

The Healthcare Medicine Institute presents

Dr. Di Case Studies, Part 1

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Dr. Di Case Studies, Part 1

Herbal Applications and Acupuncture For The Treatment of External Diseases

The Works of Dr. Di, An Early 19th Century Chinese Medicine Physician

Part I: Wei, Qi, Ying & Xue Level Warm Febrile Disease

1. True cold and false heat: cold and heat repel each other.

A seventeen year-old male had chills and fever, body aches and a headache. He had been prescribed a heavy dosage of Ma Huang Gui Zhi Tang for a few days but his symptoms did not change. The herbal formula did not bring on sweating. Instead, the patient became severely thirsty and irritable, and his fever climbed even higher in the afternoon. One doctor diagnosed him as having a Yang Ming organ excess and prescribed a Da Cheng Qi Tang and Bai Hu Tang modification. After drinking tea made from two bags of herbs per day for two days, his excessive thirst was relieved, but he began speaking loudly with manic behavior throughout the night until the next morning. His hands and feet were cold and his tongue was bright white and puffy. His pulses were full and floating at the sky level and were imperceptible at the earth level.

Diagnosis: Wei level wind-heat trapped at the Yang Ming Qi and organ level resulting in exhaustion of the Yang. True cold battles heat on the surface.

Treatment plan: Warm and strengthen the Kidney Yang and calm the Heart.

Formula: Jin Gui Shen Qi Wan modification.

Fu Zi (Aconiti Radix Lateralisa preparata) 6g.

Rou Gui (Cortex Cinnamomi Cassiae) 10g.

Pao Jiang (Toasted Zingiber Officinale Rosc) 6g.

Fu Zi, Rou Gui and Pao Jiang join to warm the Kidneys and the interior. Fu Zi is stronger and it stays in the blood for a longer period. Fu Zi must be boiled for at least one hour to reduce the toxicity of the herb. It is appropriate to ask the patient for permission before including it. Rou Gui is fast moving, while Pao Jiang warms the Lungs, Stomach, Spleen and Kidneys. Compared to Rou Gui, Pao Jiang is more stable and it supports the actions of Fu Zi.

Ba Ji Tian (Radix Morindae Officinalis) 12g.

Bu Gu Zhi (Fructus Psoraleae Corylifoliae) 12g.

Ba Ji Tian and Bu Gu Zhi warm the Kidney Yang. Ba Ji Tian expels wind-damp bi-pain and has a strong yang fortifying action. Bu Gu Zhi warms the Spleen and Kidney Yang.

Fu Shen (Sclerotium Poriae Cocus Paradicis-part around root) 10g.

Yuan Zhi (Semen Tritici Aestivi Levis) 6g.

Fu Shen and Yuan Zhi calm and clear phlegm from the Heart. Fu Shen drains dampness and Yuan Zhi clears phlegm blocking the Heart orifice.

Niu Xi (Radix Achyranthis Bidentatae) 10g.

Niu Xi strengthens the Liver and Kidneys and promotes blood circulation and urination. It guides the blood to flow to the lower body while expelling wind-damp and alleviating bi-pain.

Shu Di Huang (Radix Rehmanniae Glutinosae Conquिताe) 6g.

Shu Di Huang nourishes the Blood, Jing and Yin.

Shan Yao (Radix Dioscoreae Oppositae) 15g.

Shan Yao is astringent and strengthens the Spleen and Kidneys.

Shan Zhu Yu (Fructus Corni Officinalis) 10g.

Shan Zhu Yu is astringent and strengthens the Kidneys and Liver.

Fu Ling (Sclerotium Poriae Cocoa) 15g.

Ze Xie (Alismatis Rhizoma) 10g.

Fu Ling and Ze Xie promote urination. Fu Ling is a neutral substance that balances water in the body. Ze Xie eliminates Kidney excess and clears deficient heat.

Mu Dan Pi (Cortex Moutan Radicis) 10g.

Mu Dan Pi cools heat and promotes blood circulation.

Resolution:

He took one bag of this formula and slept for twenty-four hours. After taking the herbal formula for four days, he recovered.

2. Yang Ming organ excess heat.

A seventy year-old male had a common cold and was drinking copious amounts of water. He had fullness in both his chest and abdomen. He was delirious and manic, and also suffered from scanty yellow urination and constipation. His tongue was red with a dry coating, and his pulses were full and strong.

Diagnosis: Yang Ming organ excess.

Treatment plan: Purge heat from the Yang Ming.

Formula: Da Cheng Qi Tang

Da Huang (Radix et Rhizoma Rhei) 15g.

Hou Po (Cortex Magnoliae Officinalis) 12g.

Mang Xiao (Mirabilitum) 12g.

Zhi Shi (Fructus Immaturus Citrii Aurantii) 10g.

Da Huang is a strong purgative. It also promotes Blood circulation and clears heat-toxins. Because of its strength, it is the dominant herb in this formula. Mang Xiao softens hard stool to help purge the bowel.

Zhi Shi and Hou Po break up stagnant Qi and cause the Qi to descend. Although Zhi Shi is a stronger Qi mover, Hou Po also disseminates the Qi and resolves stagnation.

After taking the formula for half a day, he expelled smelly dry stool. The fever and other symptoms were ninety percent improved by nightfall. He was still experiencing fatigue the next day but his fever was gone. His tongue was red and dry, and his pulse was small and rapid.

Diagnosis: Qi and Yin deficiency.

Formula: Yin Qiao San & Zeng Ye Tang modified.

Function: To clear the residual heat, augment the qi, generate fluids and lubricate the Yin.

Sheng Di Huang (Radix Rehmanniae Glutinosae) 10g.

Mai Men Dong (Tuber Ophiopogonis Japonici) 10g.

Xuan Shen (Radix scrophulariae Ningpoensis) 6g.

Zhi Mu (Rhizoma Anemarrhenae Asphodeloidis) 6g.

All of the above herbs clear heat and nourish the Yin. Sheng Di Huang is the strongest ingredient. It moistens the Blood and Jing while clearing heat from the blood. Mai Men Dong cools the Stomach, Lung and Heart Yin. Xuan Shen and Zhi Mu also clear heat from the blood. Xuan Shen clears heat toxins and moistens the fluids. Zhi Mu clears Qi level heat.

Huang Qin (Radix Scutellariae Baicalensis) 6g.

Huang Qin clears Upper Jiao heat.

Jin Yin Hua (Flos Lonicerae Japonicae) 10g.

Lian Qiao (Fructus Forsythiae Suspensae) 10g.

Jin Yin Hua and Lian Qiao clear heat toxins and release surface heat. Jin Yin Hua is stronger in its ability to move and relieve the surface. Lian Qiao is stronger in its ability to clear heat toxins and to treat hot phlegm nodules.

Tian Hua Fen (Radix Trichosanthis Kirilowii) 6g.

Tian Hua Fen clears hot phlegm and moistens the dry throat.

Chai Hu (Radix Bupleuri) 3g.

Chai Hu smooths and spreads the Qi.

Chen Pi (Pericarpium Citri Reticulatae) 6g.

Chen Pi regulates the Middle Jiao Qi and dries phlegm.

Fu Ling (Sclerotium Poriae Cocco) 12g.

Fu Ling promotes urination and balances water in the body.

Dang Gui (Radix Angelicae Sinensis) 3g.

Dang Gui promotes blood circulation and nourishes the blood.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g.

Gan Cao harmonizes the ingredients function and clears heat toxin.

Resolution:

He took this formula for seven days, after which time he recovered.

3. Excess in Wei Level and Yang Ming organ with Yin deficiency.

A sixty year-old female suffered from delirium and excess fullness of the abdomen after having a cold for three months. She presented with a dark red tongue and face, and her pulses were deep, small, hard and strong.

Diagnosis: Wind-heat common cold moving into the Yang Ming organ and Blood levels.

Treatment plan: To eliminate heat in the Wei, Qi and Blood levels. Purge heat from the Yang Ming organ.

Formula: Tiao Wei Cheng Qi Tang, Yin Qiao San & Zeng Ye Tang modification.

Xuan Shen (Radix scrophulariae Ningpoensis) 10g.

Mai Men Dong (Tuber Ophiopogonis Japonici) 12g.

Sheng Di Huang (Radix Rehmanniae Glutinosae) 12g.

Zhi Mu (Rhizoma Anemarrhenae Asphodeloidis) 12g.

All the above herbs clear heat and moisten the fluids. Xuan Shen, Sheng Di Huang and Zhi Mu cool heat in the Blood. Xuan Shen clears heat toxins and moistens dryness. Sheng Di Huang nourishes the Blood and Yin. Zhi Mu sedates heat at the Qi level and moistens the fluids.

Di Gu Pi (Cortex Lycii Radicis) 12g.

Mu Dan Pi (Cortex Moutan Radicis) 12g.

These two herbs clear heat from the Blood. Di Gu Pi treats steaming bone disorder. Mu Dan Pi promotes blood circulation.

Jin Yin Hua (Flos Lonicerae Japonicae) 12g.

Lian Qiao (Fructus Forsythiae Suspensae) 12g.

Qing Hao (Herba Artemisia Annuae) 6g.

These three herbs release heat from the surface. Jin Yin Hua and Lian Qiao clear heat toxins. Jin Yin Hua is stronger in its ability to relieve wind-heat. Lian Qiao is stronger at clearing heat toxins and dissolving hot phlegm nodules.

Xi Yang Shen (Radix Panacis Quincquefolii) 10g.

Xi Yang Shen clears heat while concurrently strengthening both the Qi and the Yin.

Bai Shao (Radix Peoniae Lactiflorae) 12g.

Bai Shao regulates the Liver Qi, harmonizes the Ying and Wei, and nourishes the Yin and the Blood.

Da Huang (Radix et Rhizoma Rhei) 15g.

Da Huang purges heat and promotes blood circulation.

Lu Gen (Rhizoma Phragmitis Communis) 12g.

Lu Gen promotes urination, generates fluids and clears heat.

Dang Gui (Radix Angelicae Sinensis) 3g.

Dang Gui promotes blood circulation and nourishes the blood.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g.

Gan Cao harmonizes the ingredients in the formula.

Feng Mi (honey) 15g.

Feng Mi moistens dryness and smooths bowel movements.

Resolution:

She took one bag of this formula and then had excess watery diarrhea. Her fever was relieved and her temperature dropped back down to normal. She had no more delirium or fullness of the abdomen. After continuing the same formula without Da Huang for a few days, she fully recovered.

4. Wind-heat transmits to the Shao Yang and Blood levels. Menstruation flows from the nose instead of from the uterus.

A seventeen year-old female had chills and a high fever. The fever was higher in the morning and she was delirious at night. She had severe bleeding from the nose during the time of menstruation for a few days but no uterine bleeding. She had a red, purple and dry tongue. Her pulses in the Kidney and Liver positions were deep, slippery and wiry. The Lung pulse was floating and rapid.

Diagnosis: Wei level heat moves inward to the Yang Ming, Shao Yang and Blood levels. The blood that comes out through the nose does not reside comfortably in the uterus of the Kidney system. The heat causes the hot blood that should flow from the uterus to rise to expel through the nose.

Treatment plan: To smooth and clear Shao Yang and Blood heat. Clear heat trapped in the Shao Yang between Wei Qi and Blood levels. Cool the Blood and smooth the Qi.

Formula: Xiao Chai Hu Tang modification.

Chai Hu (Radix Bupleuri) 12g.

Chai Hu regulates the Liver Qi, harmonizes the Shao Yang, and releases heat from the surface.

Ban Xia (Rhizoma Pinelliae Ternatae) 3g.

Huang Qin (Radix Scutellariae Baicalensis) 12g.

Ban Xia dries phlegm and descends Stomach Qi. Huang Qin clears Upper Jiao damp-heat. As a pair, they clear Liver and Gall Bladder damp-heat.

Dang Shen (Radix Codonopsis Pilosulae) 10g.

Dang Shen strengthens the Qi.

Sheng Di Huang (Radix Rehmanniae Glutinosae) 12g.

Mu Dan Pi (Cortex Moutan Radicis) 12g.

Chi Shao (Radix Paeoniae Rubrae) 12g.

These three herbs cool heat in the Blood. Sheng Di Huang nourishes the Blood, Yin and Jing. Mu Dan Pi and Chi Shao promote Blood circulation. Mu Dan Pi is strongest in its ability to cool the Blood. Chi Shao is stronger at promoting Blood circulation.

Wang Bu Liu Xing (Semen Vaccariae Segetalis) 6g.

Wang Bu Liu Xing breaks through Blood stagnation to promote menstruation.

Zhi (honey-fried) Bie Jia (Carapax Amydae Sinensis) 10g.

Zhi Bie Jia cools heat and promotes Blood circulation to dissolve clots.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g.

Gan Cao harmonizes the other ingredients in the formula.

After she took two bags of formula, her fever reduced, the nosebleed resolved, and the delirium stopped. Her tongue was red, but it was less dry and purple. Her Kidney and Liver pulses returned at the middle level with a slippery, floating and full quality.

Diagnosis: Shao Yang and Blood heat.

Formula: Xiao Chai Hu Tang & Qing Gu San modification.

Function: To regulate Shao Yang, cool the heat in the Blood, and lubricate the Yin.

Chai Hu (Radix Bupleuri) 3g.

Chai Hu regulates the Shao Yang and relieves the surface.

Ban Xia (Rhizoma Pinelliae Ternatae) 3g.

Huang Qin (Radix Scutellariae Baicalensis) 15g.

Ban Xia dries dampness and descends the Qi. Huang Qin clears Gall Bladder and Liver damp-heat. As paired, these herbs clear damp-heat in the Shao Yang.

Xi Yang Shen (Radix Panacis Quincquefolii) 12g.

Xi Yang Shen clears heat and strengthens the Qi and Yin.

Sheng Di Huang (Radix Rehmanniae Glutinosae) 12g.

Sheng Di Huang clears heat in the Blood and lubricates Yin, Blood, Jing and body fluids.

Mu Di Pi (Cortex Moutan Radicis) 12g.

Di Gu Pi (Cortex Lycii Radicis) 12g.

Yin Chai Hu (Stellaria Dichotomae Herba) 12g.

Bai Wei (Radix Cynanchi Baiwei) 12g.

Zhi Bie Jia (honey-fried Carapax Amydae Sinensis) 30g.

This group of herbs cools the heat in the Blood. Mu Dan Pi promotes Blood circulation. Di Gu Pi and Yin Chai Hu treat steaming bone syndrome. Di Gu Pi flows to the surface. Yin Chai Hu clears Middle Jiao damp-heat. Bai Wei cools acute and chronic deficient heat. Zhi Bie Jia promotes Blood circulation and penetrates clumps.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the ingredients of the formula.

Resolution:

After taking two bags of this formula, she fully recovered.

5. Wind-heat transmits to Yang Ming organ with Qi deficiency.

A fifty year-old male had chills and fever. The fever was higher in the afternoon. He had been using Ma Huang Ge Gen Tang, but it did not bring on a sweat and his fever grew even higher immediately after taking the formula. He also experienced irritability, thirst, and delirium that was worse in the afternoon, in addition to constipation and fatigue. His tongue had red points and a dry yellow coating. His pulses were full and strong in the Stomach position but weak in the Lung position.

Diagnosis: Wind-heat common cold transformed into Yang Ming organ excess with underlying Qi deficiency.

Treatment plan: To eliminate Yang Ming excess and strengthen the Qi.

Formula: Tiao Wei Cheng Qi Tang and Ba Zhen Tang modification.

Da Huang (Radix et Rhizoma Rhei) 6g.

Da Huang purges the bowels, clears heat toxins, and promotes Blood circulation.

Xi Yang Shen (Radix Panacis Quincquefolii) 12g.

Fu Ling (Sclerotium Poriae Cocco) 12g.

Zhi Gan Cao (Honey-Fried Radix Glycyrrhizae Uralensis) 3g.

The combination of herbs above are a modification of Si Ju Zi Tang. Xi Yang Shen sedates heat, augments the Qi and nourishes Yin. Fu Ling drains dampness to benefit the Middle Jiao. Zhi Gan Cao strengthens the center and harmonizes the ingredients in the formula.

Chi Shao (Radix Paeoniae Rubrae) 12g.

Bai Shao (Radix Peoniae Lactiflorae) 10g.

Sheng Di Huang (Radix Rehmanniae Glutinosae) 12g.

This is a modification of Si Wu Tang. Chi Shao cools the heat in the Blood and promotes Blood circulation. Bai Shao stabilizes the Yang, regulates the Liver Qi, and harmonizes Ying and Wei. Sheng Di Huang clears heat from the Blood and nourishes the body fluids, Yin, Blood and Jing.

Jin Yin Hua (Flos Lonicerae Japonicae) 15g.

Lian Qiao (Fructus Forsythiae Suspensae) 12g.

Jin Yin Hua and Lian Qiao clear heat toxins and relieve the surface. Jin Yin Hua is of a lighter weight so it tends to float upwards to the surface. Lian Qiao tends to go to the interior and is stronger in its ability to clear heat-toxins.

Xuan Shen (Radix Scrophulariae Ningpoensis) 10g.

Xuan Shen cools heat-toxins in the Blood and moistens dryness.

Chen Pi (Pericarpium Citri Reticulatae) 3g.

Chen Pi regulates the Middle Jiao Qi and dries phlegm.

