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Harmonizing Organs with Herbs

by Prof. Richard Liao, L.Ac.

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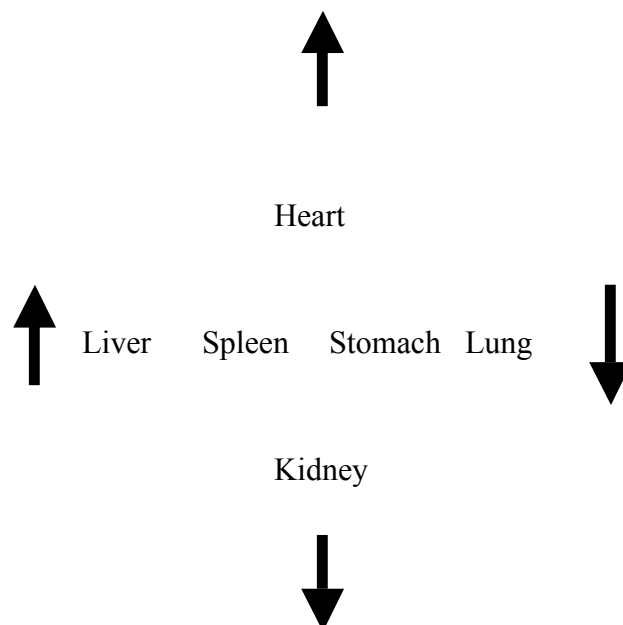
HERBAL FORMULAS TO TREAT DISHARMONIOUS RELATIONSHIPS OF ORGANS

1. Overview: Five Element Organ Relationships

The ascending, upward and floating aspects of Qi move it from the internal organs to the exterior. Organs with descending and sinking properties move Qi inwards. All organs have relationships with one another dependent upon their transforming, controlling, and connecting properties, including the movement of Qi, and this determines the balance of Yin and Yang within the body.

The left side of the body governs the organ Qi of the Liver, Spleen, and Heart and has the general function of ascending the Qi. The right side of the body governs the Qi of the Lung, Stomach, and Kidneys and has a descending property. For example, Heart fire has a tendency to blaze upwards and depends upon the balance of Kidney water to govern calming and descending. Kidney water heated by Heart fire steams upwards and creates balance. Herbal medicine harmonizes Yin and Yang to balance the excess or deficiency of the organs.

Heart Qi tends to move upwards, Liver Qi tends to move upwards and also moves left and right, Spleen Qi moves upwards, Stomach Qi moves downwards, Lung Qi needs to be open and moves downward, and Kidney Qi needs to be stable.



Balance:

Spleen Qi moves upwards and Stomach Qi downwards

Liver Qi upwards and GB Qi downwards

Heart Qi upwards and Kidney Qi downwards

GUIDE TO FORMULA USAGE

The following formulas are presented in an expanded form, often with many more herbs than are required for treatment. The formula presentations represent the variety of choices that are appropriate for each condition discussed. Select the herbs, based on the functions and relationships presented in this material, from the formula lists that most suite the exact needs of the specific patient in question.

2. Application of Herbal Formulas to Treat Organ Disharmonies:

There are 3 common communication disharmonies in the human body:

A. UPPER AND LOWER COMMUNICATION DISHARMONY

- 1) Heart and Kidney communication
 - a) Heart and Kidney Yin Deficiency with Heat Signs
 - b) Heart and Kidney Qi and Yang Deficiency
 - c) Excess Fire Burns Kidney and Heart Yin
- 2) Heart and Small Intestine communication
- 3) Heart and Spleen and Stomach communication
- 4) Heart and Liver communication
- 5) Heart, Liver and Lung communication
 - a) Heart Fire and Liver Wood Burns Metal Lung
 - b) Heart and Lung Qi and Yang Deficiency
- 6) Spleen and Stomach communication
- 7) Kidney and Lung communication
 - a) Kidney and Lung Qi and Yang Deficiency
 - b) Kidney and Lung Yin Deficiency with Empty Heat
- 8) Kidney and Spleen communication
- 9) Lung and Large Intestine and Spleen communication.
 - a) Lung and Large Intestine Qi and Yang Deficiency
 - b) Lung and Large Intestine Damp Heat
- 10) Lung and UB communication
 - a) Lung and Urinary Bladder Qi and Yang Deficiency
 - b) Lung and Urinary Bladder Excess
- 11) Liver and GB communication

12) Liver and UB communication

B. LEFT AND RIGHT COMMUNICATION DISHARMONY

- 1) Liver and Spleen/Stomach communication
- 2) Liver and Lung communication

C. EXTERIOR AND INTERIOR COMMUNICATION DISHARMONY

- 1) Allergy
- 2) Ovarian Cyst
- 3) Common Cold with Spleen or Lung Qi Deficiency
 - a) Wind-Cold with Spleen or Lung Qi Deficiency
 - b) Wind-Heat with Spleen or Lung Qi Deficiency
- 4) Common Cold with Spleen, Lung and Kidney Yang Deficiency
 - a) Wind-Cold Attack with Spleen, Lung and Kidney Yang Deficiency
 - b) Wind-Heat Attack with Spleen, Lung and Kidney Yang Deficiency
- 5) Common Cold with Liver, Spleen and Stomach Qi Stagnation
 - a) Wind-Cold Attack with Liver, Spleen and Stomach Qi Stagnation
 - b) Wind-Heat Attack with Liver, Spleen and Stomach Qi Stagnation
- 6) Common Cold with Dampness in the Middle Jiao
 - a) Wind-Cold with Dampness in the Middle Jiao
 - b) Wind-Heat with Dampness in the Middle Jiao
- 7) Common Cold with Damp Heat in the Middle Jiao
 - a) Wind-Cold with Damp Heat in the Middle Jiao
 - b) Wind-Heat with Damp Heat in the Middle Jiao

3.0 Upper and Lower Communication Disharmony Patterns

3.1 Heart and Kidney Disharmony Patterns:

(a) Heart and Kidney Yin deficiency with heat signs

MECHANISM OF INJURY: Excess or deficient Heart fire burns Kidney Yin.

INDICATIONS: Excessive thinking, worrying, dreaming, difficulty falling asleep, forgetfulness, night sweats, hot flashes, steaming bone syndrome, low-grade fever, thirst, dry skin, mouth and vagina, amenorrhea, irregular menstruation, diminished sexual energy, premature ejaculation, spermatorrhea, tinnitus, red face, five-palms heat and sweat

Tongue: red tip with dry coating

Pulse: small and rapid

TREATMENT PLAN: lubricate Heart and Kidney Yin to eliminate heat.

FORMULA: Modification of **Tian Wang Bu Xin Dan**, **Liu Wei Di Huang Wan**, **Qing Hao Bie Jia Tang** and **Qing Gu San**

Suan Zao Ren	Semen Zizyphi Spinosae	6-12g
Bai Zi Ren	Semen Biotae Orientalis	6-12g
Yuan Zhi	Radix Polygalae Tenufoliae	6-12g
Wu Wei Zi	Fructus Schizandrae Chinensis	3-9g
Long Yan Rou	Arillus Euphoriae Longanae	6-30g
Fu Shen	Sclerotium Poriae Cocus Pararadicis	
	- Part Around Root	12-30g
Sheng Di Huang	Radix Rehmanniae Glutinosae	9-30g
Tian Men Dong	Tuber Asparagi cochinchinensis	6-15g
Mai Men Dong	Tuber Ophiopogonis Japonici	6-12g
Xuan Shen	Radix Scrophulariae Ningpoensis	6-15g
Dan Shen	Radix Salviae Miltiorrhizae	3-12g
Qing Hao	Herba Artemisia Annuae	3-12g
Bie Jia	Carapax Amydae Sinensis	12-60g
Zhi Mu	Rhizoma Anemarrhenae	

	Asphodeloidis	9-12g
Di Gu Pi	Cortex Lycii Radicis	6-15g
Yin Chai Hu	Stellariae Dichotomae, Herba	6-12g
Huang Bai	Cortex Phellodendri	6-12g
Mu Dan Pi	Cortex Moutan Radicis	6-12g
Ze Xie	Rhizome Alismatis Orientalitis	6-9g
Ren Shen	Radix Ginseng	3-9g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Shan Zhu Yu	Fructus Corni Officinalis	3-12g
Shan Yao	Radix Dioscoreae Oppositae	6-30g
Huang Lian	Gelatinum Corii Asini	3-9g
Lian Zi Xin	Plumula Nelumbinis	3-9g
Long Gu	Os Draconis	9-60g
Mu Li	Concha Ostrae	9-60g
Chai Hu	Radix Bupleuri	3-9g
Bai Shao	Radix Peoniae Lactiflorae	6-15g
Yu Jin	Tuber Curcumae	6-12g
Rou Gui	Cortex Cinnamomi Cassiae	1-3g

■ **Suan Zao Ren**, **Bai Zi Ren**, **Fu Xiao Mei**, **Wu Wei Zi**, **Yuan Zhi**, **Long Yan Rou** and **Fu Shen** calm the Heart. **Suan Zao Ren**, **Bai Zhi Ren**, **Fu Xiao Mei**, **Long Yan Rou** and **Wu Wei Zi** nourish Heart Yin. **Suan Zao Ren** nourishes Liver Yin and is used on patients who wake between 1-3 in the morning due to Liver disharmony. **Bai Zi Ren** works to calm the Heart Yin to aid in difficulty falling in sleep while also moistening the intestines. **Fu Xiao Mei** calms low-grade Heart and Liver Yin deficiency which manifests as irritability and excessive sweating. **Wu Wei Zi** is astringent and calms the Heart and Liver, treating low grade irritability. **Yuan Zhi** expels phlegm from the Heart and opens the orifices to treat dull mind, insomnia and irritability. **Long Yan Rou** moistens Heart Yin and boosts Heart and Spleen Qi. This herb is mild enough to be used for chronic conditions. **Fu Shen** drains dampness from the Heart and Spleen.

■ **Sheng Di Huang**, **Mai Men Dong**, **Tian Men Dong** and **Xuan Shen** lubricate Yin and cool deficient heat. **Sheng Di Huang** and **Xuan Shen** cool heat in the blood. **Sheng Di Huang** strongly nourishes blood and yin. **Xuan Shen** strongly cools and clears toxic heat in the blood. **Mai Men Dong** and **Tian Men Dong** calm Heart fire. **Mai Men Dong** treats the Heart, Lung and Stomach. **Tian Men Dong** is cooler than **Mai Men Dong** and nourishes Kidney Yin.

- **Dan Shen** cools heat and promotes blood circulation to cool and clears heat in the Heart pathway.
- **Qing Hao** and **Bie Jia** eliminate hidden heat syndrome. **Qing Hao** encourages the heat to the surface while **Bie Jia** clears Yin deficiency empty heat.
- **Zhi Mu**, **Di Gu Pi** and **Yin Chai Hu** eliminate deficient heat. **Zhi Mu** cools heat in the Qi level and moistens dryness. **Di Gu Pi** and **Yin Chai Hu** eliminate steaming bone syndrome. **Di Gu Pi** treats surface level heat. **Yin Chai Hu** clears damp heat in the Middle Jiao to stop diarrhea.
- **Huang Bai**, **Mu Dan Pi** and **Ze Xie** sedate heat in the Heart and Kidney. **Huang Bai** sedates Kidney heat, from both excess and deficiency. It also works to clear damp heat. **Mu Dan Pi** cools and promotes blood circulation in the Heart. **Ze Xie** promotes urination to drain fire from the Kidney and Heart.
- **Ren Shen** strengthens the Heart and Spleen Qi to open and close the Heart orifice appropriately.
- **Jie Geng** opens the Lung and directs other herbs to the Upper Jiao.
- **Shan Zhu Yu** and **Shan Yao** are astringent and stabilize the Kidney and Spleen. **Shan Zhu Yu** stabilizes the Kidney Qi to assist the movement of Heart Qi downward. **Shan Yao** strengthens the Spleen Qi to support the Heart.
- **Huang Lian** and **Lian Zi Xin** sedate Heart Fire. **Huang Lian** is stronger at eliminating Heart fire. **Lian Zi Xin** is astringent and assists the Kidney to treat spermatorrhea and premature ejaculation.
- **Long Gu** and **Mu Li** are herbs that are heavy in nature and work at rooting the Heart fire to treat Yang rising up. **Long Gu** is stronger at settling the Heart Yang while **Mu Li** is stronger at settling Liver Yang.
- **Chai Hu**, **Bai Shao** and **Yu Jin** regulate Liver Qi to reestablish communication between the Heart and Kidney. **Chai Hu** spreads and disperses stagnant Qi. **Bai Shao** stabilizes Liver Qi and Yang and harmonizes the Ying and Wei. **Yu Jin** cools heat and promotes blood circulation and opens the orifices.
- **Rou Gui** guides ministerial fire down and anchors it back to the Kidney.
- **Sheng Di Huang** and **Shu Di Huang** nourish Blood and Yin. **Sheng Di Huang** cools heat at the Blood level. **Shu Di Huang** nourishes deficient Blood and Yin.
- **Zhi Mu**, **Di Gu Pi**, **Yin Chai Hu** and **Qin Jiao** eliminate empty heat. **Zhi Mu** nourishes dryness and cools Qi level heat. **Di Gu Pi**, **Yin Chai Hu** and **Qin Jiao** eliminate Kidney Yin deficiency steaming bone syndrome. **Di Gu Pi** is light in nature which allows it to go to the Lung and treat Lung Yin deficiency cough. **Yin Chai Hu** treats mild diarrhea from damp heat in the Middle Jiao. **Qin Jiao** treats Kidney Yin deficiency and Wind Damp Bi pain.
- **Huang Bai** is stable and eliminates Kidney Yin deficiency empty heat and Lower Jiao damp heat.

