

Case Histories with Herbal Formulas Part 5

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1. Acute deafness and tinnitus

A 36 year old male patient has developed acute deafness and loud tinnitus which has been going on for 3 weeks. He has used Western drugs and Eastern herbs without any effect. The patient is stressed, irritable and experiences headaches. His tongue is dark with red sides and a thin white coating and his pulse is wiry.

DIAGNOSIS:

- Liver fire
- Qi stagnation.

TREATMENT PLAN:

Regulate Liver Qi, promote Blood circulation and cool heat.

FORMULA:

new formula

Chai Hu	Radix Bupleuri	10g
Xiang Fu	Rhizome Cayperi Rotunda	10g
Yu Jin	Tuber Curcumae	10g

Chai Hu, Xiang Fu and Yu Jin regulate Liver and Gallbladder Qi. Chai Hu opens and lifts Qi. Xiang Fu promotes blood circulation. Yu Jin cools heat, promotes blood circulation and opens orifices.

Shi Chang Pu	Rhizome Acori Graminei	10g
Chan Tui	Periosticum Cicadae	12g

Shi Chang Pu opens orifices and clears phlegm. Chan Tui stops internal wind spasms to relax the ear.

Chuan Xiong	Radix Ligustici Chuanxiong	10g
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Chuan Xiong promotes blood circulation through the Liver channel and opens the head.

Sheng Jiang	Zingiber Officinale Rosc.	9g
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Sheng Jiang is acrid and warm which opens the surface of the ear and descends Stomach Qi.

RESOLUTION:

His tinnitus cleared after taking the formula for two weeks. He continued the formula for two more weeks which resolved his deafness.

2. Mouth ulcer

A 52 year old male, has had an ulcer in his mouth for 20 years. The ulcer has a burning sensation which makes it painful to talk or eat. It is exacerbated by stress. He also experiences insomnia and has cold hands, feet and chest. His tongue is puffy and has a red tip and toothmarks. The coating is moist and white. His pulse is deep and empty.

DIAGNOSIS:

- Yang and Jing deficiency
- Liver Qi stagnation

TREATMENT PLAN:

Warm and nourish the Jing and Blood

FORMULA:

Dang Gui Sheng Jiang Yan Rou Tang modification

Yang Rou	Lamb	150g
Sheng Jiang	Zingiber Officinale Rosc.	5g
Dang Gui	Radix Angelicae Sinensis	9g

Yang Rou strengthens Blood and Yang. Sheng Jiang is warm and acrid which pushes the Qi and encourages Blood to flow. Dang Gui promotes Blood circulation and nourishes Blood.

Lou Dou	Semen Phaseoli Radiati	40g.
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Lou Dou cools heat and balances the warm herbs in this formula.

RESOLUTION:

After taking three bags over six days, his mouth ulcer improved by 70%. He continued for ten more days with five bags and his mouth ulcer resolved completely. He continued to have the recurring mouth ulcer occasional and he was able to use this formula to control the flareups.

3. Tongue ulcers

A 20 year old male has had ulcers on his tongue for a few days. The ulcers have a discharge that is white and yellow. His gums are also red and swollen. It is painful for him to eat and he is feeling thirsty, irritable and feverish. His urination is scanty and yellow and he has bad breath. The tip of his tongue is red and he has a rapid pulse.

DIAGNOSIS:

Damp heat in the Upper and Middle Jiao

TREATMENT PLAN:

Eliminate damp heat in the Upper and Middle Jiao

FORMULA:

Xie Huang San modification

Huo Xiang	Herba Agastaches Seu Pogostemi	10g
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Huo Xiang dries dampness in the Middle Jiao and releases the surface to encourage the flow of Qi.

Zhi Zi	Fructus Gardeniae Jasminoidis	10g
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Shi Gao	Gypsuma	30g
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Dan Zhu Ye	Herba Loaphatheri Gracilis	12g
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Zhi Zi clears San Jiao damp heat, cools heat in the blood and releases irritability. Shi Gao sedates Yangming Stomach heat. Dan Zhu Ye promotes urination and drains Heart fire from the Small Intestine.

Fang Feng	Radix Ledebouriellae Diaricatae	10g
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Fang Feng assists Huo Xiang by pushing the heat to the surface so that it can be released.