Resolution:

After he took this formula he had diarrhea six times during one day. His fever abated, but he had

a low appetite and fullness in the abdomen. He also had excessively vivid dreams at night. His tongue had a red tip and was dry. His pulses were weak in both the Lung and Stomach positions.

Diagnosis: Qi level heat, Heart fire and Qi and Yin deficiency.

Treatment plan: To sedate the Heart, reduce Lung fire, tonify the Qi, and nourish the Yin.

Formula: Modification of Qing Shu Yi Qi Tang.

Xi Yang Shen (Radix Panacis Quinquefolii) 12g.

Xi Yang Shen cools heat and nourishes Qi and Yin.

Shi Hu (Herba Dendrobii) 12g.

Mai Men Dong (Tuber Ophiopogonis Japonici) 12g.

The herbs above nourish the Yin. Shi Hu sedates Stomach heat. Mai Men Dong nourishes and calms the Heart.

Huang Lian (Rhizoma Coptidis) 3g.

Dan Zhu Ye (Herba Lophatheri Gracilis) 12g.

As a pair, Huang Lian and Dan Zhu Ye sedate Heart fire. Huang Lian is stronger at sedating Heart fire. It also clears Middle Jiao damp-heat. Dan Zhu Ye drains fire by promoting urination.

Zhi Mu (Rhizoma Anemarrhenae Asphodeloidis) 12g.

Zhi Mu clears empty heat and fire, nourishes Yin and moistens dryness.

Fu Ling (Sclerotium Poriae Cocco) 15g.

Shen Qu (Massa Fermentata) 12g.

Fu Ling and Shen Qu benefit the Middle Jiao. Fu Ling drains excess dampness and balances water in the body. Shen Qu penetrates and dissolves food stagnation.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the ingredients in the formula.

Resolution:

After taking this formula for seven days, he fully recovered.

6. Yin deficiency with lingering wind-heat common cold.

A thirty year-old male patient had chills and a low-grade fever with fatigue for about two weeks. He had a peeled red tongue with a dry coating. His Kidney and Heart pulses were weak and empty, and his Spleen and Lung pulses were choppy.

Diagnosis: Yin deficiency with wind-heat common cold.

Treatment plan: To lubricate Yin, encourage fluids and induce sweat to relieve the surface.

Formula: Liu Wei Di Huang Wan modification.

Mu Dan Pi (Cortex Moutan Radicis) 12g.

Di Gu Pi (Cortex Lycii Radicis) 12g.

The herbs above cool the heat in the Blood. Mu Dan Pi promotes Blood circulation. Di Gu Pi clears empty heat and steaming sensations from both the interior and exterior.

Sheng Di Huang (Radix Rehmanniae Glutinosae) 15g.

Zhi Mu (Rhizoma Anemarrhenae Asphodeloidis) 12g.

Mai Men Dong (Tuber Ophiopogonis Japonici) 12g.

Xuan Shen (Radix Scrophulariae Ningpoensis) 12g.

Tian Hua Fen (Radix Trichosanthis Kirilowii) 12g.

All of the above herbs lubricate Yin and moisten dryness. Sheng Di Huang cools the heat in the Blood and nourishes fluid, Blood and Jing. Zhi Mu sedates the Qi and empty heat. Mai Men Dong calms the Heart and clears Stomach and Lung heat. Xuan Shen cools heat in the Blood and clears heat-toxin. Tian Hua Fen clears toxic-heat and dissolves hot-phlegm nodules.

Fu Ling (Sclerotium Poriae Cocco) 15g.

Ze Xie (Rhizome Alismatis Orientalitis) 6g.

Fu Ling and Ze Xie promote urination and guide out the heat evil. Fu Ling is milder and balances the water in the body. Ze Xie sedates Kidney damp-heat and empty heat.

Shao Yao (Radix Dioscoreae Oppositae) 10g.

Shan Yao is astringent and benefits the Middle Jiao.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the ingredients in the formula.

Resolution:

After he took one bag, he had chills and sweated. The fever went down to normal but he experienced fullness of the stomach that was painful with light pressure, no appetite, nausea, and lack of bowel movements. He had a red tongue and full pulse in Stomach.

Diagnosis: Yang Ming organ excess.

Formula: Zeng Ye Cheng Qi Tang modification.**Function:** To clear internal Yang Ming excess and generate fluids.**Da Huang** (Radix et Rhizoma Rhei) 9g.**Mang Xiao** (Mirabilitum) 12g.

Da Huang and Mang Xiao are usually as pair herbs. Da Huang purges strongly, clearing heat-toxin and promoting blood circulation. Mang Xiao dissolves and purges the hardened stool.

Sheng Di Huang (Radix Rehmanniae Glutinosae)15g.**Xuan Shen** (Radix Scrophulariae Ningpoensis)12g.**Mai Men Dong** (Tuber Ophiopogonis Japonici) 12g.

Herbs above nourish the Yin and cool heat. Sheng Di Huang and Xuan Shen cool heat in the blood. Sheng Di Huang is stronger to nourish Blood, Jing and Yin. Xuan Shen tends to moisten the fluid and clears heat-toxin. Mai Men Dong moistens fluids, clears Lung and Stomach heat and calms the Heart.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes formula of ingredients.

Resolution:

After he took one bag of the above formula, ten pieces of hard stool came out. He rested a few days and made a complete recovery.

7. Wind-heat common cold complicated by the use of acrid warm herbs that caused heat to become trapped in the Yang Ming organ.

A sixty-eight year-old male patient had the flu. After he used expel wind-cold herbal medicine, his fever became more severe in the afternoon and he became semi-conscious and unresponsive to questions. He held his hands on his abdomen with a painful expression on his face. His Stomach and Lung pulses were deep and strong. His Heart pulse was rapid and he had a dark red tongue with a combination of a yellow greasy and dry coating.

Diagnosis: Wind-heat invades into the Yang Ming organ.**Treatment plan:** To eliminate Yang Ming excess and expel wind-heat.**Formula: Xiao Cheng Qi Tang modification.****Da Huang** (Radix Et Rhizoma Rhei) 9g.

Da Huang purges, clears heat-toxin and promotes Blood circulation.

Zhi Shi (Fructus Immaturus Citrii Aurantii) 12g.

Hou Po (Cortex Magnoliae Officinalis) 12g.

Zhi Shi and Hou Po break up Qi stagnation and descend the Qi downwards. Zhi Shi is a stronger qi mover than Hou Po. Hou Po also dissolves phlegm.

Xuan Shen (Radix scrophulariae Ningpoensis) 12g.

Mu Dan Pi (Cortex Moutan Radicis) 10g.

Zhi Mu (Rhizoma Anemarrhenae Asphodeloidis) 10g.

The herbs above cool heat in the Blood. Xuan Shen and Zhi Mu nourish dryness. Xuan Shen clears heat-toxin and Zhi Mu clears Qi level heat. Mu Dan Pi promotes Blood circulation.

Jin Yin Hua (Flos Lonicerae Japonicae) 12g.

Tian Hua Fen (Radix Trichosanthis Kirilowii) 12g.

All herbs above clear heat and toxin. Jin Yin Hua releases the surface. Tian Hua Fen dissolves phlegm and moistens dryness.

Resolution:

After he took one cup of herbal tea in the morning without any effect, he drank one more cup in the afternoon. Then he had diarrhea with smelly stool twice. His mind cleared as his fever dropped and his appetite returned. His symptoms evolved to irritability, pain in the hypochondriac region, thirst and dry mouth, and a lower grade fever in the afternoon. His tongue was red with a dry coating. The Liver pulse was now wiry and his Lung pulse was floating.

Diagnosis: Heat in the Tai Yang, Shao Yao and Yang Ming.

Treatment plan: To release heat from the Yang Ming, Shao Yang and Tai Yang.

Formula: Dan Zhi Xiao Yao San modified.

Chai Hu (Radix Bupleuri) 6g.

Bai Shao (Paeoniae Radix Alba) 12g.

The herbs above regulate Liver Qi. Chai Hu spreads and raises the Qi. Bai Shao stabilizes the Qi and harmonizes the Ying and Wei.

Mu Dan Pi (Cortex Moutan Radicis) 12g.

Zhi Zi (Fructus Gardeniae jasminoidis) 12g.

Mu Dan Pi and Zhi Zi sedate heat. Mu Dan Pi cools the Blood and promotes Blood circulation. Zhi Zi clears San Jiao heat, damp-heat and promotes Blood circulation.

Zhi Mu (Rhizoma Anemarrhenae Asphodeloidis) 10g.

Xuan Shen (Radix scrophulariae Ningpoensis) 12g.

Mai Men Dong (Tuber Ophiopogonis Japonici) 12g.

These three herbs above cool heat and nourish the Yin. Zhi Mu clears Qi and empty heat. Xuan Shen clears heat-toxins and dissolves hot-phlegm nodules. Mai Men Dong nourishes the fluids, Lung, and Stomach, and calms the Heart.

Jin Yin Hua (Flos Lonicerae Japonicae) 12g.

Lian Qiao (Fructus Forsythiae Suspensae) 12g.

Jin Yin Hua and Lian Qiao clear heat-toxin and relieve the surface. Jin Yin Hua has a stronger relieve surface action and it also clears Middle Jiao damp-heat. Lian Qiao dissolves hot-phlegm nodules.

Fu Ling (Sclerotium Poriae Cocco) 10g.

Fu Ling promotes urination and balances water in the body.

Chen Pi (Pericarpium Citri Reticulatae) 10g.

Chen Pi regulates Middle Jiao Qi and dries phlegm.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the ingredients in the formula.

Resolution:

After he took this formula for three days, all of his symptoms were cleared.

8. Chicken pox exacerbated by the use of warm acrid herbs that trapped heat-toxins in the Yang Ming and Blood levels.

A sixty year-old male patient developed a wind-heat common cold with a high fever and body aches. He used Sheng Jiang (Zingiber Officinale Rosc.) with brown sugar to attempt to sweat out the pathogen. It did not have any effect so he drank a few cups of an herbal tincture. Afterwards, he became worse. His fever climbed higher. He became delirious and developed an insatiable thirst for cold water. He then developed pox and scanty and hot urination. He had not had a bowel movement for 7 days. He used Huang Lian (Gelatinum Corii Asini), Sheng Di Huang (Radix Rehmanniae Galutinosae), and Shui Niu Jiao (Corni Bibali) without effect. His tongue was red with red bumps and a dry yellow coating. His pulse was full and rapid.

Diagnosis: Wind-heat-toxin in the Qi and Yang Ming level.

Treatment plan: To eliminate Yang Ming organ excess, heat-toxin and clear heat.

Formula: Da Cheng Qi Tang modification.

Da Huang (Radix Et Rhizoma Rhei) 60g.

Da Huang purges, clears heat-toxin and promotes Blood circulation.

Mang Xiao (Natrii Sulfas) 30g.

Mang Xiao dissolves hard stool and purges.

Zhi Shi (Fructus Immaturus Citrii Aurantii) 24g.

Hou Po (Cortex Magnoliae Officinalis) 21g.

Zhi Shi and Hou Po break up the Qi stagnation and descend the qi. Zhi Shi is stronger in this effect. However, Hou Po also dissolves phlegm.

Feng Mi (honey) 30g.

Feng Mi moistens the intestines and is a mild laxative.

Resolution:

After he took one cup herbal tea without resolution of symptoms, he took one more cup at midnight. In the early morning he drank another cup. Then he had sticky loose stool with mucus and a strong odor three to four times. His fever reduced during the day but grew higher at night. His tongue is red and moist and his pulse was weak and rapid.

Diagnosis: Damp-heat-toxin in Qi and Blood level.

Treatment plan: To clear damp-heat and cool the heat in the Blood.

Formula: **Huang Lian Jie Du Tang** and **Xi Jiao Di Huang Tang** modification:

Huan Lian (Gelatinum Corii Asini) 9g.

Huang Qin (Radix Scutellariae Baicalensis) 12g.

Huang Bai (Cortex Phellodendri) 12g.

Zhi Zi (Fructus Gardeniae ajasminoidis) 12g.

The herbs above clear heat-toxins. Huang Lian, Huang Qin and Huang Bai clear damp-heat. Huang Lian clears toxins and damp-heat in the Middle Jiao and reduces Heart fire. Huang Qin clears Upper Jiao damp-heat and treats the Gall Bladder. Huang Bai clears damp-heat in the Lower Jiao and treats deficient heat in the Kidneys. Zhi Zi clears San Jiao damp-heat and heat toxins, cools the Blood and promotes Blood circulation.

Mu Dan Pi (Cortex Moutan Radicis) 12g.

Chi Shao (Pericarpium Citri Reticulatae) 12g.

Bai Wei (Radix Cynanchi Baiwei) 12g.

This group of herbs cools heat in the Blood. Mu Dan Pi and Chi Shao promote Blood circulation. Mu Dan Pi is more powerful in its ability to cool the Blood. Chi Shao is a stronger Blood circulator. Bai Wei cools acute or chronic deficient heat.

Sheng Di Huang (Radix Rehmanniae Galutinosae) 30g.

Mai Men Dong (Tuber Ophiopogonis Japonici) 12g.

Sha Shen (Radix Adenophorae seu Glehniae) 12g.

Herbs above nourish the Yin. Sheng Di Huang clears blood heat and nourishes Jing, Blood, Yin and the body fluids. Mai Men Dong and Sha Shen nourish the fluids. While Sha Shen is stronger in its fluid nourishing action, Mai Men Dong also calms the Heart.

Zhi Shi (Fructus Immaturus Citrii Aurantii) 9g.

Zhi Shi breaks up Qi stagnation and descends Qi.

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

Resolution:

He took this formula, utilizing one bag of herbs per day for seven days. The pox completely resolved, as did his other symptoms.

9. Excess damp-heat jaundice.

A thirty year-old male had yellow eyes. His tongue was red with a greasy yellow coating, and his Stomach pulse was wiry. Both the Heart and Lung pulses were full and rapid.

Diagnosis: Excess damp-heat jaundice.

Treatment plan: To expel damp-heat in the Gall Bladder and Yang Ming.

Formula: Yin Chen Hao Tang modification:

Yin Chen Hao (Herba Artemisiae Yinchenhao) 15g.
Yin Chen Hao clears damp-heat in the Gall Bladder and treats jaundice.

Zhi Zi (Fructus Gardeniae Jasminoidis) 10g.
Zhi Zi clears San Jiao damp-heat, heat-toxin, and Blood heat while promoting Blood circulation.

Da Huang (Radix Et Rhizoma Rhei) 9g.
Da Huang purges damp-heat; clears heat-toxin and promotes Blood circulation.

Fu Ling (Sclerotium Poriae Cocco) 15g.
Ze Xie (Alismatis Rhizoma) 10g.
Fu Ling and Ze Xie promote urination to drain damp-heat. Fu Ling is milder and harmonizes the water in the body. Ze Xie drains the Kidney excess and empty heat.

Mu Dan Pi (Cortex Moutan Radicis) 12g.
Mu Dan Pi cools the Blood and promotes Blood circulation.

Resolution:

After he took this formula, he had severe diarrhea a few times. The yellow in his eyes had diminished by about ten percent. His tongue was red and was still covered with a greasy yellow and moist coating. His Stomach pulse was slippery while the Heart and Lung pulses became wiry.

Second diagnosis: Damp-Heat stagnation in Gall Bladder and Shao Yang.

Treatment plan: To clear damp-heat in Gall Bladder and smooth Shao Yang.

Formula: Yin Chen Hao Tang and Si Ni San modification.

Yin Chen Hao (Herba Artemisiae Yinchenhao) 15g.
Yin Chen Hao clears damp-heat jaundice.

Zhi Zi (Fructus Gardeniae Jasminoidis) 10g.
Zhi Zi cools the San Jiao damp-heat and heat-toxin, promotes Blood circulation and cools the Blood.

Chai Hu (Radix Bupleauri) 6g.

Zhi Shi (Fructus Immaturus Citrii Aurantii) 12g.

Bai Shao (Paeoniae Radix Alba) 12g.

Herbs above regulate Qi. Chai Hu and Bai Shao regulate Liver and Gall Bladder Qi. Chai Hu spreads the Liver Qi. Bai Shao stabilizes and regulates the Liver Qi while also harmonizing the Ying and Wei. Zhi Shi breaks up Qi stagnation and descends it downwards.

Huang Qin (Radix Scutellariae Baicalensis) 12g.

Huang Qin clears Liver and Gall Bladder damp-heat.

Mu Dan Pi (Cortex Moutan Radicis) 12g.

Mu Dan Pi cools the Blood and promotes Blood circulation.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the ingredients in the formula.

Resolution:

He drank the tea from one bag of herbs per day for four days and then recovered completely.

10. Pregnant female with excess heat in Wei, Qi of Yang Ming organ and in the Ying level.

A thirty year-old female patient was five months pregnant when she came down with cold symptoms. She had chills, fever and sweating. After she was treated with expel wind-cold common cold herbal medicine, the fever increased. She craved ice water, felt nauseous, had abdominal pain, and her stool contained blood and pus. She had used Shi Quan Da Bu Tang with E Jiao (Asini Corii Colla) and Ai Ye (Folium Artemisiae Argyi.) After she drank it, even more diarrhea occurred. The fetus also became restless. Her tongue was red with greasy and dry coating. All of her pulses were rapid, full and floating.

Diagnosis: Wind-heat trapped in the Yang Ming organ and in the Ying level.