- **Huang Jing, Sheng Shen Zi** and **Bai Shao** nourish the Blood and Jing. **Huang Jing** nourishes the Yin and Blood. **Sang Shen Zi** is both sweet and light in nature; its light weight effectively cools the blood while counteracting the side effect of sticky herbs to create dampness in the Middle Jiao. **Bai Shao** mildly nourishes the Yin and blood and harmonizes the Ying and Wei.
- **Fu Xiao Mai, Suan Zao Ren, Bai Zhi Ren** and **Long Yan Rou** calm the Heart and nourish the Yin. **Fu Xiao Mai** can stop excessive sweating. **Suan Zao Ren** nourishes Liver Yin to eliminate deficient heat and stop sweating. It also treats Liver disharmony causing the patient to wake up between 1-3 in the morning. **Bai Zhi Ren** nourishes Heart Yin and has a very oily quality that moistens the intestines and treats Yin deficiency constipation. **Long Yan Rou** mildly calms the Heart and its sweet taste nourishes the Spleen Qi.

(b) Heart and Kidney Qi and Yang Deficiency

MECHANISM OF INJURY: Heart and Kidney Qi and Yang are so deficient that they cannot support each other.

INDICATIONS: Insomnia, shortness of breath, palpitations, cold extremities, fatigue, quiet, forgetfulness, edema, incontinence, clear and scanty urination, lower back pain and weak knees, infertility, tinnitus, deafness, osteoporosis

Tongue: puffy with a bright white tongue coating

Pulse: slippery, weak and deep

TREATMENT PLAN: strengthen Kidney and Heart Qi and Yang.

FORMULA: Modification of **Jin Gui Shen Qi Wan** and **Bu Zhong Yi Qi Tang**

Fu Zi	Rad Lateralis Aconiti Carmichaeli	3-6g. (Boil it at lease one hour)
Gui Zhi	Ramulus Cinnamomi Cassiae	3-12g
Shan Zhu Yu	Fructus corni Officinalis	6-15g
Shan Yao	Radix Dioscoreae Oppositae	6-30g
Shu Di Huang	Radix Rehmanniae Glutinosae Conquitae	6-30g
Mu Dan Pi	Cortex Moutan Radicis	6-12g
Ze Xie	Rhizome Alismatis Orientalitis	6-9g
Fu Ling	Sclerotium Poriae Cocoa	9-30g
Xu Duan	Radix Dipsaci Asperi	6-12g
Bai Ji Tian	Radix Morindae Officinalis	6-12g
Yin Yang Huo	Herba Epimedii	6-12g

Tu Si Zi	Semen Cuscutae Chinensis	6-30g
Chi Shao	Radix Paeoniae Rubrae	3-12g
Huang Qi	Radix Astragali Membranaceus	3-15g
Dang Shen	Radix Codonopsitis Pilosulae	3-12g
Bai Zhu	Radix Codonopsitis Pilosulae	3-12g
Bai Dou Kou	Fructus Amomi Kravanh	3-9g
Sha Ren	Fructus Amomie	3-6g
Ban Xia	Rhizoma Pinelliae Ternatae	3-9g
Yi Yi Ren	Semen Coicis Lachryma-Jobi	6-30g
Bai Bian Dou	Semen Dolichoris Lablab	3-30g

Fu Zi, Gui Zhi, Shan Zhu Yu, Shan Yao, Shu Di Huang, Mu Dan Pi, Ze Xie and Fu Ling.

This group of herbs rebalances the ascending and descending functions of organs

- **Fu Zi** warms and stabilizes the Kidney and Heart Yang (boil for a minimum of 1 hour to reduce toxicity).

- **Gui Zhi** or **Rou Gui** are used to warm the Kidney Yang. **Gui Zhi** tends to guide other herb to the surface and through the channels. **Rou Gui** leads the fire down and stabilizes the Kidney Yang. As a pair, the herbs warm the channels and harmonize the ascending and descending function of Qi.

- **Shan Zhu Yu** and **Ze Xie** work to strengthen the Kidney's ascending function and diuretic descending function. **Shan Zhu Yu** strengthens and astringes the Kidney. **Ze Xie** eliminates Kidney heat and promotes urination to reduce edema.

- **Shan Yao** and **Fu Ling** strengthen Spleen Qi. **Shan Yao** has an astringent quality to strengthen the Spleen Qi's ascending function. **Fu Ling** promotes urination to leach out dampness. As a pair, the herbs work to balance the Spleen's ascending and descending qualities. **Shan Yao** lifts the Spleen Qi up while **Fu Ling** drains downward.

- **Shu Di Huang** strengthens the Liver Blood and Kidney Jing and descends the Qi of these two organs. **Mu Dan Pi** promotes Blood circulation to nourish and disperse stagnation and cool the Blood.

Xu Duan, Bai Ji Tian, Yin Yang Huo, Tu Si Zi and Chi Shao:

This group of herbs works to warm the Kidney Yang to eliminate deficiency syndromes.

- **Xu Duan** promotes blood circulation, allowing Liver Qi to ascend.

- **Bai Ji Tian** and **Yin Yang Huo** warm the Kidney Yang and expel wind-damp bi pain. **Bai Ji Tian** warms the interior. In comparison, **Yin Yang Huo** works to warm the exterior. Together, the herbs warm both the interior and exterior
- **Tu Si Zi** nourishes Kidney Yang and Yin to treat deficiency symptoms.
- **Chi Shao** cools heat in the blood while promoting blood circulation. This herb's cool temperature works to balance the warm herbs in this formula.

Huang Qi, Dang Shen, Bai Zhu, Sha Ren, Bai Dou Kou, Ban Xia, Yi Yi Ren and Bai Bian Dou: The herbs in this group work to strengthen Spleen Qi to assist Kidney Yang function.

- **Huang Qi** and **Dang Shen** strengthen Spleen and Kidney Qi to lift it up and allow it to become centered. **Huang Qi** lifts the Spleen and Kidney Qi up. It also mildly promotes urination. **Dang Shen** strengthens the Middle Jiao to help the Spleen Qi ascend.
- **Bai Zhu**, **Sha Ren**, **Bai Dou Kou** and **Ban Xia** are warm herbs that dry dampness in the Middle Jiao. **Bai Zhu** warms and dries dampness in the Spleen to strengthen the Spleen Qi and allow it to ascend. **Sha Ren** and **Bai Dou Kou** are aromatic and warm and dry dampness in the Spleen and Middle Jiao. They tend to ascend and float to the surface. **Sha Ren** tends to work in the interior and descends to the Middle and Lower Jiao. **Bai Dou Kou** ascends to the Upper and Middle Jiaos and floats to the surface to treat the early stages of damp attack.
- **Ban Xia** strongly dries phlegm and dampness in the body and descends Stomach Qi.
- **Yi Yi Ren** and **Bai Bian Dou** mildly drain damp to dry the Middle Jiao and benefit the Spleen. This comforts the Spleen and allows it to become warm and dry. **Yi Yi Ren** is stronger at draining dampness than **Bai Bian Dou**. **Bai Bian Dou** tends to move interiorly to treat the Spleen and Middle Jiao. Together, these herbs balance the warming nature of the other herbs with a slightly cooling temperature. **Yi Yi Ren** is slightly cold and **Bai Bian Dou** is cooling. (Note: **Bai Bian Dou** is also noted in some texts as being neutral or slightly warm. Regardless, the cooling nature of **Bai Bian Dou** refers to its ability to clear Summer heat and eliminate toxins.) The warming and ascending nature of the other herbs combined with the cooling and downward draining properties of **Yi Yi Ren** and **Bai Bian Dou** create a harmonious balance of function.

(c) Excess Heart Fire Burns Kidney and Heart Yin:

MECHANISM OF INJURY: Excess fire in the Heart burns out Heart and Kidney Yin.

INDICATIONS: excessive thinking, worrying, dreaming, difficulty falling asleep, forgetfulness, night sweats, hot flashes, premature ejaculation, spermatorrhea, red face, five-palms heat and sweat

Tongue: tongue with a red tip and dry coating

Pulse: small and rapid

TREATMENT PLAN: Sedate Heart Fire and Nourish Heart and Kidney Yin

FORMULA: Modification of **Zhu Sha An Shen Wan**, **Tian Wang Bu Xin Dan** and **Liu Wei Di Huang Wan**

Suan Zao Ren	Semen Zizyphi Spinosae	3-12g
Bai Zi Ren	Semen Biotae Orientalis	3-12g
Yuan Zhi	Radix Polygalae Tenifoliae	3-12g
Wu Wei Zi	Fructus Schizandrae Chinensis	3-9g
Fu Xiao Mai	Semen Triticum Aestivum Levis	6-30g
Fu Shen	Sclerotium Poriae Cocos Pararadicis	
	-Part Around Root	3-15g
Sheng Di Huang	Radix Rehmanniae Glutinosae	3-30g
Tian Men Dong	Tuber Asparagi cochinchinensis	3-12g
Mai Men Dong	Tuber Ophiopogonis Japonici	3-12g
Xuan Shen	Radix scrophulariae Ningpoensis	3-12g
Dan Shen	Radix Salviae Miltiorrhizae	3-12g
Ren Shen	Radix Ginseng	3-12g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Shan Zhu Yu	Fructus corni Officinalis	3-12g
Shan Yao	Radix Dioscoreae Oppositae	3-30g
Mu Dan Pi	Gelatinum Corii Asini	3-12g
Ze Xie	Rhizome Alismatis Orientalis	3-9g
Huang Lian	Rhizome Alismatis Orientalis	3-9g
Lian Zi Xin	Plumula Nelumbinis	3-12g
Long Gu	Os Draconis	10-30g
Mu Li	Concha Ostrae	10-30g
Chai Hu	Radix Bupleuri	3-6g
Rou Gui	Cortex Cinnamomi Cassiae	1-3g
Gan Cao	Radix Glycyrrhizae Uralensis	1-3g

- **Suan Zao Ren, Bai Zhi Ren, Fu Xiao Mei, Wu Wei Zi, Yuan Zhi** and **Fu Shen** calm the Heart. **Suan Zao Ren, Bai Zhi Ren, Fu Xiao Mei** and **Wu Wei Zi** nourish Heart Yin. **Suan Zao Ren** nourishes Liver Yin and is used to treat Liver disharmony causing the patient to wake between 1-3 in the morning. **Bai Zhi Ren** nourishes Heart Yin to treat difficulty falling asleep and moisten the intestine. **Fu Xiao Xiao** treats Heart and Liver Yin deficiency which manifests as irritability and excessive sweating. **Wu Wei Zi** is astringent in quality and treats irritability due to Heart and Liver Yin deficiency. **Yuan Zhi** expels Heart phlegm and opens the orifices to treat dull dreams, insomnia and irritability. **Fu Shen** drains dampness from the Heart and Spleen to treat dull damp mind and dreams.
- **Sheng Di Huang, Mai Men Dong, Tian Men Dong** and **Xuan Shen** lubricate Yin and cool deficient heat. **Sheng Di Huang** and **Xuan Shen** cool heat in the blood. **Sheng Di Huang** is the strongest at nourishing Blood and Yin in this group. **Xuan Shen** is stronger at cooling and clearing toxic heat in the blood. **Mai Men Dong** and **Tian Men Dong** calm Heart fire. **Mai Men Dong** treats the Heart, Lung and Stomach. **Tian Men Dong** is cooler and is more appropriate to treat Kidney Yin.
- **Dan Shen** cools heat and promotes blood circulation to cool and clear heat in the pathway of Heart.
- **Ren Shen** strengthens the Heart and Spleen Qi and allow the Heart orifice to open and close appropriately.
- **Jie Geng** opens the Lung and directs other herbs to the Upper Jiao.
- **Shan Zhu Yu** and **Shan Yao** are astringent and stabilize the Kidney and Spleen. **Shan Zhu Yu** stabilizes the Kidney Qi to assist the downward movement of Heart Qi. **Shan Yao** strengthens the Spleen Qi to support the Heart.
- **Mu Dan Pi** and **Ze Xie** sedate Heart and Kidney heat. **Mu Dan Pi** is cooling and promotes blood circulation in the Heart. **Ze Xie** promotes urination to drain heat from the Kidney and Heart.
- **Huang Lian** and **Lian Zi Xin** sedate Heart Fire. **Huang Lian** is stronger at eliminating Heart fire. **Lian Zi Xin** astringes the Kidney to treat spermatorrhea and premature ejaculation.
- **Long Gu** and **Mu Li's** heavy nature settle Heart fire down. This allows for the treatment of Heart Yang rising up without intense fire or heat. **Long Gu** settles the Heart Yang while **Mu Li** settles Liver Yang.
- **Chai Hu** regulates Liver Qi and allows it to spread and ascend to balance the movement of Qi between the Upper and Lower Jiao.
- **Rou Gui** guides ministerial fire back down to the Kidneys.
- **Gan Cao** harmonizes the ingredients of the formula.