Sheng Di Huang	Radix Rehmanniae Galutinosae	10g
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Sheng Di Huang cools heat in the Blood and nourishes the Yin and Blood.

Mai Ya	Fructus Hordei Vulgaris	15g
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Gu Ya	Setariae Fructus Germinatus	15g
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Mai Ya and Gu Ya dissolves food stagnation and opens the Stomach. Mai Ya regulates Liver Qi. Gu Ya reinstates flow in the surface level.

Gan Cao	Radix Glycyrrhizae Uralensis	10g.
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Gan Cao harmonizes the ingredients of the formula.

RESOLUTION:

He took one bag and the heat sensation and yellow discharge from the ulcers improved by 80%. He needed three more bags for three days for the symptoms to resolve completely.

4. Use of alcohol to treat sore throat

A 40 year old male has had a lingering sore throat after a bout of wind cold. He has used a formula with the following herbs with no effect: Jin Yin Hua (Flos Lonicerae Japonicae), Lian Qiao(Fructus Forsythiae Suspensae), She Gan(Rhizoma Belamcondae Chinesis), Jie Geng (Radix Platycodi Grandiflori), Xuan Shen(Radix scrophulariae Ningpoensis) and Ban Lan Gen (Radix Isatidis seu Baphicacanthi). Visual examination revealed that there is no redness or swelling in the throat and he has no sensation of unusual taste in the mouth. His tongue has a white coating and his pulse is floating and tight.

DIAGNOSIS:

Wind cold with dampness.

TREATMENT PLAN:

Expel wind and cold.

FORMULA:

Alcohol.

RESOLUTION:

He was told to drink 40cc of alcohol (rice wine), three times a day. The sore throat resolved by the next day.

5. Use of Rou Gui to treat toothache

A 45 year old male patient has a dull toothache associated with overwork and lack of sleep. He used Niu Huang Jie Du Wan which alleviated the pain for a few days. He says that drinking cold water exacerbates it and warm water makes it feel better. His tongue is puffy with a white coating and his pulse is floating and weak.

DIAGNOSIS:

Stomach and Kidney Yang deficiency.

TREATMENT PLAN:

Warm the Stomach and Kidney.

FORMULA:

Rou Gui Cortex Cinnamomi Cassiae 5g

ADDITIONAL INSTRUCTION:

Rou Gui was powdered and put in 200 cc of hot water. The decoction was covered for a little while and the patient was directed to sip it throughout the day.

RESOLUTION:

He reported that he was able to sleep better that evening and the toothache resolved the next morning. He continued the formula for one more day and his toothache resolved completely.

6. Use of Moxa to treat Wintertime Asthma

PATIENT 1: A 40 year old female patient is experiencing asthma attacks during a cold winter. Her symptoms include: shortness of breath and clear mucous. The asthma attacks are so bad that she is unable to lie flat. Her tongue is dark with a white coating. Her pulse is floating, rapid and weak.

PATIENT 2: An 18 year old male has had asthma for 8 years that gets worse when the weather is cold. His symptoms include: shortness of breath, palpitations, sweating, clear mucous discharge and loose stools. The shortness of breath is so bad that he has to inhale with his shoulders elevated. His tongue is pale with a white coating and his pulse is weak and small.

DIAGNOSIS:

Lung, Spleen and Kidney Qi and Yang deficiency

TREATMENT PLAN:

Strengthen and warm the Lung, Spleen and Kidney

FORMULA:

moxa during summer

Moxa: Du 14, UB 13, 14, 39; Ren 17, CV6, UB 25, St 36, St40, Sp 6. Moxa every day for 30 days.

After moxibustion, apply a paste of Bai Jie Zi (Semen Sinapsis Albae) 13g, Yan Hu Suo (Rhizome Corydalis Yanhusuo)12g, Gan Sui (Rhizoma Zingiberis Officinalis) 9g, Xi Xin (Herba cum Radice Asari) 3g and Bai Zhi (Radix Angelicae Dahuricae)15g.

Preparation: Powder the herbs, mix with Sheng Jiang (Zingiber Officinale Rosc.) juice. Apply the paste to UB 13, UB 14, UB 25. Retain paste on the skin for 1 to 2 days. Use with cautions as it may cause skin irritation leading to the opening of sores. Discontinue if there is skin irritation.

