy as a rule, however, it was successful in this circumstance. Ordinarily, promoting blood circulation herbs such as Tao Ren and even Mu Da Pi are avoided during pregnancy. In general, variations of Gui Zhi Fu Ling Wan are strictly prohibited during pregnancy. Although this is a successful example of the use of this formula, it is not recommended and is considered a very rare circumstance in which it is beneficial during pregnancy. *This presentation of this case history is for academic purposes only and is not recommended by this author, HealthCMI, or other contributors.*

## 14. Huang Qi and Hua Shi for Chronic Ulcerative Colitis

A 60 year old male patient came in with chronic ulcerative colitis. He had no results with western drugs so he took a formula with the following herbs in it: Huang Lian (Rhizoma Coptidis), Mu Xiang (Radix Aucklandia Lappae), Ge Gen (Radix Puerariae), Huang Bai (Cortex Phellodendri), Huang Qin (Radix Scutellariae Baicalensis), Bai Tou Weng (Radix Pulsatillae Chinensis), Qin Pi (Cortex Fraxini), Di Yu (Radix Sanguisorbae Officinalis), Ma Chi Xian (Portulacae Herba, ), Cang Zhu (Rhizoma Atractylodis) and Ku Shen (Radix Sophorae flavescens). He also experienced no improvement from this formula. Recently, he ate an apple and developed



diarrhea with blood. He has a prolapsed anus, severe fatigue and thirst. His tongue is red and dry with a white coating. His pulse is slippery and weak.

DIAGNOSIS:

Spleen Qi deficiency and prolapse

TREATMENT PLAN:

Strengthen and lift up Spleen Qi

FORMULA:

Yuan Jie Shen Fang and Bu Zhong Yi Qi Tang modification

Huang Qi	Radix Astragali Membranaceus	30g
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Hua Shi	Talcum	20g
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Huang Qi strengthens and lifts the Spleen. Hua Shi promotes urination, clears heat and coats the intestines.

Bai Zhu	Rhizoma Atractylodis Macrocephalae	12g
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Chen Pi	Pericarpium Citri Reticulatae	3g
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Bai Zhu and Chen Pi dry dampness. Bai Zhu is stronger at drying dampness. Chen Pi regulates Spleen and Stomach Qi.

Chai Hu	Radix Bupleuri	3g
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Sheng Ma	Cimicifugae Rhizoma	6g
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Chai Hu and Sheng Ma lift Spleen Qi. Chai Hu opens and regulates Liver Qi. Sheng Ma lifts Qi and clears heat.

Bai Shao	Paeoniae Radix alba	50g
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Dang Gui	Radix Angelicae Sinensis	20g
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Bai Shao and Dang Gui nourish Blood. Bai Shao harmonizes the Ying and Wei and astringes the Yang. Dang Gui is stronger at nourishing Blood and it promotes Blood circulation.

Zhi Ke	Fructus Citri Aurantii	5g
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Bing Lang Tan	Semen Arecae Catechu	5g
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Mu Xiang	Radix Aucklandia Lappae	5g
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All the herbs regulate Qi. Zhi Ke opens the chest and breaks Qi stagnation. Charred Bing Lang astringes dampness to stop diarrhea. Mu Xiang is warming and dries hidden dampness and phlegm.

Chao Lai Fu Zi	Semen Raphani Sativi	12g
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Stir fried Lai Fu Zi is warm and moving which reduces food stagnation.

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

RESOLUTION:

After being on the formula for five days, he no longer has a prolapsed anus and there is no more blood in the stools. In fact, his stools are formed and more regular. He took a modified Shen Ling Bai Zhu San daily for 3 months and his stool movements became completely regular.

## 15. Use of Xiao Chai Hu Tang to treat alternating fever and chills

A 36 year old female complains of fluctuations of heat and cold. She said that she feels chilled in the morning and hot in the afternoon and evening. She has been using Zhi Bai Di Huang Wan with no effect. She is stressed and feels a sensation of fullness in her ribs. She has a stomachache, nausea and acid regurgitation. Her tongue is red with a white coating and her pulse is wiry, small and rapid.

DIAGNOSIS:

Shaoyang disharmony

TREATMENT PLAN:

Harmonize the Shaoyang and clear hidden heat

FORMULA:

Xiao Chai Hu Tang modification

Chai Hu                      Radix Bupleuri                      9g

Huang Qin                  Herba Artemisia Annuae              15g

Chai Hu regulates the Shaoyang, opens the Liver and clears heat. Huang Qin clears damp heat in the Liver and Gall Bladder.

Bai Shao                      Radix Peoniae Lactiflorae              15g

Bai Shao smoothes the Liver, stabilizes the Yang and harmonizes the Ying and Wei.

Gan Cao                      Radix Glycyrrhizae Uralensis              3g

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

IN THE MORNING, ADD:

Gui Zhi	Ramulus Cinnamomi Cassiae	9g
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Gui Zhi warms the Ying, Wei and channels.

IN THE AFTERNOON, ADD:

Shi Gao	Gypsuama	30g
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Shi Gao sedates Yangming/Qi level heat in the afternoon.

RESOLUTION:

She took one bag in the morning with Gui Zhi, and one bag in the afternoon with Shi Gao. All her symptoms resolved after six days.

## 16. Lantern Disorder

*Lantern Disorder is when a patient feels cold on the surface but hot as a lantern internally.*

A 50 year old male patient complains of irritability, a hot sensation in his body, a hot sensation in his teeth, cold sensation in his skin and extremities, insomnia and fullness of the ribs. The symptoms are worst at night. He occasionally has loose stools. His tongue is red and dark with a thin, yellow coating and his pulse is wiry, rapid and deep. He used Zhi Bai Di Huang Wan with no effect. He also used Shu Gan Wan that lessened his symptoms while he was taking it, but the symptoms returned as soon as he went off the formula.

DIAGNOSIS:

Qi and Blood stagnation

TREATMENT PLAN:

Regulate Qi and Blood

FORMULA:

Xue Fu Zhu Yu Tang modification

Chai Hu	Radix Bupleuri	10g
Zhi Ke	Fructus Citri Aurantii	15g
Qing Pi	Pericarpium Citri Reticulatae Veride	15g

Chai Hu regulates and opens Liver Qi. Zhi Ke breaks Qi stagnation and opens the chest. Qing Pi stops pain and breaks Liver Qi stagnation.

Jie Geng	Radix Platycodi Grandiflori	10g
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Jie Geng opens Lung Qi and breaks stagnation.

Mu Dan Pi	Cortex Moutan Radicis	15g
Chi Shao	Radix Paeoniae Rubrae	15g
Tao Ren	Semen Persicae	10g
Hong Hua	Flos Carthami Tinctorii	10g
Chuan Xiong	Radix Ligustici Chuanxiong	10g

All the herbs in this group promote blood circulation. Mu Dan Pi and Chi Shao cool heat in the blood. Mu Dan Pi is stronger at cooling heat in the blood. Chi Shao is stronger at promoting blood circulation. Tao Ren and Hong Hua break congealed blood. Tao Ren is more stable and moistens dryness. Hong Hua is stronger and faster moving. Chuan Xiong is moves the Qi of Blood.

Sheng Di Huang	Radix Rehmanniae Galutinosae	15g
Dan Zhu Ye	Herba Loaphatheri Gracilis	9g

Sheng Di Huang cools heat in the blood and nourishes Yin, blood and fluids. Dan Zhu Ye promotes urination and sedates Heart fire.

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

#### RESOLUTION:

After taking the formula for five days, the fluctuating temperatures improved by 60%. His tongue was less dark and he was able to sleep better. He no longer had rib pain and her pulse was soft instead of wiry. 30g each of Long Gu (Os Draconis ) and Mu Li (Concha Ostrae) were added to the formula and the patient continued taking the formula for ten days. He reported that after the ten days, his symptoms improved by 80%. He was advised to take Xiao Yao San for a few months to continue the balancing process.

## 17. Hot phlegm

A 32 year old female comes in coughing up yellow phlegm. She is also experiencing shortness of breath and a fever in the evening which worsens in severity in the later hours at night. She has no

appetite and her stomach and abdomen are full. Her tongue is slightly dark with a moist yellow coating and her pulse is wiry and slippery.

DIAGNOSIS:

- Hot phlegm in the Lung
- Heat in the blood.

TREATMENT PLAN:

Expel hot phlegm and cool heat in the Blood

FORMULA:

Sang Zi Yang Qing Tang and Er Chen Tang modification

Bai Jie Zi	Semen Sinapsis Albae	15g
(Zi) Su Zi	Perillae Frutescentis, Fructus	15g
Lai Fu Zi	Semen Raphani Sativi	30g

These are the herbs in Sang Zi Yang Qing Tang which is used to dissolve phlegm. Bai Jie Zi penetrates and dissolves cold phlegm. Su Zi dissolves phlegm and stops coughing. Lai Fu Zi dissolves food stagnation and descends Stomach Qi.

Xing Ren	Pruni Armeniacae, Semen	12g
Jie Geng	Radix Platycodi Grandiflori	15g

Xing Ren and Jie Geng open Lung Qi to stop coughing. Xing Ren moistens dryness and stops asthma. Jie Geng clears sore throat and guides other herbs to the upper part of the body.

Fu Ling	Sclerotium Poriae Cocco	30g
Chen Pi	Pericarpium Citri Reticulatae	3g
Ban Xia	Pinelliae Rhizoma Preparatum	9g

These are herbs in the formula Er Chen Tang which is used to dry phlegm. Fu Ling promotes urination to drain phlegm. Chen Pi regulates Spleen and Stomach Qi and dries dampness. Ban Xia is very dense which works to dry phlegm and descend Stomach Qi.

Huang Qin	Radix Scutellariae Baicalensis	15g
Sang Bai Pi	Mori Albae Radicis, Cortex	30g
Ting Li Zi	Lepidii/Descurainiae Semen	30g

Huang Qin eliminates damp heat in the Lung. Sang Bai Pi and Ting Li Zi promote urination to drain damp heat in the Lung. Ting Li Zi strongly promotes urination and works on a deep level. Sang Bai Pi tends to work on the surface and stops coughing.

Mu Dan Pi	Cortex Moutan Radicis	12g
Bai Wei	Radix Cynanchi Baiwei	15g

Mu Dan Pi and Bai Wei cool heat in the Blood. Mu Dan Pi promotes blood circulation. Bai Wei strongly sedates heat.

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

RESOLUTION:

After taking the formula for two days, her body temperature slowly returned to normal and she had less yellow phlegm. She continued for four more days, after which she reported that she was back to normal.

## 18. Use of Wu Zhu Yu Tang to treat acid regurgitation

An 84 year old female has acid regurgitation at night. She vomits bile and sticky mucous and has pain in her Stomach. Her throat is sore and she has a low voice. She sometimes experiences a sticky mucous that blocks her throat which she has to cough to expectorate. All the symptoms are worse with stress. Her tongue has a red tip and sides with a moist, white coating. Her pulse is wiry.

DIAGNOSIS:

- Liver and Stomach disharmony
- Stomach damp heat
- Rebellious Qi

TREATMENT PLAN:

Regulate Liver and clear damp heat in the Stomach

FORMULA:

Wu Zhu Yu Tang, Zou Jin Wan and Si Ni San modification

Wu Zhu Yu	Fructus Evodiae Rutacarpae	12g
Dang Shen	Radix Codonopsis Pilosulae	12g
Sheng Jiang	Zingiber Officinale Rosc.	15g
Da Zao	Fructus Zizyphi Jujubae	12g

These are the herbs found in Wu Zhu Yu Tang which is used to warm and dry the Stomach and strengthen Spleen Qi. Wu Zhu Yu regulates and warms the Liver and Kidney and dries Stomach

phlegm. Dang Shen strengthens Spleen and Stomach Qi. Sheng Jiang warms the Stomach and descends Stomach Qi. Da Zao nourishes Jing and Blood and its sweet taste harmonizes acute symptoms. It also works as a pair with Sheng Jiang. Sheng Jiang is acrid and moving while Da Zao is sweet and stable to create balance in the formula.

Huang Lian	Rhizoma Coptidis	9g
Ban Xia	Pinelliae Rhizoma Preparatum	9g

Huang Lian clears damp heat acid in the Stomach. Ban Xia dries dampness and descends Stomach Qi.

Bai Shao	Radix Peoniae Lactiflorae	12g
Chai Hu	Radix Bupleuri	9g
Zhi Ke	Fructus Citri Aurantii	12g
Gan Cao	Radix Glycyrrhizae Uralensis	3g

These herbs are found in the formula Si Ni San which is used to break up Qi stagnation. Bai Shao and Chai Hu smooth Liver Qi. Bai Shao regulates and stabilizes Liver Qi. Chai Hu opens and spreads Liver Qi. Zhi Ke breaks Qi stagnation in the Upper and Middle Jiao. Gan Cao harmonizes the Stomach and the ingredients in the formula.

Xiang Fu	Rhizome Cayperi Rotunda	12g
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Xiang Fu regulates Qi and Blood, stops pain and harmonizes the Liver and Stomach.

#### RESOLUTION:

She took the formula for twelve days and she no longer has the sensation of sticky mucous blocking her throat. She took the formula for thirty days to completely get the acid regurgitation under control.

## 19. Bulimia

*Bulimia nervosa is an eating disorder characterized by binge eating and compensatory behaviors such as defense vomiting, use of laxatives, fasting, enemas, diuretics and excessive exercising.*

A 27 year old female has been suffering from bulimia for six months. She has excessive worries about her weight. Her tongue has a red tip and red sides. Her pulse is wiry and small.

#### DIAGNOSIS:

- Heart and Liver fire
- Qi stagnation
- Yin deficiency

TREATMENT PLAN:

Sedate Heart, Liver and Stomach fire

FORMULA:

Da Huang Gan Cao Tang

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

Gan Cao                      Radix Glycyrrhizae Uralensis                      9g  
 Gan Cao harmonizes and slows the effects of Da Huang and strengthens Qi.

RESOLUTION:

She took one bag that caused her to have loose stools. After that, she believes that she has broken through the cycle.

## 20. Colitis

A 65 year old female has had chronic colitis with diarrhea. Recently, she ate chocolate which caused her to have 10 bouts of diarrhea over the course of 24 hours. She is now feeling fatigued. Her tongue is red, has toothmarks with a peeled, dry coating. Her pulse is slippery and weak.