3.2 Heart and Small Intestine Disharmony Patterns.

MECHANISM OF INJURY: Heart fire burns out the Small intestine.

INDICATIONS: Insomnia, mouth ulcers, scanty and burning urination

Tongue: red tip

P: rapid, wiry and slippery

TREATMENT PLAN: Eliminate Heart Fire due to excess or deficiency and clear and guide damp heat out of the body

FORMULA: Modification of **Dai Chi San**, **Zang Ye Tang**, **Suan Zao Ren Tang**, **Bai Hu Tang** and **Yin Chen Hao Tang**

Sheng Di Huang	Radix Rehmanniae Glutinosae	6-30g
Mu Tong	Caulis Mutong	3-9g
Dan Zhu Ye	Herba Lophatheri Gracilis	3-15g
Fu Shen	Sclerotium Poriae Cocus Pararadicis-Part Around Root	3-30g
Deng Xin Cao	Medulla Junci Effusi	3-6g
Hou Po	Succinum	3-9g
Huang Bai	Cortex Phellodendri	3-12g
Huang Qin	Radix Scutellariae Baicalensis	3-15g
Huang Lian	Gelatinum Corii Asini	3-9g
Zhi Zi	Fructus Gardeniae Jasminoidis	3-12g
Yin Chen Hao	Herba Artemisiae Yinchenhao	9-30g
Bai Tou Weng	Radix Pulsatillae Chinensis	6-15g
Shi Gao	Gypsum	3-30g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	3-12g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Xuan Shen	Radix scrophulariae Ningpoensis	3-12g
Suan Zao Ren	Semen Zizyphi Spinosae	3-9g
Bai Zhi Ren	Semen Biotae Orientalis	3-9g
Yuan Zhi	Radix Polygalae Tenufoliae	3-12g

Pei Lan	Herba Eupatorii Fortunei	3-12g
Chen Pi	Pericarpium Citri Reticulatae	3-6g
Hou Po	Cortex Magnoliae Officinalis	3-9g
Yi Yi Ren	Semen Coicis Lachryma-Jobi	9-30g
Gan Cao	Radix Glycyrrhizae Uralensis	3-6g

■ **Sheng Di Huang** cools heat in the Heart blood to treat ulcers and scanty, burning urination.

■ **Mu Tong** and **Dan Zhu Ye**, **Deng Xin Cao**, **Fu Shen**, **Hou Po** promote urination to drain the fire. **Mu Tong** is the strongest at promoting urination and is used in the classic formula Dao Chi San to drain Heart fire that has burned the Small Intestine. **Dan Zhu Ye** sedates Heart fire. **Deng Xin Cao** mildly promotes urination and treats irritability. Because of its mild nature, this herb is especially appropriate for children. As a group, **Mu Tong**, **Deng Xin Cao** and **Dan Zhu Ye** treat three levels to clear dampness and heat. **Mu Tong** treats the deepest level. **Deng Xin Cao** travels to the surface and treats the superficial level, and **Dan Zhu Yu** treats the middle level. **Fu Shen** calms the Heart. **Hou Po** promotes blood circulation.

■ **Huang Bai**, **Huang Qin**, **Huang Lian** and **Zhi Zi** eliminate damp heat toxins. **Huang Bai** is more effective at clearing Lower Jiao damp heat and Kidney empty heat. **Huang Qin** treats Middle Jiao and Gall Bladder damp heat. **Huang Lian** eliminates Heart fire and **Zhi Zi** clears fire from the San Jiao and treats damp heat and Heart fire irritability. Though it is the mildest in this group at clearing heat, it has the added function of guiding the other herbs through the San Jiao.

■ **Yin Chen Hao** and **Bai Tou Weng** clear damp heat in the Middle Jiao. **Yin Chen Hao** clears Liver and Gall Bladder damp heat. **Bai Tou Weng** eliminates damp heat in the Middle Jiao.

■ **Shi Gao**, **Zhi Mu**, **Mu Dan Pi** and **Xuan Shen** cools heat from the Qi and Blood levels. **Shi Gao** is the strongest at clearing Stomach Qi level heat with mouth ulcers. **Zhi Mu** cools Stomach Qi and Blood level heat and moistens dryness. **Mu Dan Pi** and **Xuan Shen** cool heat in the Blood. **Mu Dan Pi** has a mild effect at promoting blood circulation. **Xuan Shen** lubricates dry mouth and clears heat toxins.

■ **Suan Zao Ren**, **Bai Zhi Ren** and **Yuan Zhi** calm the Heart fire. **Suan Zao Ren** nourishes Heart and Liver Yin to eliminate empty heat. It also calms Liver fire. **Bai Zhi Ren** is used to calm Heart fire and moisten the Heart Yin and intestines. **Yuan Zhi** clears hot phlegm to open the Heart pathway to calm the mind.

■ **Pei Lan**, **Chen Pi**, **Hou Po** and **Yi Yi Ren** regulate Qi and damp Middle Jiao to treat mouth ulcers. **Pei Lan**'s aromatic quality clears dampness in the Middle Jiao to clear mouth ulcers due to stagnation. **Chen Pi** and **Hou Po** regulate Qi and dry dampness. **Chen Pi** is mild and is used to regulate and dry dampness in the Middle Jiao. It is often used to treat the Lung and Stomach. **Hou Po** has a stronger function to break down and sedate phlegm and Qi stagnation. **Yi Yi Ren** mildly drains dampness and has an added anti-fungal function.

■ **Gan Cao** harmonizes the herbs in the formula and clears heat.

3.3 Heart and Spleen/Stomach Disharmony Patterns.

MECHANISM OF INJURY: reckless Heart fire attacks the Spleen and Stomach.

INDICATIONS: irritability, excessive worrying, nausea, bloating and painful abdomen, diarrhea or constipation

Tongue: red tip with a dry or moist coating

Pulse: rapid, wiry and slippery pulse

TREATMENT PLAN: sedate Heart fire, regulate Heart and Liver Qi and smooth and strengthen Spleen and Stomach Qi.

FORMULA: Modification of *Tian Wang Bu Xin Dan*, *Tian Ma Gou Teng Tang*, *Si Ni Tang*, *Huo Xiang Zheng Qi San* and *Mu Xiang Bing Lan Tang*.

Suan Zao Ren	Semen Zizyphi Spinosae	3-12g
Bai Zhi Ren	Semen Biotae Orientalis	3-12g
Yuan Zhi	Radix Polygalae Tenuifoliae	3-12g
Sheng Di Huang	Radix Rehmanniae Glutinosae	6-30g
Nu Zhen Zi	Fructus Ligustri Lucidi	3-12g
Han Lian Cao	Herba Ecliptae Prostratae	3-12g
Huang Lian	Gelatinum Corii Asini	3-9g
Da Huang	Radix Et Rhizoma Rhei	3-9g
Tian Ma	Rhizoma Gastrodiae Elatae	3-12g
Gou Teng	Ramulus Cum Uncis Uncariae	3-12g
Yu Jin	Tuber Curcumae	3-12g
Chai Hu	Radix Bupleuri	3-6g
Qing Pi	Pericarpium Citri Reticulatae Verde	3-12g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Bai Shao	Radix Peoniae Lactiflorae	3-12g
Zhi Ke	Fructus Citri Aurantii	3-12g
Zhi Zi	Fructus Immaturus Citrii Aurantii	3-12g
Chen Pi	Pericarpium Citri Reticulatae	3-6g

Fo Shou	Citri Sarcodactylis Fructus	3-12g
Da Fu Pi	Pericarpium Arecae Catechu	3-12g
Hou Po	Cortex Magnoliae Officinalis	3-12g
Shen Qu	Massa Fermentata	3-30g
Mu Xiang	Radix Aucklandia Lappae	3-6g
Bing Lang	Semen Arecae Catechu	3-12g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-15g
Fu Ling	Sclerotium Poriae Cocco	3-30g
Huo Xiang	Herba Agastaches Seu Pogostemi	3-12g
Ban Xia	Rhizoma Pinelliae Ternatae	3-9g
Bai Dou Kou	Fructus Amomi Kravanh	3-12g
Sha Ren	Fructus Amomie	3-9g
Bai Bian Dou	Semen Dolichoris Lablab	3-15g
Yi Yi Ren	Semen Coicis Lachryma-Jobi	9-60g
Lian Zi	Semen Nelumbinis Nuciferae	3-12g
Qian Shi	Semen Eyrtakes Ferocis	3-30g
Shan Yao	Radix Dioscoreae Oppositae	3-60g
Bai Tou Weng	Radix Pulsatillae Chinensis	3-12g
Qin Pi	Cortex Fraxini	3-12g

■ **Suan Zao Ren, Bai Zhi Ren and Yuan Zhi** calm the Heart. **Suan Zao Ren** is used to nourish Liver Yin and cool heat which calms the Liver and stops Wood from attacking Earth. **Bai Zhi Ren** treats Heart fire burning up the Large Intestine causing dry stools. **Yuan Zhi** clears phlegm blocking the orifices which manifests as a dull, foggy feeling in the head and confusion. It also reestablishes communication from the Heart to the Middle Jiao.

■ **Sheng Di Huang, Nu Zhen Zi and Han Lian Cao** moisten Yin and cool the Heart of deficient heat. **Sheng Di Huang** is the strongest at nourishing and cooling heat in the blood. However, due to its sticky nature, it may cause damp stagnation in the Middle Jiao. **Nu Zhen Zi** and **Han Lian Cao** are light in weight and they are used to cool heat. They are useful because they do not easily cause diarrhea. **Nu Zhen Zi** penetrates into the deep level and is retained in the blood longer. **Han Lian Cao** treats the surface level of Blood and has a moving quality.