RESOLUTION: Both patients followed this regimen during the summer and they did not have asthma attacks in the winter.

7. Use of Bai Tou Weng to treat diarrhea

A 49 year old female has had abdominal pain for two days accompanied by diarrhea that renders a burning sensation in her anus. Her tongue is red with a yellow, greasy coating and a slippery pulse.

DIAGNOSIS:

Damp heat in the Large Intestine

TREATMENT PLAN:

Eliminate damp heat in the Large Intestine

FORMULA:

Bai Tou Weng Tang modification

Bai Tou Weng	Radix Pulsatillae Chinensis	15g
Huang Bai	Cortex Phellodendri	10g
Huang Lian	Rhizoma Coptidis	6g
Qin Pi	Cortex Fraxini	12g

All the herbs in this group clear damp heat in the Lower Jiao. Bai Tou Weng and Qin Pi eliminate turbid damp heat and stop dysentery. Bai Tou Weng is more dense than Qin Pi. Qin Pi is more moving in nature and expels wind damp bi pain. Huang Bai clears damp heat in the Lower Jiao. Huang Lian stops diarrhea.

Bai Shao	Radix Peoniae Lactiflorae	15g
Hou Po	Magnoliae Officinalis Cortex	9g
Mu Xiang	Radix Aucklandia Lappae	6g (add last 10 minutes)

All herbs in this category regulate Qi. Bai Shao regulates Liver Qi and harmonizes the Liver, Spleen and Stomach. It is astringent and harmonizes the Ying and Wei to stop diarrhea. Hou Po dries dampness, breaks Qi stagnation and moves stagnation down and out of the body. Mu Xiang is dry and warm and has the ability to dry hidden dampness.

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

RESOLUTION: She took three bags for three days. All the while, her diarrhea gradually decreased until it stopped completely on the third day.

8. Use of Bai Tou Weng to treat constipation

A 47 year old male presents with constipation, dry stool, abdominal pain and no appetite. He says that he is thirsty and has a bitter, sticky taste in his mouth. His tongue is red with a yellow, greasy coating and his pulse is wiry and small.

DIAGNOSIS:

Damp and heat stagnation in the Large Intestine in which the heat is stronger than the dampness

TREATMENT PLAN:

Eliminate heat and dampness in the Large Intestine; purge heat and dampness.

FORMULA:

Bai Tou Weng Tang modification

Bai Tou Weng	Radix Pulsatillae Chinensis	15g
Huang Lian	Rhizoma Coptidis	9g
Huang Bai	Cortex Phellodendri	9g

All the herbs in this group clear damp heat in the Middle and Lower Jiao. Bai Tou Weng clears turbid damp heat and stops dysentery. Huang Lian stops diarrhea and calms Heart fire. Huang Bai sedates Kidney fire.

Bai Shao	Radix Peoniae Lactiflorae	12g
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Bai Shao harmonizes the Ying and Wei to stop diarrhea and irritable bowel symptoms.

Huo Xiang	Herba Agastaches Seu Pogostemi	9g
Pei Lan	Herba Eupatorii Fortunei	9g

Huo Xiang and Pei Lan are aromatic which dries dampness. Huo Xiang has a heavier smell which sinks deeper in the blood but also releases the surface. By sinking deeper in the blood, the effective action of the herb lasts longer than that of Pei Lan. Pei Lan has a lighter smell which works on the surface level and eliminates the metallic taste in the mouth. By working on the surface level, Pei Lan has a faster effective action.

Bai Dou Kou	Fructus Amomi Kravanh	3g (Add last 10 minutes)
Mu Xiang	Radix Aucklandia Lappae	6g (Add last 10 minutes)

Bai Dou Kou and Mu Xiang are acrid and warm which dries dampness. Bai Dou Kou flows in the Upper and Middle Jiao. Mu Xiang regulates Qi to dry out hidden dampness.

Mang Xiao Natril Sulfas 9g
Mang Xiao moistens the dry stool and purges.

RESOLUTION: After taking one bag for one day, the patient's constipation was alleviated but he continued to have a yellow greasy coating. Mang Xiao was taken out and this modified formula was taken for three more days until his symptoms completely resolved.

Bai Tou Weng Tang modifications:

For excess heat add...

Huang Lian (Rhizoma Coptidis)
Jin Yin Hua (Flos Lonicerae Japonicae)
Lian Qiao (Fructus Forsythiae Suspensae).