DIAGNOSIS:

Spleen Qi deficiency and dampness in the Lower Jiao (lower burner)

TREATMENT PLAN:

Strengthen Spleen Qi and dry dampness

FORMULA:

Shen Ling Bai Zhu San and Bu Zhong Yi Qi Tang modification

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



Fu Ling	Sclerotium Poriae Cocco	15g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	12g
Gan Cao	Radix Glycyrrhizae Uralensis	3g

Dang Shen and Huang Qi strengthen Spleen Qi. Dang Shen strengthens Middle Jiao Qi. Huang Qi lifts Qi. Fu Ling and Bai Zhu drain and dry the dampness in the Middle Jiao. Fu Ling promotes urination to drain. Bai Zhu is warm which dries the dampness. Gan Cao harmonizes the formula and its sweet taste strengthens Spleen Qi.

Yi Yi Ren	Semen Coicis Lachryma-jobi	30g
Shan Yao	Radix Dioscoreae Oppositae	30g

Yi Yi Ren mildly leaks out dampness. Shan Yao is astringes to stop diarrhea.

Huo Xiang	Herba Agastaches Seu Pogostemi	12g
Gan Jiang	Rhizoma Zingiberis Officinalis	12g
Sha Ren	Fructus Amomie	9g

Huo Xiang aromatically dries dampness and releases the surface. Gan Jiang is warming and benefits Spleen and Kidney Yang. Sha Ren aromatically dries dampness and regulates Spleen and Stomach Qi.

Chai Hu	Radix Bupleuri	3g
Sheng Ma	Cimicifugae Rhizoma	6g

Chai Hu and Sheng Ma raise Qi. Chai Hu opens and regulates Liver Qi. Sheng Ma is stronger at lifting the Qi up and clearing heat.

Jie Geng	Radix Platycodi Grandiflori	9g
Fang Feng	Radix Ledebouriellae Diaricatae	9g

Jie Geng and Fang Feng open Lung Qi which encourages its metal pair, the Large Intestine, to clear up diarrhea. Fang Feng expels wind from the surface of the intestines and opens Lung Qi.

#### RESOLUTION:

After taking the formula for two days, her diarrhea completely stopped.

## 21. Diarrhea

A 32 year old male has had diarrhea for 3 days after eating too many raw vegetables. He also complains of asthma, premature ejaculation, fatigue, and frequent and scanty urination. His tongue has toothmarks and a white coating. His pulse is floating and slippery.

DIAGNOSIS:

Spleen, Lung and Kidney Qi deficiency

TREATMENT PLAN:

Strengthen Spleen Qi and open Lung Qi.

FORMULA:

Xiang Sha Liu Jun Zi Tang and Ma Huang Tang modification

Mu Xiang	Radix Aucklandia Lappae	6g
Sha Ren	Fructus Amomie	12g
Chen Pi	Pericarpium Citri Reticulatae	3g
Ban Xia	Pinelliae Rhizoma Preparatum	12g

Mu Xiang, Sha Ren and Chen Pi regulate Spleen Qi. Mu Xiang dries hidden dampness. Sha Ren dries dampness in the Middle and Lower Jiao and descends Stomach Qi. Chen Pi dries dampness at the surface level. Ban Xia is dense which dries phlegm and dampness and descends Stomach Qi.

Dang Shen	Radix Codonopsis Pilosulae	12g
Fu Ling	Sclerotium Poriae Cocco	15g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	12g
Gan Cao	Radix Glycyrrhizae Uralensis	3g

Dang Shen strengthens Spleen Qi. Fu Ling and Bai Zhu dry and drain dampness in the Middle Jiao. Fu Ling promotes urination to drain and Bai Zhu dries the dampness. Gan Cao harmonizes the ingredients of the formula.

Ma Huang	Herba Ephedrae	6g
Xing Ren	Pruni Armeniacae, Semen	9g
Jie Geng	Radix Platycodi Grandiflori	12g

All the herbs in this group stop coughing and encourage the Lung to stop diarrhea through its paired organ - the Large Intestine. Ma Huang and Xing Ren open the Lung and stop asthma. Ma Huang is stronger at stopping asthma and releasing the surface. Xing Ren moistens dryness. Jie Geng opens the Lung and carries the herbs to the upper body.

Gui Zhi	Ramulus Cinnamomi Cassiae	12g
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Gui Zhi warms the channels and harmonizes the Ying and Wei of the Upper and Lower Jiao.

RESOLUTION:

He took the formula for three days and reported that he no longer has diarrhea, asthma and scanty urination. His premature ejaculation has also reduced in severity.

## 22. Ulcerative colitis

A 17 year old male explained that 2 months ago he drank excess cold water and developed diarrhea with abdominal pain and bloody stools. A western doctor has diagnosed with him as having ulcerative colitis. He has a fever in the afternoon and diarrhea three to five times a day. He is skinny and has severe abdominal pain occasionally. His tongue is red with a peeled, thick, white, dry coating and his pulse is full and slippery.

### DIAGNOSIS:

- Damp heat in the Middle and Lower Jiao
- Yin deficiency with deficiency heat.

### TREATMENT PLAN:

Clear Middle and Lower Jiao damp heat

### FORMULA:

Shao Yao Tang and Huai Hua San modification

Bai Shao	Radix Peoniae Lactiflorae	30g
Huang Lian	Rhizoma Coptidis	9g
Huang Qin	Radix Scutellariae Baicalensis	12g

Bai Shao harmonizes the Ying and Wei to regulate bowel movements and stabilizes the Yang to stop diarrhea and bleeding. Huang Lian and Huang Qin stop damp heat. Huang Lian stops Middle Jiao damp heat and diarrhea. Huang Qin stops Liver and Gall Bladder damp heat to clear Middle Jiao damp heat.

Huai Hua Mi	Flos Sophorae Japonicae Immatur	10g
Di Yu	Flos Sophorae Japonicae Immatur	15g
Ce Bei Ye	Flos Sophorae Japonicae Immatur	12g

Huai Hua Mi, Di Yu and Ce Bei Ye cool blood and stop bleeding. Huai Hua Mi and Di Yu stop Lower Jiao bleeding. Huai Hua Mi moistens the intestines. Di Yu cools heat. Ce Bei Ye is stronger at cooling heat in the blood.

Huang Bai	Cortex Phellodendri	12g
Mu Dan Pi	Cortex Moutan Radicis	12g

Huang Bai and Mu Dan Pi cool deficiency heat. Huang Bai clears Lower Jiao damp heat and Kidney deficiency heat. Mu Dan Pi promotes blood circulation to cool the ulcers.

Bing Lang	Semen Arecae Catechu	9g
Mu Xiang	Radix Aucklandia Lappae	9g

Bing Lang and Mu Xiang break Qi stagnation and treat tenesmus. Bing Lang strongly breaks Qi stagnation and promotes urination. Mu Xiang is warm and dries hidden damp or phlegm.

Fu Ling	Sclerotium Poriae Cocoa	15g
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Fu Ling promotes urination and balances water in the body.

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

**RESOLUTION:**

He took the formula for three days and his diarrhea grew less frequent and his tongue was less dry. He continued the formula for five days and he no longer had a fever in the afternoon and his stools were less loose and without blood. He then took modified Shen Ling Bai Zhu San for one month to balance his system and the symptoms resolved.

**23. Gallbladder stones**

A 50 year old female has gallbladder stones. She also has nausea, low appetite, and fullness and pain in the right upper abdomen. The pain radiates to the right upper back. The symptoms are worse under stress. Her tongue is red with a thin yellow coating and her pulse is wiry and floating.

**DIAGNOSIS:**

Qi and phlegm stagnation in the GB

**TREATMENT PLAN:**

Regulate Qi and release stones

**FORMULA:**

Si Ni Tang and Xiang Su San modification

Chai Hu	Radix Bupleuri	9g
Zhi Ke	Fructus Citri Aurantii	12g
Bai Shao	Paeoniae Radix Alba	10g

Xiang Fu	Rhizome Cayperi Rotunda	12g
Yu Jin	Tuber Curcumae	12g
(Zi) Su Ye	Perillae Folium	12g

Chai Hu opens and regulates Liver Qi. Zhi Ke breaks Qi and descends it. Bai Shao harmonizes the Ying and Wei and relaxes the bile ducts. Xiang Fu promotes blood circulation and Qi and stops pain to push the gallbladder stones outwards from the body. Yu Jin promotes blood circulation, opens the orifices and cools the heat to push the stones out. Su Ye is lightweight which allows it to float to the surface to clear dampness and descend Stomach Qi.

Dang Gui	Radix Angelicae Sinensis	10g
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Dang Gui promotes blood circulation to push the stone out.

Jin Qian Cao	Lysimachiae Herba	30g
Zhi Zi	Fructus Gardeniae Jasminoidis	10g

Jin Qian Cao promotes urination to push stones out. Zhi Zi promotes circulation, cools heat and clears San Jiao damp heat.

Gan Cao	Radix Glycyrrhizae Uralensis	3g
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Gan Cao harmonizes the ingredients of the formula and its sweet taste harmonizes acute symptoms.

#### RESOLUTION:

After 14 days on the formula her pain dissipated. An ultrasound revealed that her gallstones had been cleared.

## 24. Exhausted adrenals

A 55 year old female patient has butterfly face\*, fatigue and exhaustion. She speaks with a low voice and has no sexual energy. Her tongue is pale with a white coating and her pulse is weak and floating.

*\* Butterfly face typically appears on females and is a mark that looks like a dark butterfly on the cheeks and under the eyes. It is related to Kidney Yin deficiency, hormone deficiency, and menopause.*

#### DIAGNOSIS:

Kidney Yin and Yang deficiency

TREATMENT PLAN:

Strengthen Kidney Yin and Yang

FORMULA:

You Gui Wan modification

Shu Di Huang            Radix Rehmanniae Glutinosae Conquिताe    30g

Shan Zhu Yu            Fructus corni Officinalis                        15g

Shan Yao                Radix Dioscoreae Oppositae                    20g

Shu Di Huang strengthens Blood and Jing. Shan Zhu Yu strengthens and astringes Kidney Jing. Shan Yao astringes Spleen Qi.

Dang Shen              Radix Codonopsis Pilosulae                    15g

Huang Qi                Radix Astragali Membranaceus                15g

Dang Shen strengthens Spleen Qi. Huang Qi lifts and strengthens Spleen Qi.

Gui Zhi                 Ramulus Cinnamomi Cassiae                    12g

Yin Yang Huo           Herba Epimedii                                    15g

Tu Si Zi                 Semen Cuscutae Chinensis                    30g

Gui Zhi warms the channels and harmonizes the Ying and Wei. Yin Yang Huo and Tu Si Zi strengthen Kidney Yang. Yin Yang Huo strongly moves to expel cold. Tu Si Zi nourishes Kidney Yin.

Dang Gui                Radix Angelicae Sinensis                    15g

Gou Qi Zi                Fructus Lycii                                      25g

Dang Gui and Gou Qi Zi nourish Blood. Dang Gui promotes blood circulation and is stronger at nourishing Blood. Gou Qi Zi nourishes Liver blood.

Cao (Fry) Bai Zhu      Rhizoma Atractylodis Macrocephalae        15g

Fu Ling                 Sclerotium Poriae Coccoa                    15g

Bai Zhu and Fu Ling dry and drain dampness in the Middle Jiao. Bai Zhu dries dampness. Fu Ling promotes urination to drain it out.

Zhi Gan Cao            Honey-Fried Radix Glycyrrhizae Uralensis 15g

Zhi Gan Cao harmonizes the ingredients of the formula and its sweet taste strengthens Qi.

FORMULA:

She took the formula for fourteen days. Her energy started picking up and her dark face marks slowly started fading away. Facial: she was told to apply egg whites with honey as a face mask at night. Sixty bags were taken every other day for 120 days and her adrenal levels returned back to normal and the darkness of her face faded.

## 25. Enlarged Liver and Spleen due to Hepatitis

A 70 year old male patient has an enlarged Liver and Spleen due to chronic hepatitis. He feels a dull pain that is worse with stress and anxiety. He has a low appetite and experiences fullness and pain in the abdomen. His tongue is dark red with a white moist coating. His pulse is wiry and slippery.

### DIAGNOSIS:

- Qi and blood stagnation in the Liver and Spleen
- Spleen Qi deficiency.

### TREATMENT PLAN:

Dissolve Qi and Blood stagnation, strengthen the Spleen and open the Stomach.

### FORMULA:

Bei Jia Nei Jin Shan Yao San.

Zhi (Honey treated) Bie Jia	Carapax Amydae Sinensis	30g
Bie Jia lubricates Yin, promotes blood circulation and dissolves enlargement of the Liver and Spleen.		

Shan Yao	Radix Dioscoreae Oppositae	15g
Shan Yao strengthens and astringes the Spleen and Stomach.		

Ji Nei Jin	Endothelium Corneum Gigeruae Galli	15g
Ji Nei Jin reduces food stagnation and strengthens the Kidneys.		

ADDITIONAL INSTRUCTIONS: The above formula was toasted and powdered. He was instructed to take 10 g three times a day.

### RESOLUTION:

After taking the powdered formula for six months, his Liver and Spleen reduced to a normal size.

## 26. Acute Hepatitis A and Jaundice

A 25 year old male patient has acute hepatitis A. He has yellow skin and eyes, a full abdomen, low appetite, nausea, dark yellow urination and fatigue. His tongue is red with a yellow coating and his pulse is slippery and wiry.

### DIAGNOSIS:

Damp heat in the Liver and Gallbladder

### TREATMENT PLAN:

Clear damp heat, promote blood circulation and dry dampness in the Middle Jiao

### FORMULA:

Yin Chen Hao Tang modification

Yin Chen Hao	Herba Artemisiae Yinchenhao	30g
Hu Zhang	Polygoni Cuspidati Rhizoma	12g
Zhi Zi	Fructus Gardeniae aJasminoidis	12g
Pu Gong Yin	Herba Taraxaci Mongolici cum Radice	30g

Yin Chen Hao clears damp heat jaundice. Hu Zhang clears damp heat in the Liver and Gallbladder and promotes blood circulation. Zhi Zi clears San Jiao damp heat, promotes blood circulation and cools heat in the blood. Pu Gong Yin clears damp heat toxins and dissolves nodules.