- **Huang Lian** and **Da Huang** clear damp heat in the Middle Jiao. **Huang Lian** is stronger at sedating Heart fire and stopping diarrhea. **Da Huang** is purging in nature and is used to clear toxic heat and promote blood circulation.
- **Tian Ma** and **Gou Teng** cool heat to eliminate internal wind. **Tian Ma** works at the deeper level and is stronger at eliminating internal wind. **Gou Teng** moves faster and tends to work on the surface level.
- **Yu Jin**, **Chai Hu**, **Xiang Fu**, **Qing Pi** and **Bai Shao** regulate Liver Qi. **Yu Jin** and **Xiang Fu** promote blood circulation. **Yu Jin** cools heat and promotes blood circulation and opens the orifices to eliminate stagnation. **Xiang Fu** stops pain and regulates menstruation. **Qing Pi** breaks through stagnation to stop pain. **Chai Hu** and **Bai Shao** work as a pair to regulate the Liver. **Chai Hu** reestablishes the flow of Qi from the left side of the body to the right side of the body and treats depression. **Bai Shao** calms the Yang down and treats excess Liver and Heart fire attacking Spleen and Stomach.
- **Zhi Ke**, **Zhi Shi**, **Chen Pi**, **Huo Po**, **Da Fu Pi**, **Shen Qu**, **Mu Xiang** and **Bing Lang** regulate Spleen, Stomach and Intestinal Qi. **Zhi Ke** and **Zhi Shi** break up Qi stagnation and lead it downward. **Zhi Ke** regulates Qi in the Upper and Middle Jiao is milder than **Zhi Shi**. **Zhi Shi** is stronger at breaking through Qi stagnation and works in the Middle and Lower Jiao. **Chen Pi** and **Hou Po** regulate Qi and dispel phlegm and dampness. **Chen Pi** is milder, and treats Qi and phlegm stagnation in the Stomach and Lung Qi. **Huo Po** is stronger at breaking up Qi and phlegm stagnation. **Da Fu Pi** regulates Qi and promotes urination to treat edema. **Shen Qu** reduces food and Qi stagnation and treats wind-damp Stomach flu. **Mu Xiang** and **Bing Lang** are used as a pair to regulate Qi and dampness to treat tenesmus. **Mu Xiang** is warm and dries the dampness. **Bing Lang** breaks up Qi stagnation and promotes urination to drain out the dampness.
- **Bai Zhu**, **Fu Ling**, **Huo Xiang**, **Bai Dou Kou**, **Sha Ren** and **Ban Xia** dry dampness in the Middle Jiao. **Bai Zhu** and **Fu Ling** are used as a pair to dry and drain the Spleen. **Bai Zhu** is dense and stable in nature and is used to dry dampness in the Middle Jiao. **Fu Ling** drains dampness in the Spleen. **Huo Xiang** steams and dries out dampness while releasing the surface. **Bai Dou Kou** and **Sha Ren** dry dampness in the Middle Jiao. **Bai Dou Kou** is small and physically light in weight which enhances its ability to treat the Stomach and Spleen on the lighter level. **Sha Ren** is also small but it is heavier which allows it to treat the Spleen and Large Intestine and on the deeper level. **Ban Xia** dries phlegm and dampness and descends Stomach Qi down.
- **Bai Bian Dou** and **Yi Yi Ren** mildly drain dampness from the Middle Jiao to treat chronic conditions. **Yi Yi Ren** is milder and is often used to treat depleted patients.
- **Lian Zi**, **Qian Shi** and **Shao Yao** astringe the Spleen and Kidney to stop diarrhea and leukorrhea. **Qian Shi** is the best choice for this function. **Lian Zi** also calms the Heart. **Shao Yao's** neutral temperature works through the Spleen to stop diarrhea and strengthen Spleen Qi.
- **Bai Tou Weng** and **Qin Pi** clear damp heat in the Middle Jiao to stop diarrhea. **Bai Tou Weng** stops dysentery and is stronger at clearing toxic damp heat to stop diarrhea. **Qin Pi** mildly clears toxic damp-heat diarrhea but it also treats hot wind-damp bi pain.

3.4 Heart and Liver Disharmony Patterns

MECHANISM OF INJURY: Heart fire and Liver wood burn each other.

INDICATIONS: anger, emotional, excessive worrying and dreaming, excessive or delirious talking or shouting, insomnia, difficulty falling asleep or waking up early in the morning, irritability

Tongue: red tip, dryness along the sides of the tongue and yellow greasy coating

Pulse: small or full and wiry

FURTHER EXPLANATION OF SYMPTOMS: Patient talks excessively to relieve Heart fire and Liver stagnation. Difficulty falling asleep is due to the Heart fire's inability to quiet down. A patient with Liver Qi stagnation will wake up early in the morning between 1-3.

TREATMENT PLAN: cool the Heart and Liver fire and smooth Liver and Heart Qi.

FORMULA: Modification of **Tian Wang Bu Xin Dan, Tian Ma Gou Teng Wan, Xiao Yao San and Shu Gan Xie Fang Tang**

Suan Zao Ren	Semen Zizyphi Spinosae	3-12g
Bai Zhi Ren	Semen Biotae Orientalis	3-12g
Yuan Zhi	Radix Polygalae Tenufoliae	3-12g
Tian Zhu Huang	Bambusae Cocretio Sillicea	3-9g
Tian Ma	Rhizoma Gastrodiae Elatae	3-12g
Gou Teng	Ramulus cum Uncis Uncariae	3-12g
Long Gu	Os Draconis	9-30g
Mu Li	Concha Ostrae	9-60g
Shi Jue Ming	Concha Haliotidis	9-60g
Sheng Di Huang	Radix Rehmanniae Glutinosae	9-30g
Mai Men Dong	Tuber Ophiopogonis Japonici	3-12g
Tian Men Dong	Tuber Asparagi Cochinchinensis	3-15g
Xuan Shen	Radix Scrophulariae Ningpoensis	3-12g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Dan Shen	Radix Salviae Miltiorrhizae	3-12g
Huang Lian	Gelatinum Corii Asini	3-9g

Long Dan Cao	Radix Gentianae Longdancao	3-9g
Zhi Zi	Fructus Gardeniae Jasminoidis	3-12g
Lian Zi Xin	Plumula Nelumbinis	3-9g
Zhu Huang	Bambusae Cocretio Sillicea	3-12g
Zhi Li	Sclerotium Polypori Unbellati	3-15g
Chai Hu	Radix Bupleuri	3-6g
Bai Shao	Radix Peoniae Lactiflorae	3-12g
Yu Jin	Tuber Curcumae	3-12g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Qing Pi	Pericarpium Citri Reticulatae Veride	3-12g
Gan Cao	Radix Glycyrrhizae Uralensis	1-3g

■ **Suan Zao Ren**, **Bai Zhi Ren**, **Yuan Zhi** and **Tian Zhu Huang** calm the Heart. **Suan Zao Ren** calms the Liver by nourishing Liver Blood. **Bai Zhi Ren** nourishes Heart Yin and moistens dryness in the Intestines. **Yuan Zhi** and **Tian Zhu Huang** clear hot phlegm from the orifices. **Yuan Zhi** is milder and treats dull dreams and mind. It also clears phlegm from the Lungs. This herb is more appropriate for chronic conditions. **Tian Zhu Huang** treats hot phlegm blocking orifices which manifests as sudden onset of loud delirious speech.

■ **Tian Ma** and **Gou Teng** calm the Liver and stop internal wind, They are used for the patient frequently changes their mind and cannot make decisions. **Tian Ma** is stronger than **Gou Teng**. **Gou Teng** works more on the surface.

■ **Long Gu**, **Mu Li** and **Shi Jue Ming** settle the Liver and Heart Yang. **Long Gu** stabilizes the Heart Yang and its astringent nature works in the Kidney to treat spermatorrhea. **Mu Li** and **Shi Jue Ming** stabilize the Liver Yang. **Mu Li** has a astringent nature that preserves Liver Yin and Yang and dissolves nodules. **Shi Jue Ming** clears and brightens the eyes.

■ **Sheng Di Huang**, **Mai Men Dong** and **Xuan Shen** cools heat and nourishes Yin. **Sheng Di Huang** cools heat in the blood and nourishes Blood and Yin. **Mai Men Dong** nourishes the Yin and calms the Heart. **Xuan Shen** clears toxic heat in the blood and often used to treat heat and dry sore throat.

■ **Mu Dan Pi** and **Dan Shen** cool heat in the blood and promote blood circulation. **Mu Dan Pi** is stronger at cooling heat in the blood. **Dan Shen** is stronger at promoting blood circulation.

■ **Huang Lian**, **Long Dan Cao**, **Zhi Zi** and **Lian Zi Xin** sedate excess Heart and Liver fire. **Huang Lian** is used to sedate Heart fire which can manifest as excessive talking, excessive dreams and manic disorder. **Long Dan Cao** sedates Liver fire and clears damp heat. **Zhi Zi** eliminates both San Jiao heat and damp heat. It can also cool the blood and clear Heart fire that causes irritability. **Lian Zi Xin** sedates Heart fire and astringes the Kidney to treat excess sexual desire.

- **Zhu Huang** and **Zhu Li** eliminate hot phlegm and open the orifices. **Zhu Huang** eliminates hot phlegm and **Zhu Li** strongly penetrates through the orifices.
- **Bai Shao**, **Chai Hu**, **Xiang Fu**, **Yu Jin** and **Qing Pi** smooth Liver Qi. **Bai Shao** smooths Liver Qi and astringes the Yin. **Chai Hu** smooths Liver Qi and release stagnation up and out. **Xiang Fu** smooths Liver Qi and promotes blood circulation and stops pain. **Yu Jin** cools heat and promotes blood circulation, opens the orifices and reduces the irritability. **Qing Pi** regulates and breaks up Liver Qi stagnation and pain.
- **Gan Cao** harmonizes the ascending and descending functions of all the ingredients of the formula.

3.5 Heart, Liver and Lung Disharmony Patterns

(a) Heart and Liver Fire Burns the Lung

MECHANISM OF INJURY: Heart fire burns Lung.

INDICATIONS: Excessive anger, insomnia, irritability, dry cough or cough with sticky mucus or blood

Tongue: red tip with dry or no coating

Pulse: floating and rapid

TREATMENT PLAN: cool Heart and Lung fire and stop cough.

FORMULA: Modification of **Tian Wang Bu Xin Dan**, **Bai Hu Gu Jing Wan** and **Bai Hu Tang**

Suan Zao Ren	Semen Zizyphi Spinosae	3-9g
Bai Zhi Ren	Semen Biotae Orientalis	3-12g
Yuan Zhi	Radix Polygalae Tenufoliae	3-12g
Wu Wei Zi	Fructus Schizandrae Chinensis	3-9g
Huang Lian	Gelatinum Corii Asini	3-9g
Lian Zi Xin	Plumula Nelumbinis	3-12g
Mai Men Dong	Tuber Ophiopogonis Japonici	3-12g
Sha Shen	Radis Adenophorae Seu Glehniae	3-12g
Tian Men Dong	Tuber Asparagi Cochinchinensis	3-15g
Xuan Shen	Radix scrophulariae Ningpoensis	3-12g
Sheng Di Huang	Radix Rehmanniae Glutinosae	3-30g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Shi Gao	Gypsum	12-60g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	3-12g
Xian He Cao	Herba Agrimony Pilosae	3-30g
Ce Bai Ye	Cacumen Biotae Orientalis	3-12g
Bai Mao Gen	Rhizoma Imperatae Cylindrica	3-30g
E Jiao	Rhizoma Imperatae Cylindrica	3-60g

Chuan Bei Mu	Bulbus Fritillariae Cirrhosae	3-12g
Xing Ren	Pruni Armeniaca, Semen	3-9g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Pi Pa Ye	Eriobotryae Japonicae, Folium	3-12g
Lu Gen	Rhizoma Phragmitis Communis	3-12g
Sang Bai Pi	Mori Albae Radicis, Cortex	3-30g
Gan Cao	Radix Glycyrrhizae Uralensis	3-6g

- **Suan Zao Ren, Bai Zi Ren, Yuan Zhi** and **Wu Wei Zi** calm Heart fire. **Suan Zao Ren** moistens the Heart and Liver Yin and calms Liver Yang. **Bai Zi Ren** calms the Heart and moistens dryness in the Intestines. **Yuan Zhi** clears phlegm and opens the orifices. **Wu Wei Zi** mildly calms the Heart but it has the added characteristic being astringent which works in the Lung to stop cough.
- **Huang Lian** and **Lian Zi Xin** sedate Heart fire. **Huang Lian** strongly treats both excess and deficient Heart fire. **Lian Zi Xin** is astringent which allows it to stop spermatorrhea and cough.
- **Mai Men Dong, Sha Ren, and Tian Men Dong** moisten the Lung and Heart Yin. **Mai Men Dong** calms the Heart. **Sha Ren** lubricates Lung Yin. **Tian Men Dong** is the strongest at cooling heat and sedating excess Kidney fire.
- **Xuan Shen, Sheng Di Huang** and **Mu Dan Pi** cools heat in the blood. **Xuan Shen** moistens dryness and clears toxic heat and nodules. **Sheng Di Huang** is strongest at nourishing Yin and fluid. **Mu Dan Pi** promotes blood circulation.
- **Shi Gao** and **Zhi Mu** sedate Qi level excess heat. **Shi Gao** is stronger at sedating heat for acute Heart and Lung fire that manifests as cough with blood. **Zhi Mu** generates fluids.
- **Xian He Cao, Ce Bai Ye, Bai Mao Gen** and **E Jiao** stop bleeding. **Xian He Cao** is neutral. **Ce Bai Ye** cools heat in the blood. **Bai Mao Gen** cools Lung and Heart heat and promotes urination. **E Jiao** nourishes Blood.
- **Chuan Bei Mu, Xing Ren, Jie Geng, and Pi Pa Ye** moisten the Lung and stop cough. **Chuan Bei Mu** is the strongest at lubricating the Lung and dissolving phlegm nodules. **Xing Ren** stops cough and asthma. **Jie Geng** clears heat in the Lung and throat. **Pi Pa Ye** cools heat and stops cough at the surface level.
- **Lu Gen** and **Sang Bai Pi** cool heat and promote urination to drain hot phlegm. **Lu Gen** generates fluid. **Sang Bai Pi** is strongest at clearing heat and stopping cough.
- **Gan Cao** harmonizes the ingredients in the herbal formula.