For heavy sensation of the anus add...

Mu Xiang Radix Aucklandia Lappae)
Bing Lang (Semen Arecae Catechu)
Zhi Shi (Fructus Immaturus Citrii Aurantii)

For fresh blood in the stool add...

Di Yu (Radix Sanguisorbae Officinalis)
Huai Hua Mi (Flos Sophorae Japonicae Immatur)
MuDan Pi (Cortex Moutan Radicis)
Chi Shao (Radix Paeoniae Rubrae)

For thick, dry yellow mucous and constipation add...

Da Huang (Radix Et Rhizoma Rhei)
or Mang Xiao (Natril Sulfas)

For chills and fever add...

Jing Jie (Schizonepetae Herba)
Bo He (Mentha Haplocalyx).

For dampness that manifests as fullness in the chest and nausea add...

Huo Xiang (Herba Agastaches Seu Pogostemi)
Bai Dou Kou (Fructus Amomi Kravanh)
Hou Po (Magnoliae Officinalis Cortex)
Cang Zhu (Rhizoma Atractylodis).

9. Use of Wu Mei Wan to treat radiation side effects

A 59 year old female patient has had her uterus removed because it was cancerous. She has been getting radiation treatments but is now suffering from diarrhea, loose and sticky stools, yellow urination, fatigue, cold hands and feet and a burning, heavy sensation in her anus. Her tongue is pale red with a yellow coating and her pulse is small and rapid.

DIAGNOSIS:

- Damp heat in the Lower Jiao
- Qi stagnation
- Yin deficiency

TREATMENT PLAN:

Clear damp heat in the Lower Jiao; smooth and strengthen Qi.

FORMULA:

Wu Mei Wan modification

Wu Mei	Fructus Pruni Mume	15g
Bai Shao	Radix Peoniae Lactiflorae	15g

Wu Mei and Bai Shao harmonize the Liver and smooth Qi in the groin and anus regions. Wu Mei has a sour taste reflecting that it works on the Liver and astringes the excess. Bai Shao harmonizes the Ying and Wei and stabilizes and calms the Yang.

Huang Lian	Rhizoma Coptidis	6g
Huang Bai	Cortex Phellodendri	12g

Huang Lian clears damp heat in the Spleen and Stomach and sedates Heart fire. Huang Bai eliminates damp heat in the Lower Jiao and calms Kidney fire.

Gan Jiang	Rhizoma Zingiberis Officinalis	9g
Dang Shen	Radix Codonopsis Pilosulae	15g

Gan Jiang warms the Middle Jiao. Dang Shen strengthens Spleen Qi.

Chi Shao	Radix Paeoniae Rubrae	12g
Mu Dan Pi	Cortex Moutan Radicis	12g

Chi Shao and Mu Dan Pi promote blood circulation and cool heat.

Chi Shao promotes blood circulation. Mu Dan Pi cools blood.

Mu Li	Concha Ostrae	24g
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Mu Li stabilizes the Liver Yang and dissolves heat and phlegm stagnation.

Sheng Jiang	Zingiber Officinale Rosc.	12g
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Da Zao	Fructus Zizyphi Jujubae	12g
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Sheng Jiang and Da Zao are used as a pair. Sheng Jiang is acrid and hot which penetrates through the surface and warms the Middle Jiao. Da Zao is sweet which nourishes the Blood and calms excess movement.

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

RESOLUTION:

She took three bags for three days after which was no longer experiencing diarrhea and a burning anus sensation. She continued to take the modified formula until the radiation therapy was over.

10. Use of Wu Mei Wan to treat radiation side effects

A 37 year old male has getting radiation treatments for colon cancer. He complained that he has boils and pain in the anus. His tongue is red with a white coating and his pulse is wiry and rapid.

DIAGNOSIS:

Damp heat in the Lower Jiao.

TREATMENT PLAN:

Clear Lower Jiao damp heat.

FORMULA:

Wu Mei Wan and Wu Wei Xiao Du Yin modification.

Wu Mei	Fructus Pruni Mume	12g
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Bai Shao	Radix Peoniae Lactiflorae	12g
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Wu Mei and Bai Shao harmonize the Liver and Gallbladder and regulate the groin and anus. Wu Mei has a sour taste which harmonizes the Liver. Bai Shao harmonizes the Ying and Wei of the Liver channel and stabilizes the Yang.