Treatment plan: To clear Yang Ming and expel wind-heat in the Upper Jiao.

Formula: Tiao Wei Cheng Qi Tang modification.

Da Huang (Radix Et Rhizoma Rhei) 9g.

Mang Xiao (Mirabilitum) 9g.

Da Huang and Mang Xiao purge. Da Huang is stronger in its action. It clears heat-toxin and promotes Blood circulation. Mang Xiao dissolves the hard stool.

Hou Po (Cortex Magnoliae Officinalis) 12g.

Zhi Shi (Fructus Immaturus Citrii Aurantii) 12g.

Hou Po and Zhi Shi break up Qi stagnation and descend the Qi. Hou Po dissolves phlegm. Zhi Shi strongly breaks up and descends the Qi.

Jin Yin Hua (Flos Lonicerae Japonicae) 15g.

Lian Qiao (Fructus Forsythiae Suspensae) 12g.

Jin Yin Hua and Lian Qiao clear toxic-heat and relieve the surface. Jin Yin Hua is lighter in weight, floating up to release the surface. Lian Qiao strongly clears heat- toxins and dissolves hot-phlegm nodules.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the herbal ingredients in the formula.

Resolution:

She took one bag in the morning but had no change in her symptoms. She then took the second bag at noon. She passed malodorous and muddy stool multiple times. Her fever reduced and her sleep improved. Her tongue became red and moist, and her pulse was floating.

Diagnosis: Wind-heat in the Wei and Ying level.

Treatment plan: To clear wind-heat in the Wei and Ying level.

Formula: Yin Qiao San and Qing Gu San modification.

Jin Yin Hua (Flos Lonicerae Japonicae) 12g.

Lian Qiao (Fructus Forsythiae Suspensae) 12g.

Jin Yin Hua and Lian Qiao relieve the surface to expel wind-heat and toxin. Jin Yin Hua is a stronger surface reliever while Lian Qiao strongly clears heat-toxin and treats hot-phlegm nodules.

Huang Qin (Radix Scutellariae Baicalensis) 12g.

Dan Zhu Ye (Herba Lophatheri Gracilis) 12g.

Huang Qin and Dan Zhu Ye clear Lung and Heart heat. Huang Qin clears Upper Jiao damp-heat-toxin. Dan Zhu Ye promotes urination to clear the Heart and Lung fire.

Di Gu Pi (Cortex Lycii Radicis) 12g.

Mu Dan Pi (Cortex Moutan Radicis) 12g.

Xuan Shen (Radix Scrophulariae Ningpoensis) 12g.

All the herbs above cool heat in the Blood. Di Gu Pi clears deficient heat. Mu Dan Pi promotes Blood circulation. Xuan Shen clears heat-toxin and moistens dryness.

Chai Hu (Radix Bupleuri) 3g.

Chai Hu regulates and spreads the Liver and Shao Yang Qi.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the ingredients in the formula.

Resolution:

After she took four bags of the above formula for four days, she recovered.

11. Acute swelling of the face and head.

A thirty-nine year-old male had excess swelling of the face and head along with fever, irritability, and fullness of the chest. After using herbs to expel external wind, his symptoms worsened. His tongue was puffy and dark with a moist coating. His Lung pulse was rapid; Spleen and Stomach pulses were slippery.

Diagnosis: Wind-damp-heat-toxin in the Upper Jiao.

Treatment plan: To clear damp-heat in the Upper Jiao and Qi level and purge the Yang Ming to guide out the excess toxin.

Formula: Da Cheng Qi Tang and Huang Lian Jie Du Tang modification.

Da Huang (Radix Et Rhizoma Rhei) 12g.

Mang Xiao (Mirabilitum) 12g.

Together, Da Huang and Mang Xiao purge the excess from the Yang Ming. Da Huang is stronger at purging and clearing heat-toxins and it also promotes Blood circulation. Mang Xiao dissolves the hard stool.

Zhi Shi (Fructus Immaturus Citrii Aurantii) 12g.

Hou Po (Cortex Magnoliae Officinalis) 10g.

Zhi Shi and Hou Po break up Qi stagnation and descend the Qi. Zhi Shi is stronger at breaking up and descending the Qi. Hou Po also dissolves phlegm.

Huang Lian (Rhizoma Coptidis) 9g.

Huang Qin (Radix Scutellariae Baicalensis) 12g.

Zhi Zi (Fructus Immaturus Citrii Aurantii) 12g.

Long Dan Cao (Radix Gentianae Longdancao) 9g.

All of the herbs above clear heat-toxin. Huang Lian clears heat-toxins from the Heart and damp-heat from the Middle Jiao. Huang Qin clears damp-heat-toxins from the Upper Jiao and Gall Bladder. Zhi Zi resolves constrained heat, directs damp-heat downwards, cools the Blood and clears toxins. Long Dan Cao drains damp-heat from the Liver and Gall Bladder.

Shi Gao (Gypsum) 30g.

Shi Gao sedates Qi level and Stomach heat.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g.

Gan Cao harmonizes the ingredients in the formula.

Resolution:

After he took one bag, he had watery and strong-smelling diarrhea five times. The following day, his face and head swelling reduced about twenty percent. His tongue was less puffy and it had a moist coating. His Lung pulse was floating while his Spleen pulse was slippery, and Kidney pulse was weak.

Diagnosis: Wind-damp-heat-toxin in the Upper Jiao.

Treatment plan: To clear Upper Jiao damp-heat.

Formula: Pu Ji Xiao Du Yin modification.

Lian Qiao (Fructus Forsythiae Suspensae) 12g.

Ban Lan Gen (Radix Isatidis Seu Baphicacanthi) 12g.

Niu Bang Zi (Fructus Arctii Lappae) 12g.

Ma Bo (Lasiosphaera Calvatia) 12g.

These herbs clear heat-toxin. Lian Qiao releases the surface and dissolves hot phlegm. Ban Lan Gen, Niu Bang Zi and Ma Bo clear heat and treat sore throat. Ban Lan Gen relieves the surface and treats wind-heat sore throat. Niu Bang Zi is more stable and it excels in clearing heat-toxins while moistening the intestines. Ma Bo treats the beginning stage of sore throat.

Huang Qin (Radix Scutellariae Baicalensis) 12g.

Huang Lian (Rhizoma Coptidis) 6g.

Huang Qin and Huang Lian clear damp-heat. Huang Qin treats Upper Jiao damp-heat while Huang Lian addresses Heart fire and Middle Jiao damp-heat.

Jiang Can (Bombyx Batryticaus) 12g.

Jiang Can dissolves hot-phlegm nodules, clears sore throat and stops spasm.

Chai Hu (Radix Bupleuri) 6g.

Chai Hu regulates and spreads Liver Qi.

Dang Shen (Radix Codonopsis Pilosulae) 6g.
Dang Shen strengthens the Middle Jiao Qi.

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

Resolution:

He took six bags over the course of six days and recovered.

12. Malaria with underlying Yin deficiency.

A seventy year-old male patient had malaria characterized by alternating chills and fever. He also had suffered from unconsciousness with cold hands and feet for five days. He was very thin with red cheeks and a dark red tongue with dry black coating. His pulse was deep, weak, rapid and wiry.

Diagnosis: Malaria with Yin deficiency.

Treatment plan: Due to his underlying Yin deficiency it is necessary to nourish the Yin and clear malaria at same time.

Formula: Da Yuan Yin and Liu Wei Di Huang Wan modification.

Bing Lang (Semen Arecae Catechu) 10g.
Cao Guo (Fructus Amomie Tsao-ko) 10g.
Bing Lang and Cao Guo stop malaria. Bing Lang breaks up Qi stagnation and promotes urination. Cao Guo warms and dries dampness.

Hou Po (Cortex Magnoliae Officinalis) 10g.
Hou Po breaks up Qi stagnation and dissolves phlegm.

Bai Shao (Radix Peoniae Lactiflorae) 10g.
Bai Shao regulates the Shao Yang Qi and harmonizes the Ying and Wei.

Zhi Mu (Rhizoma Anemarrhenae Asphodeloidis) 12g.
Mu Dan Pi (Cortex Moutan Radicis) 12g.
Zhi Mu and Mu Dan Pi cool the heat in the Blood. Zhi Mu cools Qi level heat and moistens dryness. Mu Dan Pi promotes Blood circulation.

Shu Di Huang (Radix Rehmanniae Glutinosae Conquिताe) 10g.
Shan Zhu Yu (Fructus corni Officinalis) 10g.

Shan Yao (Radix Dioscoreae Oppositae) 10g.

All the herbs above nourish Jing. Shu Di Huang nourishes Blood, Yin and body fluids. Shan Zhu Yu astringes the Liver and Kidneys. Shan Yao astringes and strengthens the Spleen Qi.

Ze Xie (Rhizome Alismatis Orientalitis) 6g.

Fu Ling (Sclerotium Poriae Cocco) 6g.

Ze Xie and Fu Ling promote urination. Ze Xie sedates Kidney damp-heat and deficient heat. Fu Ling balances the water in the body to benefit the Spleen.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g.

Gan Cao harmonizes the ingredients in the formula.

Resolution:

After he took three bags for three days, the alternating chills and fever stopped. His mind became clear and he fully recovered after continuing to take the Liu Wei Di Huang Wan modification for seven days.

13. Acute damp-heat pox with swelling of the face and head.

A thirty year-old female had a swollen face and head with pox that were filled with a clear fluid. She also suffered from chills and fever with the fever climbing higher at night. Her menses was late and she was also constipated. Her tongue was dusky, red and puffy with a thick white coating, and her Lung pulse is floating, rapid and slippery while her Liver and Kidney pulses were slippery and rapid.

Diagnosis: Damp-heat-toxin in the head and the Wei, Qi, Yang Ming and Ying levels.

Treatment plan: To purge Yang Ming excess and clear damp-heat-toxin from the Wei, Qi and Ying levels.

Formula: Da Cheng Qi Tang, Yin Qiao San and Xi Jiao Di Huang Tang modification.

Da Huang (Radix Et Rhizoma Rhei) 10g.

Mang Xiao (Mirabilitum) 12g.

Da Huang and Mang Xiao purge. Da Huang is stronger at purging and clearing heat-toxin and at promoting Blood circulation. Mang Xiao dissolves hard stool.

Zhi Shi (Fructus Immaturus Citrii Aurantii) 12g.

Hou Po (Cortex Magnoliae Officinalis) 9g.

Zhi Shi and Hou Po break up Qi stagnation and descend the Qi. Zhi Shi is stronger in its action. Hou Po assists to move and descend the Qi and to dissolve excess phlegm.

Jin Yin Hua (Flos Lonicerae Japonicae) 10g.

Lian Qiao (Fructus Forsythiae Suspensae) 12g.

Huang Qin (Radix Scutellariae Baicalensis) 12g.

The above herbs clear heat toxin. Jin Yin Huan and Lian Qiao release the surface. Yin Yin Hua is stronger at relieving the surface. Lian Qiao is stronger in its ability to clear toxic-heat and dissolve hot-phlegm nodules.

Mu Dan Pi (Cortex Moutan Radicis) 12g.

Chi Shao (Radix Paeoniae Rubrae) 12g.

Mu Dan Pi and Chi Shao cool heat in the blood. Mu Dan Pi powerfully cools the Blood. Chi Shao is stronger at promoting Blood circulation.

Resolution:

She took one bag of this herbal formula and had three bowel movements. Her fever was still not down, so Da Huang was increased to 24g. After she drank one more bag, she had diarrhea three to four times, her fever went back down to normal and the edema, irritability, pox, and swollen face and head were ninety percent improved. She still suffered from pain in the lower abdomen and her menses had still not started. Her tongue was purple and her Lung pulse was full while her Liver and Kidney pulses were wiry.

Diagnosis: Damp-heat in the Upper Jiao and Qi and Blood stagnation.

Treatment plan: To clear damp-heat-toxin and promote Blood circulation.

Formula: Pu Ji Xiao Du Yin and Tao Hong Si Wu Tang modification.

Pu Gong Ying (Herba Taraxaci Mongolici Cum Radice) 15g.

Jin Yin Hua (Flos Lonicerae Japonicae) 12g.

Huang Qin (Radix Scutellariae Baicalensis) 12g.

Niu Bang Zi (Fructus Arctii Lappae) 12g.

These herbs clear heat-toxin. Pu Gong Ying clears hot-phlegm nodules as well. Jin Yin Hua releases the surface. Huang Qin clears Upper Jiao damp-heat. Niu Bang Zi clears heat-toxins from the surface and the upper body.

Mu Dan Pi (Cortex Moutan Radicis) 12g.

Chi Shao (Radix Paeoniae Rubrae) 12g.

Mu Dan Pi and Chi Shao cool heat in the Blood and promote Blood circulation. Mu Dan Pi is chosen for its ability to cool the Blood. Chi Shao is stronger in its Blood-circulating action.

San Leng (Rhizoma Sparganii Stoloniferi) 9g.

E Zhu (Rhizoma Circuma Ezhu) 9g.

San Leng and E Zhu break up congealed Blood masses. San Leng breaks the Qi aspect of Blood. E Zhu breaks the more Yin aspect of the Blood.

Fu Ling (Sclerotium Poriae Coccoa) 30g.

Ze Xie (Alismatis Rhizoma) 12g.

Fu Ling and Ze Xie promote urination and drain dampness. Fu Ling balances the water in the body. Ze Xie sedates Kidney excess and empty heat.

Jiang Can (Bombyx Batryticatus) 9g.

Jiang Can dissolves hot-phlegm nodules and stops spasm.

Hong Hua (Flos Carthami Tinctorii) 6g.

Tao Ren (Semen Persicae) 9g.

Hong Hua and Tao Ren break up congealed Blood. Hong Hua has a faster action. Tao Ren tends to be stable and stays in the Blood longer.

Bai Shao (Paeoniae Radix Alba) 12g.

Bai Shao smoothes and stabilizes the Liver Qi and harmonizes the Ying and Wei.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g.

Gan Cao harmonizes the ingredients in the formula.

Resolution:

After she took six bags for six days, the pox and swelling resolved and her menses began to flow normally.

14. Wind-heat common cold with toxin entering the Liver channel causing heat and swelling of the testicle.

A twenty year-old male had chills and fever, body aches, fullness of the chest, and low appetite. After he used a formula to expel wind-cold, his fever grew even higher and he became irritable. His tongue was red with a dry coating. His pulses were floating and rapid in the Lung and Stomach positions with weakness and lack of strength presenting in the Kidney and Liver pulses.

Diagnosis: Wind-heat common cold with Liver and Kidney Yin deficiency.

Treatment plan: To lubricate the Yin and expel wind-heat common cold.

Formula: Yin Qiao San and Liu Wei Di Huang Wan modification.

Jin Yin Hua (Flos Lonicerae Japonicae) 12g.

Lian Qiao (Fructus Forsythiae Suspensae) 12g.

Jin Yin Hua and Lian Qiao release the surface and clear heat-toxins. Jin Yin Hua tends float upwards and outwards to clear heat on the surface. It also clears Middle Jiao damp-heat. Lian Qiao clears heat-toxins and dissolves hot phlegm nodules.

Dan Zhu Ye (Herba Loaphatheri Gracilis) 12g.

Huang Qin (Radix Scutellariae Baicalensis) 12g.

Dan Zhu Yu and Huang Qin clear Upper Jiao damp-heat. Dan Zhu Ye promotes urination and drains Heart and Lung fire. Huang Qin is stronger and more stable making it a more powerful herb to clear Upper Jiao damp-heat.

Mu Dan Pi (Cortex Moutan Radicis) 12g.

Sheng Di Huang (Radix Rehmanniae Galutinosae) 15g.

Mu Dan Pi and Sheng Di Huang cool the heat in the Blood. Mu Dan Pi promotes Blood circulation and is a stronger cooling herb. Sheng Di Huang moistens the Jing, Blood and Jing.

Fu Ling (Sclerotium Poriae Cocco) 12g.

Ze Xie (Alismatis Rhizoma) 12g.

Fu Ling and Ze Xie promote urination. Fu Ling balances the water in the body. Ze Xie sedates Kidney excess and deficient heat.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the ingredients of the formula.

Resolution:

He took two bags of this formula for a day. He broke a sweat and the fever went down. The following day, he complained of pain, heat and swelling of the right testicle. An exam was performed by shining a light through his right testicle. It showed localized bright purple swelling. His tongue was red, and his pulse was floating, rapid and weak.

Diagnosis: Damp-heat in the Liver channel affecting the testis with Qi deficiency and Blood stagnation.

Treatment plan: To strengthen and encourage the Qi and push the damp-heat to the surface.

Formula: Xian Fang Huo Ming Yin modification.

Huang Qi (Radix Astragali Membranaceus) 12g.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 12g.

Huang Qi and Bai Zhu strengthen the Spleen Qi. Huang Qi raises the Spleen Qi and encourages the Qi to surface. Bai Zhu dries the dampness in the Spleen to strengthen the Qi.

Sheng Ma (Cimicifugae Rhizoma) 6g.

Zao Jiao Ci (Gleditsiae Spina) 12g.

Sheng Ma and Zao Ci encourage Qi to surface. Sheng Ma is stronger at pushing the Qi to surface. Zao Ci also breaks up stagnation and clears toxins.

Ru Xiang (Gummi Olibanum) 10g.

Bai Zhi (Radix Angelicae Dahuricae) 12g.