(b) Heart and Lung Qi and Yang Deficiency.

MECHANISM OF INURY: Heart and Kidney Qi and Yang deficiency.

INDICATIONS: Fullness in the chest, irritability, forgetfulness, fear, shortness of breath, cough, fatigue, body feels cold, edema of the extremities and Lung, loose stools, low appetite

Tongue: toothmarks and puffy tongue with a moist coating,

P: slippery, weak, slow and floating or deep

TREATMENT PLAN: Strengthen the Heart and Lung Qi and Yang.

FORMULA: Modification of *Si Jun Zi Tang*, *Bu Zhong Yi Qi Tang*, *Fu Zi Li Zhong Tang*, *Er Chen Tang*, *San Zi Yang Qing Tang*, *Su Zi Chang Qi Tang* and *Xue Fu Zhu Yu Tang*

Dang Shen	Radix Codonopsis Pilosulae	3-15g
Huang Qi	Radix Astragali Membranaceus	3-30g
Fu Zi	RadLateralis Aconiti Carmichaeli	3-9g (Boil it at lease one hour)
Sheng Jiang	Zingiber Officinale Rosc.	3-12g
Yin Yang Huo	Herba Epimedii	3-12g
Xu Duan	radix Dipsaci Asperi	3-12g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-15g
Huo Xiang	Herba Agastaches seu Pogostemi	3-12g
Bai Dou Kou	Fructus Amomi Kravanh	3-9g
Sha Ren	Fructus Amomie	3-12g
Chen Pi	Pericarpium Citri Reticulatae	3-6g
Ban Xia	Rhizoma Pinelliae Ternatae	3-9g
Bai Ji Zi	Semen Sinapsis Albae	3-12g
Lai Fu Zi	Semen Raphani Sativi	3-30g
Su Zi	Perillae Frutescentis, Frucutus	3-12g
Ma Huang	Herba Ephedrae	3-6g
Xi Xin	Herba cum Radice Asari	0.3-0.5 (Careful the dosage)
Xing Ren	Pruni Armeniaca, Semen	3-9g
Wu Wei Zi	Fructus Schizandrae Chinensis	3-9g

Kuan Dong Hua	Tussilaginis Farfarea, Flos	3-12g
Zi Wan	Asteris Tatarici, Radix	3-12g
Bai Qian	Radix Et Rhizome Cynanchi Baiqian	3-12g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Fu Ling	Sclerotium Poriae cocoa	3-60g
Zhu Ling	Sclerotium Polypori Unbellati	3-60g
Ting Li Zi	Lepidii/Descurainiae Semem	3-15g
Sang Bai Pi	Mori Albar Radicis, Cortex	3-30g
Bai Shao	Radix Peoniae Lactiflorae	3-15g
Chai Hu	Radix Bupleuri	3-6g
Sheng Ma	Rhizoma Cimicifugae	3-6g
Dang Gui	Radix Angelicae Sinensis	3-15g
Hong Hua	Flos Carthami Tinctorii	3-9g
Tao Ren	Semen Persicae	3-12g
Chuan Xiang	Radix Ligustici Chuanxiong	3-9g
Dan Shen	Radix Salviae Miltiorrhizae	3-12g
Gan Cao	Radix Glycyrrhizae Uralensis	1-3g

■ **Dang Shen** and **Huang Qi** strengthen Qi. **Dang Shen** strengthens Spleen Qi. **Huang Qi** works to lift and allow for the free movement of Qi.

■ **Fu Zi** and **Gan Jiang** work as a pair to warm the Kidney, Heart, Lung and Spleen Yang. **Fu Zi** is stronger and is retained in the blood longer. It is used to treat a patient who is suffering from Heart and Lung failure. **Gan Jiang** is milder at warming the Lung and Kidney and it tends to work on the exterior.

■ **Yin Yang Huo** and **Xu Duan** warm Kidney Yang. **Yin Yang Huo** moves faster. **Xu Duan** promotes blood circulation.

■ **Bai Zhu**, **Huo Xiong**, **Bai Dou Kou** and **Sha Ren** warm and dry the Spleen Qi and transform dampness to assist Heart and Lung Qi. **Bai Zhu** is characteristically stable, warm and dry which allows it to treat chronic and sticky dampness in the Middle Jiao. **Huo Xiong** is very aromatic which allows it to penetrate through dampness to dry it. It is also used to release the surface. **Bai Dou Kou** and **Sha Ren** transform dampness. **Bai Dou Kou** tends to treat Upper and Middle Jiao. **Sha Ren** has a stronger smell and heavier weight to treat Middle and Lower Jiao dampness.

- **Ban Xia** and **Chen Pi** are commonly used as a pair to dry and regulate Lung Qi and phlegm stagnation. **Ban Xia** is stronger at drying phlegm in the Lung. **Chen Pi** regulates Qi to treat sticky phlegm stagnation that has accumulated in the Lung.
- **Bai Jie Zi**, **Su Zi** and **Lai Fu Zi** dissolve phlegm in the Lung. **Bai Jie Zi** has a strong moving function to track hidden phlegm. **Su Zi** can descend the Lung Qi down to stop cough. **Lai Fu Zi** dissolves food stagnation to allow for the free descent of Stomach and Lung Qi.
- **Ma Huang**, **Xi Xin** and **Xing Ren** stop cough and asthma. **Ma Huang** is the strongest at opening Lung Qi to stop asthma and promotes urination. **Xi Xin** is warm and dry to open the Lungs and treat asthma. **Xing Ren** opens Lung Qi stop asthma and moistens dryness.
- **Wu Wei Zi**, **Kuan Dong Hua**, **Zi Wan**, **Bai Qian** and **Jie Geng** stop cough. **Wu Wei Zi** calms and astringes the Heart and Lung to stop cough that manifests as excess coughing at night. **Kuan Dong Hua** and **Zi Wan** are often used as pair to stop cough and dissolve phlegm. **Kuan Dong Hua** is stronger at stopping cough. **Zi Wan** is stronger at dissolving phlegm. **Bai Qian** has a penetrating nature to dissolve phlegm and stop cough that manifests as sticky phlegm hidden in the Lung.
- **Fu Ling** and **Zhu Ling** promote urination. **Fu Ling** is mild and naturally balances water in the body. **Zhu Ling** cools heat.
- **Ting Li Zi** and **Sang Bai Pi** promote urination to drain dampness in the Lung and clear Lung heat. **Ting Li Zi** is stronger at promoting urination. **Sang Bai Pi** stops cough and works on the surface level.
- **Chai Hu** and **Sheng Ma** raise Qi. **Chai Hu** regulate the flow of Liver Qi to reestablish communication between the Heart and Lung. **Sheng Ma** pushes the Qi up and to the surface to allow the Heart and Lung Qi to flow.
- **Dang Gui**, **Hong Hua**, **Tao Ren**, **Chuan Xiang** and **Dang Shen** promote blood circulation. **Dang Gui** nourishes the blood. **Hong Hua** and **Tao Ren** break up congealed blood. **Hong Hua** works quickly. **Tao Ren** moistens dryness and is maintained in the blood longer.
- **Gan Cao** harmonizes the ingredients of the formula.

3.6 Spleen and Stomach Disharmony Pattern

MECHANISM OF INJURY: The Spleen Qi is unable to ascend while the Stomach Qi is unable to descend

INDICATIONS: Bloating, loose stools or diarrhea, nausea, vomiting, belching, acidity, low appetite

Tongue: toothmarks with a moist white coating

Pulse: slippery, weak or wiry

TREATMENT PLAN: strengthen and harmonize the Spleen and Stomach.

FORMULA: Modification of **Xia Sha Liu Jun Zi Tang**, **Si Ni Tang**, **Xiao Yao San** and **Zuo Jin Wan**

Dang Shen	Radix Codonopsis Pilosulae	3-12g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-12g
Huang Qi	Radix Astragali Membranaceus	3-15g
Sha Ren	Fructus Amomie	3-12g
Bai Dou Kou	Fructus Amomi Kravanh	3-12g
Ban Xia	Fructus Amomi Kravanh	3-9g
Sheng Jiang	Zingiber Officinale Rosc.	3-12g
Mu Xiang	Radix Aucklandia Lappae	3-6g
Chen Pi	Pericarpium Citri Reticulatae	3-6g
Fo Shou	Citri Sarcodactylis Fructus	3-12g
Bai Shao	Radix Peoniae Lactiflorae	3-15g
Chai Hu	Radix Bupleuri	3-6g
Zhi Shi	Fructus Immaturus Citrii Aurantii	3-9g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Huang Lian	Gelatinum Corii Asini	3-12g
Wu Zhu Yu	Fructus Evodiae Rutacarpae	3-9g
Gan Cao	Radix Glycyrrhizae Uralensis	3-6g

■ **Dang Shen** and **Bai Zhu** strengthen Spleen and Stomach Qi. **Dang Shen** strengthens the Spleen Qi. **Bai Zhu** has a stable, drying quality to benefit the Spleen and Stomach.

- **Huang Qi** strengthens Qi and reestablishes the flow of Qi
- **Sha Ren**, **Bai Dou Kou**, **Ban Xia** and **Sheng Jiang** are warming herbs that dry the Spleen and Stomach. **Sha Ren** and **Bai Dou Kou** work quickly to transform dampness. **Sha Ren's** heavy weight allows it to sink deep into the Middle and Lower Jiao to dry dampness in the Stomach and Spleen. **Bai Dou Kou's** light weight raises it to the Upper and Middle Jiao to dry dampness. **Ban Xia** and **Sheng Jiang** stop nausea. **Ban Xia** is the strongest herb to dry dampness and phlegm in the Middle Jiao and stop nausea. **Sheng Jiang** is acrid which allows it to move faster and have more immediate results.
- **Mu Xiang**, **Chen Pi** and **Fo Shou** regulate Qi and dry the middle Jiao. **Mu Xiang** is the strongest at regulating Qi and drying hidden dampness. **Chen Pi** treats mild but chronic condition of dampness trapped in the surface. **Fo Shou** regulates the Liver, Stomach and Spleen Qi to release stagnation.
- **Bai Shao**, **Chai Hu** and **Xiang Fu** smooth Liver Qi. **Bai Shao** stabilizes excess Liver, Stomach and Spleen Qi to stop pain. **Chai Hu** opens and releases the Liver, Stomach and Spleen Qi to clear heat and stagnation. **Xiang Fu** promotes blood circulation and stops pain in the Qi and Blood level.
- **Huang Lian** and **Wu Zhu Yu** work to clear damp heat in the Middle Jiao to treat stomach acid reflux and to stop damp heat diarrhea. **Huang Lian** is a cold herb that clears damp heat in the Stomach and Spleen. **Wu Zhu Yu** is a warm herb that dries dampness and regulates Qi. As pair, **Huang Lian** clears damp heat and **Wu Zhu Yu** regulates Qi and clears dampness.
- **Gan Cao** harmonizes the ingredients of the formula.

3.7. Kidney and Lung Disharmony Patterns

(a) Kidney and Lung Qi and Yang Deficiency

MECHANISM OF INJURY: The Kidney Yang is not strong enough to stabilize the Lung.

INDICATIONS: Shortness of breath, cough, mucous, emphysema, excess water in the Lung, fatigue, cold hands and feet, quiet, weakness of back and knee, deafness, low sexual energy

Tongue: bright white coating with a puffy tongue

Pulse: weak, deep and slippery or floating

TREATMENT PLAN: Strengthen Kidney and Lung Qi and Yang.