Huang Lian	Rhizoma Coptidis	6g
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Huang Bai	Cortex Phellodendri	12g
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Ye Ju Hua	Flos Chrysanthemi Indici	15g
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Pu Gong Ying	Herba Taraxaci Mongolici cum Radice	15g
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Zi Hua Di Ding	Herba Violae cum Radice	15g
Jin Yin Hua	Flos Lonicerae Japonicae	15g
Lian Qiao	Fructus Forsythiae Suspensae	12g
Zao Jiao Ci	Gleditsiae Spina	9g

Huang Lian and Huang Bai clear damp heat. Huang Lian clears Middle Jiao damp heat and sedates Heart fire. Huang Bai eliminates Lower Jiao damp heat and Kidney fire. Ye Ju Hua, Pu Gong Ying, Zi Hua Di Ding, Jin Yi Hua and Liao Cao clear heat toxins and works on the surface level. Pu Gong Ying dissolves hot phlegm nodules. Zi Hua Di Ding cools toxic heat in the blood. Jin Yin Hua and Lian Qiao release the surface. Jin Yin Hua is stronger at releasing the surface and clears damp heat in the Large Intestine. Lian Qiao is stronger at clearing toxic heat and dissolving hot phlegm nodules. Zao Jiao Ci penetrates through stagnation and clears heat toxins.

Chi Shao	Radix Paeoniae Rubrae	12g
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Chi Shao promotes blood circulation and cools heat in the blood.

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

RESOLUTION:

He took seven bags for seven days and the boils disappeared.

11. High Blood Pressure and Stroke

A 59 year old male patient has had high blood pressure for 3 years. Recently, he had a stroke that left the left side of his body paralyzed and the left side of his face deviated. His face is pale and he has a cough with white mucous. His blood pressure is 170/100. His tongue is pale with a white coating and his pulse is small and slippery.

DIAGNOSIS:

Liver Yang uprising with underlying Qi, Blood and Phlegm stagnation

TREATMENT PLAN:

Regulate Qi and blood; dissolve Phlegm; descend Liver Yang.

FORMULA:

Bu Yang Huang Wu Tang and Er Chen Tang modified:

Huang Qi	Radix Astragali Membranaceus	15g
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Huang Qi raises the Qi and encourages the flow of Qi.

Hong Hua	Flos Carthami Tinctorii	6g
Tao Ren	Semen Persicae	9g

Hong Hua and Tao Ren promote blood circulation and break congealed blood. Hong Hua is stronger at breaking up and moving blood. Tao Ren stays in the bloodstream longer and moistens dryness.

Chi Shao	Radix Paeoniae Rubrae	9g
Dang Gui Wei	Radix Angelicae Sinensis	6g
Di Long	Lumbricus	9g

Chi Shao, Dang Gui Wei and Di Long promote blood circulation. Chi Shao cools the blood. Dang Gui Wei nourishes Blood. Di Long (earth worm) opens and moves through stagnation in the channels and is reflected by the ability of earth worms to move through soil.

Ban Xia	Pinelliae Rhizoma Preparatum	9g
Chen Pi	Pericarpium Citri Reticulatae	6g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	9g
Fu Ling	Sclerotium Poriae Cocco	12g

Ban Xia and Chen Pi warm and dry phlegm. Ban Xia is stronger at drying phlegm and descends Stomach Qi. Chen Pi regulates Spleen and Stomach Qi. Bai Zhu dries dampness in the Spleen and stabilizes the surface. Fu Ling drains dampness and harmonizes water metabolism in the Middle Jiao.

Niu Xi	Radix Achyranthis Bidentatae	12g
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Niu Xi promotes blood circulation and urination, expels wind damp bi pain and descends blood.

Gou Teng	Ramulus cum Uncis Uncariae	15g
Shi Jue Ming	Concha Haliotidis	30g

Gou Teng and Shi Jue Ming stabilize internal Liver Wind to treat high blood pressure and balance Huang Qi's rising action. Gou Teng works on the surface to stop and cool wind. Shi Jue Ming settles Liver Yang.