Ru Xiang and Bai Zhi encourage Qi to surface. Ru Xiang promotes Blood circulation and stops bleeding. Bai Zhi relieves the surface and dries phlegm.

Chi Shao (Radix Paeoniae Rubrae) 12g.

Chi Shao promotes Blood circulation and cools the Blood.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the actions of the ingredients within the formula.

Resolution:

He took two bags of this formula for two days. The right testicle became more swollen and a sore opened on the scrotum. It expelled yellow and white pus. His tongue was red and puffy and his Liver pulse was floating and wiry.

Diagnosis: Damp-heat in the testis.

Treatment plan: To eliminate damp-heat-toxin now that the toxin had been pushed out to the surface.

Formula: Wu Wei Xiao Du Yin and Ju He Wan modification utilized internally. External topical herbs also utilized with prescription shown below.

Pu Gong Yin (Herba Taraxaci Mongolici cum Radice) 15g.

Jin Yin Hua (Flos Lonicerae Japonicae) 15g.

Ye Ju Hua (Flos Chrysanthemi Indici) 15g.

Lian Qiao (Fructus Forsythiae Suspensae) 15g.

Zi Hua Di Ding (Herba Violae cum Radice) 15g.

Bai Hua She She Cao (Herba Oldenlandiae Diffusae) 15g.

These herbs clear heat-toxin. Pu Gong Ying dissolves hot phlegm nodules. Jin Yin Hua and Liao Qiao relieve the surface. Zi Huang Di Ding cools heat in the Blood and promotes Blood circulation. Bai Hua She She Cao is the most stable of the group and it stays present in the Blood longer.

Zao Ci (Gleditsiae Spina) 12g.

Ju He (Semen Citri Reticulatae) 12g.

Li Zhi He (Semen Litchi Chianensis) 12g.

Hai Zao (Herbs Sargassii) 12g.

All herbs above dissolve phlegm nodules. Zao Ci clears toxins. Ju He and Li Zhi He have a penetrating function. Ju He acts on the surface and upper body while Li Zhi He tends to go deeper and into the lower body. Hai Zao is used to treat chronic nodules.

Chi Shao (Radix Paeoniae Rubrae) 12g.

Mu Dan Pi (Cortex Moutan Radicis) 12g.

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

Fu Ling (Sclerotium Poriae Cocco) 15g.

Ze Xie (Alismatis Rhizoma) 12g.

Fu Ling and Ze Xie promote urination. Fu Ling balances the water in the body. Ze Xie reduces Kidney damp-heat and deficient heat.

Sheng Di Huang (Radix Rehmanniae Galutinosae) 15g.

Xuan Shen (Radix scrophulariae Ningpoensis) 12g.

Sheng Di Huang and Xuan Shen clear heat from the Blood. Sheng Di Huang strengthens Yin, Blood and Jing. Xuan Shen moistens fluids and clears heat-toxins.

Tian Hua Fen (Radix Trichosanthis Kirilowii) 12g.

Tian Hua Fen resolves hot-phlegm nodules and lubricates dryness.

Chuan Lian Zi (Fructus Meliae Toosendan) 6g.

Chuan Lian Zi breaks up Qi stagnation and clears heat-toxins.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g.

Gan Cao harmonizes the ingredients in the formula.

External topical herbal formula, as follows:

Zao Ci (Gleditsiae Spina) 6g.

Wang Bu Liu Xing (Semen Vaccariae Segetalis) 12g.

Zao Ci and Wang Bu Liu Xing break through stagnation. Zao Ci clears toxins. Wang Bu Liu Xing promotes Blood circulation.

Ru Xiang (Gummi Olibanum) 6g.

Mo Yao (Myrrha) 6g.

Ru Xiang and Mo Yao promote Blood circulation and stops bleeding. Ru Xiang has a stronger penetrating and moving action. Mo Yao is stable and stays active in the Blood longer.

Jing Yin Hua (Flos Lonicerae Japonicae) 15g.

Jing Yin Hua clears the heat-toxins from the surface.

Fang Feng (Radix Ledebouriellae Diaricatae) 6g.

Fang Feng releases the surface, stops internal wind, and expels wind-damp-bi pain.

Huang Bai (Cortex Phellodendri) 6g.

Huang Bai clears Lower Jiao damp-heat and empty heat.

Zhi Mu (Rhizoma Anemarrhenae Asphodeloidis) 6g.

Zhi Mu clears Qi and Blood level heat and moistens the Yin and fluids.

Qing Dai (Indigo Naturalis) 15g.

Qing Dai clears damp-heat-toxin.

The topical formula clears heat-toxins and promotes healing. The ingredients were ground into a powder and mixed with wine to create a paste that was then applied to the scrotum over the open sores.

Resolution:

His testis returned to normal after regularly applying the topical formula and drinking tea made from one bag of herbs per day for two weeks.

15. Excess true heat and false cold.

A seventy-eight year-old female patient had chills and fever with cold hands and feet. She has a cold sensation from the feet up to the knees. She was prescribed Fu Zi Li Zhong Tang. After she took this formula, she complained of excess thirst, hot breath, irritability, burning and scanty urination, and constipation. Her tongue had red bumps and a dark red color with a dry coating, and her pulses were deep and rapid.

Diagnosis: Yang Ming organ excess with heat in the Blood.

Treatment plan: To sedate Yang Ming and cool the heat in the Blood.

Formula: Da Cheng Qi Tang and Xi Jiao Di Huang Tang modification.

Da Huang (Radix Et Rhizoma Rhei) 12g.

Mang Xiao (Radix scrophulariae Ningpoensis) 12g.

Da Huang and Mang Xiao purge. Da Huang clears heat-toxins and promotes xblood circulation. Mang Xiao dissolves hard stool.

Hou Po (Magnoliae Officinalis Cortex) 12g.

Zhi Shi (Fructus Immaturus Citrii Aurantii) 12g.

Hou Po and Zhi Shi break up Qi stagnation and descend the Qi. Hou Po dissolves phlegm. Zhi Shi is stronger at breaking up Qi stagnation and guiding the Qi downwards.

Mu Dan Pi (Cortex Moutan Radicis) 12g.

Sheng Di Huang (Radix Rehmanniae Galutinosae) 15g.

Mu Dan Pi and Sheng Di Huang cool blood heat. Mu Dan Pi promotes Blood circulation. Sheng Di Huang moistens dryness and nourishes Blood, Yin and Jing.

Huang Lian (Gelatinum Corii Asini) 12g.

Jin Yin Hua (Flos Lonicerae Japonicae) 12g.

Huang Lian and Jin Yin Hua clear heat-toxins. Huang Lian sedates Heart fire, clears damp-heat from the Middle Jiao, and is the stronger of the two in regards to resolving heat-toxins. Jin Yin Hua releases the surface and has a stronger moving function.

Resolution:

After taking one bag of this formula, she had malodorous diarrhea three or four times at night. Her fever dropped during the day, and grew higher at night. She suffered from nosebleeds and many bruises on her skin could be seen. Her tongue was dark red with a white coating. Her Lung pulse was floating and her Kidney pulses were weak and rapid.

Diagnosis: Heat in the Wei, Ying and Xue level.

Treatment plan: To cool the heat in the Blood and surface.

Formula: Qing Hao Bei Jia Tang and Qing Yin Tang modification.

Qing Hao (Herba Artemisia Annuae) 6g.

Bie Jia (Carapax Amydae Sinensis) 30g.

Qing Hao and Bie Jiao clear deficient heat. Qing Hao encourages the heat to surface. Bie Jiao promotes Blood circulation and dissolves lumps.

Di Gu Pi (Cortex Lycii Radicis) 12g.

Mu Dan Pi (Cortex Moutan Radicis) 12g.

Chi Shao (Radix Paeoniae Rubrae) 9g.

All the herbs above cool heat in the Blood. Di Gu Pi treats steaming bone syndrome. While Mu Dan Pi and Chi Shao do both promote Blood circulation, Chi Shao is the stronger of the two in regards to this action while Mu Dan Pi more powerfully clears Blood heat.

Jin Yin Hua (Flos Lonicerae Japonicae) 12g.

Lian Qiao (Fructus Forsythiae Suspensae) 12g.

Huang Qin (Radix Scutellariae Baicalensis) 15g.

This group of herbs clears Upper Jiao heat. Jin Yin Hua and Liao Qiao relieve the surface. Jin Yin Hua is a stronger relieve surface herb while Liao Qiao is more effective in clearing hot-phlegm nodules. Huang Qin clears Upper Jiao damp-heat.

Sheng Di Huang (Radix Rehmanniae Galutinosae) 15g.

Xuan Shen (Radix scrophulariae Ningpoensis) 12g.

Nu Zhen Zi (Fructus Ligustri Lucidi) 12g.

Mai Men Dong (Tuber Ophiopogonis Japonici) 15g.

All the herbs above moisten the Yin and cool the heat in the Blood. Sheng Di Huang nourishes the Yin, Blood and Jing. Xuan Shen moistens fluids and dissolves hot-phlegm nodules. Nu Zhen Zi and Mai Men Dong lubricate the Yin and body fluids. Nu Zhen Zi nourishes Kidney Jing. Mai Men Dong clears Lung, Stomach and Heart heat.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g.

Gan Cao harmonizes the formula's ingredients.

Resolution:

After she took one bag per day for twenty days, her syndrome resolved.

16. Excess damp-heat dysentery diarrhea.

A fifteen year-old male had chills and a high fever with nausea. His mind was unclear and he sometimes lost consciousness. He had loose scanty stools twenty times per day for two weeks. His stool contained pus and blood. He was drinking five to ten cups cold water every day. His tongue was red with a dry yellow and greasy coating. His pulses were small and rapid on the sky level and deep and strong in the earth level.

Diagnosis: Eliminate damp-heat-toxin.

Treatment plan: To purge and eliminate damp-heat-toxin.

Formula: Da Cheng Qi Tang modification.

Da Huang (Radix Et Rhizoma Rhei) 12g.

Mang Xiao (Natrii Sulfas) 12g.

Da Huang and Mang Xiao purge the bowels. Da Huang strongly purges the stool and promotes Blood circulation while clearing heat-toxins. Mang Xiao dissolves hardened stool.

Zhi Shi (Fructus Immaturus Citrii Aurantii) 12g.

Hou Po (Magnoliae Officinalis Cortex) 12g.

Zhi Shi and Hou Po break up Qi stagnation and descend the Qi. Zhi Shi is stronger at breaking up and descending the Qi. Hou Po dissolves phlegm.

Huang Lian (Gelatinum Corii Asini) 6g.

Huang Qin (Radix Scutellariae Baicalensis) 12g.

Jin Yin Hua (Flos Lonicerae Japonicae) 15g.

This grouping of herbs clears heat-toxins. Huang Lian and Huang Qin clear damp-heat. Huang Lian clears Middle Jiao damp-heat and reduces Heart fire. Huang Qin clears Upper Jiao damp-heat and Gall Bladder damp-heat. Jin Yin Hua releases the surface and has a strong moving function.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the ingredients in the formula.

Resolution:

He took one bag of this herbal formula and had malodorous diarrhea six to nine times. Afterwards, his fever reduced and his mind was clearer. He continued the same formula one

more time. Then he had malodorous diarrhea ten more times and his temperature dropped back down to normal. He had a red tongue with dry white coating with weak and rapid pulses.

Diagnosis: Damp-heat in Middle Jiao and Yin deficiency.

Treatment plan: To clear damp-heat from the Middle Jiao, stop diarrhea and lubricate Yin.

Formula: Bai Tou Weng Tang modification.

Bai Tou Weng (Radix Pulsatillae Chinensis) 15g.

Qin Pi (Cortex Fraxini) 12g.

Huang Lian (Gelatinum Corii Asini) 12g.

Jin Yin Hua (Flos Lonicerae Japonicae) 15g.

Herbs above clear damp-heat from the Middle Jiao. Bai Tou Weng and Qin Pi stop damp-heat dysentery. Bai Tou Weng is stronger. Qin Pi is faster moving. Huang Lian stays present in the Blood longer. Due to its light floating quality, Jin Yin Hua treats the damp-heat at the surface level.

Mu Dan Pi (Cortex Moutan Radicis) 12g.

Mai Men Dong (Tuber Ophiopogonis Japonici) 12g.

Nu Zhen Zi (Fructus Ligustri Lucidi) 12g.

The herbs above cool heat. Mu Dan Pi clears heat from the Blood and promotes Blood circulation. Mai Men Dong generates fluid and clears Lung, Stomach and Heart heat. Nu Zhen Zi nourishes the Yin.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the ingredients of the formula.

Resolution:

He took one bag per day for seven days and recovered.

17. Wind heat, Yang Ming and Liver excess fire causing protrusion of the eyes.

A thirty year-old male had chills and fever. His eyes were red, flaring, and protruding. He felt angry, had scanty urination and constipation for one week, and excess thirst that increased at night. He drank a gallon of cold water over the course of the night. He had a dry tongue with red bumps and a white coating. His Stomach pulse was full and rapid, while his both his Liver and Lung pulses were floating and rapid.

Diagnosis: Wind-heat common cold transferred to Yang Ming and Liver.

Treatment plan: To purge Yang Ming and guide out the heat evil from the surface and from the Liver.

Formula: Da Cheng Qi Tang and Yin Qiao San modification.

Da Huang (Radix Et Rhizoma Rhei) 12g.

Mang Xiao (Natrii Sulfas) 12g.

Da Huang and Mang Xiao purge the stool. Da Huang strongly purges the bowels, promotes Blood circulation and eliminates heat-toxins. Mang Xiao dissolves the hardened stool.

Zhi Shi (Fructus Immaturus Citrii Aurantii) 15g.

Hou Po (Magnoliae Officinalis Cortex) 12g.

Zhi Shi and Hou Po break up Qi stagnation and descend Qi. Zhi Shi powerfully breaks stagnation and descends Qi. Hou Po dissolves phlegm.

Shi Jue Ming (Concha Haliotidis) 30g.

Shi Jue Ming settles Liver Yang and brightens the eyes.

Jin Yin Hua (Flos Lonicerae Japonicae) 15g.

Lian Qiao (Fructus Forsythiae Suspensae) 12g.

Jin Yin Hua and Lian Qiao release wind-heat and clear heat toxins. Jin Yin Hua tends to move faster. Lian Qiao also clears hot-phlegm nodules.

Resolution:

He took one bag of this herbal formula and had two bowel movements but his syndrome remained almost the same. Therefore, the Da Huang dosage was increased to 24g. After taking one more bag, he had diarrhea three to four times. His eyes returned to normal with less redness and no protrusion. His fever and chills decreased and he no longer drank excessive amounts of cold water. However, his nose started bleeding. His tongue tip was red, and his pulses were floating and rapid.

Diagnosis: Wei, Qi and Ying and Xue heat.

Treatment plan: To clear Wei, Qi, Ying and Xue heat.

Formula: Qing Ying Tang and Bai Hu Tang modification.

Jin Yin Hua (Flos Lonicerae Japonicae) 12g.

Lian Qiao (Fructus Forsythiae Suspensae) 12g.

Jin Yin Hua and Lian Qiao relieve the surface and clear heat-toxins. Jin Yin Hua moves quickly to release the surface. Lian Qiao remains active in the Blood longer and dissolves hot-phlegm nodules.

Dan Zhu Ye (Herba Loaphatheri Gracilis) 12g.

Bai Mao Gen (Rhizoma Imperatae Cylindrica) 12g.

Lu Gen (Rhizoma Phragmitis Communis) 15g.

The herbs above clear heat and promote urination. Dan Zhu Ye drains Upper Jiao damp-heat and Heart fire. Bai Mao Gen moistens dryness and stops bleeding. Lu Gen moistens dryness and generates fluids.

Shi Gao (Gypsuama) 30g.

Zhi Mu (Rhizoma Anemarrhenae Asphodeloidis) 12g.

Shi Gao and Zhi Mu eliminate Qi level heat. Shi Gao is very powerful at clearing heat while Zhi Mu moistens dryness and eliminates deficient heat.

Xuan Shen (Radix scrophulariae Ningpoensis) 12g.

Tian Hua Fen (Radix Trichosanthis Kirilowii) 12g.

Sha Shen (Radix Adenophorae seu Glehniae) 12g.

Mai Men Dong (Tuber Ophiopogonis Japonici) 12g.

These herbs moisten dryness. Xuan Shen and Tian Hua Fen clear heat-toxins, dissolve hot-phlegm nodules and treat sore throat. Xuan Shen clears heat from the Blood. Tian Hua Fen eliminates hot-phlegm nodules. Sha Shen and Mai Men Dong moisten the fluids and enrich the Yin. Sha Shen is more effective at lubricating the Yin and it also clears Lung heat. Mai Men Dong clears Heart, Lung and Stomach heat.

Bo He (Mentha Ahaplocalyx) 6g.

Bo He relieves irritation of the throat, clears heat and regulates the Qi.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the functions of the ingredients in the formula.

Resolution:

He took this formula at a dosage of one bag per day for one month and recovered.

18. True cold and false heat.

A fifty year-old male patient had a dry cough and with a high fever. He used Mai Men Dong (Tuber Ophiopogonis Japonici), Tian Men Dong (Tuber Asparagi cochinchinensis), Sha Shen (Radix Adenophorae seu Glehniae) and Chuan Bei Mu (Bulbus Fritillariae Cirrhosae) for five days, but without effect. He had a red face, and he held his hands to his chest reporting that he felt like his chest was on fire. He was irritable, thirsty for cold water, and symptoms became more severe at night. He had a fresh bright white tongue and all his pulses were small and rapid, disappearing at the earth level.