FORMULA: Modification of **Jin Gui Shen Qi Wan**, **Er Chen Tang**, **Si Jun Zi Tang**, **Bu Zhong Yi Qi Tang**, **Zhu Ling Tang**, **Xue Fu Zhu Yu Tang** and **Xiao Qing Long Tang**

Fu Zi hour)	RadLateralis Aconiti Carmichaeli	3-6g (Boil it at lease one
Gui Zhi	Ramulus Cinnamomi Cassiae	3-12g
Rou Gui	Cortex Cinnamomi Cassiae	1-3g
Gan Jiang	Radix Glycyrrhizae Uralensis	3-15g
Shan Zhu Yu	Fructus Corni Officinalis	3-12g
Shan Yao	Radix Dioscoreae Oppositae	3-30g
Yin Yang Huo	Herba Epimedii	3-12g
Bai Ji Tian	Radix Morindae Officinalis	3-12g
Xu Duan	Radix Dipsaci Asperi	3-12g
Tu Si Zi	Semen Cuscutae Chinensis	3-30g
Dang Shen	Radix Codonopsis Pilosulae	3-15g
Huang Qi	Radix Astragali Membranaceus	3-15g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-15g
Ban Xia	Rhizoma Pinelliae preparatum	3-9g
Chen Pi	Pericarpium Citri Reticulatae	3-6g
Fu Ling	Sclerotium Poriae Cocoa	3-30g
Zhu Ling	Sclerotium Polypori Unbellati	3-30g

Ze Xie	Sclerotium Polypori Unbellati	3-12g
Sang Bai Pi	Mori Albae Radicis, Cortex	3-30g
Ting Li Zi	Lepidii/Descurainiae Semem	3-30g
Ma Huang	Herba Ephedrae	3-9g
Xing Ren	Pruni Armeniacae, Semen	3-9g
Xi Xin	Herba Cum Radice Asari	1-3g
Wu Wei Zi	Fructus Schizandrae Chinensis	3-9g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Kuan Dong Hua	Tussilaginis Farfarea, Flos	3-12g
Zi Wan	Asteris Tatarice, Radix	3-12g
Chai Hu	Radix Bupleuri	3-6g
Zhi Ke	Fructus Citri Aurantii	3-12g
Hou Po	Magnoliae Officinalis Cortex	3-12g
Dan Shen	Radix Salviae Miltiorrhizae	3-12g
Chuan Xiong	Radix Ligustici Chuanxiong	3-9g
Hong Hua	Flos Carthami Tinctorii	3-9g
San Qi	Radix Notoginseng	3-15g
Gan Cao	Radix Glycyrrhizae Uralensis	3-6g

■ **Fu Zi**, **Gui Zhi**, **Rou Gui** and **Gan Jiang** warm the Lung and Kidney. **Fu Zi** is strongest at warming the Kidney and Lung Qi and Yang. **Gan Jiang** warms the Lung and Middle Jiao. Compared to **Fu Zi**, **Gan Jiang** moves faster and works on the surface level. **Fu Zi** is retained in the blood longer. **Gui Zhi** and **Rou Gui** warm the Lung and Kidney. **Gui Zhi** tends to work on the surface and expels cold out from the pores. **Rou Gui** goes deeper to work in the channels and Kidney organ.

■ **Shan Zhu Yu** and **Shan Yao** are astringent and stabilize Kidney and Spleen Qi to benefit Lung Qi. **Shan Zhu Yu** works more on Kidney Qi while **Shan Yao** stabilizes Spleen Qi.

■ **Shu Di Huang** nourishes Blood, Yin and Jing.

■ **Mu Dan Pi** cools heat and promotes blood circulation to cool and balance the warming ingredients.

■ **Ze Xie** promotes urination and clears heat to drain dampness and heat from the Kidney and Lung.

- **Yin Yang Huo**, **Bai Ji Tian**, **Xu Duan** and **Tu Si Zi** warm the Kidney Yang. **Yin Yang Huo** and **Bai Ji Tian** promote movement of qi to expel wind-damp bi pain and boost Kidney and Lung Yang. **Yin Yang Huo** moves faster than the **Bai Ji Tian**. However, **Bai Ji Tian** will stay in the blood longer. **Xu Duan** promotes blood circulation. **Tu Si Zi** strengthens Yin and Yang.
- **Dang Shen** and **Huang Qi** strengthen Qi. **Dang Sheng** strengthens the Middle Jiao Spleen Qi boost Lung and Kidney Qi. **Huang Qi** has a raising and lifting function to treat prolapsed Qi.
- **Bai Zhu**, **Ban Xia** and **Chen Pi** warm and dry the Spleen and phlegm. **Bai Zhu** warms the Spleen to steam water out of the Lung. **Ban Xia** dries phlegm. **Chen Pi** regulates Qi and can be used for mild Qi and phlegm stagnation.
- **Fu Ling**, **Sang Bai Pi** and **Ting Li Zi** promote urination to drain dampness in the Lung. **Fu Ling** is milder and is appropriate for use in chronic conditions. It harmonizes water balance in the Middle and Upper Jiao. **Sang Bai Pi** clears heat to drain damp heat out and stop cough. **Ting Li Zi** has a strong diuretic function to drain acute Lung water stagnation.
- **Ma Huang**, **Xing Ren** and **Xi Xin** stop asthma. **Ma Huang** and **Xing Ren** open the Lung Qi to stop asthma and cough. **Ma Huang** is the strongest all three and causes sweating to release the surface and mildly promotes urination. **Xing Ren** moistens the Lung to treat dry cough. **Xi Xin** works by warming the Lung to stop asthma.
- **Wu Wei Zi** calms the Heart and Lung. Its astringent quality stops cough.
- **Jie Geng**, **Kuan Dong Hua** and **Zi Wan** stop cough and dissolve phlegm. **Jie Geng** opens the Lung Qi and smoothes the throat and directs other herbs to the Upper Jiao. **Kuan Dong Hua** is stronger at stopping cough than Zi Wan. **Zi Wan** is stronger at expelling phlegm.
- **Chai Hu**, **Zhi Ke** and **Hou Po** regulate Qi. **Chai Hu** smoothes and opens Kidney and Lung Qi. **Zhi Ke** and **Hou Po** break Qi down to stabilize the Lung Qi. **Zhi Ke** opens and breaks up stagnant Lung Qi. **Hou Po** breaks through Qi and phlegm stagnation.
- **Dan Shen**, **Chuan Xiong**, **Hong Hua** and **San Qi** promote blood circulation. **Dan Shen** cools and calms the Heart and especially promotes small blood vessel circulation. **Chuan Xiong** regulates Qi in the Blood and tends to work on the surface. **Hong Hua** breaks up congealed blood. **San Qi** stops bleeding and pain.
- **Gan Cao** harmonizes the ingredients of the formula and mildly strengthens Qi.

(b) Kidney and Lung Yin deficiency with empty heat

MECHANISM OF INJURY: Kidney and Lung Yin deficiency with empty heat.

INDICATIONS: Dry cough, skin or vagina, hot flashes, sticky mucus, steaming skin and bone syndromes, low sexual energy, irregular menstruation, incontinence, scanty urination, premature ejaculation,

Tongue: red and dry

Pulse: small and rapid

TREATMENT PLAN: lubricate Yin and eliminate deficiency heat.

FORMULA: Modification of **Bai He Gu Jin Wan**, **Si Ni San** and **Liu Wei Di Huang Wan**

Bai He	Bulbus Lili	3-15g
Mai Men Dong	Tuber Ophiopogonis Japonici	3-15g
Sha Shen	Radis Adenophorae seu Glehniae	3-15g
Xuan Shen	Radix scrophulariae Ningpoensis	3-15g
Sheng Di Huang	Radix Rehmanniae Glutinosae	3-30g
Bai Mao Gen	Rhizoma Imperatae Cylindrica	3-30g
Lu Gen	Rhizoma Phragmitis Communis	3-30g
Di Gu Pi	Cortex Lycii Radicis	3-15g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	3-12g
Huang Bai	Cortex Phellodendri	3-12g
Pi Pa Ye	Eriobotryae Japonicae, Folium	3-12g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Ma Huang	Herba Ephedrae	3-9g
Xing Ren	Pruni Armeniaca, Semen	3-9g
Chai Hu	Radix Bupleuri	3-6g
Bai Shao	Radix Peoniae Lactiflorae	3-12g
Zhi Ke	Fructus Citri Aurantii	3-12g
Shan Zhu Yu	Fructus corni Officinalis	3-12g
Shan Yao	Radix Dioscoreae Oppositae	3-30g
Shu Di Huang	Radix Rehmanniae Glutinosae Conquिताe	3-30g
Ze Xie	Alismatis Rhizoma	3-12g
Fu Ling	Sclerotium Poriae Cocoa	3-30g
Gan Cao	Radix Glycyrrhizae Uralensis	1-3g

- **Bai He**, **Mai Men Dong**, **Sha Shen**, **Xuan Shen** and **Sheng Di Huang** nourish Yin to eliminate dryness. **Bai He** nourishes Yin and calms the Liver and Heart. **Mai Men Dong** nourishes the throat, Lung, Stomach and Heart. **Sha Shen** has a moistening function that is stronger than **Bai He** and **Mai Men Dong** and lubricates the Lung. **Xuan Shen** moistens the dry throat and Lung and cools heat in the Blood and clears toxic heat. **Sheng Di Huang** has a dense quality that works more on the Blood and Jing level to nourish and cool the blood.
- **Bai Mao Gen** and **Lu Gen** cool heat, moisten dryness and promote urination. **Bai Mao Gen** is moistens light dryness and stops bleeding. **Lu Gen** drains damp heat from the Lung.
- **Di Gu Pi**, **Mu Dan Pi** and **Zhi Mu** sedate empty heat. **Di Gu Pi** clears heat from Lung Yin deficiency. **Mu Dan Pi** promotes blood circulation. **Zhi Mu** moistens dryness and cools heat in the Qi and Yin level.
- **Huang Bai** sedates heat in the Kidney.
- **Pi Pa Ye** and **Jie Geng** nourish the throat and Lung and stop cough. **Pi Pa Ye** more often used for in external wind attack with itching throat and cough. It also cools Stomach and Lung heat. **Jie Geng** opens Lung Qi and is used for a high density cough.
- **Ma Huang** and **Xing Ren** open Lung Qi to stop cough and asthma. **Ma Huang** releases the surface to stop cough and asthma and promotes urination to leach out dampness. **Xing Ren** mildly stops asthma and is used in milder or chronic syndromes.
- **Chai Hu** and **Bai Shao** smooth Liver Qi. **Chai Hu** opens and raises the Qi to use in cases with weak Qi flow. **Bai Shao** harmonizes the Ying and Wei and regulates excess Qi flow.
- **Zhi Ke** opens the chest to break up Qi stagnation.
- **Shan Zhu Yu**, **Shan Yao** and **Shu Di Huang** strengthen the Kidney, Spleen and Liver. **Shan Zhu Yu** astringes and strengthens Kidney Yang and Yin. **Shan Yao** is astringent and strengthens the Spleen Qi and Yin. **Shu Di Huang** is dense so it has the ability to travel deeper into the body to nourish the Liver blood and Kidney Jing.
- **Ze Xie** and **Fu Ling** promote urination. Ze Xie sedates Kidney damp heat and empty heat to prevent Shan Zhu Yu astringency from causing stagnation in the Kidney. Fu Ling harmonizes the water in the Spleen and Lung and prevents Shan Yao astringency issues for the Spleen.
- **Gan Cao** harmonizes the ingredients of the herbal formula.

3.8 Kidney and Spleen Disharmony Patterns

MECHANISM OF INJURY: Prenatal Kidney and Spleen Qi and Yang deficiency or Postnatal Spleen Qi is deficient and unable to support the Kidney.