Chai Hu	Radix Bupleauri	9g
Zhi Shi	Fructus Immaturus Citrii Aurantii	12g

Chai Hu and Zhi Shi regulate Qi. Chai Hu regulates and opens Liver and Gallbladder Qi. Zhi Shi breaks Qi stagnation and descends it downwards.

Dan Shen	Radix Salviae Miltiorrhizae	12g
Yu Jin	Tuber Curcumae	12g

Dan Shen and Yu Jin promote blood circulation. Dan Shen cools heat in the Blood and promotes circulation in the the small blood vessels. Yu Jin opens orifices, cools the heat in the Blood and eliminates irritability.

Huo Xiang	Herba Agastaches Seu Pogostemi	12g
Cang Zhu	Rhizoma Actractylodis	9g

Huo Xiang and Cang Zhu aromatically dry dampness and release the surface. Huo Xiang dries dampness at the surface. Cang Zhu is penetrating and works on the deeper level.



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

RESOLUTION:

After taking the formula for seven days, his jaundice has disappeared but he is still feeling fatigued and nauseous. Xi Yang Shen (Radix Panacis Quinquefolii) was added to strengthen Qi and cool heat. Shen Qu (Massa Fermentata) and Lai Fu Zi (Semen Raphani Sativi) were added to open his appetite. After seven days on this modified formula, he completely recovered.

## 27. Liver Cancer

A 79 year old male has been diagnosed with Liver cancer. The cancerous tumor is as big as an egg, hard as a rock and has a rough surface. He has low appetite and is only able to sleep four hours a night due to the pain. He has night sweats, thirst, dry mouth and constipation. His tongue is dark red and his pulse is wiry, small and rapid.

DIAGNOSIS:

- Qi and blood toxin stagnation
- Liver and Kidney Yin deficiency

TREATMENT PLAN:

Expel hot toxic nodules and promote Qi and Blood circulation.

FORMULA:

Qing Hao Bei Jia Tang and Xi Huang Wan modification

Zhi (Honey treated) Gui Ban	Plastrum testudinis	60g
Zhi Bie Jia	Carapax Amydae Sinensis	60g
Zhi Chuan Shan Jia	Squamo Manitis Pentadactylae	30g (Endanger animal)

Gui Ban stabilizes the Yang and nourishes the Yin. Bie Jia nourishes the Yin and promotes blood circulation to penetrate and dissolve nodules. Chuan Shan Jia strongly penetrates through stagnation to dissolve enlarged organs.

Qing Hao	Herba Artemisia Annuae	12g
Chai Hu	Radix Bupleauri	15g
Qing Pi	Pericarpium Citri Reticulatae Veride	15g

Zhi Ke	Fructus Citri Aurantii	15g
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Qing Hao encourages heat to the surface and stops malaria. Chai Hu opens and regulates Liver Qi. Qing Pi breaks Liver Qi stagnation. Zhi Ke breaks and regulates Qi and descends Qi.

Ru Xiang	Gummi Olibanum	15g
Mo Yao	Myrrha	15g
Yu Jin	Tuber Curcumae	15g

Ru Xiang and Mo Yao promote blood circulation and stop bleeding. Ru Xiang is penetrating but Mo Yao is more stable and is maintained in the bloodstream longer. Yu Jin promotes blood circulation and cools blood, eliminates irritability and opens orifices.

Bai Shao	Paeoniae Radix Alba	20g
Sheng Di Huang	Radix Rehmanniae Galutinosae	20g

Bai Shao and Sheng Di Huang nourish blood. Bai Shao stabilizes the Yang and harmonizes the Ying and Wei. Sheng Di Huang cools heat in the Blood and nourishes Blood and Jing.

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

#### ADDITIONAL HERBS:

Xi Huang Wan was also taken in pill form mixed with rice in addition to the formula above. Xi Huang Wan can be bought in pill form: take 10 pills each time, 3 times per day with Brown Rice. The pills, Xi Huang Wan, are comprised of: Niu Huang (Calculus Bovis) 1g, She Xiang (Secretio Moschus) 4.5g, Ru Xiang (Gummi Olibanum) 30g, Mo Yao (Myrrha) 30g. Add 10 pills (powdered) of Xi Huang Wan to Brown rice 30g. After cooking the brown rice, it is mixed with the herbal pills (in powdered form ) with water. 9g of this mixture can be taken, three times per day. Store in refrigerator.

#### RESOLUTION:

He took the formula for seven days and the patient reported that the tumor was shrinking. He continued for thirty more days and he no longer experienced night sweats and his tumor shrank by 60%. Three months later, the tumor disappeared completely and he was advised to stay on one bag of the formula every three days for one year. When he was rechecked seven years later, he was still doing well.

## 28. Use of Huang Qi to eliminate Acute Edema

An 89 year old patient has coronary artery disease. After heart bypass surgery 15 years ago, his arteries are blocked again. Recently, he has developed a cough, shortness breath, excess mucous in the Lungs, edema in the extremities and face, loose stool, low appetite and fatigue. His tongue is dark with a moist coating. His pulse is floating and weak.

DIAGNOSIS:

Qi and Blood Stagnation, Heart and Kidney Qi deficiency

TREATMENT PLAN:

Strengthen and lift Qi, Promote Qi and Blood circulation and Promote Urination

FORMULA:

Wu Ling San with a large dose of Huang Qi

Zhu Ling	Sclerotium Polypori Unbellati	30g
Fu Ling	Sclerotium Poriae Cocca	30g
Ze Xie	Alismatis Rhizoma	15g
Che Qian Zi	Semen Plantaginis	30g
Ting Li Zi	Lepidii/Descurainiae Semem	30g

All the herbs above promote urination. Zhu Ling and Fu Ling drain dampness. Zhu Ling is strongest at cooling heat. Fu Ling is neutral and balances water in the body. Ze Xie sedates Kidney fire. Che Qian Zi sedates Liver and Gallbladder damp heat. Ting Li Zi drains dampness from the Lung.

Gui Zhi	Ramulus Cinnamomi Cassiae	12g
Huang Qi	Radix Astragali Membranaceus	100g

Gui Zhi warms the channels and harmonizes the Ying and Wei of the Lungs and Kidneys. Huang Qi strengthens the Heart, Spleen and Lung Qi and encourages dampness from the interior to push outwards to the surface.

Di Long	Lumbricus	30g
Wang Bu Liu Xin	Semen Vaccariae Segetalis.	20g

Di Long and Wang Bu Liu Xin promote Qi and Blood circulation. Di Long penetrates through stagnation and stops spasms. Wang Bu Liu Xin encourages Qi and Blood circulation.

Lai Fu Zi	Semen Raphani Sativi	50g
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Lai Fu Zi dissolves phlegm and food stagnation and opens the Stomach.

Dan Shen	Radix Salviae Miltiorrhizae	12g
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Dan Shen promotes Blood circulation in the small vessels and cools the Heart.

Chai Hu                      Radix Bupleauri                      3g  
Chai Hu opens and lifts Liver Qi and harmonizes the Shaoyang.

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

RESOLUTION:

He took the formula for three days and the patient was able to breathe easily and his edema improved by 80%. He continued the formula for three more days until the edema disappeared.

## 29. Urethra Stone Stagnation

A 46 year old male patient has two stones in the urethra. He has pain in the lower abdomen, ribs and genital regions. He has nausea and scanty urination. His tongue is red and purple with a thin, white coating. His pulse is wiry and full.

DIAGNOSIS:

Qi, blood and stone stagnation

TREATMENT PLAN:

Promote urination, Promote Qi and Blood flow

FORMULA:

Ba Zheng San and Si Ni San modification

Mu Tong	Fructus Lycii	9g
Qu Mai	Herba Dianthi	12g
Che Qian Zi	Semen Plantaginis	12g
Shi Wei	Folium Pyrossiae	12g
Dan Zhu Ye	Herba Loaphatheri Gracilis	12g
Jin Qian Cao	Lysimachiae Herba	30g

All the herbs in this group promote urination. Mu Tong strongly promotes urination to pass the stone and mildly promotes Blood circulation. Qu Mai clears damp heat. Che Qian Zi clears Liver and Gallbladder damp heat. Shi Wei stops bleeding and clears damp heat. Dan Zhu Ye sedates Heart and Lung fire. Jin Qian Cao is a strong herb for expelling stones.

Pu Huang	Pollen Typhae	15g
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Wu Ling Zhi	Excrem. Trogopteri seu Pteromi	12g
Yan Hu Suo	Rhizome Corydalis Yanhusuo	15g
Yu Jin	Tuber Curcumae	15g

All the herbs in this group promote Blood circulation. Pu Huang stops pain and bleeding. Wu Ling Zhi stops pain and breaks congealed Blood. Yuan Hu Suo stops pain and promotes Qi and blood flow. Yu Jin cools the Liver, opens orifices and eliminates irritability.

Chai Hu	Radix Bupleauri	9g
Bai Shao	Paeoniae Radix alba	12g
Zhi Shi	Fructus Immaturus Citrii Aurantii	6g

All the herbs in this group regulate Qi. Chai Hu opens and lifts Liver Qi and harmonizes the Shaoyang and Liver channels to smooth Qi. Bai Shao harmonizes and stops spasms in the Liver and GB channels to regulate and stop pain. Zhi Shi breaks Qi stagnation and descends Qi.

Gan Cao	Radix Glycyrrhizae Uralensis	3g
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Gan Cao has a sweet taste that harmonizes acute symptoms.

#### RESOLUTION:

He took the formula for two days and the pain reduced by 30%. He continued the formula for four days and was able to pass the stone on the fourth day.

## 30. Heart and Kidney deficiency fire

A 25 year old male patient complained that he has scanty, dark urination that has semen in it. He was feeling irritable and experienced night sweats. He explained that he watches pornography, masturbates, and then attempts to not ejaculate in an attempt to practice holding semen to prevent what he calls “leaking.” His tongue has a red tip with white coating and his pulse is wiry and slippery.

#### DIAGNOSIS:

- Heart and Kidney deficiency fire
- Liver Qi stagnation

#### TREATMENT PLAN:

Cool the Heart and Kidney fire and calm the Heart.

FORMULA:

Da Chi San, Sheng Mai San, Gan Mai Da Zao Tang and Xi Xiao San modification

Sheng Di Huang      Radix Rehmanniae Galutinosae      30g

Xi Yang Shen      Radix Panacis Quinquefolii      12g

Sheng Di Huang and Xi Yang Shen cool heat. Sheng Di Huang cools heat in the Blood and nourishes Yin, Blood and Jing. Xi Yang Shen cools heat and nourishes Yin and fluid.

Mai Men Dong      Tuber Ophiopogonis Japonici      12g

Wu Wei Zi      Fructus Schizandrae Chinensis      9g

Fu Xiao Mai      Semen Triticum Fructus Levis      30g

Lian Zi Xin      Plumula Nelumbinis      9g

Dan Zhu Ye      Herba Loaphatheri Gracilis      12g

All the herbs in this group calm the Heart. Mai Men Dong cools the Heart, Stomach and Lung and nourishes Yin and fluids. Wu Wei Zi astringes the Kidney and Heart. Fu Xiao Mai eliminates irritability and stops night sweats. Lian Zi Xin sedates Heart fire and astringes the Kidneys. Dan Zhu Ye promotes urination and leads Heart fire outwards.

Da Zao      Fructus Zizyphi Jujubae      12g

Da Zao is sweet which calms acute symptoms and nourishes Blood and Jing.

Pu Huang Tan (charred)      Pollen Typhae      15g

Wu Ling Zhi      Excrem. Troglodyteri seu Pteromi      6g

Pu Huang Tan stops bleeding and pain. Wu Ling Zhi breaks congealed blood.

Yi Yi Ren      Semen Coicis Lachryma-jobi      30g

Bei Xie      Rhizomea Discoriae Hypoglauciae      12g

Yi Yi Ren and Bei Xie promote urination to sedate heat. Yi Yi Ren mildly leaches out dampness. Bei Xie clears turbid dampness.

Chai Hu      Radix Bupleuri      3g

Chai Hu smoothes and opens Liver Qi and harmonizes the Shaoyang.

Gan Cao      Radix Glycyrrhizae Uralensis      3g

Gan Cao harmonizes the ingredients of the formula.

RESOLUTION:

The patient was asked to stop watching pornography and to take the formula for six days. He reported that he no longer has ejaculate in his urine and his night sweats have calmed down.

## 31. Enlarged prostate gland

An 80 year old male patient complained that he has frequent, scanty urination. He feels irritable and says that his moods fluctuate like that of a child. He wakes early in the morning. His tongue is red with a peeled coating and his pulse is wiry, small and rapid.

### DIAGNOSIS:

Heart and Kidney disharmony

### TREATMENT PLAN:

Calm the Heart and nourish Yin

### FORMULA:

Cao Fu Xiao Mai (Semen Tritici Fructus Levis)

Fu Xiao Mai nourishes the Heart and treats irritability.

ADDITIONAL INSTRUCTIONS: Stir fry (chao) ½ pound of Fu Xiao Mai. Everyday, a 1/2 cup of Chao Fu Xiao Mai was soaked in hot water and steeped. The patient was asked to drink the single herb as a tea.

### RESOLUTION:

After the patient drank Fried Fu Xiao Mai tea for one week, the symptoms improved by 90%.

## 32. Chest pain

A 53 year old male patient has dull numbness and pain in the left chest region. He wakes up easily because he feels himself snoring loudly and feels chest tightness. His tongue is slightly dark with a greasy white coating and his pulse is wiry and slippery.

### DIAGNOSIS:

Qi, Phlegm and Blood stagnation

### TREATMENT PLAN:

Expel Phlegm, Qi and Blood stagnation.

FORMULA:

Gua Lou Xie Bai Bai Jiu Tang and Er Chen Tang modification

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

Gua Lou and Xie Bai dissolve phlegm and open the chest. Gua Lou dissolves hot phlegm while Xie Bai dissolves cold phlegm and penetrates through stagnation.

Ban Xia	Pinelliae Rhizoma Preparatum	9g
Chen Pi	Pericarpium Citri Reticulatae	3g
Fu Ling	Sclerotium Poriae Coccoa	15g

Ban Xia dries Phlegm and descends Stomach Qi. Chen Pi regulates Qi and Fu Ling promotes urination.