Diagnosis: True cold false heat.

Treatment plan: To warm the Yang and expel cold.

Formula: You Gui Yin modification:

Fu Zi (*RadLateralis Aconiti Carmichaeli*) 3g.

Rou Gui (*Cortex Cinnamomi Cassiae*) 12g.

Pao Jiang (*Toasted Zingiberis Officinalls Recens Rhizoma*) 12g.

These herbs warm the interior. Fu Zi rescues the Yang, warming and strengthening Heart and Kidney Yang. It needs to boil for at least one hour to reduce its toxicity. This should be confirmed with the patient. Rou Gui and Pao Jiang tend to move faster. Rou Gui warms the Kidney and the channels. Pao Jiang is more stable and it stays active in the blood longer.

Ba Ji Tian (*Radix Morindae Officinalis*) 12g.

Bu Gu Zhi (*Fructus Psoraleae Corylifoliae*) 12g.

Du Zhong (*Cortex Eucommiae Ulmoidis*) 12g.

All herbs above warm Kidney Yang. Ba Ji Tian expels wind-damp-bi pain. Bu Gu Zhi warms the Spleen and Kidney Yang to stop diarrhea. Du Zhong strengthens the Kidney Yang and expels wind-damp-bi pain.

Dang Gui (*Radix Angelicae Sinensis*) 12g.

Dang Gui promotes Blood circulation and nourishes the Blood.

Shu Di Huang (*Radix Rehmanniae Glutinosae Conquitae*) 30g.

Shan Zhu Yu (*Fructus corni Officinalis*) 12g.

Bai Shao (*Radix Peoniae Lactiflorae*) 12g.

The herbs above nourish Yin. Shu Di Huang nourishes the Blood, Jing and Yin. Shan Zhu Yu astringes the Kidneys and Liver. Bai Shao nourishes the Blood, smoothes the Liver and harmonizes the Ying and Wei.

Mu Dan Pi (*Cortex Moutan Radicis*) 12g.

Mu Dan Pi cools Blood heat and promotes Blood circulation.

Zhi Gan Cao (*Honey-Fried Radix Glycyrrhizae Uralensis*) 10g.

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

The patient initially refused to drink this warming herbal formula believing that it did not make sense for him to take a warm medicinal when he felt so warm. He kept the formula but asked another doctor to make him a cooling formula again. After he took the cool temperature herbal formula, his syndrome worsened again.

Resolution:

He drank this formula at room temperature, a little bit at a time due to the feeling of heat he was experiencing from the true cold false heat syndrome. First, he drank half a cup in in half a day. The syndrome was not worse nor better. Then he drank one cup every two hours. After drinking three cups within six hours, he was quiet and fell asleep. After he woke, his syndrome had improved by eighty percent. Continuing this formula for three more days, his syndrome resolved completely.

19. Lung TB with Yin and Yang starting to divide.

A sixty-seven year-old male patient had lung TB. From his lungs could be heard the sound of thousands of horses running due to phlegm. He had a dark face, sweat like rain, no appetite, and he craved warm drinks. He has been using clear hot-phlegm herbs and nourish Yin herbs without effect. His tongue was purple and puffy. His pulses were floating, weak and rootless.

Diagnosis: Exhaustion of Heart and Lung Qi and Yang with excess phlegm in the Lung.

Treatment plan: To strengthen Qi and Yang to rescue devastated Kidney and Lung Yang.

Formula: Jin Gui Zhen Qi Wan modification.

Fu Zi (RadLateralis Aconiti Carmichaeli) 9g.

Rou Gui (Cortex Cinnamomi Cassiae) 12g.

Fu Zi and Rou Gui warm the interior. Fu Zi rescues devastated Yang. It needs to boil for at least one hour to reduce its toxicity. Permission for use within the formula should be sought from the patient. Rou Gui assists the Fu Zi in warming the Yang and it has a faster moving function.

Bu Gu Zhi (Fructus Psoraleae Corylifoliae) 12g.

Ba Ji Tian (Radix Morindae Officinalis) 12g.

Bu Gu Zhi and Bai Ji Tian warm the Kidney Yang. Bu Gu Zhi warms the Spleen and Kidneys. Bi Ji Tian has stronger moving function to assist with the flow of the Yang Qi.

Dang Gui (Radix Angelicae Sinensis) 12g.

Dang Gui promotes Blood circulation and nourishes the Blood. It also has a lesser-known function of helping to stop cough and dyspnea.

Shan Zhu Yu (Fructus corni Officinalis) 12g.

Shu Di Huang (Radix Rehmanniae Glutinosae Conquitate) 15g.

Shan Yao (Radix Dioscoreae Oppositae) 12g.

These three herbs above are often seen used in the formula Liu Wei Di Huang Wan. They join to strengthen the Kidney, Liver and Spleen. Shan Zhu Yu strengthens the Kidneys and has an astringent function. Shu Di Huang nourishes the Blood, the Jing and the Yin. Shan Yao astringes and strengthens the Spleen Qi.

Xi Yang Shen (Radix Panacis Quincquefolii) 12g.

Xi Yang Shen strengthens the Qi and lubricates the Yin.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g.

Gan Cao harmonizes the ingredients of the formula.

Resolution:

After he took the herbal formula once in the morning, the phlegm was reduced and complexion became less red. He continued using the same formula for one week. He stopped sweating and the phlegm reduced by eighty percent. His tongue was scalloped with a moist white coating and his pulses became slippery and weak. He was given a Liu Jun Zi Tang modification for one month to help him fully recover.

20. Qi and Yang deficiency fever.

A forty-five year-old female patient was diagnosed by her Western doctor with Lung TB. She was treated with a Western medical IV treatment. Afterwards, the TB test was negative, but she still had a cough, shortness of breath, phlegm in the Lungs, chills, a low-grade fever, a poor appetite, and she felt an aversion to the wind. On her tongue were scallops along the edges and a moist white coating. Her Lung pulse was floating. Her Stomach pulse was wiry and slippery while her Kidney pulse felt deep and small.

Diagnosis: Lung, Spleen and Kidney Qi and Yang deficiency with phlegm.

Treatment plan: To strengthen Qi and Yang and dissolve the phlegm.

Formula: Li Zhong Wan and You Gui Yin modification.

Gan Jiang (Rhizoma Zingiberis Officinalis) 15g.
Gan Jiang warms the Kidney, Lung and Spleen Yang.

Dang Shen (Radix Codonopsis Pilosulae) 12g.
Huang Qi (Radix Astragali Membranaceus) 15g.
Fu Ling (Sclerotium Poriae Coccinea) 12g.
Bai Zhu (Rhizoma Atractylodis Macrocephalae) 12g.
Shan Yao (Radix Dioscoreae Oppositae) 15g.
Chen Pi (Pericarpium Citri Reticulatae) 3g.
Yi Yi Ren (Semen Coicis Lachryma-jobi) 15g.

The herbs above strengthen the Spleen. Dang Shen fortifies the Spleen Qi. Huang Qi strengthens and lifts the Qi. Fu Ling strengthens the Spleen, transforms phlegm, harmonizes the middle burner, promotes urination and harmonizes proper water balance in the body. Yi Yi Ren is milder and flows into the surface. Bai Zhu warms and dries the Spleen Qi. Shan Yao tonifies the Spleen, Lung and Kidneys while securing the essence. Chen Pi regulates the qi, dries dampness, and transforms phlegm accumulation.

Shan Zhu Yu (Fructus corni Officinalis) 12g.
Ba Ji Tian (Radix Morindae Officinalis) 12g.
Du Zhong (Cortex Eucommiae Ulmoidis) 12g.

The herbs above warm the Kidney Yang. Shan Zhu Yu stabilizes the Kidneys and secures the essence. Ba Ji Tian moves quickly to warm and expel damp accumulations from the channels. Du Zhong strengthens the Kidneys and Liver and expels wind-damp-bi pain.

Qiang Huo (Rhizoma Et Radix Notopterygii) 9g.

Qiang Huo warms and expels wind-damp-bi pain in the Upper Jiao and on the surface.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g.

Gan Cao harmonizes the ingredients in the formula.

Resolution:

After taking this prescription for one month, the phlegm reduced by eighty percent. Her body temperature returned to normal and she no longer felt an aversion to the wind.

21. Liver attacking the Lung and Spleen causing chronic coughing of Blood due to Spleen deficiency.

A thirty year-old male patient had a history of coughing up blood. When this occurred, it would happen two to three times once a month to two months for a few years. He used cool blood and stop bleeding herbs without any effect. His tongue was scalloped on the edges and it was covered with a moist coating. His Lung and Liver pulses were wiry and the Kidney pulses deep. Upon palpation, his Spleen and Stomach pulses felt slippery and weak.

Diagnosis: Liver attacks Spleen and Lung with underlying Spleen Qi deficiency.

Treatment plan: Smooth the Liver Qi and strengthen Spleen Qi. Nourish water (Kidneys) to benefit metal (Lung).

Formula: Liu Wei Di Huang Tang and Si Ni San modification.

Shu Di Huang (Radix Rehmanniae Glutinosae Conquिताe) 60g.

Shan Yao (Radix Dioscoreae Oppositae) 15g.

Shan Zhu Yu (Fructus corni Officinalis) 12g.

These three herbs are the strengthening herbs from the formula Liu Wei Di Huang Wan. Shu Di Huang nourishes the Liver Blood and Kidney Jing. Shan Yao astringes the Spleen. Shan Zhu Yu is astringent and nourishes the Kidney and Liver Yin.

Mu Dan Pi (Cortex Moutan Radicis) 10g.

Ze Xie (Alismatis Rhizoma) 6g.

Fu Ling (Sclerotium Poriae Cocco) 12g.

These three herbs are utilized as cleansing herbs in the famous formula Liu Wei Di Huang Wan. Mu Dan Pi cools the Blood and promotes Blood circulation. It prevents Shu Di Huang, which is sticky and oily, from stagnating the Liver. Ze Xie promotes urination and sedates Kidney fire. It also prevents the formula from being too cloying for the Kidney qi. Fu Ling drains dampness and

balances the water in the body. Fu Ling prevents Shan Yao, which has an astringent function, from stagnating the Spleen.

Jiu Chao Bai Shao (fried with wine Paeoniae Radix Alba) 12g.

Jiu Chao Chai Hu (fried with wine Radix Bupleauri) 3g.

Qing Pi (Pericarpium Citri Reticulatae Veride) 6g.

These herbs above regulate Liver Qi. Treating the Chai Hu with wine encourages the herb to flow faster. Frying warms the temperature of the formula, encouraging the herbs to move quickly and to rise to the surface. Bai Shao calms the Liver and harmonizes the Ying and Wei. Chai Hu regulates and spreads the Liver Qi. Bai Shao and Chai Hu are paired herbs; one calms and the other circulates and raises. Qing Pi breaks up stagnant Liver Qi and stops pain.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 12g.

Qian Shi (Semen Erythraei Ferocis) 12g.

Yi Yi Ren (Semen Coicis Lachryma-jobi) 12g.

Bai Zhu, Qian Shi and Yi Yi Ren benefit the Spleen and Stomach. Bai Zhu is warm and dries the Spleen and Stomach. Qian Shi and Yi Yi Ren are mild herbs that promote the elimination of the dampness from the Middle Jiao. Qian Shi also has an astringent function on the Spleen and Kidneys.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g.

Gan Cao harmonizes the ingredients of formula.

Resolution:

He took two bags for two days. The episodes during which he would cough Blood were greatly reduced. After continuing the same herbal formula for two months, he recovered. Six months afterwards, he reported that these episodes had completely abated.

22. Chronic dry cough caused by parasites.

A thirty-two year-old male patient suffered from a dry cough for a year. His body was skinny and he had a yellow face. He complained of fatigue and fullness of his chest and stomach region. He had spots on his eyes were congruent with a parasitic infection and a dry tongue. His pulse was both floating and weak.

Diagnosis: Intestinal parasites with Spleen Qi deficiency.

Treatment plan: To expel parasites.

Formula: Qu Chong Fang modification.

Fei Zi (Torreyae Semen) 10g.

Lei Wan (Omphalia) 10g.

Shi Jun Zi (Fructus Quisqualis Indicae) 12g.

Bing Lang (Semen Arecae Catechu) 10g.

Chuan Jiao (Pericarpium Zanthoxyli) 12g.

Nan Gua Zi (Cucurbitae Semen) 15g.

These herbs combine to eliminate intestinal parasites. Fei Zi has lighter physical weight. It is quicker acting and eliminates worms at the surface. Lei Wan tends to stabilize to remain in the Blood longer. Shi Jun Zi opens the appetite and is especially useful in the treatment of roundworm infections. Bing Lang breaks up the Qi stagnation and promotes urination. Chuan Jiao is warm and acrid to regulate Middle Jiao Qi and strengthen the Spleen. Nan Gua Zi nourishes the Yin.

Huang Bai (Cortex Phellodendri) 6g.

Huang Bai clears damp-heat in the Lower Jiao and sedates the Kidney fire.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 12g.

Dang Shen (Radix Codonopsis Pilosulae) 12g.

Bai Zhu and Dang Shen strengthen Spleen. Bai Zhu warms and dries Spleen dampness. Dang Shen strengthens Spleen Qi.

Bai Wei (Radix Cynanchi Baiwei) 12g.

Bai Wei cools the deficient heat and clears mild damp-heat.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g.

Gan Cao harmonizes the ingredients of formula.

Resolution:

After retiring in the evening after consuming one dose of herbs, he awoke to have a bowel movement. He found a tapeworm in his stool. He used the same formula for 10 days. A mild cough remained so he used a Mai Men Dong Tang modification for one week to lubricate the Yin and strengthen the Qi.

23. Kidney and Spleen Qi and Yang deficiency cannot support the Lung.

A fifty year-old skinny male had been coughing about one cup of phlegm a day. His face and ears were dark. His ear apex looked sharp, resembling a triangle while his tongue was purple. His Lung and Spleen pulses felt slippery and weak while the Kidney pulses seemed very small, empty and powerless.

Diagnosis: Kidney, Spleen and Lung Qi and Yang deficiency.

Treatment plan: To strengthen the Kidney, Spleen and Lung.

Formula: You Gui Wan, Er Chen Tang and Liu Jiu Zi Tang modification.

Shu Di Huang (Radix Rehmanniae Glutinosae Conquिताe) 60g.

Shan Yao (Radix Dioscoreae Oppositae) 30g.

Shan Zhu Yu (Fructus corni Officinalis) 15g.

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

Fu Ling (Sclerotium Poriae Cocco) 15g.

Mu Dan Pi (Cortex Moutan Radicis) 12g.

Fu Ling drains dampness and balances the water in the body. It prevents Shan Yao from being too sticky and astringent for the Spleen. Mu Dan Pi cools the Blood and promotes Blood circulation while preventing Shu Di Huang from stagnating the Liver.

Dang Gui (Radix Angelicae Sinensis) 12g.

Gou Qi Zi (Fructus Lycii) 12g.

Dang Gui and Gou Qi Zi nourish the Blood. Dang Gui promotes Blood circulation and is used as an adjunct herb to stop cough. Gou Qi Zi nourishes the Liver, the Kidneys and the Lungs.

Bu Gu Zhi (Fructus Psoraleae Corylifoliae) 12g.

Ba Ji Tian (Radix Morindae Officinalis) 12g.

Rou Gui (Cortex Cinnamomi Cassiae) 10g.

The herbs above warm the interior. Bu Gu Zhi and Ba Ji Tian warm the Kidney Yang. Bu Zhu Zhi has a strong warming function on the Kidney and Spleen Yang. Ba Ji Tian has a stronger moving function. Rou Gui guides the Kidney fire back to source.

Niu Xi (Radix Achyranthis Bidentatae) 9g.

Niu Xi promotes Blood circulation and urination, strengthens Liver and Kidney, expels wind-damp-bi pain and guides the blood flow down.

Dang Shen (Radix Codonopsis Pilosulae) 12g.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 12g.

Dang Shen and Bai Zhu strengthen the Spleen. Dang Shen augments the Qi, tonifies the Lungs and the Middle Jiao, and promotes healthy fluids. Bai Zhu dries dampness, strengthens the Spleen, and stabilizes the surface.

Chen Pi (Pericarpium Citri Reticulatae) 3g.

Sha Ren (Fructus Amomie) 6g.

Ban Xia (Rhizoma Pinelliae Ternatae) 6g.

All the herbs above warm the Spleen and descend rebellious Stomach Qi. Chen Pi regulates Qi and dries phlegm in the Lung and Spleen. Sha Ren is aromatic, transforming dampness in the both the Upper Jiao and the Middle Jiao. Ban Xia is a powerful herb chosen to dry excess phlegm accumulation.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes ingredients in the formula.

Resolution:

After he took three bags for three days, his phlegm was about twenty percent reduced. One month later, his face changed from a dark to yellow appearance. Continuing with a modified formula for three months, his phlegm was eliminated by ninety percent. His ear apex changed from a triangular shape back to a curved one.

24. Strengthen the earth Spleen to heal the son metal Lung.

A thirty year-old female began to feel ill after labor. She came down with chills and fever that were worse in the afternoon, a cough with dry and sticky mucous, excessive sweating, loose stools, and fatigue. Her appetite was reduced and her cheeks looked red. She had a dry red tongue with teeth marks. Her Lung pulse felt rapid, and her Spleen and Stomach pulses felt weak on examination.