INDICATIONS: Cold hands and feet, fatigue, quiet, abdominal pain, early morning diarrhea, colitis, edema, difficulty urination

Tongue: bright white coating and puffy body

Pulse: deep, slow, weak and slippery

FORMULA: Modification of **Fu Zi Li Zhong Tang**, **Si Shen Wan**, **Xiang Sha Liu Jun Zi Tang** and **Zhen Wu Tang**

Fu Zi	Aconiti Radix Lateralis preparata	3-9g
Gan Jiang	Rhizoma Zingiberis Officinalis	3-12g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-12g
Dang Shen	Radix Codonopsis Pilosulae	3-12g
Huang Qi	Radix Astragali Membranaceus	3-15g
Bu Gu Zhi	Fructus Psoraleae Corylifoliae	3-12g
Wu Zhu Yu	Fructus Evodiae Rutacarpae	3-12g
Sha Ren	Fructus Amomie	3-12g
Bai Dou Kou	Fructus Amomi Kravanh	3-9g
Mu Xiang	Radix Aucklandia Lappae	3-6g
Ban Xia	Pinelliae Rhizoma preparatum	3-9g
Fu Ling	Sclerotium Poriae Cocoa	3-30g
Bai Bian Dou	Semen Dolichoris Lablab	3-30g
Yi Yi Ren	Semen Coicis Lachryma-jobi	3-30g
Chai Hu	Radix Bupleuri	3-6g
Bai Shao	Radix Peoniae Lactiflorae	3-15g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Huang Lian	Gelatinum Corii Asini	3-12g
Shi Liu Pi	Granati Pericarpium	3-12g

Gan Cao

Radix Glycyrrhizae Uralensis

1-3g

- **Fu Zi** and **Gan Jiang** warm the Kidney and Spleen to stop diarrhea. **Fu Zi** is stronger and stays in the blood longer. **Gan Jiang** is faster-acting and works on a lighter level.
- **Bai Zhu** and **Dang Shen** warm and strengthen the Spleen Qi. **Bai Zhu** dries and warms dampness in the Spleen. **Dang Shen** strengthens the Spleen Qi to stop diarrhea.
- **Huang Qi** strengthens and raises Spleen Qi to treat prolapsed Spleen Qi and organs.
- **Bu Gu Zhi** and **Wu Zhu Yu** warm and dry the Spleen and Kidney. **Bu Gu Zhi** warms the Spleen and Kidney Yang to treat early morning diarrhea. **Wu Zhu Yu** warms and regulates Liver and Kidney Qi and Yang to stop edema or leg Qi syndrome.
- **Sha Ren** and **Bai Dou Kou** transform dampness to wake up the Spleen. **Sha Ren** goes into the deeper level and is retained in the body longer. **Bai Dou Kou** tends to work on the surface and is faster-moving.
- **Fu Ling** drains and harmonizes water in the Middle Jiao.
- **Mu Xiang** and **Ban Xia** are warm and dry dampness. **Mu Xiang** treats tenesumus. **Ban Xia** dries dampness and phlegm.
- **Fu Ling**, **Bai Bian Dou** and **Yi Yi Ren** drain dampness in the Middle Jiao. **Fu Ling** is the strongest at balancing water. **Bai Bian Dou** and **Yi Yi Ren** leach out dampness. **Bai Bian Dou** is milder and but its effect is maintained longer. **Yi Yi Ren** is anti-fungal.
- **Chai Hu**, **Bai Shao** and **Xiang Fu** regulate Liver, Spleen and Kidney Qi. **Chai Hu** moves quickly and is able to open and smooth Qi to create open communication between the organs. **Bai Shao** is stable and astringent and works to calm the relationships between organs. **Xiang Fu** works on the Blood level to regulate blood and stop pain.
- **Huang Lian** and **Shi Liu Pi** stop diarrhea. **Huang Lian** does this by eliminating toxic damp heat. **Shi Liu Pi** is astringent and stops diarrhea.
- **Gan Cao** harmonizes the flow of Yin and Yang in all the ingredients.

3.9 Lung/Large Intestine and Spleen communication.

(a) Lung and Large Intestine Qi and Yang deficiency

MECHANISM OF INJURY: Lung is not strong enough to regulate and raise the Large Intestine.

INDICATIONS: Shortness of breath, asthma, emphysema, indecisive, low voice, fatigue, slow and sticky bowel movements, diarrhea, tenesmus or constipation

Tongue: slight toothmarks and purple

Pulse: floating, weak and slippery pulse.

TREATMENT PLAN: Strengthen Lung and Large Intestine Qi and Yang.

FORMULA: Modification of **Bu Zhong Yi Qi Tang**, **Xiao Yao San**, **Si Ni San** and **Shao Yao Tang**

Huang Qi	Radix Astragali Membranaceus	3-15g
Dang Shen	Radix Codonopsis Pilosulae	3-12g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-12g
Shan Yao	Radix Dioscoreae Oppositae	3-30g
Ban Xia	Pinelliae Rhizoma preparatum	3-9g
Mu Xiang	Radix Aucklandia Lappae	3-6g
Bing Lang	Semen Arecae Catechu	3-12g
Fu Ling	Sclerotium Poriae Ccoa	3-30g
Yi Yi Ren	Semen Coicis Lachryma-jobi	3-30g
Chai Hu	Radix Bupleuri	3-6g
Bai Shao	Radix Peoniae Lactiflorae	3-12g
Zhi Ke	Fructus Citri Aurantii	3-12g
Da Huang	Radix et Rhizoma Rhei	3-9g
Mang Xiao	Natril Sulfas	3-12g
Xu Duan	Radix scrophulariae Ningpoensis	3-12g
Tu Si Zi	Semen Cuscutae Chinensis	3-12g
Yin Yang Huo	Herba Epimedii	3-12g

Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Dan Shen	Radix Salviae Miltiorrhizae	3-12g
Ma Huang	Herba Ephedrae	3-9g
Xing Ren	Pruni Areniacae, Semen	3-9g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Gan Cao	Radix Glycyrrhizae Uralensis	1-3g

- **Huang Qi** and **Dang Shen** strengthen Spleen Qi. **Huang Qi** raises Qi and strengthens the Wei Qi. **Dang Shen** strengthens the Middle Jiao Qi.
- **Bai Zhu** warms and dries the Spleen to raise the Spleen and Lung Qi.
- **Shan Yao**'s astringent quality stops diarrhea.
- **Ban Xia** dries phlegm and dampness in the Lung and Spleen.
- **Mu Xiang** and **Bing Lang** regulate the Qi, clear phlegm in the Middle Jiao and treat tenesmus. **Mu Xiang** dries sticky and hidden phlegm or dampness. **Bing Lang** works by regulating and breaking stagnant Qi and phlegm to drive it down and out of the body.
- **Fu Ling** and **Yi Yi Ren** drain dampness. **Fu Ling** is stronger at draining and harmonizing the water balance in the body. **Yi Yi Ren** is stronger at leaching out the dampness.
- **Chai Hu** and **Bai Shao** harmonize the relationship between the Lung and Large Intestine. **Chai Hu** opens and raises the Qi up. **Bai Shao** astringes the Yang to stop diarrhea.
- **Zhi Ke** regulates Spleen Qi and opens the Lung and breaks up stagnant Qi and drives it down.
- **Da Huang** and **Mang Xiao** are purgatives. **Da Huang** is stronger and works by clearing toxic heat and promoting blood circulation. **Mang Xiao** moistens the stool and dissolves phlegm nodules.
- **Xu Duan**, **Tu Si Zi** and **Yin Yang Huo** warm the Kidney Yang to benefit the Lung and Large Intestine. **Xu Duan** promotes blood circulation. **Tu Si Zi** nourishes the Yin. **Yin Yang Huo** has a strong moving nature to warm up hidden cold in the interior.
- **Xiang Fu** and **Dan Shen** promote blood circulation. **Xiang Fu** regulates Liver Qi and stops pain. **Dan Shen** cools and calms the Heart and regulates the small blood vessels.
- **Ma Huang**, **Xing Ren** and **Jie Geng** open the Lung Qi and stop cough. **Ma Huang** is the strongest at stopping asthma and it also mildly promotes urination. **Xing Ren** stops asthma and moistens the Large Intestine. **Jie Geng** soothes the throat and carries other herbs to the Upper Jiao.
- **Gan Cao** harmonizes the ingredients of the herbal formula and clears heat.

(b) Lung and Large Intestine Damp Heat

MECHANISM OF INJURY: Excess damp-heat stagnates in the Lung and Large Intestine

INDICATIONS: Cough with yellow mucous, fever, fullness of chest, constipation, painful abdomen, delirium, red face

Tongue: yellow coating

Pulse: slippery, rapid and full

TREATMENT PLAN: Eliminate damp heat in the Lung or Large Intestine

FORMULA: Modification of **Wei Jin Tang**, **Liang Gu San**, **Da Chen Qi Tang** and **Bai Hu Tang**

Dong Gua Ren	Semen Benincasae Hispidae	3-60g
Lu Gen	Rhizoma Phragmitis Communis	3-30g
Yi Yi Ren	Semen Coicis Lachryma-jobi	3-60g
Sang Bai Pi	Mori Albae Radicis, Cortex	3-30g
Huang Qin	Radix Scutellariae Baicalensis	3-15g
Yu Xing Cao	Herba cum Radice Houttuyniae Cordate	3-30g
Xing Ren	Pruni Armeniaca, Semen	3-9g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Bai Qian	Radix et Rhizome Cynanchi Baiqian	3-12g
Qian Hu	Rsiz Peucedani	3-12g
Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-15g
Fu Hai Shi	Costaziae Os	3-15g
Hai Ge Ke	Meretricis/Cyclinae Concha	3-15g
Lian Qiao	Fructus Forsythiae Suspensae	3-15g
Jin Yin Hua	Flos Lonicerae Japonicae	3-12g
Shi Gao	Gypsum	3-60g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	3-12g
Zhi Shi	Fructus Immaturus Citrii Aurantii	3-12g
Mang Xiao	Natril Sulfas	3-12g
Da Huang	Radix Et Rhizoma Rhei	3-12g

Tao Ren	Semen Persicae	3-12g
Gan Cao	Radix Glycyrrhizae Uralensis	12-3g

- **Dong Gua Ren, Lu Gen, Yi Yi Ren** and **Sang Bai Pi** promote urination and clear damp heat in the Lung. **Dong Gua Ren** clears Stomach heat. **Lu Gen** moistens dry Lung and throat. **Yi Yi Ren** leaches out damp heat in the Lung. **Sang Bai Pi** is stronger at promoting urination and is used to clear damp heat acute syndromes and stop cough.
- **Huang Qin** and **Yu Xing Cao** clears toxic damp heat in the Lungs. **Huang Qin** stays in the blood longer, is stable and goes to the deep level to clear damp heat. **Yu Xing Cao** clears damp heat at the lighter surface level and has a stronger moving quality.
- **Xing Ren, Jie Geng, Bai Qian, Qian Hu** and **Zhe Bei Mu** stop cough. **Xing Ren** opens the Lung to stop cough and asthma and moistens dry Lungs and throat. **Jie Geng** opens the Lung and clears toxic heat from the throat. **Bai Qian** tracks down hidden phlegm and stops cough. **Qian Hu** clears hot phlegm and releases the surface. **Zhe Bei Mu** is very stable and is used to clear hot phlegm and dissolve sticky hot phlegm nodules.
- **Fu Hai Shi** and **Hai Ge Ke** dissolve and expel hot sticky phlegm. **Fu Hai Shi** is stable and scours sticky hot phlegm. **Hai Ge Ke** lubricates the hot phlegm to guide it out.
- **Lian Qiao** and **Jin Yin Hua** clear heat toxic and release the surface. **Lian Qiao** is stable which allows it to clear toxic heat and dissolve hot phlegm nodules. **Jin Yin Hua** is more moving and is able to expel wind.
- **Shi Gao** and **Zhi Mu** clear Qi level heat and fever. **Shi Gao** strongly clears heat and fever. **Zhi Mu** moistens dryness and lubricates the Yin.
- **Zhi Shi** breaks up Qi stagnation and drives it downward.
- **Da Huang** and **Mang Xiao** are purgatives. **Da Huang** is stronger at purging and promoting blood circulation and clearing toxic heat. **Mang Xiao** moistens dry stools.
- **Tao Ren** promotes blood circulation and moistens the stool.
- **Gan Cao** harmonizes the formula and mildly clears toxic heat.

(c) Lung and Spleen and Stomach Qi deficiency.

MECHANISM OF INJURY: Lung is not strong enough to regulate the Spleen and Stomach.