Zhi Ke	Fructus Citri Aurantii	12g
Yu Jin	Tuber Curcumae	15g

Zhi Ke and Yu Jin regulate Qi. Zhi Ke breaks Qi stagnation in the chest and descends Qi. Yu Jin promotes blood circulation, cools heat, opens orifices and eliminates irritability.

Dan Shen	Radix Salviae Miltiorrhizae	12g
Chuan Xiong	Radix Ligustici Chuanxiong	9g

Dan Shen and Chuan Xiong promote blood circulation. Dan Shen cools heat and promotes blood circulation in the small vessels. Chuan Xiong promotes the movement of Qi flow within Blood.

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

RESOLUTION:

He took the formula for two days. He was instructed to drink one cup in the morning and one cup one hour before sleep. He reported that his snoring and chest tension improved by 80%. He continued the formula for twenty days and his chest tension resolved.

### 33. Sequelae of Tuberculosis

A 50 year old female took anti-tuberculosis drugs for a few months. She reported that she suddenly lost her vision, is feeling fatigued and has a dry cough. Her face and tongue are both pale. Her pulse is weak, small and rapid.



DIAGNOSIS:

- Lung, Liver and Kidney Yin deficiency with deficiency heat
- Qi deficiency

TREATMENT PLAN:

Lubricate Yin and fluids and strengthen Qi.

FORMULA:

Sheng Mai San and Sha Shen Mai Men Dong Tang modification

Huang Qi                      Radix Astragali Membranaceus                      15g

Ren Shen                      Radix Ginseng                      15g

Huang Qi and Ren Shen strengthen Qi. Huang Qi lifts and encourages Qi to the surface. Ren Shen strengthens Yuan Qi and lubricates Yin.

Shu Di Huang                      Radix Rehmanniae Glutinosae Conquिताe                      30g

Wu Mei                      Fructus Pruni Mume                      12g

Mai Men Dong                      Tuber Ophiopogonis Japonici                      15g

Sha Shen                      Radix Adenophorae seu Glehniae                      15g

Tian Men Dong                      Tuber Asparagi cochinchinensis                      15g

Wu Wei Zi                      Fructus Schizandrae Chinensis                      12g

All the herbs in this group nourish Yin. Shu Di Huang strongly nourishes Yin, fluid, Blood and Jing. Wu Mei generates fluids for the Lung and throat. Mai Men Dong, Sha Shen and Tian Men Dong moisten the Lungs and coat the throat with Yin and fluid. Mai Men Dong also calms the Heart. Sha Shen lubricates the dryness. Tian Men Dong is cool which helps it to sedate fire. Wu Wei Zi calms the Heart and stops coughing.

Bai Shao                      Paeoniae Radix Alba                      15g

Bai Shao harmonizes the Ying and Wei and stabilizes the Lungs, Heart and Liver.

Dan Shen                      Radix Salviae Miltiorrhizae                      12g

Dan Shen promotes Blood circulation in the small vessels which benefits the eyes and calms the Heart.

Gan Cao                      Radix Glycyrrhizae Uralensis                      3g

Gan Cao harmonizes the ingredients of the formula.

RESOLUTION:

She stopped the drugs she was taking and took the formula for three days. Her vision returned back to normal.

### 34. Subdural hemorrhage headache

A 20 year old male has been diagnosed with mild, chronic subdural hemorrhage (subdural hematoma). He has used several different drugs but the severe headache is persistent. He complains that there is a sharp, fixed pain in the temple. He feels irritable and nauseous. His tongue is dark red and his pulse is wiry and floating.

*A subdural hematoma is when blood gathers between the dura mater (outmost meningeal layer at the skull) and the arachnoid mater which covers the brain.*

#### DIAGNOSIS:

Qi and Blood stagnation

#### TREATMENT PLAN:

Promote Qi and Blood circulation and stop bleeding

#### FORMULA:

Qi Li San and Si Wu Tang modification

Ru Xiang	Gummi Olibanum	15g
Mo Yao	Myrrha	15g
Hong Hua	Flos Carthami Tinctorii	15g
Chi Shao	Radix Paeoniae Rubrae	15g
Dang Gui	Radix Angelicae Sinensis	12g
Chuan Xiong	Radix Ligustici Chuanxiong	9g

All the herbs in this group promote blood circulation. Ru Xiang and Mo Yao promote blood circulation. Ru Xiang has a strong penetrating energy to get through the stagnation. Mo Yao is stable which allows it to stay in the Blood longer and dissolve Blood stagnation. Hong Hua breaks congealed Blood. Chi Shao cools the Blood. Dang Gui nourishes the Blood. Chuan Xiong promotes Qi flow in the blood and flows to the head and vertex.

San Qi	Radix Notoginseang	30g
Pu Huang	Pollen Typhae	15g
Xian He Cao	Herba Agrimony Pilosae	60g

All the herbs in this group stop bleeding. San Qi stops pain and swelling and promotes blood circulation. Pu Huang stops pain, promotes blood circulation and tends to flow to the surface. Xian He Cao is astringent which helps stop bleeding and strengthen the Qi.

Jing Jie                      Schizonepetae Herba,                      12g  
 Jing Jie guides the herbs to the Upper Jiao and to the surface.

Niu Xi                      Radix Achyranthis Bidentatae                      15g  
 Niu Xi promotes blood circulation and descends blood.

Sheng Di Huang              Radix Rehmanniae Galutinosae                      15g  
 Sheng Di Huang cools heat in the Blood and balances the warm herbs in the formula.

Jie Geng                      Radix Platycodi Grandiflori                      12g  
 Jie Geng guides the herbs to the upper body and opens the Lung Qi to clear blood stagnation.

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

RESOLUTION:

He took the formula for two days. He reports that his headache has improved by 90% and he is able to sleep well. He continued the formula for thirty days to make sure his blood stagnation had cleared. A re-check eight years later confirmed that he was doing well.

## 35. Plum Pit Qi

A 43 year old female patient complains that there a feeling of a plum that is caught in her throat and tightness in the chest. This is worse when she is under stress. She says that she does not get enough sleep before and during her menses. The bleeding during her menses has clots. Her tongue is slightly purple with a white coating and her pulse was wiry and slippery.

DIAGNOSIS:

Qi, Phlegm and Blood stagnation

TREATMENT PLAN:

Promote Qi and blood circulation

FORMULA:

Tao Hong Si Wu Tang and Si Ni San modification

Tao Ren	Semen Persicae	12g
Hong Hua	Flos Carthami Tinctorii	9g
Chi Shao	Radix Paeoniae Rubrae	12g
Dang Gui	Radix Angelicae Sinensis	6g
Yan Hu Suo	Rhizome Corydalis Yanhusuo	6g

All the herbs in this group promote blood circulation. Tao Ren and Hong Hua break congealed Blood. Tao Ren stays in the blood longer and moistens the dryness. Hong Hua is stronger at breaking up congealed blood and is fast acting. Chi Shao cools heat in the Blood. Dang Gui nourishes Blood. Yan Hu Suo stops pain.

Sheng Di Huang	Radix Angelicae Sinensis	15g
Xuan Shen	Radix scrophulariae Ningpoensis	9g

Sheng Di Huang and Xuan Shen cool heat in the Blood, nourish dryness and balance the warming herbs in the formula. Sheng Di Huang is stronger at nourishing the Blood, Jing and Yin. Xuan Shen is stronger at nourishing fluids and clearing heat toxins from the throat.

Chai Hu	Radix Bupleauri	6g
Zhi Ke	Fructus Citri Aurantii	12g
Bai Shao	Paeoniae Radix Alba	15g
Xiang Fu	Rhizome Cayperi Rotunda	12g

All the herbs in this group regulate Qi. Chai Hu regulates and opens Liver Qi. Zhi Ke breaks Qi stagnation, descends Qi and opens the chest and throat. Bai Shao stabilizes Liver Yang and harmonizes the Ying and Wei. Xiang Fu promotes blood circulation and stops pain.

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

Pei Lan	Herba Eupatorii Fortunei	12g
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Pei Lan aromatically transforms dampness in the Middle Jiao and throat.

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

#### RESOLUTION:

After taking the formula, she no longer had plum pit qi.

## 36. Childhood seizures

A one year old girl had a common cold. With it, she developed a fever with seizures. Her extremities were spasming and trembling and she developed a skin rash. Her mother fed her Tylenol to control the fever. Her tongue is red tongue and her index finger blood vessel is green.

DIAGNOSIS:

Internal wind with fire

TREATMENT PLAN:

Stop heat and expel wind

FORMULA:

Bai Shao and Chan Tui

Bai Shao	Paeoniae Radix Alba	3g
Chan Tui	Periosticum Cicadae	2 pieces.

Bai Shao and Chan Tui stop internal wind. Bai Shao stabilizes Liver Yang and eliminates spasms. Chan Tui works on the surface to stop internal and external wind and stops itching skin.

ADDITIONAL INSTRUCTIONS: The two single herbs were prepared in one cup of water boiled down to 1/2 cup. She was given the tea one teaspoon at a time, several times a day. When she woke up in the night, she was also fed the tea.

RESOLUTION:

After following the instructions for one day and one night, she no longer had tremors. Just Chan Tui was continued for one more week to address her skin rash.

## 37. Narcolepsy

A 60 year old male complained that he feels sleepy all day, especially after eating lunch. He has a low appetite and excessive dreams at night. His tongue is puffy with a thick, white coating and his pulse is slippery and weak.

DIAGNOSIS:

Spleen Qi deficiency with excess dampness

TREATMENT PLAN:

Strengthen Spleen Qi and expel dampness

FORMULA:

Huo Xiang Zheng Qi San and San Ren Tang modification

Huo Xiang	Herba Agastaches Seu Pogostemi	12g
Pei Lan	Herba Eupatorii Fortunei	12g
Cang Zhu	Rhizoma Atractylodis	9g
Chen Pi	Pericarpium Citri Reticulatae	6g

All the herbs in this group are warm and dry dampness. Huo Xiang, Pe Lan and Cang Zhu aromatically transform dampness and work on the surface level and upper body. Huo Xiang flows on the surface. Pei Lan eliminates the metallic taste in the mouth. Cang Zhu is the strongest at penetrating through damp stagnation, releasing the surface and expelling wind damp bi pain.

Bai Dou Kou	Fructus Amomi Kravanh	9g
Yi Yi Ren	Semen Coicis Lachryma-jobi	12g
Xing Ren	Pruni Armeniacae, Semen	9g

This group is comprised of the chief herbs in San Ren Tang. Bai Dou Kou aromatically transforms dampness in the Upper body and surface. Yi Yi Ren drains dampness. Xing Ren opens Lung Qi to release stagnation.

Dan Zhu Ye	Herba Loaphatheri Gracilis	12g
Fu Ling	Sclerotium Poriae Cocco	12g
Bai Bian Dou	Semen Dolichoris Lablab	12g

Dan Zhu Ye, Fu Ling and Bai Bian Dou promote urination. Dan Zhu Ye sedates Heart fire and tends to drain dampness out of the upper body. Fu Ling drains dampness in the Middle Jiao and balances water in the body. Bai Bian Dou mildly drains dampness in the Spleen.

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

RESOLUTION:

He took the formula for twelve days. He was instructed to drink the herbal tea one hour before lunch and dinner. He reported that he is no longer sleepy during the day and the dreams have significantly decreased. His tongue went from a thick, white coating to a thin, white coating and his Kidney pulse is deep, strong and confident.

## 38. Roundworm Ni syndrome with cold hands and feet

A 37 year old female has had a stomachache for ½ year. She has been diagnosed with stomach acid reflux and roundworms in the bile duct. She has taken Western drugs and Chinese herbs with no effect. More recent complaints include stomachache (sometimes feeling warm and sometimes feeling cold) that radiates to the rib region, vomiting of bitter liquids and roundworms, chills and fever, cold hands and feet accompanied with severe pain and excessive sweating. Her tongue is light red with a thin white coating and her pulse is deep, small and rapid.

### DIAGNOSIS:

Roundworm Ni syndrome and Shaoyang syndrome.

### TREATMENT PLAN:

Expel roundworms and smooth the Liver and Gall Bladder.

### FORMULA:

Wu Mei Wan and Xiao Chai Hu Tang modification.

Wu Mei	Fructus Pruni Mume	12g.
Xi Xin	Herba cum Radice Asari	0.5g.
Chuan Jiao	Pericarpium Zanthoxyli	12g.

Wu Mei, Xi Xin and Chuan Jiao eliminate roundworms.

Ren Shen	Radix Ginseng	12g.
Fu Zi	Aconiti Radix Lateralisa preparata	2g (boil for at least 1 hour).
Gan Jiang	Rhizoma Zingiberis Officinalis	15g.
Gui Zhi	Ramulus Cinnamomi Cassiae	12g.

Ren Shen strengthens Qi. Fu Zi, Gan Jiang and Gui Zhi warm the different levels of the Yang.

Huang Lian	Rhizoma Coptidis	12g.
Huang Qin	Radix Scutellariae Baicalensis	12g.
Huang Bai	Cortex Phellodendri	12g.

Huang Lian, Huang Qin and Huang Bai eliminate San Jiao damp heat.

Dang Gui	Radix Angelicae Sinensis	3g.
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Dang Gui promotes blood circulation to assist Liver Qi flow and strengthens the blood.

Chai Hu	Radix Bupleuri	9g.
Bai Shao	Radix Peoniae Lactiflorae	12g.

Chai Hu and Bai Shao regulate Liver and Gall Bladder Qi. Chai Hu opens the Qi and Bai Shao stabilizes the Qi.

FOLLOWUP:

After 2 bags for 2 days, 50 roundworms were expelled. The stomachache was almost gone so 2 more bags were given for 2 days. When she returned, she complained of suddenly having a fever again accompanied with chills, stomachache, excessive sweating and irritability. There is no more evidence of roundworms. Despite it being a hot summer day, she has an aversion to cold and feels the need to be heavily clothed. Her stools are loose and her face is pale. She speaks in a low voice. Her tongue is puffy and her pulse is deep, small and rapid.

SECOND DIAGNOSIS:

Qi and Yang deficiency.

TREATMENT PRINCIPLE: Warm and promote sweating to release the exterior.