Diagnosis: Lung Yin and Spleen and Stomach Qi deficiency.

Treatment plan: To strengthen the Spleen Qi and lubricate the Lung Yin.

Formula: Shen Ling Bai Zhu Tang and Mai Men Dong Tang modification.

Dang Shen (Radix Codonopsis Pilosulae) 12g.

Fu Ling (Sclerotium Poriae Coccinea) 10g.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 12g.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g.

This is Si Jun Zi Tang. Dang Shen strengthens Spleen Qi. Fu Ling drains while Bai Zhu dries dampness from the Middle Jiao. Gan Cao harmonizes the ingredients' actions.

Bai Bian Dou (Semen Dolichoris Lablab) 12g.

Yi Yi Ren (Semen Coicis Lachryma-jobi) 12g.

These herbs mildly leach out dampness. Bai Bian Dou affects the deeper levels of the body while Yi Yi Ren acts quickly to resolve the accumulation.

Lian Zi (Semen Nelumbinis Nuciferae) 12g.

Qian Shi (Semen Erythraei Ferocis) 10g.

Lian Zi and Qian Shi astringe the Spleen and Kidneys. Lian Zi has a stronger astringent function and calms the Heart. Qian Shi also drains dampness.

Ju Hong (Pars Rubra Epicarpium Citri Erythrocarpae) 6g.

Ban Xia (Rhizoma Pinelliae Ternatae) 9g.

Ju Hong and Ban Xia act as a dui-yao pair. Ju Hong regulates the Qi and dissolves phlegm. Ban Xia is stronger in its ability to dry phlegm and descend the Lung and Stomach Qi downward.

Wu Wei Zi (Fructus Schizandrae Chinensis) 6g.

Wu Wei Zi astringes the Lung and Kidneys to stop cough.

Jie Geng (Radix Platycodi Grandiflori) 6g.

Pi Pa Ye (Eriobotryae Japonicae, Folium) 6g.

Chuan Bei Mu (Bulbus Fritillariae Cirrhosae) 12g.

All the herbs above stop cough. Jie Geng opens and disseminates the Lung Qi. Pi Pa Ye lubricates the Lung Yin. Chuan Bei Mu lubricates the Lung Yin and clears hot phlegm.

E Jiao (Gelatinum Corii Asini) 12g.

E Jiao nourishes the Blood and stops bleeding.

Mai Men Dong (Tuber Ophiopogonis Japonici) 12g.

Mai Men Dong nourishes the Yin, clears Stomach and Lung heat and calms the Heart.

Resolution:

After she took ten bags for ten days, the loose stool, fatigue, chills and fever resolved, but she still had a dry cough and itchy throat. She had a moist white tongue coating and a reddened tongue tip. Her pulses were now floating and rapid.

Diagnosis: Lung Yin deficiency and wind-heat in the throat.

Treatment plan: To lubricate Lung Yin and expel wind.

Formula: Xie Bei San modification.

Sang Bai Pi (Mori Albae Radicis, Cortex) 12g.

Sang Bai Pi stops cough and promotes urination to clear damp-heat from the Lungs.

Di Gu Pi (Cortex Lycii Radicis) 12g.

Mu Dan Pi (Cortex Moutan Radicis) 12g.

Di Gu Pi and Mu Dan Pi clear heat from the Blood. Di Gu Pi has a lighter physical weight allowing it to move faster to eliminate the empty heat that occurs with steaming bone syndrome. Mu Dan Pi promotes Blood circulation.

Chuan Bei Mu (Bulbus Fritillariae Cirrhosae) 12g.

Jie Geng (Radix Platycodi Grandiflori) 12g.

Xing Ren (Pruni Armeniaca, Semen) 12g.

Pi Pa Ye (Eriobotryae Japonicae, Folium) 12g.

All the herbs above stop cough. Chuan Bei Mu lubricates the Lung Yin and clears hot phlegm. Jie Geng opens the Lung Qi and clears sore throat. Xing Ren opens the Lung Qi and moistens the yin to stop asthma. Pi Pa Ye lubricates Lung Yin.

Fang Feng (Radix Ledebouriellae Diaricatae) 9g.

Fang Feng expels external wind and stops internal wind spasm and wind-damp-bi pain.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the ingredients in the formula.

Resolution:

After she took three bags for six days, her symptoms were eliminated completely.

25. Overwork and strain weaken and drain the Qi, causing an early death.

An eighteen year-old male “workaholic” never rested nor slept for years. He was always studying and working very hard. He developed a continuous cough with phlegm, shortness of breath, low appetite, loose stools, and a pale yellow facial complexion. His tongue was purple with teeth marks and a red tip. His Heart pulse felt deep and weak while his Spleen pulse is weak and spiritless.

Diagnosis: Heart, Spleen, Lung Qi deficiency, Heart Yin deficiency and Qi and Blood stagnation.

Treatment plan: To calm the Heart and strengthen the Heart, Lung and Spleen Qi.

Formula: Gui Pi Tang modification.

Dang Shen (Radix Codonopsis Pilosulae) 12g.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 15g.

Shan Yao (Radix Dioscoreae Oppositae) 15g.

All of the herbs above strengthen the Spleen. Dang Shen boosts the Spleen Qi. Bai Zhu warms and dries the Spleen. Shan Yao astringes and fortifies the Spleen.

Yi Yi Ren (Semen Coicis Lachryma-jobi) 12g.

Bai Bian Dou (Semen Dolichoris Lablab) 12g.

Yi Yi Ren and Bai Bian Dou mildly leach the dampness from the Middle Jiao. Yi Yi Ren is quicker acting while Bai Bian Dou is more stable and stays in the blood longer.

Lian Zi (Semen Nelumbinis Nuciferae) 15g.

Suan Zao Ren (Semen Zizyphi Spinosae) 9g.

Yuan Zhi (Radix Polygalae Tenuifoliae) 12g.

This group of herbs calms the Heart. Lian Zi astringes the Heart and Kidneys. Suan Zao Ren nourishes the Blood and Yin. Yuan Zhi dissolves Heart phlegm and opens the orifices.

Shi Chang Pu (Rhizome Acori Graminei) 6g.

Fu Shen (Sclerotium Poriae cocos Pararadicis-part around root) 12g.

Shi Chang Pu and Fu Shen drain Heart phlegm. Shi Chang Pu opens the Heart orifices, awakens the Spleen, and promotes the movement of qi. Fu Shen is chosen for its spirit-calming effect.

Zhi Gan Cao (Honey-Fried Radix Glycyrrhizae Uralensis) 12g.

Zhi Gan Cao is honey-fried Gan Cao. Its effects on strengthening the Spleen qi is strengthened by the process.

Resolution:

After he took 10 bags for 10 days, his face became less yellow. However he did not alter his lifestyle and thought this formula was acting too slowly for him. He chose to use Huang Lian (Rhizoma Coptidis) and Zhi Zi (Fructus Gardeniae Jasminoidis) to sedate his Heart fire. Slowly his syndrome got worse, and eventually he passed away.

26. Wind-cold common cold with underlying Qi and Yang deficiency, first treated by expelling heat.

A seventy-eight year-old male patient had walked through the snow in cold weather for miles. Then he developed a cough that expectorated blood, alternating chills and fever, and a low appetite. He had been using Mai Men Dong (Tuber Ophiopogonis Japonici), Mu Dan Pi (Cortex Moutan Radicis), Huang Qin (Radix Scutellariae Baicalensis), Sang Bai Pi (Mori Albae Radicis, Cortex) and Pi Pa Ye (Eriobotryae Japonicae, Folium.) After he took those herbs, he had no more coughing of blood, but his voice became weak and the alternating chills and fever did not resolve. He then used Chai Hu (Radix Bupleuri), Huang Qin (Radix Scutellariae Baicalensis), Di Gu Pi (Cortex Lycii Radicis), Bie Jia (Carapax Amydae Sinensis) and Gui Ban (Plastrum testudinis.) After taking those herbs, he had loose stools, excessive sweating, and weight loss. He had teeth marks on his tongue and his Heart and Lung pulses felt weak and deep while the Kidney pulses felt weak.

Diagnosis: Lung, Spleen and Kidney Qi and Yang deficiency.

Treatment plan: To strengthen the Lung, Spleen and Kidney Qi and Yang.

Formula: Jin Gui Shen Qi Wang and Bu Zhong Yi Qi Tang modification.

Rou Gui (Cortex Cinnamomi Cassiae) 6g.

Gui Zhi (Ramulus Cinnamomi Cassiae) 12g.

Fu Zi (Ramulus Cinnamomi Cassiae) 6g.

All the herbs above warm the interior. Rou Gui and Gui Zhi are the same plant. Rou Gui warms the interior and guides Kidney fire back to source. Gui Zhi goes to the surface and has a stronger moving function. It harmonizes the Ying and Wei. Fu Zi is the strongest warming herb. It rescues devastated Yang and stays in the Blood longer. Fu Zi has to be boiled for at least one hour to eliminate the toxins it contains. Its usage should first be consented to by the patient before prescribing it.

Shan Zhu Yu (Fructus corni Officinalis) 12g.

Shan Zhu Yu astringes the Kidney and nourishes the Yin.

Shu Du Huang (Radix Rehmanniae Glutinosae Conquिताe) 9g.
Shu Di Huang nourishes the Blood, Jing and Yin.

Bu Gu Zhi (Fructus Psoraleae Corylifoliae) 12g.

Xu Duan (radix Dipsaci Asperi) 12g.

Bu Gu Zhi and Xu Duan warm and strengthen the Kidney Yang. Bu Gu Zhi warms the Spleen Yang and strengthens bone. Xu Duan promotes Blood circulation.

Huang Qi (Radix Astragali Membranaceus) 15g.

Ren Shen (Radix Ginseng) 12g.

Huang Qi and Ren Shen strengthen the Qi. Huang Qi lifts the Spleen Qi while promoting urination and healing. Ren Shen strengthens the Middle Jiao.

Chai Hu (Radix Bupleuri) 3g.

Ge Gen (Radix Puerariae) 15g.

Chai Hu and Ge Gen raise the Qi. Chai Hu is stronger and it regulates and spreads the Liver Qi. Ge Gen raises the Spleen Qi and relaxes the muscles while also generating fluids.

Jie Geng (Radix Platycodi Grandiflori) 15g.

Xing Ren (Pruni Armeniacae, Semen) 9g.

Jie Geng and Xing Ren open the Lung Qi to stop cough. Jie Geng clears sore throat and carries herbs to the upper body. Xing Ren moistens dryness and stops asthma.

Gan Cao (Radix Glycyrrhizae Uralensis) 15g.

Gan Cao harmonizes the ingredients in the formula.

Resolution:

He took one bag over the course of a day. His pulses became stronger. Then he took one more bag. The sweating, chills and fever stopped but he still had a mild cough. He took a modification of the above formula for one more week and recovered completely.

27. Excessive drinking with edema and Spleen Qi deficiency.

A thirty-four year old male drank alcohol constantly. His face and eyes were puffy and he suffered from fullness of the chest, edema of the legs, and scanty urination. He could only eat small amounts at a time. He had a dark red tongue with a greasy white coating. His Stomach and Spleen pulses were full and slippery.

Diagnosis: Damp-heat, Qi and Blood stagnation with Spleen Qi deficiency.

Treatment plan: To drain the damp-heat.

Formula: Zhu Ling Tang modification.

Fu Ling (Sclerotium Poriae Cocco) 180g.

Zhu Ling (Sclerotium Polypori Umbellati) 30g.

Mu Tong (Caulis Mutong) 10g.

Hua Shi (Talcum) 15g.

All of the herbs above promote urination. Fu Ling is neutral and harmonizes the water in the body. Zhu Ling promotes urination and its heat clearing function is stronger than Fu Ling's. Mu Tong is powerful in its ability to promote urination and it drains heat from the Heart. Hua Shi drains summer heat.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 30g.

Bai Zhu warms and dries the Spleen while stabilizing the surface.

Huang Bai (Cortex Phellodendri) 10g.

Huang Bai eliminates damp-heat in the Lower Jiao and clears deficient heat from the Kidneys.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the ingredients in the formula.

Resolution:

He took seven bags for seven days and stopped drinking excessively. All of the edema was reduced. He was then prescribed a Liu Wei Di Huang Wan modification for one month to further strengthen his body's water metabolism.

28. Excessive uncontrolled dreams and spirit travel at night.

A forty year-old female was a farmer. As soon as she closed her eyes at night, her spirit traveled to a work field, or began cleaning her house and sewing the clothes. Her physical body rose to go about these tasks without awaking to full consciousness. As a result of the sleepwalking and excessive dreaming, she felt fatigued. The tip of her tongue was red and the sides of her tongue were covered with a thick white coating. She had a small and rapid pulse in the Heart and Liver, a slippery pulse in the Spleen and Stomach positions, and no strength in the Kidney pulses.

Diagnosis: Excessive Heart fire resulting from a lack of nourishment by Kidney water.

Treatment plan: To clear the Heart fire; nourish and generate Kidney water.

Formula: Tian Wang Bu Xin Dan and Liu Wei Di Huang Wan modification.

Shu Di Huang (Radix Rehmanniae Glutinosae Conquिताe) 15g.

Shan Zhu Yu (Fructus corni Officinalis) 10g.

Shan Yao (Radix Dioscoreae Oppositae) 12g.

All the herbs above are from Liu Wei Di Huang Wan. Shu Di Huang nourishes the Blood, Jing and Yin. Shan Zhu Yu is astringent. It strengthens the Kidney Jing, Yin and Yang. Shao Yao astringes and strengthens the Spleen.

Fu Shen (Sclerotium Poriae cocos Pararadicis-part around root) 12g.

Huang Lian (Rhizoma Coptidis) 3g.

Yuan Zhi (Radix Polygalae Tenuifoliae) 12g.

All of the herbs above calm the Heart. Fu Shen and Yuan Zhi dissolve the Heart phlegm. Fu Shen promotes urination to drain the Heart phlegm. Yuan Zhi opens the orifices to dissolve the Heart phlegm. Huang Lian is the strongest to sedate the Heart fire.

Tian Zhu Huang (Concretio Silicea Bambusea) 10g.

Shi Chang Pu (Rhizome Acori Graminei) 10g.

Tian Zhu Huang and Shi Chang Pu dissolve and penetrate through the phlegm from the Heart to open Heart orifice. Tian Zhu Huang has a stronger penetrating function and it is powerful at dissolving hot phlegm. Shi Chang Pu is used for chronic conditions and can harmonize the Middle Jiao.

Long Chi (Dens draconis) 10g.

Long Chi is heavy and settles the Heart fire.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 10g.

Chen Pi (Pericarpium Citri Reticulatae) 6g.

Bai Zhu and Chen Pi dry dampness in the Middle Jiao. Bai Zhu is stronger at warming and vaporizing dampness. Chen Pi regulates the Qi.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the ingredients in the formula.

Resolution:

She took one bag before retiring to bed for three nights. She stopped sleepwalking and after continuing seven bags for a week, she no longer suffered from excessive dreaming at night.

29. Stress-induced fear affecting the Heart and Gall Bladder.

A thirty year-old male had been taking care of his family since he was sixteen years old. He had been through a few litigation cases as well. He developed an internal sense of fear, palpitations, fearfulness of seeing people, and began talking to himself. He was able to feel trusting of the doctor who is taking care of him. His tongue was slightly purple with a thick white coating while his pulses felt wiry in the Liver position and floating in Kidneys.

Diagnosis: Liver and Heart Qi stagnation, phlegm obstructing the Heart orifices, GB and Kidney Qi deficiency.

Treatment plan: **Su Zi Yang Qing Tang and Da Ding Fang Zhu modification.**

Treatment plan: To settle the Heart and Liver, clear phlegm in the orifices and strengthen Kidney and Spleen Qi.

Bai Shao (Radix Peoniae Lactiflorae) 12g.

Yu Jin (Tuber Curcumae) 12g.

Bai Shao and Yu Jin harmonize the Liver. Bai Shao settles the Liver, astringes the Liver Yang, and harmonizes the Ying and Wei. Yu Jin promotes Blood circulation and cools the Liver.

Yuan Zhi (Radix Polygalae Tenuifoliae) 12g.

Shi Chang Pu (Rhizome Acori Graminei) 12g

Yuan Zhi and Shi Chang Pu dissolve Heart phlegm and open the Heart orifice. Yuan Zhi calms the Heart. Shi Chang Pu penetrates through the phlegm.

Lian Zi (Semen Nelumbinis Nuciferae) 12g.

Lian Zi is astringent. It calms the Heart and stabilizes the Kidneys.

Su Zi (Perillae Frutescentis, Fructus) 12g.

Bai Jie Zi (Semen Sinapsis Albae) 15g.

Lai Fu Zi (Semen Raphani Sativi) 15g.

Ju Hong (Pars Rubra Epicarpium Citri Erythrocarpae) 6g.

All of the herbs above dissolve phlegm in the Lungs. Su Zi descends Lung Qi. Bai Jie Zi is the strongest of the group to penetrate through and break up the phlegm stagnation. Lai Fu Zi descends the Stomach Qi and Ju Hong regulates the Lung and Spleen Qi.

Long Chi (Dens draconis) 15g.

Bie Jia (Carapax Amydae Sinensis) 30g.