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

RESOLUTION: He took five bags for five days. He is able to walk using a bar for support and there is less mucous in his throat. After five more days on the formula, he is able to walk with a cane and his blood pressure has gone down to 145/90. His tongue remains pale and his pulse is weak so his formula was modified with an addition of Chuan Xiong to promote blood flow to the brain.

After twenty more days on the formula, his blood pressure lowered to 140/80mm hg. He is able to walk with support and take care of himself. His tongue is slightly purple and weak so Dang Shen and Dan Shen were added to the formula to promote blood circulation to the small vessels.

After thirty more days on the formula, he was able to completely take care of himself and his blood pressure normalized at 140-120/70-80.

12. High fever

A 36 year old female patient had chills, sweating and fever for five days. Currently, she is experiencing high fever, irritability, thirst, excessive sweating, red face and eyes, dark yellow urination and her bowel movements are normal. She is craving cold drinks. She went to a Western doctor who did not discover the etiology with negative lab findings. Her tongue is red with a dry, yellow coating. His pulse is full and rapid.

DIAGNOSIS:

Wind heat that has turned into Yangming / Qi level heat

TREATMENT PLAN:

Clear Yangming heat and encourage hidden heat to the surface

FORMULA:

Bai Hu Tang with Qing Hao

Shi Gao	Gypsuma	100g
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Shi Gao sedates Yangming Qi level heat.

Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	30g
Lu Gen	Rhizoma Phragmitis Communis	30g
Xi Yang Shen	Radix Panacis Quinquefolii	12g

Zhi Mu sedates Qi level heat and nourishes Yin and dryness. Xi Yang Shen strengthens Qi and clears heat and dryness.

Qing Hao	Herba Artemisia Annuae	30g
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Qing Hao encourages heat to the surface and clears heat and malaria.

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

RESOLUTION: She took one bag in the morning and one bag in the afternoon. On the first day, her fever went down by 30%. She was able to completely recover by the second day.

13. Damp Warm Fever

A 32 year old female patient has had a low grade fever for 4 months. The fever is highest in the afternoon. She is also fatigued and has a sensation of heaviness of the body. She has been to a Western doctor who was unable to find the cause of the fever. Her tongue is red and dark with a greasy, thick yellow coating and her pulse is slippery and rapid.

Damp warm illness, according to Wen Bing theory, includes a combination of Yin (dampness) and Yang (warmth). The fever may take on a chronic nature due to the dampness. It usually leaves slowly - bit by bit. The shape of the fever cascade ranges from low in the morning to higher in the afternoon. It is typically a stair step increase in body temperature from the morning lows to midday highs. Typically, the fever will lower again in the evening. This is most common during the season of long summer (between summer and autumn). Damp warm usually includes the following symptoms: nausea, vomit, diarrhea, fatigue, and heaviness. Note that the dampness leads to fatigue and a feeling of heaviness. The pulse is rapid or fast due to heat but slippery due to dampness. The tongue is often red with a thick yellow and greasy coating. Common western diagnoses include: 'stomach flu', typhoid, and other bacterial and viral infections.

DIAGNOSIS:

Damp heat fever (Damp warm fever)

TREATMENT PLAN:

Eliminate damp heat and encourage heat to the surface.

FORMULA:

Zhu Ling Tang, San Ren Tang and Huo Xiang Zheng Qi Wan modification

Fu Ling	Sclerotium Poriae Cocoa	30g
Zhu Ling	Sclerotium Polypori Unbellati	15g
Ze Xie	Alismatis Rhizoma	12g
Yi Yi Ren	Semen Coicis Lachryma-jobi	15g

All the herbs in this group promote urination. Fu Ling balances water in the body. Zhu Ling is stronger at draining and sedating heat. Ze Xie sedates Kidney fire. Yi Yi Ren mildly promotes urination and works on the surface.

Huo Xiang	Herba Agastaches Seu Pogostemi	30g
Bai Dou Kou	Fructus Amomi Kravanh	12g
Sha Ren	Fructus Amomie	9g
Hou Po	Magnoliae Officinalis Cortex	20g
Ban Xia	Pinelliae Rhizoma Preparatum	9g

All the herbs in this group dry dampness. Huo Xiang aromatically transforms dampness and releases the surface. Bai Dou Kou works in the Upper and Middle Jiao. Sha Ren works in the Middle and Lower Jiao. Hou Po breaks Qi down. Ban Xia strongly dries dampness and phlegm.