FORMULA:

Bu Zhong Yi Qi Tang with Qing Hao

Huang Qi	Radix Astragali Membranaceus	45g.
Dang Shen	Radix Codonopsis Pilosulae	18g.

Huang Qi and Dang Shen strengthen Qi. Huang Qi lifts up the Qi while Dang Shen strengthens Spleen Qi.

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

Chen Pi	Pericarpium Citri Reticulatae	6g.
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Chen Pi regulates Middle Jiao Qi and dries dampness.

Sheng Ma	Cimicifugae Rhizoma	12g.
Chai Hu	Radix Bupleuri	9g.

Sheng Ma and Chai Hu lift Qi up. Chai Hu also smooths Liver Qi.

Qing Hao	Herba Artemisia Annuae	15g.
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Qing Hao raises Qi and eliminates deficiency heat.

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

RESOLUTION:

After 15 bags for 15 days, all of her symptoms resolved.



### 39. Excess Vertex Sweating

A 7 year old male presents with excess sweating on the vertex when he eats. The amount of sweat excreted is about a teaspoon. He loves to eat smelly food and he may have overindulged during the Chinese New Year Festival. He refuses to have his abdomen touched. His tongue has a thin yellow coating and his pulse is full.

DIAGNOSIS:

Food stagnation creating Yangming and Liver Jueyin Channel Damp Heat.

TREATMENT: Eliminate food stagnation and clear damp heat.

FORMULA:

Bao He Wan modification.

Lai Fu Zi	Semen Raphani Sativi	30g
Shan Zha	Fructus Crateigi	12g
Shen Qu	Massa Fermentata	15g

Lai Fu Zi, Shan Zha and Shen Qu eliminate food stagnation. Lai Fu Zi descends Stomach Qi. Shan Zha reduces food stagnation and promotes blood circulation. Shen Qu moves the Qi to treat chronic food stagnation with Stomach Qi stagnation.

Ban Xia	Rhizoma Pinelliae Ternatae	6g
Fu Ling	Sclerotium Poriae cocea	12g
Chen Pi	Pericarpium Citri Reticulatae	3g

The herbs in Er Chen Tang dry and drain dampness while regulating Qi.

Lian Qiao	Fructus Forsythiae suspensae	9g
Huang Lian	Rhizoma Coptidis	6g

Lian Qiao and Huang Lian eliminate damp heat and stagnation in the Middle Jiao. Huang Lian is dense which helps clear Middle Jiao damp heat.

Chai Hu	Radix Bupleuri	1g
Mu Dan Pi	Cortex Moutan Radicis	3g

Chai Hu and Mu Dan Pi smooth Liver Qi and clear heat. Chai Hu clears Liver heat and raises the Qi. Mu Dan Pi is cooling and promotes Liver blood.

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

RESOLUTION:

After 2 bags for 2 days, the patient no longer complained of sweating.

## 40. Lung Qi deficiency cough with weak Large Intestine

A 90 year old male patient complains that every time he coughs, he experiences loose stools or he feels the need to make a bowel movement. His tongue has toothmarks and his pulse is weak and deep.

DIAGNOSIS:

Lung, Spleen and Kidney Qi and Yang deficiency

TREATMENT PLAN:

Strengthen Lung and Spleen Qi

FORMULA:

Bu Zhong Yi Qi Tang modification

Huang Qi      Radix Astragali Membranaceus      30g

Dang Shen      Radix Codonopsis Pilosulae      30g

Huang Qi and Dang Shen strengthen Lung and Spleen Qi. Huang Qi raises Qi while Dang Shen strengthens Spleen Qi.

Bai Zhu      Rhizoma Atractylodis Macrocephalae      12g

Cang Zhu      Rhizoma Atractylodis      12g

Sha Ren      Fructus Amomie      9g

Mu Xiang      Radix Aucklandia Lappae      6g (Add last 5 minutes)

Bai Zhu and Cang Zhu dry dampness in the Middle Jiao. Bai Zhu is more stable and Cang Zhu is moving and releases the surface.

Ban Xia      Rhizoma Pinelliae Ternatae      9g

Chen Pi      Pericarpium Citri Reticulatae      6g

Ban Xia and Chen Pi work as a pair. Ban Xia dries phlegm and Chen Pi regulates Qi.

Kuan Dong Hua      Tussilaginis Farfarea, Flos      12g

Chuan Bei Mu      Bulbus Fritillariae Cirrhosae      12g

Bai Qian                      Radix et Rhizome Cynanchi Baiqian 12g  
 Kuan Dong Hua, Chaun Bei Mu and Bai Qian stop coughing. Kuan Dong Hua dissolves phlegm. Chaun Bei Mu moistens dryness and dissolves hot phlegm nodules. Bai Qian penetrates through the Lung.

Chai Hu                      Radix Bupleuri                      3g  
 Ge Gen                      Radix Puerariae                      30g  
 Chai Hu and Ge Gen raise Qi. Chai Hu raises the Liver Qi to assist Huang Qi. Ge Gen raises Spleen Qi to stop diarrhea.

Wei He Zi                      Fructus Terminaliae Chebulae                      12g  
 Shan Yao                      Radix Dioscoreae Oppositae                      30g  
 Qian Shi                      Semen Eyrtakes Ferocis                      30g  
 Wei He Zi, Shan Yao and Qian Shi are astringent to help the Spleen stop diarrhea. Wei He Zi is toasted He Zi. The toasting gives it a warming, drying and astringent quality that benefits the Spleen. Shan Yao and Qian Shi stop diarrhea.

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

## 41. Coughing Blood

A 48 year old female has had hot flashes and night sweats for 3 days. She has such a severe cough at night that she is coughing up blood. Her tongue is red and dry and her pulse is floating, small and rapid.

### DIAGNOSIS:

Lung and Kidney Yin deficiency.

### TREATMENT PLAN:

Lubricate the Kidney and Lung Qi and stop cough.

### FORMULA:

Zuo Gui Yin Modification resolved the patient's condition.

Shu Di Huang                      Radix Rehmanniae Glutinosae Conquitae                      30 g  
 Shan Yao                      Radix Dioscoreae Oppositae                      15g

Shan Zhu Yu	Fructus corni Officinalis	15g
Gou Qi Zi	Fructus Lycii	12g

Shu Di Huang and Gou Qi Zi nourish the Kidney and Liver Jing and Blood. Shan Yao is astringent to strengthen Spleen Qi. Shan Zhu Yu is astringent to stop bleeding and nourish the Kidney and Liver.

Fu Ling	Sclerotium Poriae cocoa	15g
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Fu Ling drains dampness to eliminate inflammation.

Bei Sha Shen	Radix Adenophorae seu Glehniae	12g
He Shou Wu	Radix Polygoni Multiflori	12g
Bai Shao	Radix Peoniae Lactiflorae	12g

Bei Sha Shen moistens the Lung to stop cough. He Shou Wu nourishes Liver Blood and Kidney Jing to support the Yin. Bai Shao nourishes the Liver and is astringent which draws the Yang downwards.

Xian He Cao	Herba Agrimony Pilosae	30g
Ce Bai Ye	Cacumen Biotae Orientalis	12g
E Jiao	Rhizoma Coptidis	30g

Xiao He Cao, Ce Bai Ye and E Jiao stop bleeding. Xian He Cao is astringent which stops bleeding. Ce Bai Ye cools blood. E Jiao nourishes blood.

Zhi Gan Cao	Honey-Fried Radix Glycyrrhizae Uralensis	3g
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Zhi Gan Cao harmonizes the ingredients of the formula.

## 42. Stomachache

A 56 year old female patient has had a history of stomachache for 12 months. In the past two months, the symptoms have become more severe. She is skinny, fatigued, dizzy. She experiences night sweats, palpitations, and five palm fever. She has a reduced appetite and a thirst for warm drinks. After meals, she has severe stomach pains, belching, nausea, and a burning sensation of the stomach. Her stools are dry and small, and she only has a bowel movement once every 5-7 days. She uses Huo Ma Ren as a laxative. Her tongue is a fresh red color with a dry, thick, yellow coating. Her pulse is wiry and full.

### DIAGNOSIS:

Stomach and Kidney Yin deficiency

TREATMENT PLAN:

Lubricate Stomach Yin

FORMULA:

Mai Men Dong Tang modification

Mai Men Dong	Tuber Ophiopogonis Japonici	12g
Shi Hu	Herba Dendrobii	12g
Huo Ma Ren	Semen Cannibis Sativae	12g
Dang Gui	Radix Angelicae Sinensis	9g

Mai Men Dong and Shi Hu lubricate Stomach Yin. Mai Men Dong nourishes Yin while Shi Hu clears Stomach heat. Huo Ma Ren moistens the intestines and moves the bowels. Dang Gui promotes blood circulation and nourishes the blood.

Ban Xia	Pinelliae Rhizoma Preparatum	6g
Ren Shen	Radix Ginseng	12g
Gan Cao	Radix Glycyrrhizae Uralensis	3g

Ban Xia dries dampness and descends Stomach Qi. Ren Shen strengthens the Spleen and Stomach Qi. Gan Cao harmonizes the ingredients of the formula. The sweet taste slows and harmonizes.

Geng Mi	Nonglutinous Rice	15g
Da Zao	Fructus Zizyphi Jujubae	12g

Geng Mi and Da Zao strengthen Spleen and Stomach Qi. Geng Mi strengthens Spleen Qi. Da Zao nourishes blood and its sweet taste encourages Qi.

Zhi Ke	Fructus Citri Aurantii	12g
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Zhi Ke breaks Qi stagnation and descends Qi.

Zhu Ru	Caulis Bambusae Taeniis	12g
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Zhu Ru clears Stomach and Gall Bladder damp heat and descends Stomach Qi down.

FOLLOWUP:

She took 12 bags for 12 days. When she returned, she complained that her insomnia is more severe. She is also experiencing palpitations and the sensation that her heart is beating quickly, especially when she is lying down. She craves warm drinks, but complains of Stomach fullness and a sloshing sound every 2 hours after consuming beverages.

SECOND DIAGNOSIS:

Stomach Qi and Phlegm stagnation with Liver and Stomach disharmony.

TREATMENT PLAN:

Warm and dry dampness instead of lubricating the Yin and regulating Qi in the Stomach.

FORMULA:

Ling Gui Zhu Gan Tang and Si Ni San modification:

Gui Zhi	Ramulus Cinnamomi Cassiae	10g
Fu Ling	Sclerotium Poriae Cocco	30g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	60g
Dang Shen	Radix Codonopsis Pisosulae	20g
Cang Zhu	Rhizoma Atractylodis Macrocephalae	15g
Pei Lan	Herba Eupatorii Fortunei	20g
Gan Cao	Radix Glycyrrhizae Uralensis	5g

Gui Zhi harmonizes the Ying and Wei of the Stomach while warming and drying dampness. Fu Ling promotes urination and harmonizes water metabolism in the Stomach and Spleen. Bai Zhi dries dampness. Dang Shen strengthens the Spleen and Stomach Qi. Cang Zhu is acrid and warm which allows it to move quickly and dry dampness. Pei Lan clears turbid dampness. Gan Cao harmonizes the ingredients of the formula.

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

Xiang Fu promotes blood circulation, stops pain and regulates the Liver and Stomach in the Blood level. Chai Hu smoothes the Liver and opens stagnation. Zhi Shi breaks Qi stagnation and descends Qi. Bai Shao stabilizes the Liver and harmonizes the Liver and Stomach.

RESOLUTION:

After taking 12 bags for 12 days, the symptoms resolved.

## 43. Cloudy urination

A 30 year old male came in with scanty, cloudy urination that he describes as being like “white milk”. He said that the symptoms began 2 months ago after he was bit by a mosquito. He is also experiencing vertigo, tinnitus, fatigue and weak back and knees. His tongue is slightly purple tongue with a yellow greasy coating and his pulse is floating and weak.

DIAGNOSIS:

Turbid damp heat stagnation in the Lower Jiao

TREATMENT PLAN:

Clear Lower Jiao damp and heat

FORMULA:

Gao Lin Tang and San Miao San modification

Shan Yao	Radix Dioscoreae Oppositae	30g
Qian Shi	Semen Eyrtakes Ferocis	30g
Long Gu	Os Draconis	30g
Mu Li	Concha Ostrae	15g

All the herbs in this group astringe the Kidneys. Shan Yao and Qian Shi astringe the Kidney and Spleen. Shan Yao and Qian Shi astringe the Spleen. Shan Yao works on the deep level and strengthens Spleen Qi. Qian Shi works on the surface level. Long Gu and Mu Li stabilize and astringe Liver and Kidney Yang. Long Gu is stronger at astringing and calming the Heart. Mu Li dissolves stagnation nodules.

Sheng Di Huang	Radux Rehmanniae Galutinosae	20g
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Sheng Di Huang cools heat in the Blood and nourishes Yin and dryness.

Dang Shen	Radix Codonopsis Pilosulae	15g
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Dang Shen strengthens Spleen Qi to reestablish flow in the Middle Jiao.

Huang Bai	Cortex Phellodendri	15g
Cang Zhu	Rhizoma Atractylodis	9g
Yi Yi Ren	Semen Coicis Lachryma-jobi	30g
Niu Xi	Radix Achyranthis Bidentatae	12g
Shi Chang Pu	Rhizome Acori Graminei	9g
Can Sha	Bombycis Faeces	30g
Mu Gua	Fructus chaaenomelis	12g

Huang Bai eliminates damp heat in the Lower Jiao. Cang Zhu, Yi Yi Ren and Niu Xi dry and drain dampness. Cang Zhu dries and penetrates through the dampness. Yi Yi Ren and Niu Xi drain dampness. Yi Yi Ren works as an antiviral agent. Niu Xi promotes blood circulation, descends blood, expels stagnant dampness, alleviates bi pain and strengthens the Kidneys and Liver. Shi Chang Pu opens phlegm stagnated orifices and harmonizes the Middle Jiao. Can Sha clears turbid dampness and phlegm. Mu Gua harmonizes the Middle Jiao and expels phlegm stagnation in the channels.

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

RESOLUTION:

He took the formula for thirty days and his urine is clearer. He continued the formula for three more months and he reported that his urination is completely clear.

## 44. Spasm of the extremities

A 54 year old female developed constant muscle spasms in her extremities after her son died suddenly. The spasms in her hands have created severe distortions making the hands look like chicken feet. Her tongue is purple with a red tip and the pulse is wiry and small.