Long Chi and Bie Jia settle the Liver Yang. Long Chi has the strongest effect on the Heart. Bie Jia cools heat and penetrates through the Liver to dissolve the stagnation.

Shu Di Huang (Radix Rehmanniae Glutinosae Conquitate) 15g.

Shu Di Huang nourishes the Blood, Jing and Yin.

Dang Gui (Radix Angelicae Sinensis) 12g.

Dang Gui nourishes and circulates the Blood.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the ingredients in the formula.

Resolution:

He took seven bags for seven days. He became less fearful, talking more easily and more often with people. His tongue lost the dusky quality and the thick coating went away. His Kidney

pulse grew stronger and had a confident quality. After continuing on the same formula for one month, he recovered.

30. A young man with exhausted Kidney Yang and Yin.

A twenty-seven year old male suffered from fatigue, a poor appetite, and shortness of breath. He had cracks in his teeth, a dry dark face and red cheeks, a teeth marked and purple tongue, and deep and slow Kidney pulses.

Diagnosis: Kidney Yang and Yin deficiency.

Treatment plan: To strengthen Kidney Yin and Yang.

Formula: You Gui Yin modification.

Shu Di Huang (Radix Rehmanniae Glutinosae) 15g.

Shan Yao (Radix Dioscoreae Oppositae) 12g.

Shan Zhu Yu (Radix Dioscoreae Oppositae) 6g.

All the herbs above strengthen the Liver, Spleen and Kidney. Shu Di Huang nourishes the Liver Blood and supplements Kidney Jing and Yin. Shan Yao astringes the Spleen while Shan Zhu Yu astringes the Kidneys.

Rou Gui (Cortex Cinnamomi Cassiae) 6g.

Rou Gui warms the Kidney Yang and guides the fire back to source.

Bu Gu Zhi (Fructus Psoraleae Corylifoliae) 12g.

Tu Si Zi (Semen Cuscutae Chinensis) 12g.

Du Zhong (Cortex Eucommiae Ulmoidis) 10g.

Bai Ji Tan (Radix Morindae Officinalis) 10g.

All the herbs above warm the Kidneys. Bu Gu Zhi warms the Kidney and Spleen to stop early morning diarrhea. Tu Si Zi nourishes the Kidney Yin, Yang, and Jing. Du Zhong and Bai Ji Tian stop wind-damp-bi pain. Du Zhong strengthens the Kidneys.

Dang Gui (Radix Angelicae Sinensis) 12g.

Dang Gui promotes Blood circulation and nourishes the Blood.

Huang Qi (Radix Scutellariae Baicalensis) 10g.

Dang Shen (Radix Codonopsis Pilosulae) 12g.

Huang Qi and Dang Shen strengthen the Qi. Huang Qi raises the Qi while Dang Shen strengthens the Middle Jiao.

Sha Ren (Radix Adenophorae Seu Glehniae) 6g.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 15g.

Sha Ren and Bai Zhu warm the Spleen. Sha Ren is aromatic and moving, helping it to regulate Qi stagnation. Bai Zhu is stable and warms the Middle Jiao.

Zhi Gan Cao (Honey-Fried Radix Glycyrrhizae Uralensis) 6g.

Zhi Gan Cao treated with honey harmonizes ingredients of formula and is stronger in its ability to strengthen the Qi.

Resolution:

He took one bag per day for one month; his strength has slowly returned and he no longer has a dark face. He has a stronger Kidney pulse.

31. Phlegm stagnation in the Lungs of a child treated with vomiting method.

A ten year-old boy often suffered from a cough and fullness of the chest after he explored outside in the cold and strong rain. He developed edema that had lasted three months. His whole body became puffy and edematous. He had a puffy and yellow face, low appetite, cough, excessive phlegm stagnating in the Lungs that he could not expectorate, nausea, and fatigue. His tongue looked puffy with a greasy white coating. His Lung pulses felt small while his Spleen and Stomach pulses felt deep and slippery.

Diagnosis: Phlegm stagnated in the Lung, Spleen Qi and Yang deficiency.

Treatment plan: To induce vomiting to release acute phlegm while strengthening the Qi.

Formula: Gua Di San, Er Chen Tang and Si Jun Zi Tang modification.

Yan (Salt) 90g.

Gua Di (Pedicellus Cucumeris) 5 pieces

Yan and Gua Di cause vomiting. Yan has faster action. Gua Di tends to flow to the surface level.

Chi Xiao Dou (Semen Phaseoli Calcarati) 6g.

Chi Xiao Dou promotes urination and harmonizes the Middle Jiao.

Xi Yang Shen (Radix Panacis Quincquefolii) 12g.

Xi Yang Shen strengthens the Qi and nourishes the Yin.

Resolution:

He took the above formula and vomited one cup of white phlegm resembling egg whites. His edema reduced slightly. He could breathe easily, no longer suffering from fullness of chest and stomach region. At this point, he was given a Liu Jun Zi Tang and Er Chen Tang modification to strengthen his Spleen Qi and resolve the edema.

Dang Shen (Radix Codonopsis Pilosulae) 12g.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 10g.

Fu Ling (Sclerotium Poriae Cocco) 15g.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g.

The ingredients above are Si Ju Zi Tang. Dang Shen strengthens the Qi. Bai Zhu warms and dries dampness in the Spleen. Fu Ling drains dampness from the Spleen. Gan Cao harmonizes the ingredients' actions in the formula.

Ban Xia (Rhizoma Pinelliae Ternatae) 3g.

Sha Ren (Radix Adenophorae Seu Glehniae) 3g.

Chen Pi (Pericarpium Citri Reticulatae) 3g.

All the herbs above warm the Spleen. Ban Xia strongly dries phlegm and descends the Stomach Qi. Sha Ren is aromatic, transforming dampness and drying phlegm in the stomach and on the surface. Chen Pi regulates the Spleen and Stomach Qi.

Yi Yi Ren (Semen Coicis Lachryma-Jobi) 30g.

Yi Yi Ren strengthens the Spleen and has a mild promote urination function to help leach out dampness.

Qian Shi (Semen Erythraei Ferocis) 12g.

Shan Yao (Radix Dioscoreae Oppositae) 12g.

Qian Shi and Shan Yao astringe the Spleen. Qian Shi has mild relieve dampness function. Shan Yao astringes the Middle Jiao to strengthen the Spleen Qi.

Resolution:

He took one bag per day for 3 weeks. He had a stronger appetite and better energy, and the edema cleared.

32. Excess edema.

A thirty year-old male patient began suffering from edema during a cold winter. After two months, the edema spread all over his body. His scrotum swelled to the size of a pineapple. He had scanty urination, no appetite, a bright white puffy tongue and weak Spleen and Stomach pulses. His Kidney pulse was wiry and floating.

Diagnosis: Excess edema with Kidney and Spleen Qi and Yang deficiency.

Treatment plan: To promote urination to drain excess water and resolve edema.

Formula: Shi Zao San modification.

Gan Sui (Radix Euphorbia Kansui) 10g.

Da Ji (Radix Euphorbiae Seu Knoxiae) 6g.

Yuan Hua (Flos Daphnes Genkwa) 1.5g

All of these herbs above powerfully promote urination. Gan Sui and Yuan Hua tend to act quickly on the body. Da Ji can be maintained in the Blood longer.

Da Zao (Fructus Zizyphi Jujubae) 10 pieces

Da Zao is chosen to harmonize and reduce the reducing action of the promote urination herbs. It is sweet, tonifies the Qi, and is nourishing to the Blood and Yin.

Resolution:

After he took one bag for a day, he released a large amount of urine and the edema improved by about ninety percent. He was given another formula to fully resolve the syndrome.

Diagnosis: Kidney Yang deficiency.

Treatment plan: To strengthen Kidney Yang and promote urination.

Formula: Jin Gui Shen Qi Wan modification.

Shu Di Huang (Radix Rehmanniae Glutinosae Conquिताe) 15g.

Shu Di Huang nourishes the Blood, Jing and Yin.

Shan Yao (Radix Dioscoreae Oppositae) 15g.

Shan Yao astringes the Spleen Qi.

Rou Gui (Cortex Cinnamomi Cassiae) 6g.

Pao Jiang (Toasted Zingiberis Officinalls Recens Rhizoma) 10g.

Fu Zi (RadLateralis Aconiti Carmichaeli) 6g.

These herbs are warm and rescue the Kidney Yang. Rou Gui warms the channels and guides fire back to the Kidneys. Pao Jiang warms the Middle Jiao while Fu Zi is the strongest herb for rescuing devastated Yang. Fu Zi must boil for at least one hour to reduce its toxicity. This must be confirmed with the patient prior to administering this herbal formula.

Bu Gu Zhi (Fructus Psoraleae Corylifoliae) 12g.

Ba Ji Tian (Radix Morindae Officinalis) 12g.

Bu Gu Zhi and Ba Ji Tian warm Kidney Yang to eliminate edema. Bu Gu Zhi warms the Kidney and Spleen Yang. Ba Ji Tian expels wind-damp-bi pain and has a stronger moving action.

Dang Shen (Radix Codonopsis Pilosulae) 30g.

Dang Shen strengthens the Spleen Qi.

Fu Ling (Sclerotium Poriae Cocco) 10g.

Ze Xie (Rhizome Alismatis Orientalitis) 12g.

Che Qian Zi (Semen Plantaginis) 12g.

Fu Ling Pi (Sclerotium Poriae Cocus Skin) 15g.

All of the herbs above promote urination and drain dampness. Fu Ling and Fu Ling Pi drain dampness from the Spleen. Fu Ling drains damp in the Middle Jiao. Fu Ling Pi drains damp from

the skin. Ze Xie drains Kidney damp-heat and sedates the empty Kidney heat. Che Qian Zi drains Liver and Gall Bladder damp-heat.

Mu Dan Pi (Cortex Moutan Radicis) 12g.

Mu Dan Pi cools heat in the Blood and promotes Blood circulation.

Niu Xi (Radix Achyranthis Bidentatae) 10g.

Niu Xi promotes Blood circulation and urination while strengthening the Kidneys and expelling wind-damp-bi pain.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g.

Gan Cao harmonizes the ingredients of the formula.

Resolution:

He took one bag per day for about a month and had total recovery.

33. Chronic edema with Kidney Yang deficiency.

An eighty year-old female had excess edema all over her body. She had a history of tuberculosis of the Lung, appeared skinny, had fullness of both the chest and abdomen, and suffered from shortness of breath. She had a bright white puffy tongue and a deep and small Kidney pulse.

Diagnosis: Excess edema with Kidney Yang deficiency.

Treatment plan: To sedate excess edema.

Formula: Shi Zao Wan modification.

Yuan Hua (Flos Daphnes Genkwa) 12g.

Gan Sui (Radix Euphorbia Kansui) 10g.

Yuan Hua and Gan Sui are powerful at promoting urination. Yuan Hua clears from the surface and has a stronger moving function. Gan Sui acts on the interior.

Che Qian Zi (Semen Plantaginis) 30g.

Ze Xie (Rhizome Alismatis Orientalitis) 10g.

Chen Qian Zi and Ze Xie promote urination. Che Qian Zi drains damp-heat from the Liver and Gall Bladder. Ze Xie drains Kidney damp-heat and eliminates deficient Kidney heat.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 60g.

Shan Yao (Radix Dioscoreae Oppositae) 30g.

Bai Zhu and Shao Yao benefit the Spleen. Bai Zhu is warm and dries the Spleen. Shao Yao prevents leakage of the Spleen Qi.

Da Zao (Fructus Zizyphi Jujubae) 1 lb.

Da Zao nourishes the Blood and Jing and harmonizes the actions of the ingredients.

Resolution:

She took three bags for three days. She reported increased urination and all of the excess edema resolved. Her appetite improved but she felt tired and still had phlegm in her Lungs and cold hands and feet. Her tongue still had a bright white puffy appearance congruent with Yang deficiency. Her Spleen and Kidney pulses were slippery.

Diagnosis: Kidney and Spleen Qi and Yang deficiency.

Treatment plan: To warm and strengthen the Kidney Yang, promote urination to drain dampness.

Formula: You Gui Yin and Zhu Ling Tang modification.

Rou Gui (Cortex Cinnamomi Cassiae) 9g.

Rou Gui warms the Kidneys and the channels. It guides fire back to Kidneys.

Shan Zhu Yu (Fructus corni Officinalis) 12g.

Shan Zhu Yu is astringent and strengthens the Kidney.

Bu Gu Zhi (Fructus Psoraleae Corylifoliae) 12g.

Yin Yang Huo (Herba Epimedii) 12g.

Ba Ji Tian (Radix Morindae Officinalis) 12g.

Du Zhong (Cortex Eucommiae Ulmoidis) 12g.

Xu Duan (Radix Dipsaci Asperi) 12g.

All of the herbs above warm the Kidney Yang. Bu Gu Zhi warms the Spleen and Kidneys. Yin Yang Huo and Ba Ji Tian expel wind-damp-bi pain. Yin Yang Huo is faster moving and Ba Ji Tian tends to move into the deeper levels. Du Zhong and Xu Duan strengthen the Kidneys and Liver. Du Zhong expels wind-damp-bi pain and Xu Duan promotes Blood circulation.

Fu Ling (Sclerotium Poriae Cocco) 30g.

Zhu Ling (Sclerotium Polypori Unbellati) 30g.

Ze Xie (Rhizome Alismatis Orientalis) 12g.

This group promotes urination. Fu Ling and Zhu Ling drain dampness. Fu Ling is milder and has a neutral temperature while Zhu Ling is stronger and clears heat. Ze Xie drains damp-heat from the Kidneys and reduces deficient Kidney heat.

Huang Qi (Radix Astragali Membranaceus) 15g.

Huang Qi strengthens Qi, lifts the Qi and promotes urination.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 30g.

Bai Zhu is warm and dries the dampness in the Spleen.

Chai Hu (Radix Bupleuri) 6g.

Chai Hu regulates and spreads the Liver Qi.

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

Resolution:

She took ten bags for ten days and her edema improved by ninety-five percent.

34. Edema of the face and body.

A thirty year-old female had fatigue, chills, cough, swelling of the head, and a puffy abdomen for three months. She had a puffy tongue and a floating, rapid Lung pulse. The Spleen and Stomach pulses felt slippery and wiry.

Diagnosis: External wind-water attack with damp stagnation in the Spleen and Lung.

Treatment plan: To drain pathogenic water and strengthen the Spleen and Lungs.

Formula: Ren Shen Bai Du Yin modification.

Dang Shen (Radix Codonopsis Pilosulae) 9g.
Dang Shen strengthens the Spleen Qi.

Zhi Ma Huang (Honey fired Herba Ephedrae) 6g.

Qiang Huo (Rhizoma et Radix Notopterygii) 10g.

Bai Zhi (Radix Angelicae Dahuricae) 10g.

Su Ye (Folium Perillae Frutescentis) 10g.

Jing Jie (Schizonepetae Tenuifollae, Herba Seu Flos) 10g.

All the herbs above release the surface. Zhi Ma Huang opens the Lungs, inducing sweat to release wind-cold and stop asthma. It is treated with honey to reduce the sweating function.

Qiang Huo encourages the heat to vent from the interior to the exterior. Bai Zhi dries phlegm, treats the head and opens the nasal pathway. Su Ye harmonizes the Middle Jiao and stops nausea. Jing Jie causes sweat to release the exterior.

Chai Hu (Radix Bupleuri) 3g.

Chai Hu regulates and spreads Liver Qi.

Chi Fu Ling (Sclerotium Poriae Cocos Rubrae) 10g.

Hua Shi (Talcum) 30g.

Che Qian Zi (Semen Plantaginis) 12g.

Ze Xie (Rhizome Alismatis Orientalitis) 10g.

Yi Yi Ren (Semen Coicis Lachryma-Jobi) 12g.

All the herbs above promote urination. Chi Fu Ling clears damp-heat. Hua Shi relieves the heat. Che Qian Zi drains Liver and Gall Bladder damp-heat. Ze Xie eliminates Kidney damp-heat. Yi Yi Ren drains damp from the Middle Jiao.

Qin Jiao (Radix Gentianae Qinjiao) 12g.

Zhi Zi (Fructus Gardeniae Jasminoidis) 6g.

Qin Jiao and Zhi Zi clear damp-heat from the Middle Jiao. Qin Jiao expels wind-damp and soothes the sinews. Zhi Zi clears San Jiao damp-heat and heat, eliminates irritability and cools heat in the Blood.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the ingredients of formula.

Resolution:

She took six bags for six days and her edema resolved completely.

Review Exercises

Quiz yourself on this section to review and see what you've learned. Answers are on the page following the last review question.

Review Question 1

A sixty year-old male patient developed a wind-heat common cold with a high fever and body aches. He used Sheng Jiang (Zingiber Officinale Rosc.) with brown sugar to attempt to sweat out the pathogen. It did not have any effect so he drank a few cups of an herbal tincture. Afterwards, he became worse. His fever climbed higher. He became delirious and developed an insatiable thirst for cold water. He then developed pox and scanty and hot urination. He had not had a bowel movement for 7 days. He used Huang Lian (Gelatinum Corii Asini), Sheng Di Huang (Radix Rehmanniae Galutinosae), and Shui Niu Jiao (Corni Bibali) without effect. His tongue was red with red bumps and a dry yellow coating. His pulse was full and rapid.

What is the diagnosis?