Xing Ren	Pruni Armeniacae, Semen	12g
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Xing Ren opens Lung Qi to activate the Lung to clear damp, sticky stagnation.

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

RESOLUTION:

After taking the formula for three days, her fever decreased and is no longer severe in the afternoon. Her tongue coating is not as thick and yellow. 9g of Zhi Ke (Fructus Citri Aurantii) and 12 g of Qing Hao (Herba Artemisia Annuae) were added to the formula and she took this modified formula for seven days. After the seven days, all her symptoms resolved.

14. Gallbladder Stones with Jaundice

A 9 year old boy has a gallbladder stone. He has used Ba Zheng San for five days but the stone has not been expelled. His other symptoms are: fatigue, jaundice and shortness of breath. He constantly touches his abdomen. His tongue has toothmarks and his pulse is slippery and weak.

DIAGNOSIS:

Spleen and Kidney Qi deficiency

TREATMENT PLAN:

Strengthen the Spleen and Kidney Qi to push out the stone

FORMULA:

Bu Zhong Yi Qi Tang modification

Huang Qi	Radix Astragali Membranaceus	9g
Dang Shen	Radix Codonopsis Pilosulae	12g

Huang Qi and Dang Shen strengthen Qi. Huang Qi lifts Qi and promotes urination. Dang Shen strengthens Spleen Qi.

Bai Zhu	Rhizoma Atractylodis Macrocephalae	9g
Fu Ling	Sclerotium Poriae Cocco	15g

Bai Zhu and Fu Ling benefit Spleen Qi. Bai Zhu dries dampness and Fu Ling drains dampness from the Middle Jiao.

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

Chai Hu	Radix Bupleuri	3g
Sheng Ma	Cimicifugae Rhizoma	3g
Bo He	Cimicifugae Rhizoma	3g

Chai Hu, Sheng Ma and Bo He guide Qi upwards. Chai Hu smooths and opens Liver Qi. Sheng Ma strongly lifts the Qi and encourages it to the surface. Bo He cools heat and smooths stagnation.

Hu Po	Succinum	9g
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Hu Po promotes blood circulation and urination and calms the mind to stop pain.

Sheng Jiang	Zingiber Officinale Rosc.	12g
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Sheng Jiang encourages Qi to the surface and warms the Middle Jiao and descends the 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 twelve days. On the eighth day he was able to pass the stone.

Enrichment Exercises (answers on next page)

1. A mouth ulcer that has lasted for 20 years...
 - a. involves a combination of deficiency and excess
 - b. cannot be resolved with herbal medicine
 - c. involves only deficiency

2. Tongue ulcers that have a white and yellow discharge accompanied by swollen gums, bad breath, and fever...
 - a. are due to damp heat
 - b. are due to Kidney Yin deficiency
 - c. have adverse reactions to the use of Shi Gao (Gypsuma)

3. Rou Gui is an appropriate herb for the treatment of a toothache...
 - a. in no cases whatsoever
 - b. when the toothache is due to Stomach and Kidney deficiency
 - c. when the toothache is due to Stomach and Kidney fire

4. Bai Tou Weng...
 - a. is contraindicated for cases of diarrhea with abdominal pain
 - b. effectively treats Spleen Qi deficiency diarrhea
 - c. effectively treats Large Intestine damp heat diarrhea

Answers:

1. A mouth ulcer that has lasted for 20 years...
 - a. involves a combination of deficiency and excess
 - b. cannot be resolved with herbal medicine
 - c. involves only deficiencyanswer: a

2. Tongue ulcers that have a white and yellow discharge accompanied by swollen gums, bad breath, and fever...
 - a. are due to damp heat
 - b. are due to Kidney Yin deficiency
 - c. have adverse reactions to the use of Shi Gao (Gypsuma)answer: a

3. Rou Gui is an appropriate herb for the treatment of a toothache...
 - a. in no cases whatsoever
 - b. when the toothache is due to Stomach and Kidney deficiency
 - c. when the toothache is due to Stomach and Kidney fireanswer: b

4. Bai Tou Weng...
 - a. is contraindicated for cases of diarrhea with abdominal pain
 - b. effectively treats Spleen Qi deficiency diarrhea
 - c. effectively treats Large Intestine damp heat diarrheaanswer: c

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