### DIAGNOSIS:

- Heart fire
- Liver Qi and Blood stagnation with internal wind.

### TREATMENT PLAN:

Smooth Liver Qi, stop internal wind, calm the Heart and Liver and promote blood circulation.

### FORMULA:

Si Ni San, Si Wu Tang and Bai Shao Gan Cao Tang modified.

Dang Gui	Radix Angelicae Sinensis	12g
Bai Shao	Radix Peoniae Lactiflorae	30g
Sheng Di Huang	Radix Rehmanniae Galutinosae	15g

Dang Gui promotes blood circulation and nourishes the blood and tendons. Bai Shao nourishes Blood and Jing while smoothing and stabilizing Liver Qi. It also stops spasms and harmonizes the Ying and Wei. Sheng Di Huang cools heat and nourishes Blood.

Mu Gua	Fructus chaenomelis	12g
Sang Zhi	Ramulus Mori Albae	30g
Shen Jin Cao	Lycopodii Herba	12g

Mu Gua, Sang Zhi and Shen Jin Cao expel wind damp bi pain. Mu Gua harmonizes the Middle Jiao and expels stagnation. Sang Zhi is cooling and expels wind damp hot bi pain. Shen Jin Cao relaxes the tendons and muscles.

Yu Jin	Tuber Curcumae	12g
Xiang Fu	Rhizome Cayperi Rotunda	9g
Chai Hu	Radix Bupleuri	6g



Yu Jin, Xiang Fu and Chai Hu smooth Liver Qi. Yu Jin cools heat, promotes blood circulation, calms irritability and opens orifices. Xiang Fu smooths Liver Qi and Blood and stops pain. Chai Hu regulates Liver Qi and opens stagnation.

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

RESOLUTION:

She took the formula for six days and her muscles relaxed. She took a Xiao Yao San modification for six months to calm her mind and stabilize her moods.

## 45. Use of alcohol to treat malaria

A 50 year old male patient has had malaria for three years. He has severe fluctuations of chills and low grade fever. These episodes happen a few times a year accompanied by fatigue. He has taken Zhe Yao Qi Bao Yin in the past with no effect. His tongue is red with a thin, yellow coating. His pulse is choppy and weak.

DIAGNOSIS:

Damp heat in Liver and Gallbladder

TREATMENT PLAN:

Eliminate damp heat in the Liver and Gallbladder and use alcohol to penetrate through dampness

FORMULA:

Zhe Yao Qi Bao Yin modification with alcohol

Chang Shan	Dichroae Radix	12g
Bing Lang	Semen Arecae Catechu	12g
Cao Guo	Fructus Amomie Tsao-ko	12g
Qing Hao	Herba Artemisia Annuae	12g

All the herbs in this group eliminate malaria. Chang Shan is the strongest herb to eliminate malaria. Bing Lang regulates Qi and breaks Qi and Phlegm stagnation. Cao Guo is warm and aromatic which dries dampness and phlegm. Qing Hao flows to the surface and encourages the hot phlegm evil to the surface.

Hou Po	Cortex Magnoliae Officinalis	12g
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Qing Pi	Pericarpium Citri Reticulatae Verde	12g
Chen Pi	Pericarpium Citri Reticulatae	6g

All the herbs in this group regulate Qi. Hou Po breaks Qi and Phlegm stagnation and descends Qi. Qing Pi breaks Liver Qi stagnation and stops pain. Chen Pi regulates Qi and Phlegm and harmonizes the Middle Jiao.

Huang Qin	Radix Scutellariae Baicalensis	15g
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Huang Qin eliminates damp heat in the Gallbladder and Liver.

Zhi Gan Cao	Honey-Fried Radix Glycyrrhizae Uralensis	3g
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Zhi Gan Cao harmonizes the ingredients of the formula and its sweet taste slows down acute symptoms.

#### ADDITIONAL INSTRUCTIONS:

Boil the formula in 1/2 water and 1/2 alcohol for twenty minutes. Optimum consumption time is to drink it one hour before the attacks escalate.

#### RESOLUTION:

He had used Zhe Yao Qi Bao Yin with no effect. The decoction is different this time because alcohol is used to penetrate through the dampness. After taking the formula for one day, the fluctuations in temperature are much improved. After three days, the symptoms have resolved completely.

## 46. Leg edema

A 60 year old female patient has had swelling in her lower legs for years. She has been given the Western diagnosis of neurological related edema. She also has a feeling of fullness in the chest and palpitations. Her tongue has a yellow coating and her pulse is deep and small.

#### DIAGNOSIS:

- Spleen and Kidney Qi deficiency
- Damp heat stagnation

#### TREATMENT PLAN:

Drain dampness and warm the Yang

#### FORMULA:

## Ling Zhi Zhu Gan Tang and Wu Ling San modification

Fu Ling	Sclerotium Poriae Cocco	15g
Gui Zhi	Ramulus Cinnamomi Cassiae	12g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	12g
Gan Cao	Radix Glycyrrhizae Uralensis	3g

Ling Gui Zhu Gan Tang is used to dry hidden phlegm. Fu Ling drains dampness and balances water in the body. Gui Zhi warms the channels and balances the Ying and Wei. Gan Cao harmonizes the herbal formula.

Zhu Ling	Sclerotium Polypori Umbellati	12g
Ze Xie	Alismatis Rhizoma	12g

Zhu Ling promotes urination and sedates heat. Ze Xie promotes urination and eliminates Kidney fire.

RESOLUTION:

After taking the formula for thirty days, her leg edema improved by 60%. When she stopped the formula for two weeks, the edema came back. The patient came back to the clinic complaining of numbness, cold and pain in the lower legs and she said that she gains weight easily. Her tongue has toothmarks and has a moist yellow coating with a slippery and deep pulse.

DIAGNOSIS:

- Kidney and Liver Yang deficiency
- Qi stagnation.

TREATMENT PLAN:

Warm and regulate Kidney and Liver.

FORMULA:

## Ji Ming San modification

Bing Lang	Semen Arecae Catechu	15g
Chen Pi	Pericarpium Citri Reticulatae	3g
Mu Gua	Fructus chaenomeles	10g
Wu Zhu Yu	Fructus Evodiae Rutacarpae	10g
Xiao Hu Xiang	Fructus Foeniculi Vulgaris	15g

Bing Lang regulates and breaks Qi and Phlegm stagnation. Chen Pi regulates Qi and Phlegm in the Middle Jiao. Mu Gua harmonizes the Middle Jiao and expels wind damp bi pain in the legs. Wu Zhu Yu and Xiao Hu Xiang are warm and dry the Liver and Kidneys. Wu Zhu Yu is more dense so it travels deeper to warm and dry phlegm. Xiao Hu Xiang tends to move faster and works on the surface.

Zi Su Ye	Folium Perillae Frutescentis	10g
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Jie Geng	Radix Platycodi Grandiflori	12g
Sheng Jiang	Zingiber Officinale Rosc.	20g

All the herbs in this group release the surface to encourage dampness to the surface. Zi Su Ye harmonizes the Stomach and dries dampness. Jie Geng opens Lung Qi to regulate the legs. Sheng Jiang is warm and hot which regulates and dries dampness in the Middle Jiao and legs.

Xie Bai	Bulbus Allii	10g
Gui Zhi	Ramulus Cinnamomi Cassiae	10g

Xie Bai and Gui Zhi warm the channels. Xie Bai expels cold and penetrates through dampness to warm and dry. Gui Zhi warms the channels and harmonizes the Ying and Wei of the legs.

Niu Xi	Radix Achyranthis Bidentatae	10g
Dan Shen	Radix Salviae Miltiorrhizae	12g

Niu Xi promotes blood circulation, descends Blood and expels wind damp bi pain. Dan Shen promotes blood circulation in the small vessels to assist the legs.

Gua Lou Pi	Pericarpium Trichosanthis	12g
Huang Lian	Rhizoma Coptidis	6g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	10g

Gua Lou Pi expels hot phlegm in the Lung and Stomach. Huang Lian sedates damp heat in the Middle Jiao. Zhi Mu cools heat in the Qi and Blood level and moistens dryness to balance the drying herbs.

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

#### RESOLUTION:

After ten days of taking one to two cups of tea in the morning, her edema reduced significantly. She continued for ten more days and the edema in her legs completely resolved. When she had a checkup six months later, she was able to maintain the results.

## 47. Running piglet syndrome

A 37 year old female presents with aversion to cold, irritability and restlessness at night. She requests that P-6 and ST-36 be needled. When she is denied those points, she experiences shortness of breath, fullness of the chest, an uncomfortable sensation extending from the abdomen to the sternum, and a tight throat. Her tongue is slightly purple with a red tip and dry coating. Her pulse is wiry and floating.

*Running piglet syndrome is similar to the western diagnosis of a panic attack characterized by stagnant Liver conditions wherein the Qi becomes rebellious and rises upward thereby interfering with the Heart and chest causing anxiety, fear, dizziness, and/or palpitations. Running piglet describes the patient's perception of an upsurging of Qi from the abdomen to the sternum as the patient becomes increasingly unnerved.*

DIAGNOSIS:

- Spleen, Liver and Kidney Qi imbalanced
- Phlegm stagnation

TREATMENT PLAN:

Stabilize the Qi and clear dampness in the Middle and Lower Jiao.

FORMULA:

Beng Tun Tang, Gan Mai Da Zao Tang and Zhen Gan Xie Fang Tang modification

Fu Ling	Sclerotium Poriae Cocco	15g
Ban Xia	Pinelliae Rhizoma Preparatum	12g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	12g

Fu Ling drains the dampness and balances water in the Middle Jiao. Ban Xia and Bai Zhu dry dampness. When combined with Fu Ling, they warm and drain dampness in the Middle and Lower Jiao to stabilize Spleen and Kidney Qi and water that manifests as running piglet syndrome. Ban Xia is stronger at drying but Bai Zhu is more stable and dries the Spleen for a longer period of time.

Chai Hu	Radix Bupleuri	3g
Bai Shao	Radix Peoniae Lactiflorae	12g
Fu Xiao Mai	Semen Triticum Fructus Levis	30g
Da Zao	Fructus Zizyphi Jujubae	12g

Chai Hu regulates and opens the Liver Qi. Bai Shao regulates Liver Qi and stabilizes the Yang. Fu Xiao Mai calms the Heart and calms irritability. Da Zao nourishes Yin and Blood.

Mu Li	Concha Ostreae	30g
Shi Jue Ming	Concha Haliotidis	30g
Long Gu	Os Draconis	15g

Mu Li, Shi Jue Ming and Long Gu stabilize the Qi. Mu Li and Shi Jue Ming stabilize Liver Yang. Long Gu stabilizes the Heart and Kidney.

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

RESOLUTION:

She took the formula for ten days which resolved the running piglet syndrome. She was advised to take Xiao Yao San and Gan Mai Da Zao Tang for six months. She reported that her anxiety has resolved.

## 48. Use of Jie Geng to treat Tenesmus

A 38 year old male patient has diarrhea 10 times a day. He feels a sensation of burning in his anus and experiences tenesmus with bowel movements. He is also feeling fatigued. His tongue is red with a moist coating and his pulse is deep and weak in the Lung position.

### DIAGNOSIS:

- Spleen and Lung Qi deficiency
- Qi and hot phlegm stagnation

### TREATMENT PLAN:

Strengthen the Spleen, regulate Qi and open Lung Qi

### FORMULA:

Shao Yao Tang with Jie Geng

Bai Shao (Yao)	Radix Peoniae Lactiflorae	10g
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Bai Shao harmonizes the Ying and Wei which resolves diarrhea and tenesmus

Bing Lang	Semen Arecae Catechu	12g
Mu Xiang	Radix Aucklandia Lappae	3g
Zhi Ke	Fructus Citri Aurantii	12g

Bing Lang, Mu Xiang and Zhi Ke break up Qi stagnation. Bing Lang promotes urination and descends Qi. Mu Xiang is warm and dries hidden dampness. Zhi Ke opens the chest and breaks Qi stagnation.

Lai Fu Zi	Semen Raphani Sativi	15g
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Lai Fu Zi descends Stomach Qi and dissolves food stagnation.

Huang Lian	Rhizoma Coptidis	9g
Jin Yin Hua	Flos Lonicerae Japonicae	20g
Yin Chen Hao	Stellariae Dichotomae, Herba	30g

Huang Lian, Jin Yin Hua and Yin Chen Hao clear damp heat in the Middle Jiao. Huang Lian is dense which allows it to clear damp heat and stop diarrhea. Jin Yin Hua works on the surface level. Yin Chen Hao clears Gallbladder damp heat.

Jie Geng                      Radix Platycodi Grandiflori                      30g  
Jie Geng opens the Lung Qi to regulate the opening and closing action of the anus.

RESOLUTION:

After taking the formula for three days, his tenesmus resolved.

## 49. Use of Shan Zhu Yu to treat asthma (deficiency type), Case A

A 14 year old male has had asthma for years. His symptoms include: shortness of breath, spontaneous sweating, weak voice, palpitations, dry mouth, fatigue, cold hands and feet and red cheeks. The symptoms are worse in the spring. His tongue is red and has a dry coating. His pulse is floating, wiry and weak.

DIAGNOSIS:

Kidney and Lung Qi deficiency

TREATMENT PLAN:

Stabilize Kidney and Lung Qi.

FORMULA:

Shan Zhu Yu Tang modification

Shan Zhu Yu (Shan Yu Rou)                      Fructus corni Officinalis                      60g  
Shan Zhu Yu strengthens and astringes the Kidneys and Lungs.

Long Gu                      Os Draconis                      30g  
Mu Li                      Concha Ostrae                      30g  
Bai Shao                      Radix Peoniae Lactiflorae                      18g

Long Gu, Mu Li and Bai Shao stabilize the Liver, Kidney and Lung Yang. Long Gu calms the Heart and astringes the Kidneys and Lungs. Mu Li dissolves phlegm nodules. Bai Shao stabilizes and regulates Liver Qi and Yang and harmonizes communication between the Lung and Kidney.

Dang Shen                      Radix Codonopsis Pilosulae                      12g

Dang Shen strengthens Spleen Qi.