- A Wind-heat-toxin in the Qi and Yang Ming level.
- B Shaoyang Disharmony
- C Yangming organ Heat
- D Wind-cold lodges in the muscle layer

Review Question 2

A seventy-eight year-old female patient had chills and fever with cold hands and feet. She has a cold sensation from the feet up to the knees. She was prescribed Fu Zi Li Zhong Tang. After she took this formula, she complained of excess thirst, hot breath, irritability, burning and scanty urination, and constipation. Her tongue had red bumps and a dark red color with a dry coating, and her pulses were deep and rapid.

What is the diagnosis?

- A Wind-heat toxins with underlying deficiency
- B Yang Ming organ excess with heat in the Blood
- C Damp-heat in the Liver channel

Review Question 3

A thirty year-old female began to feel ill after labor. She came down with chills and fever that were worse in the afternoon, a cough with dry and sticky mucous, excessive sweating, loose stools, and fatigue. Her appetite was reduced and her cheeks looked red. She had a dry red tongue with teeth marks. Her Lung pulse felt rapid, and her Spleen and Stomach pulses felt weak on examination.

What is the diagnosis?

- A Lung Yin and Spleen and Stomach Qi deficiency with Wind attack
- B Wind-cold enters the Taiyang channel
- C Heat in the Blood

Review Question 4

A thirty year-old female had fatigue, chills, cough, swelling of the head, and a puffy abdomen for three months. She had a puffy tongue and a floating, rapid Lung pulse. The Spleen and Stomach pulses felt slippery and wiry.

What is the diagnosis?

- A Wind-heat with dampness attacks the Shaoyin channel
- B Wind-cold and dampness attack
- C External wind-water attack with damp stagnation in the Spleen and Lung.

Answers to these exercises on the next page

Answers to review questions:

- 1 A
- 2 B
- 3 A
- 4 C

Part II: Dysentery

Cases 35-39 are related to the treatment of dysentery.

35. Opium-addicted patient with dysentery.

A fifty-three year old male addicted to opium had chills and fever, diarrhea thirty times per day, stool with pus and blood, and pain in the abdomen. He had been prescribed Ying Su Ke (Pericarpium Papaveris Somnifer), He Zi (Fructus Terminaliae Chebulae) and Rou Dou Kou (Fructus Amomi Kravanh) to stop the diarrhea. His diarrhea had stopped, but his chest and abdomen had increased pain and he was suffering from nausea. He had a heavy sensation in the anus, irritability and extreme thirst. He had a red dark tongue with a dry yellow coating, and his pulses were slippery and deep in Stomach and Spleen while and rapid in the Lung position.

Diagnosis: Damp-heat trapped in the Middle Jiao.

Treatment plan: To eliminate damp-heat from the Middle Jiao.

Formula: Shao Yao Tang modification.

Bai Shao (Radix Peoniae Lactiflorae) 12g.

Bai Shao harmonizes the Ying and Wei and stops diarrhea.

Da Huang (Radix Et Rhizoma Rhei) 12g.

Mang Xiao (Mirabilitum) 10g.

Da Huang and Mang Xiao purge. Da Huang is a strong purgative and it clears the damp heat toxin while Mang Xiao assists by dissolving hardened stool.

Huang Lian (Rhizoma Coptidis) 10g.

Huang Qin (Radix Scutellariae Baicalensis) 10g.

Huang Lian and Huang Qin clear damp-heat. Huang Lian clears damp-heat from the Middle Jiao and stops diarrhea. Huang Qin is milder and clears damp-heat in the Upper Jiao and from the Gall Bladder.

Bing Lang (Semen Arecae Catechu) 12g.

Bing Lang breaks up Qi stagnation, promotes urination and expels parasites.

Zhi Ke (Fructus Citri Aurantii) 12g.

Zhi Ke breaks up Qi stagnation in the Middle Jiao and descends Qi downward.

Dang Gui (Radix Angelicae Sinensis) 24g.

Di Yu (Radix Sanguisorbae Officinalis) 15g.

Dang Gui and Di Yu regulate the Blood. Dang Gui promotes Blood circulation and nourishes the Blood. Di Yu cools the heat in the Blood and stops bleeding.

Fu Ling (Sclerotium Poriae Cocco) 15g.

Fu Ling drains dampness and harmonizes the water balance.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g

Gan Cao harmonizes the ingredients of the formula.

Resolution:

The patient took one bag of herbs and then had fishy-smelling bowel movements five times per day. The fever reduced and his temperature went down to normal. He took one more bag. The stool was no longer malodorous. The insatiable thirst and irritability resolved, but he still had frequent scanty amounts of diarrhea about thirty times per day and fatigue. He had teeth marks on his tongue, and a slippery and weak pulse in the Spleen and Stomach positions. His pulse was floating in the Lung.

Diagnosis: Spleen Qi deficiency.

Treatment plan: To warm and drain dampness from the Spleen.

Formula: Sheng Ling Bai Zhu Wan modification.

Dang Shen (Radix Codonopsis Pilosulae) 15g.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 15g.

Dang Shen strengthens the Spleen Qi while Bai Zhu warms and dries the Spleen.

Sha Ren (Fructus Amomie) 6g.

Mu Xiang (Radix Aucklandia Lappae) 6g.

Chen Pi (Pericarpium Citri Reticulatae) 3g.

All the herbs above are warming and are utilized to dry and regulate the Middle Jiao. Sha Ren is aromatic to transform the dampness. Mu Xiang is the strongest to regulate Qi and to penetrate through the dampness. Chen Pi is mild and stable.

Fu Ling (Sclerotium Poriae Cocco) 15g.

Yi Yi Ren (Semen Coicis Lachryma-Jobi) 12g.

Bai Bian Dou (Fructus Amomi Kravanh) 12g.

All the herbs above drain dampness. Fu Ling is the strongest to promote urination. Yi Yi Ren and Bai Bian Dou leach out dampness. Yi Yi Ren tends to move faster when compared to Bai Bian Dou. Bai Bian Dou can be maintained in the Blood longer.

Huang Lian (Rhizoma Coptidis) 9g.

Huang Lian clears Middle Jiao damp-heat and stops diarrhea.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the ingredients' functions in the formula.

Resolution:

He took six bags for six days and the syndrome resolved.

36. Bleeding of the Large Intestine after excessive anger.

A sixty-seven year-old female patient developed bloody diarrhea after an outburst of anger. Each time, she hemorrhaged one to two cups of fresh blood. She had chills and fever, a bitter taste in her mouth, thirst with craving for cold water, and pain in the left hypochondriac region. Although she used stop dysentery medicine, it had no effect. She had a dark red tongue and her pulses were weak in the Spleen, and wiry and rapid in the Liver.

Diagnosis: Liver attacking the Spleen.

Treatment plan: To regulate Liver Qi and benefit the Spleen.

Formula: Si Ni San and Sheng Ling Bai Zhu San modification.

Bai Shao (Radix Peoniae Lactiflorae) 50g.

Jiu Chao Chai Hu (wine-fried Radix Bupleuri) 12g.

Xiang Fu (Rhizome Cyperi Rotunda) 10g.

All the herbs above regulate Liver Qi. Bai Shao settles Liver Yang and harmonizes the Ying and Wei. Jiu Chao Chai Hu spreads the Liver Qi. Xiang Fu promotes Blood circulation and stops pain.

Qing Pi (Pericarpium Citri Reticulatae) 12g.

Zhi Ke (Fructus Citri Aurantii) 6g.

Qing Pi and Zhi Ke regulate and descend the Qi downward. Qing Pi breaks up Liver Qi stagnation and stops pain. Zhi Ke opens the chest.

Sheng Di Huang (Radix Rehmanniae Glutinosae) 12g.

Sheng Di Huang cools the heat and nourishes the Yin, Jing and Blood.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 12g.

Shan Yao (Radix Dioscoreae Oppositae) 12g.

Bai Zhu and Shan Yao strengthen the Spleen. Bai Zhu is warm and dries dampness in the Middle Jiao while Shan Yao astringes the Spleen Qi.

Yi Yi Ren (Semen Coicis Lachryma-Jobi) 15g.

Bai Bian Dou (Semen Dolichoris Lablab) 12g.

Yi Yi Ren and Bai Bian Dou leach out dampness. Yi Yi Ren tends to move faster and Bai Bian Dou stays present in the Blood longer.

Lian Zi (Semen Nelumbinis Nuciferae) 12g.

Lian Zi astringes the Spleen and Kidney and calms the Heart.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g.

Gan Cao harmonizes the ingredients in the formula.

Resolution:

She took one bag for a day. The hemorrhaging improved by eighty percent, and she continued taking three bags over the course of three days. Then, her syndrome resolved.

37. White pus in the stool from Yang deficiency.

An eighty-year old female had excessive diarrhea. Her stool had white pus in it. She felt fullness and pain in the abdomen with a sensation of the intestines dropping down. She had been using Shao Yao Tang without effect. She had a bright white puffy tongue and her pulse was weak and deep in the Kidney.

Diagnosis: Spleen and Kidney Yang deficiency.

Treatment plan: To warm the Spleen and Kidney Yang.

Formula: Fu Zi Li Zhong Wang modification.

Fu Zi (RadLateralis Aconiti Carmichaeli) 1g.

Rou Gui (Cortex Cinnamomi Cassiae) 6g.

Pao Jiang (toasted Zingiberis Officinalis Recens Rhizoma) 12g.

These herbs warm the interior. Fu Zi is the strongest herb chosen to rescue devastated Yang and to stop Spleen and Kidney Yang deficiency diarrhea. This herb has to be boiled for at least one hour to eliminate toxicity. This step needs to be confirmed with the patient. Rou Gui has an acrid taste that penetrates through the Yang and guides the Yang back to the Kidneys. Pao Jiang warms the Middle Jiao to strengthen the Spleen.

Rou Dou Kou (Semen Myristicae Frangrantis) 3g.

Rou Dou Kou warms and astringes the Spleen to stop diarrhea and regulate Qi.

Bu Gu Zhi (Fructus Psoraleae Corylifoliae) 12g.

Bu Gu Zhi warms the Spleen and Kidney Yang to stop diarrhea.

Shan Yao (Radix Dioscoreae Oppositae) 12g.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 12g.

Shan Yao and Bai Zhu are astringent and warm the Middle Jiao to stop diarrhea. Shan Yao is neutral and astringent. Bai Zhu is warm and dries dampness.

Fu Ling (Sclerotium Poriae Cocco) 10g.

Fu Ling drains and harmonizes the water in the Middle Jiao.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the function of the ingredients in the formula.

Resolution:

She took one bag for one day. Her diarrhea almost stopped and was without white pus in the stool. After continuing two bags for two days, the diarrhea completely resolved.

38. Dysentery diarrhea with blood and mucous.

A seventy year-old male patient had dysentery. He had diarrhea with Blood and mucous in the stool, a fever, and he was drinking excessive amounts of cold water. His fever was more severe at night. His tongue was dark red with a thick white and yellow dry coating, and his pulse was slippery and rapid in the Spleen while floating in the Lung position.

Diagnosis: Damp-heat-toxin in the Middle Jiao with heat in the Blood, Lung and Stomach.

Treatment plan: To eliminate damp-heat-toxin, clear heat from the Lung and Stomach, and cool heat in the Blood.

Formula: Shao Yao Tang modification.

Bai Shao (Radix Peoniae Lactiflorae) 12g.

Bai Shao harmonizes the Ying and Wei and stops diarrhea.

Da Huang (Radix Et Rhizoma Rhei) 10g.

Da Huang purges and clears damp-heat-toxin and promotes Blood circulation.

Huang Lian (Rhizoma Coptidis) 9g.

Jin Yin Hua (Flos Lonicerae Japonicae) 15g.

Huang Lian and Jin Yin Hua clears damp-heat toxin in the Middle Jiao and stop diarrhea. Huang Lian is stronger at stopping diarrhea while Jin Yin Hua is chosen to remove traces of damp-heat.

Mu Dan Pi (Cortex Moutan Radicis) 12g.

Sheng Di Huang (Radix Rehmanniae Glutinosae) 12g.

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

Dang Gui (Radix Angelicae Sinensis) 3g.

Dang Gui promotes Blood circulation and nourishes the Blood.

Tian Hua Fen (Radix Trichosanthis Kirilowii) 10g.

Tian Hua Fen clears hot phlegm and moistens dryness.

Zhi Shi (Fructus Immaturus Citrii Aurantii) 10g.

Bing Lang (Semen Arecae Catechu) 12g.

Zhi Shi and Bing Lang break up Middle Jiao Qi stagnation and descend Qi downward. Zhi Shi is stronger at breaking through Qi stagnation. Bing Lang promotes urination and eliminates parasites.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g.

Gan Cao harmonizes the ingredients of formula.

Resolution:

He took one bag for a day. He had diarrhea with black stools three to five times and his temperature returned to normal. He took one more bag. His stool was clear of Blood and mucous. He was prescribed a Sheng Ling Bai Zhu San modification to strengthen Spleen Qi for ten days.

39. Eight month-old infant with dysentery treated with damp-heat purgatives.

An eight month-old boy had dysentery and was crying constantly. His stool contained both mucous and Blood and he suffered from chills and fever, fullness of the abdomen, and nausea. He had a thick white coating on his tongue and his index finger blood vessel was a dark purple color.

Diagnosis: Damp-heat in the Middle Jiao.

Treatment plan: To purge damp-heat and expel wind-heat.

Formula: Shao Yao Tang modification.

Huang Lian (Rhizoma Coptidis) 3g.

Da Huang (Radix Et Rhizoma Rhei) 3g.

Huang Lian and Da Huang are a dui yao pair. Huang Lian clears damp-heat to stop diarrhea. Da Huang purges to clear damp-heat and it promotes Blood circulation.

Bai Shao (Radix Peoniae Lactiflorae) 9g.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Bai Shao and Gan Cao harmonize the harsher actions of Huang Lian and Da Huang. Bai Shao stops diarrhea. Gan Cao has a sweet taste to slow down their opposite functions.

Bing Lang (Semen Arecae Catechu) 3g.

Zhi Shi (Fructus Immaturus Citrii Aurantii) 3g.

Bing Lang and Zhi Shi break up Qi stagnation in the Middle Jiao. Bing Lang promotes urination and eliminates parasites. Zhi Shi is stronger at breaking up Qi stagnation.

Jin Yin Hua (Flos Lonicerae Japonicae) 9g.

Jin Yin Hua assists Huang Lian in clearing damp-heat from the Middle Jiao.

Resolution:

After he took one bag for a day, his temperature returned to normal, but he still had three episodes of diarrhea without blood. Da Huang and Zhi Shi were removed from the formula. After continuing two bags for two days, he recovered.

Review Exercises

Quiz yourself on this section to review and see what you've learned. Answers are on the page following the last review question.

Review Question 1

Which case history has a diagnosis of Damp-heat-toxin in the Middle Jiao with heat in the Blood, Lung and Stomach?

- A A fifty-three year old male addicted to opium had chills and fever, diarrhea thirty times per day, stool with pus and blood, and pain in the abdomen. He had been prescribed Ying Su Ke (Pericarpium Papaveris Somnifer), He Zi (Fructus Terminaliae Chebulae) and Rou Dou Kou (Fructus Amomi Kravanh) to stop the diarrhea. His diarrhea had stopped, but his chest and abdomen had increased pain and he was suffering from nausea. He had a heavy sensation in the anus, irritability and extreme thirst. He had a red dark tongue with a dry yellow coating, and his pulses were slippery and deep in Stomach and Spleen while and rapid in the Lung position.
- B An eighty-year old female had excessive diarrhea. Her stool had white pus in it. She felt fullness and pain in the abdomen with a sensation of the intestines dropping down. She had been using Shao Yao Tang without effect. She had a bright white puffy tongue and her pulse was weak and deep in the Kidney.
- C A seventy year-old male patient had dysentery. He had diarrhea with Blood and mucous in the stool, a fever, and he was drinking excessive amounts of cold water. His fever was more severe at night. His tongue was dark red with a thick white and yellow dry coating, and his pulse was slippery and rapid in the Spleen while floating in the Lung position.

Review Question 2

An eighty-year old female had excessive diarrhea. Her stool had white pus in it. She felt fullness and pain in the abdomen with a sensation of the intestines dropping down. She had been using Shao Yao Tang without effect. She had a bright white puffy tongue and her pulse was weak and deep in the Kidney.

What is the diagnosis?

- A Spleen and Kidney Yang deficiency.
 B Heart and Kidney Yin deficiency.
 C Heat in the blood

Review Question 3

Bai Shao....

- A harmonizes the Ying and Wei and stops diarrhea.
 B clears the heat and stops diarrhea.

C tonifies the Qi and stops diarrhea.

Review Question 4

Which is correct?

A Bing Lang and Zhi Shi break up Qi stagnation in the Lower Jiao. Bing Lang astringes fluids and eliminates parasites. Zhi Shi is stronger at breaking up Qi stagnation.

B Bing Lang and Zhi Shi break up Qi stagnation in the Middle Jiao. Bing Lang promotes urination and eliminates parasites. Zhi Shi is stronger at breaking up Qi stagnation.

C Bing Lang and Zhi Shi break up Qi stagnation in the Middle Jiao. Bing Lang strongly purges and eliminates parasites. Zhi Shi is stronger at tonifying the Qi.

Answers to these exercises on the next page

Answers to review questions:

- 1 C
- 2 A
- 3 A
- 4 B

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