Zhi Gan Cao            Honey-Fried Radix Glycyrrhizae Uralensis 6g

Zhi Gan Cao harmonizes the ingredients of the formula and its sweet flavor reduces acute symptoms.

RESOLUTION:

He took the formula for three days which resolved the acute phase of his asthma. He continued to take the modified Shan Zhu Yu formula for six months and he reported that he did not experience any asthma symptoms the following spring.

## **50. Use of Shan Zhu Yu to treat asthma (deficiency type), Case B**

An 87 year old female has had asthma for 35 years. Her symptoms include: shortness of breath, chicken singing in the throat and dry mouth. The asthma is most severe in cold weather and she becomes faint and also loses consciousness occasionally. Her tongue is purple with a dry, dark, thick coating. Her pulse is floating and weak. “Chicken singing in the throat” is a classic Chinese medicine description for throat disharmonies that cause a chicken-like wheezing and choking sound.

DIAGNOSIS:

- Lung and Kidney Qi deficiency
- Qi and blood stagnation

TREATMENT PLAN:

Stabilize and strengthen Kidney and Lung Qi

FORMULA:

Shan Zhu Yu modification

First, 60g of Shan Zhu Yu (*Fructus corni Officinalis*) was used to strengthen the Kidneys and stabilize the Lungs. The single herb was prepared in 2 cups of water boiled down to 1/4 cup. She was instructed to sip the tea and ½ hour later, her asthma is less severe and she was able to open her eyes.

Next, we added the following herbs to her formula:



Tai Zi Shen	Pseudostellariae Radix	6g
Dang Shen	Radix Codonopsis Pilosulae	12g

Tai Zi Shen mildly strengthens Qi and nourishes Yin and dryness. Dang Shen strengthens Middle Jiao Qi.

Long Gu	Os Draconis	30g
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Long Gu stabilizes and astringes the Kidney and Lung Qi.

Bai Shao	Radix Peoniae Lactiflorae	18g
Di Gu Pi	Cortex Lycii Radicis	12g

Bai Shao stabilizes Liver Yang and harmonizes the Ying and Wei of the Lungs and Kidneys. Di Gu Pi nourishes Lung and Kidney Yin and eliminates deficiency heat.

Zi Su Zi	Perillae Frutescentis, Fructus	9g
Sang Bai Pi	Mori Albae Radicis, Cortex	15g

Su Zi dissolves phlegm and stabilizes Lung Qi. Sang Bai Pi promotes urination, clears Lung heat and stops cough and asthma.

Mai Men Dong	Tuber Ophiopogonis Japonici	10g
Wu Wei Zi	Fructus Schizandrae Chinensis	3g

Mai Men Dong and Wu Wei Zi nourish Lung and Kidney Yin. Mai Men Dong tends to nourish dryness. Wu Wei Zi generates fluids, calms the mind and stops coughing and asthma.

Zhi Gan Cao	Honey-Fried Radix Glycyrrhizae Uralensis	6g
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Zhi Gan Cao harmonizes the ingredients of the formula and has a sweet taste that slows down acute symptoms.

#### RESOLUTION:

Her symptoms improved by 80% after taking the formula for three days. She continued to take the formula for twenty days and her asthma completely resolved. When rechecked one year later, she reported that she had not had a single severe asthma attack.

## 51. Childhood diarrhea

six month old boy has been having diarrhea 50 times per day. The amount is scanty and has the appearance and texture of chicken feces. He also has a low grade fever, a hot head, cold extremities, purple toes, and index finger diagnosis reveals a red blood vessel. His tongue has a moist coating. He has been given a Western diagnosis of salmonella infection. However, after

taking the drugs that were prescribed for him, he had an allergic reaction and developed a skin rash over his entire body. The drugs were discontinued.

DIAGNOSIS:

Damp heat in the Middle Jiao

TREATMENT PLAN:

Eliminate damp heat in the Middle Jiao.

FORMULA:

Ge Gen Huang Qin Huang Lian Tang modification

Huang Lian                      Rhizoma Coptidis                      3g.

Huang Lian eliminates damp heat toxins in the Middle Jiao and stops diarrhea.

3g of Huang Lian was prepared in one cup of water boiled down to 1/4 cup. A syringe was used to feed the decoction to the child every 2 hours. After 8 hours, the fever went down and his extremities were warmer and no longer purple colored, but his bowel movements were still frequent. The coloration in the index finger blood vessel improved by 60%. The damp heat has cleared but the Spleen Qi still needed to be strengthened.

Ge Gen                      Radix Puerariae                      6 g

Ge Gen raises Spleen Qi and relaxes muscles.

6g of Ge Gen was prepared in one cup of water boiled down to 1/2 cup. Again, a syringe was used to feed the child every 2 hours. After 8 hours, his diarrhea slowly came to a stop.

## 52. Use of Ren Shen to reverse Heart failure, Case A

An 89 year old female patient has had a persistent lung infection with complications of heart failure. Her symptoms include: shortness of breath, fever, low grade fever, pale face and tongue, spontaneous sweating, cold extremities, tachycardia, and dry, yellow, sticky phlegm in the Lung and throat. Her blood pressure is 54/40. Her pulse is weak and deep.

DIAGNOSIS:

Heart and Lung Qi and Yang deficiency with Damp heat in the Lung

TREATMENT PLAN:

Strengthen the Heart and Lung. Eliminates damp heat in the Lung.

FORMULA:

Ma Xing She Gan Tang modified with Ren Shen

Hong Ren Shen	(Red) Radix Ginseng	30g
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Red Ren Shen is warm and strengthens devastated Heart and Kidney Qi.

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

Ma Huang and Xing Ren open Lung Qi to stop cough and asthma. Ma Huang stops asthma, is stronger than Xing Ren and encourages Heart Qi. Xing Ren moistens dry cough and throat.

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

Huang Qin and Yu Xing Cao clear damp heat in the Lung. Huang Qin is dense which helps eliminate damp heat in the Lung. Yu Xing Cao promotes urination to drain damp heat and works on the surface level.

Gan Cao	Radix Glycyrrhizae Uralensis	12g
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Gan Cao is sweet which strengthens Qi and a heavier dosage is used to strengthen Heart Qi.

ADDITIONAL INSTRUCTIONS: Boil Ren Shen separately and sip it throughout the day.

RESOLUTION:

She drank the Ren Shen tea accompanied by the formula for three days and her blood pressure normalized to 110/80. Her fever dissipated, her heart rate has normalized, and she is no longer spontaneously sweating.

## 53. Use of Ren Shen to reverse Heart failure, Case B

An 8 month old baby boy has a lung infection that has led to heart failure. He presents with fever, excessive cough, asthma, shortness of breath, irritability, and purple lips. His tongue is purple and dark and his pulse is rapid and small.

DIAGNOSIS:

- Damp heat in the Lung and Heart
- Lung Qi deficiency.

TREATMENT PLAN:

Strengthen Heart and Lung Qi and eliminate damp heat.

FORMULA:

Shen Fu Tang and Ma Xing Shi Gan Tang:

Hong Ren Shen (Red) Radix Ginseng 3g  
Red Ren Shen is warm and strengthens devastated Heart and Kidney Qi.

Ma Huang Herba Ephedrae 12g  
Xing Ren Pruni Armeniacae, Semen 9g  
Ma Huang and Xing Ren open Lung Qi to stop cough and asthma. Ma Huang stops asthma, is stronger than Xing Ren and encourages Heart Qi. Xing Ren moistens dry cough and throat.

Fu Zi Aconiti Radix Lateralisa preparata 1g (boil at lease one hour to eliminate Fu Zi toxin)  
Fu Zi reverses the effects of devastated Heart and Kidney Yang.

Shi Gao Gypsuma 15g  
Shi Gao sedates Yangming heat and fever.

Jin Yin Hua Flos Lonicerae Japonicae 6g  
Huang Qin Radix Scutellariae Baicalensis 6g  
Yu Xing Cao Herba cum Radice Houttuyniae Cordate 6g  
Jin Yin Hua clears toxic heat and releases the surface. Huang Qin and Yu Xing Cao clear damp heat in the Lung. Huang Qin is more dense and goes to a deeper level. Yu Xing Cao promotes urination and works on the surface level. At the deeper level, Huang Qin maintains its effects in the bloodstream for a longer duration while Yu Xing Cao acts more quickly on the surface level.

Dan Shen Radix Salviae Miltiorrhizae 6g  
Dan Shen promotes blood circulation and cools heat.

Gan Cao Radix Glycyrrhizae Uralensis 4g  
Gan Cao harmonizes the ingredients in the formula.

ADDITIONAL INSTRUCTIONS: Boil Ren Shen separately and sip it throughout the day.

RESOLUTION:

He took the formula for two days. He no longer has purple lips, fever or asthma. Gan Cao (Radix Glycyrrhizae Uralensis) was taken out of the formula and it was continued for four days until his symptoms disappeared.

## 54. Inappropriate use of Fu Zi for treating chills

A 14 year old male developed chills and fever that are stronger in the afternoon and worse in the evening during the autumn months. Another doctor treated him with the following herbs: Gui Zhi (Ramulus Cinnamomi Cassiae) 6g, Fu Zi (Aconiti Radix Lateralisa preparata ) 6g, Fu Ling (Sclerotium Poriae Cocoa ) 15g, Ban Xia (Pinelliae Rhizoma Preparatum) 8g and Gan Cao (Radix Glycyrrhizae Uralensis) 3g. After five bags, his fever got even worse. He described feeling heat and burning in the muscles and skin accompanied by excessive thirst and mania.

### DIAGNOSIS:

Heat Toxins moving interiorly in the Qi and Ying Level

### TREATMENT PLAN:

Clear the Heat and Toxins in the Qi and Ying Level

### FORMULA:

Zhi Zi Chi Tang and Liang Ge San modification

Bo He	Mentha Haplocalyx	6g
Zhi Zi	Fructus Gardeniae Jasminoidis	12g
Dan Dou Chi	Semen Sojae Prepaeratum	12g

All the herbs in this group soothe the Heart and Liver. Bo He opens and cools the throat and surface. Zhi Zi cools and clears San Jiao dampness and heat and also cools the Blood and promotes Blood circulation. Dan Dou Chi cools the Heart to reduce irritability.

Huang Qin	Radix Scutellariae Baicalensis	12g
Lian Qiao	Fructus Forsythiae Suspensae	12g

Huang Qin and Lian Qiao clear Upper Jiao heat. Huang Qin clears damp heat. Lian Qiao clears toxic heat and dissolves hot phlegm nodules.

Lu Gen	Rhizoma Phragmitis Communis	15g
Shi Gao	Gypsuma	30g

Lu Gen and Shi Gao sedate Qi level heat. Lu Gen moistens dryness and drains damp heat. Shi Gao is stronger at sedating Qi level heat.

Gan Cao	Radix Glycyrrhizae Uralensis	3g
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Gan Cao harmonizes the ingredients of the herbs and its sweet taste to reduces acute symptoms.

### RESOLUTION:

After taking one bag, the fever and heat dissipated.

## 55. Use of Fu Zi to treat vomiting and diarrhea

A 59 year old male patient has had severe diarrhea and vomiting for 2 weeks. His body is cold, he loses consciousness occasionally and he experiences spasms of the body and mouth. His pulse is very deep and weak.

### DIAGNOSIS:

Spleen and Kidney Yang deficiency

### TREATMENT PLAN:

Warm the Spleen and Kidney Yang

### FORMULA:

Si Ni Tang

Fu Zi	Aconiti Radix Lateralisa preparata	10g
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Gan Jiang	Rhizoma Zingiberis Officinalis	60g
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Fu Zi and Gan Jiang warm the Kidney and Spleen Yang. Fu Zi is more dense which warms the devastated Kidney and Spleen Yang. Gan Jiang is faster moving and penetrates through the Ying and Wei.

Zhi Gan Cao	Radix Glycyrrhizae Uralensis	20g
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A heavier dosage of Zhi Gan Cao is used to strengthen and encourage the devastated Kidney and Heart Yang.

ADDITIONAL INSTRUCTIONS: Boil the formula in five cups water boiled down to 1 cup for at least 1 hour to neutralize Fu Zi's toxicity.

### RESOLUTION:

A syringe was used to feed the patient every 30 minutes to 1 hour on the first day. The next day, the patient had no diarrhea and nausea, he was alert and could eat slowly.

## 56. Han Lian Cao for treating the side effects of anticoagulants

A 67 year old male patient came in after taking excessive anticoagulant drugs for one week. He was experiencing fever and nausea. He had yellow eyes (icteric sclera), purple spots on his body and dark urine. His tongue was purple and his pulse was wiry and rapid.

### DIAGNOSIS:

- Liver Qi and blood stagnation
- Damp heat
- Heat in the blood

### TREATMENT PLAN:

Cool heat in the blood, clear damp heat and stop bleeding

### FORMULA:

Er Zhi Wan and Yin Chen Hao Tang modification

Han Lian Cao	Herba Ecliptae Prostratae	30g
Nu Zhen Zi	Fructus Ligustri Lucidi	15g

Han Lian Cao and Nu Zhen Zi are the herbs found in the formula Er Zhi Wan. They are used to cool heat, nourish Yin and stop bleeding. Han Lian Cao cools heat in the blood and stops bleeding. Nu Zhen Zi is physically more dense which allows it to go to the deeper level to nourish Blood.

Yin Chen Hao	Herba Artemisiae Yinchenhao	30g
Zhi Zi	Fructus Gardeniae Jasminoidis	12g
Lai Fu Zi	Semen Raphani Sativi	30g

Yin Chen Hao eliminates damp heat in the Liver and Galbladder and clears damp heat jaundice. Zhi Zi clears San Jiao damp heat and heat in the blood while promoting blood circulation. Lai Fu Zi dissolves food stagnation and descends the Stomach Qi to open the Middle Jiao.

Xian He Cao	Herba Agrimony Pilosae	30g
Zi Zhu Cao	Folium Callicarpae Formosanae	30g

Xian He Cao and Zhi Zhu Cao have an astringent quality that stops bleeding. Xian He Cao strengthens Spleen Qi. Zi Zhu Cao goes to a deeper layer.

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

### RESOLUTION:

After taking the formula for four days, his jaundice cleared and his fever reduced. The purple spots on his skin were lighter as was the color of his urination. He continued to take the formula for fifteen more days and he recovered.

## 57. Use of Wu Bei Zi to treat Proteinuria

A 20 year old male has excess protein in the urine. The use of pharmaceutical hormones have helped but he does not like the side effects. He has a puffy face and his low back and knees feel weak and cold. His tongue is red with a thin, yellow, moist coating and his pulse is slippery and weak.

### DIAGNOSIS:

Kidney Qi and Yang deficiency

### TREATMENT PLAN:

Strengthen Kidney Qi and Yang

### FORMULA:

Er Xian Tang modification

Xian Mao	Rhizoma Curculiginis Orchiodis	9g
Yin Yang Huo	Herba Epimedii	12g

Xian Mao and Yin Yang Huo strengthen Kidney Yang. Xian Mao is stronger at penetrating the Yang. Yin Yang Huo expels wind damp bi pain.

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

Dang Shen and Huang Qi strengthen Qi. Dang Shen strengthens Spleen Qi. Huang Qi raises the Qi and strengthens Wei Qi.

Shan Yao	Radix Dioscoreae Oppositae	15g
Fu Ling	Sclerotium Poriae Cocoa	12g

Shan Yao and Fu Ling benefit Spleen Qi. Shan Yao astringes Spleen Qi. Fu Ling drains dampness to dry the Spleen.

Fu Pen Zi	Fructus Rubi Chingii	12g
Qian Shi	Semen Eyrtakes Ferocis	12g
Jin Ying Zi	Fructus Rosae Laevigatae	12g



All the herbs are astringe Kidney Yang. Fu Pen Zi is warm and astringes the Kidneys. Qian Shi astringes the Spleen and Kidney. Jin Ying Zi is neutral and astringes the Kidneys.

Ze Lan                      Herba Lycopi Lucidi                      12g  
Ze Lan promotes blood circulation and urination.

Bai Hua She She Cao Herba Oldenlandiae Diffusae                      12g  
Bai Hua She She Cao clears toxic heat to eliminate inflammation.

RESOLUTION:

He took the formula for one month and his urine protein reduced significantly. Then he took 0.3 g of powdered, toasted Wu Bei Zi three times a day in addition to the formula to astringe the Kidneys. After 2 weeks, the urine protein reduced even more . He was able to stop taking hormones and all his symptoms resolved. However, his knees are still weak and he has decreased sexual drive. His Kidney pulse was deep.

SECOND DIAGNOSIS:

Kidney Qi and Yang deficiency

TREATMENT PLAN:

Strengthen and astringe Kidney Yang and Qi

FORMULA:

Jin Suo Gu Jin Wan modification

Sha Yuan Ji Li                      Astragali Complanati Semen                      20g  
Qian Shi                      Semen Eyrtakes Ferocis                      15g  
Lian Xu                      Stamen Nelumbinis Nuciferae                      15g

All the herbs in this group astringe the Kidneys. Sha Yuan Ji Li warms the Kidney Yang. Qian Shi astringes the Kidney and Spleen. Lian Xu astringes the Kidneys and works on the lighter level meaning that it has a fast effective action but does not remain in the bloodstream for an extended duration.

Yin Yang Huo                      Herba Epimedii                      12g  
Yin Yang Huo is warming and strengthens the Kidney Yang.

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

Dang Shen and Huang Qi strengthen the Qi. Dang Shen strengthens Spleen Qi. Huang Qi raises Qi and strengthens the Wei Qi of the Kidneys.

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

RESOLUTION:

After taking the formula for ten days, the proteinuria resolved.

## 58. Use of Da Huang to treat mania

A 25 year old male patient lost his job recently. He stated that he felt ‘depressed and useless’ for ten days and then suddenly started exhibiting signs of mania. He has inappropriate laughter, a loud voice and has been running naked through the streets. He has been treated with Western drugs that calmed him for a short time. He also used Gan Mai Da Zao Tang with no effect. His eyes are red and his voice is loud with audible phlegm. His abdomen is full and he is constipated. He said, “If you cannot cure me, I will take you!” His tongue tip is very red with a yellow, thick, dry coating. His pulse is full.

DIAGNOSIS:

- Excess heat in the Heart and Liver
- Damp heat blocking the orifices

TREATMENT PLAN:

Sedate Heart and Liver fire and clear damp heat in the orifices

RESOLUTION:

Xiao Cheng Qi Tang modification

Da Huang	Radix Et Rhizoma Rhei	12g
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Zhi Shi	Fructus Immaturus Citrii Aurantii	12g
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Da Huang purges the Yangming to treat constipation, dampness and heat. It also sedates fire. Zhi Shi assists Da Huang to break up Qi stagnation and move it down and out of the body.

Zhu Li	Bambusae Succus	12g
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Zhu Huang	Bambusae Cocretio Sillicea	9g
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Dan Zhu Ye	Herba Loaphatheri Gracilis	12g
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Zhu Li and Zhu Huang open the orifices and eliminate hot phlegm. Zhu Li strongly penetrates through hot phlegm orifices. Zhu Huang is more dense and is maintained in the bloodstream longer. Dan Zhu Ye eliminates Heart fire and promotes urination to drain fire from the Heart.

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

**RESOLUTION:**

After drinking one bag, he had a very smelly bowel movement. He then slept for ten hours and when he woke, he was no longer manic.

## **59. Allergic reaction to pineapples**

An 8 year old boy developed itchy skin and throat, low grade fever, low voice and excessive salivation after eating pineapple. His tongue is red and his pulse is floating.

**DIAGNOSIS:**

Dampness and heat from the Middle Jiao is pushed to the surface.

**TREATMENT PLAN:**

Harmonize the Middle Jiao

**FORMULA:**

Salty water: ¼ tablespoon salt into 1 cup of water. Dosage: ¼ cup four times per day.

**RESOLUTION:**

He drank 1/4 cup of salty water four times a day and his symptoms resolved. In the future, pineapples can be soaked in salt water for one to two hours before consumption to prevent allergic reactions. When salt (sodium chloride) dissolves into the pineapple it will separate into sodium and chloride ions. The sodium ions react with the malic and citric acids in the pineapple thereby forming neutral sodium salts. This controls acidity but also adds sweetness to the taste. Acids typically have a tart or sour taste but when they are converted into neutral compounds they tend to lose sourness.

## **60. Phlegm nodules, 1**

A 53 year old female has swollen lymph glands in the neck region that are as big as marbles. She is coughing up mucous. She loves to eat cheese pizza every day. Her tongue has a greasy white coating and her pulse is full and wiry.

DIAGNOSIS:

Wind phlegm stagnation

TREATMENT PLAN:

Expel wind and dissolve hot phlegm.

FORMULA:

San Zi Yang Qing Tang modification

Bai Jie Zi	Semen Sinapsis Albae	12g
Lai Fu Zi	Semen Raphani Sativi	15g
Su Zi	Perillae Frutescentis, Fructus	12g

These are the herbs found in San Zi Yang Qing Tang. Bai Jie Zi strongly penetrates through phlegm nodules. Lai Fu Zi dissolves food and phlegm stagnation and opens the Middle Jiao. Su Zi dissolves phlegm in the Lungs and stops cough.

Zhu Ru	Caulis Bambusae in Taeniis	12g
Huang Qin	Radix Scutellariae Baicalensis	12g
Gua Lou	Semen Trichosanthis	12g

All the herbs in this group dissolve hot phlegm. Zhu Ru dissolves hot phlegm in the Gallbladder channel. Huang Qin clears damp heat in the Upper Jiao. Gua Lou dissolves hot phlegm in Upper Jiao, particularly in the Lungs.

Fu Hai Shi	Costariae Os	12g
Lian Qiao	Fructus Forsythiae Suspensae	12g

Fu Hai Shi scours hot phlegm. Lian Qiao clears toxic heat and dissolves hot phlegm nodules.

Sang Leng	Rhizoma Sparganii Stoloniferi	9g
E Zhu	Rhizoma Circuma Ezhu	9g
Wei Ling Xian	Radix Clematidis (root)	3g

Sang Leng and E Zhu break congealed blood masses. Sang Leng tends to move faster. E Zhu is stable and is maintained in the system longer. Wei Ling Xian is penetrating in nature and tracks down wandering bi pain to dissolve phlegm nodules.

Tong Cao	Tetrapanacis Medulla	3g
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Tong Cao mildly promotes urination and has a rising quality.

Jing Jie	Schizonepetae Herba,	6g
Sheng Jiang	Zingiber Officinale Rosc.	6g

Jing Jie and Sheng Jiang expel external wind. Jing Jie moves faster and works on the surface. Sheng Jiang is hot which warms the Stomach and encourages sweating.

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

RESOLUTION:

She took the formula for five days and her symptoms resolved.

## 61. Phlegm nodules, 2

A 45 year old female is experiencing stress, emotional fluctuations, irritability and vertigo. She also has many bean-sized nodules on her arms and back. Her tongue has a white coating and her pulse is wiry and slippery.

DIAGNOSIS:

- Liver Qi stagnation
- Phlegm nodules

TREATMENT PLAN:

Smooth Qi and dissolve phlegm nodules

FORMULA:

Er Chen Tang and Xiao Lou Wan modified with herbs that smooth Qi

Ban Xia	Pinelliae Rhizoma Preparatum	12g
Fu Ling	Sclerotium Poriae Cocco	10g
Chen Pi	Pericarpium Citri Reticulatae	6g

These are the herbs found in the formula Er Chen Tang which is used to clear phlegm. Ban Xia dries, Fu Ling drains and Chen Pi regulates Qi to dissolve phlegm nodules.

Chai Hu	Radix Bupleuri	10g
Zhi Zi	Fructus Gardeniae Jasminoidis	10g

Chai Hu smoothes and opens Liver and Gallbladder Qi. Zhi Zi eliminates irritability while cooling and clearing San Jiao damp heat. It also promotes blood circulation.

Ju Hua	Flos Chrysanthemi Morifolli	10g
Gou Teng	Ramulus cum Uncis Uncariae	10g
Chan Tui	Periosticum Cicadae	6g

Ju Hua, Gou Teng and Chan Tui cool Liver heat. Ju Hua cools the Liver heat and works on the surface. Gou Teng stops internal wind. Chan Tui cools heat in the Liver, stops internal wind and works on the surface.

Mu Li	Concha Ostrae	12g
Lian Qiao	Fructus Forsythiae Suspensae	10g
Bai Jie Zi	Semen Sinapsis Albae	10g
Jiang Can	Bombyx Batryticatus	10g
Xuan Shen	Radix scrophulariae Ningpoensis	10g
Fu Hai Shi	Costaziae Os	12g

All the herbs above dissolve phlegm nodules. Mu Li stabilizes Liver Yang. Lian Qiao clears toxic heat, dissolves hot phlegm nodules and releases the surface. Bai Jie Zi is warm which penetrates through phlegm nodules. Jiang Can dissolves phlegm nodules and stops spasms. Xuan Shen cools heat in the blood and dissolves dry, hot phlegm nodules. Fu Hai Shi strongly scours hot phlegm nodules.

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

RESOLUTION:

After taking the formula for thirty days, her mind grew quieter and her nodules improved by 80%.

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

1. Kidney Yin and Yang deficiency is a common cause of...
  - a. impotence
  - b. acute hepatitis
  - c. bronchitis
  
2. For epistaxis during menstruation with a small and rapid pulse...
  - a. lubricate Kidney Yin
  - b. use Qing Hao Bie Jia Tang combined with Liu Wei Di Huang Tang
  - c. nourish the Yin to clear deficiency heat
  - d. All of the Above
  
3. A patient who recently delivered a baby has breast pain and swelling, fever and a red, dry tongue.
  - a. She has mastitis
  - b. She has damp heat toxins stagnating in the breast
  - c. She has Liver Qi stagnation
  - d. All of the Above
  - e. Neither A, B nor C
  
4. A patient feels cold to the touch but complains of feeling very hot internally.
  - a. He has lantern disorder
  - b. He has Qi and Blood stagnation
  - c. Both A and B
  
5. Bai Jie Zi (Semen Sinapsis Albae)...
  - a. penetrates and dissolves cold phlegm
  - b. penetrates and dissolves hot phlegm
  - c. Neither A nor B
  - d. Both A and B
  
6. Wu Zhu Yu tang...
  - a. is contraindicated for the treatment of acid regurgitation
  - b. combines with Zou Jin Wan and Si Ni San for the treatment of acid regurgitation
  - c. Neither A nor B
  - d. Both A and B
  
7. Damp heat in the Liver and Gallbladder is...
  - a. prevalent in cases of jaundice
  - b. prevalent in cases of acute hepatitis A
  - c. treatable with a modification of Yin Chen Hao Tang
  - d. All of the Above

**Answers:**

1. Kidney Yin and Yang deficiency is a common cause of...
  - a. impotence
  - b. acute hepatitis
  - c. bronchitisAnswer: A
  
2. For epistaxis during menstruation with a small and rapid pulse...
  - a. lubricate Kidney Yin
  - b. use Qing Hao Bie Jia Tang combined with Liu Wei Di Huang Tang
  - c. nourish the Yin to clear deficiency heat
  - d. All of the AboveAnswer: D
  
3. A patient who recently delivered a baby has breast pain and swelling, fever and a red, dry tongue.
  - a. She has mastitis
  - b. She has damp heat toxins stagnating in the breast
  - c. She has Liver Qi stagnation
  - d. All of the Above
  - e. Neither A, B nor CAnswer: d
  
4. A patient feels cold to the touch but complains of feeling very hot internally.
  - a. He has lantern disorder
  - b. He has Qi and Blood stagnation
  - c. Both A and BAnswer: c
  
5. Bai Jie Zi (Semen Sinapsis Albae)...
  - a. penetrates and dissolves cold phlegm
  - b. penetrates and dissolves hot phlegm
  - c. Neither A nor B
  - d. Both A and BAnswer: a
  
6. Wu Zhu Yu tang...



- a. is contraindicated for the treatment of acid regurgitation
- b. combines with Zou Jin Wan and Si Ni San for the treatment of acid regurgitation
- c. Neither A nor B
- d. Both A and B

Answer: b

7. Damp heat in the Liver and Gallbladder is...
- a. prevalent in cases of jaundice
  - b. prevalent in cases of acute hepatitis A
  - c. treatable with a modification of Yin Chen Hao Tang
  - d. All of the Above

Answer: d

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