INDICATIONS: Fatigue, low voice, asthma, cough, mucus, frequent bowel movements, loose stool or constipation, low appetite

Tongue: toothmarks

Pulse: floating and weak

FORMULA: Modification of **Bu Zhong Yi Qi Tang**, **Xiao Yao San**, **Si Ni San** and **Xiang Sha Liu Jun Zi Tang**

Huang Qi	Radix Astragali Membranaceus	3-30g
Dang Shen	Radix Codonopsis Pilosulae	3-15g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-12g
Sha Ren	Fructus Amomie	3-12g
Bai Dou Kou	Fructus Amomi Kravanh	3-9g
Ban Xia	Pinelliae Rhizoma preparatum	3-9g
Chen Pi	Pericarpium Citri Reticulatae	3-6g
Chai Hu	Radix Bupleuri	3-6g
Sheng Ma	Rhizoma Cimicifugae	3-6g
Bai Shao	Radix Peoniae Lactiflorae	3-15g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Yu Jin	Tuber Curcumae	3-12g
Zhi Shi	Fructus Immaturus Citrii Aurantii	3-12g
Zhi Ke	Fructus Citri Aurantii	3-12g
Mu Xiang	Radix Aucklandia Lappae	3-6g
Bing Lang	Semen Arecae Catechu	3-12g
Fu Ling	Sclerotium Poriae Cocco	3-30g
Sang Bai Pi	Mori Albae Radicis, Cortex	3-30g
Tao Ren	Semen Persicae	3-12g
Yu Li Ren	Pruni Semen	3-12g
Da Huang	Radix Et Rhizoma Rhei	3-12g
Rou Cong Rong	Herba Cistanches Deserticolae	3-12g
Xing Ren	Pruni Armeniaca, Semen	3-9g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Ma Huang	Herba Ephedrae	3-9g
Gan Cao	Radix Glycyrrhizae Uralensis	1-3g

- **Huang Qi** and **Dang Shen** strengthen Qi. **Huang Qi** raises prolapsed Lung and Spleen Qi. **Dang Shen** strengthens Middle Jiao Qi.
- **Bai Zhu**, **Sha Ren**, **Bai Dou Kou**, **Chen Pi** and **Ban Xia** warm and dry dampness in the Spleen and Lung. **Bai Zhu** has a stable nature and works to dry dampness in the Spleen. **Sha Ren** and **Bai Dou Kou** work quickly at warming and drying dampness in the San Jiao. **Sha Ren** is more dense in nature. This allows it to work more in the Middle and Lower Jiao and it is maintained in the blood longer. **Bai Dou Kou** is physically lighter in weight and smaller. This nature of the herb allows it to float into the Lung and Stomach and move faster. **Ban Xia** and **Chen Pi** are used as a pair to dry and regulate phlegm and dampness. **Ban Xia** strongly dries phlegm and dampness and descends Stomach Qi. **Chen Pi** regulates Qi to smooth and dry dampness.
- **Chai Hu** and **Sheng Ma** raise the Qi up. **Chai Hu** smooths Liver Qi to harmonize the Lung and Spleen. **Sheng Ma** strongly lifts Qi up and encourages it to the surface.
- **Bai Shao**, **Xiang Fu** and **Yu Jin** smooth Liver Qi to harmonize Lung and Spleen. **Bai Shao** harmonizes the Ying and Wei and anchors the Yang. **Xiang Fu** promotes blood circulation and stops pain. **Yu Jin** cools heat and opens the orifices and promotes blood circulation.
- **Zhi Shi** and **Zhi Ke** regulate and break up Qi stagnation. **Zhi Shi** is stronger at breaking up Qi stagnation and driving it downward. **Zhi Ke** regulates Qi in the chest.
- **Mu Xiang** and **Bing Lang** break up stagnation of Qi and dampness. **Mu Xiang** warms and dries dampness to regulate Qi. **Bing Lang** breaks up Qi stagnation and promotes urination to drain dampness.
- **Fu Ling** and **Sang Bai Pi** promote urination. **Fu Ling** mildly drains dampness from the Spleen and Lung and harmonizes water balance. **Sang Bai Pi** drains dampness from the Lung and clears Lung heat.
- **Tao Ren**, **Yu Li Ren**, **Da Huang** and **Rou Cong Rong** promote bowel movements to harmonize the relationship between the Lung and Large Intestine. **Tao Ren** is mild and promotes blood circulation. **Yu Li Ren** is a mild purgative and promotes urination. **Da Huang** is a strong purgative and clears toxic heat and promotes blood circulation. **Rou Cong Rong** is a mild purgative and strengthens and nourishes Kidney Yang and Yin.
- **Xing Ren**, **Jie Geng** and **Ma Huang** open and encourage Lung Qi. **Xing Ren** moistens dryness in the intestines. **Jie Geng** cools the throat and leads other herbs in the formula to the Upper Jiao. **Ma Huang** is the strongest at opening the Lung to stop asthma and it also mildly promotes urination.
- **Gan Cao** harmonizes the ingredients in the herbal formula.

3.10 Lung and Urination Bladder Disharmony Patterns

(a). Lung and Urinary Bladder Qi and Yang deficiency.

MECHANISM OF INJURY: Lung is deficiency and unable to support the Urinary Bladder.

INDICATIONS: Asthma, cough, mucus, emphysema, shortness of breath, fatigue, scanty urination or incontinent, premature ejaculation

Tongue: toothmarks

Pulse: floating and weak pulse.

TREATMENT PLAN: Tonify Lung and Urinary Bladder Qi and Yang.

FORMULA: Modification of **Bu Zhong Yi Qi Tang**, **Wu Yao San**, **Xiao Fu Zhu Yu Tang** and **Xiao Yao San**

Chai Hu	Radix Bupleuri	3-6g
Bai Shao	Radix Peoniae Lactiflorae	3-15g
Zhi Ke	Fructus Citri Aurantii	3-12g
Sheng Ma	Cimicifugae Rhizoma	3-6g
Huang Qi	Radix Astragali Membranaceus	3-12g
Dang Shen	Radix Codonopsis Pilosulae	3-12g
Xiao Hui Xiang	Fructus Foeniculi Vulgaris	3-12g
Wu Yao	Radix Linderae Strychnifoliae	3-12g
Shan Yao	Radix Dioscoreae Oppositae	3-30g
Sang Piao Xiao	Ootheca Mantidis	3-15g
Lian Xu	Stamen Nelumbinis Nuciferae	3-15g
Hong Hua	Flos Carthami Tinctorii	3-6g
Tao Ren	Semen Persicae	3-12g
Chi Shao	Radix Paeoniae Rubrae	3-12g
Dan Shen	Radix Salviae Miltiorrhizae	3-12g
Chuan Xiong	Radix Ligustici Chuanxiong	3-9g
Dang Gui	Radix Angelicae Sinensis	3-12g
Yu Jin	Tuber Curcumae	3-12g

Ma Huang	Herba Ephedrae	3-9g
Xing Ren	Pruni Armeniaca, Semen	3-9g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Fu Ling	Sclerotium Poriae Cocco	3-30g
Zhu Ling	Sclerotium Polypori Umbellati	3-30g
Gan Cao	Radix Glycyrrhizae Uralensis	1-3g

■ **Chai Hu** and **Bai Shao** regulate Qi. **Chai Hu** opens up the Qi between the Lung and Urinary Bladder and reestablish the relationship between the two organs. **Bai Shao** stabilizes the Qi between the Lung and Urinary Bladder.

■ **Zhi Ke** and **Sheng Ma** raise the Qi up. **Zhi Ke** opens the chest and lifts the Qi up to allow the Lung Qi to flow down and assist the Urinary Bladder. **Sheng Ma** strongly raises the Lung, Spleen and Urinary Bladder Qi.

■ **Huang Qi** and **Dang Shen** strengthen Qi. **Huang Qi** raises the Qi up. **Dang Shen** strengthens the Middle Jiao Qi.

■ **Wu Yao**, **Shan Yao**, **Lian Xu** and **Sang Piao Xiao** are astringent in nature and allow the Kidney to stop excess urination and premature ejaculation. **Wu Yao** warms the Liver and Kidney. **Shan Yao** astringes the Spleen and Kidney. **Lian Xu** and **Sang Piao Xiao** stop frequent urination and seminal emissions. **Lian Xu** moves faster and works at a lighter level. **Sang Piao Xiao** can be maintained longer in the blood and works at a deeper level.

■ **Hong Hua** and **Tao Ren** promote blood circulation and break up congealed blood. **Hong Hua** is stronger and faster moving but works at a lighter level. **Tao Ren** is maintained in the blood for longer and has the added function of moistening dryness.

■ **Chi Shao** and **Dan Shen** promote blood circulation and cool the blood. **Chi Shao** is stronger at breaking up congealed blood. **Dan Shen** promotes small blood vessel circulation and calms the Heart.

■ **Chuan Xiong** and **Dang Gui** promote blood circulation. **Chuan Xiong** works at the Qi level of Blood and **Dang Gui** nourishes the Blood.

■ **Yu Jin** promotes blood circulation, cools the blood, eliminates irritability and opens up the orifices

■ **Ma Huang**, **Xing Ren** and **Jie Geng** open Lung Qi and stop cough. **Ma Huang** stops asthma and mildly promotes urination. **Xing Ren** moistens the Lung and Intestines and stop asthma. **Jie Geng** soothes the throat and carries the other herbs in the formula to the Upper Jiao.

- **Fu Ling** and **Zhu Ling** promote urination to drain dampness in the Lung. **Fu Ling** is stable and moderately drains dampness to balance water in the body. **Zhu Ling** is stronger and faster at promoting urination and cooling heat but is less stable than **Fu Ling**.
- **Gan Cao** harmonizes the formula and its sweet taste slows down the acute symptoms.

(b) Lung and Urination Bladder Excess

MECHANISM OF INJURY: Excess Lung is not strong enough to regulate the Urinary Bladder.

INDICATIONS: Excess cough, asthma, mucus or yellow mucous, fever, incontinence, scanty urination

Tongue: slightly purple with white or yellow coating

Pulse: floating, rapid and wiry pulse.

TREATMENT PLAN: Eliminate Lung excess and regulate Urination Bladder.

FORMULA: Modification of **Zi Sou San**, **Qing Qi Hua Tan Wan**, **Xue Fu Zhu Yu Tang**, **San Piao Xia San** and **Si Ni San**

Zi Wan	Asteris Tatarici, Radix	3-12g
Kuan Dong Hua	Tussilaginis Farfarea, Flos	3-12g
Xing Ren	Pruni Armeniacae, Semen	3-9g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Bai Qian	Radix Et Rhizome Cynanchi Baiqian	3-12g
Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-12g
Chuan Bei Mu	Bulbus Fritillariae Cirrhosae	3-12g
Jing Jie	Schizonepetae Herba,	3-12g
Pi Pa Ye	Eriobotrye Japonicae, Folium	3-12g
Mai Men Dong	Tuber Ophiopogonis Japonici	3-12g
Tian Hua Fen	Radix Trichosanthis Kirilowii	3-12g
Xuan Shen	Radix Scrophulariae Ningpoensis	3-12g
Sheng Di Huang	Radux Rehmanniae Glutinosae	3-30g
Ban Xia	Pinelliae Rhizoma Preparatum	3-9g
Fu Ling	Sclerotium Poriae Cocoa	3-30g

Chen Pi	Pericarpium Citri Reticulatae	3-6g
Dan Shen	Radix Salviae Miltiorrhizae	3-12g
Chi Shao	Radix Paeoniae Rubrae	3-12g
Chai Hu	Radix Bupleuri	3-6g
Zhi Ke	Fructus Citri Aurantii	3-12g
Bai Shao	Radix Peoniae Lactiflorae	3-15g
Huang Qin	Radix Scutellariae Baicalensis	3-12g
Yu Xing Cao	Herba Cum Radice Houttuyniae Cordate	3-30g
Sang Bai Pi	Mori Albae Radicis, Cortex	3-30g
Lu Gen	Rhizoma Phragmitis Communis	3-30g
Shao Yao	Radix Dioscoreae Oppositae	3-30g
Sang Piao Xiao	Ootheca Mantidis	3-12g
Lian Xu	Stamen Nelumbinis Nuciferae	3-12g
Gan Cao	Radix Glycyrrhizae Uralensis	1-3g

■ **Zi Wan** and **Kuan Dong Hua** stop cough and dissolve phlegm. **Zi Wan** is stronger at dissolving phlegm and **Kuan Dong Hua** is stronger at stopping cough.

■ **Xing Ren** and **Jie Geng** open the Lung Qi and stop cough. **Xing Ren** is stronger at opening the Lung to release the surface and stop asthma. It also moistens the Intestines. **Jie Geng** soothes sore throat and carries other herbs in the formula to the Upper Jiao.

■ **Bai Qian** stops cough and has a warming and strong moving function track down hidden mucus in the Lung and stop cough.

■ **Chuan Bei Mu** and **Zhe Bei Mu** stop cough and dissolve phlegm and phlegm nodules. **Chuan Bei Mu** moistens dryness and is used for dry or chronic cough. **Zhe Bei Mu** is stronger at eliminating hot phlegm.

■ **Jing Jie** releases surface release external wind and treat itching throat.

■ **Pi Pa Ye** stops cough and moistens the Lung and Stomach.

■ **Mai Men Dong**, **Tian Hua Fen**, **Xuan Shen** and **Sheng Di Huang** moisten the dry Lung and throat. **Mai Men Dong** moistens Yin fluid and cools heat in the Lung, Stomach and Heart. **Tian Hua Fen** strongly clears toxic heat, dissolves hot phlegm and nodules. **Xuan Shen** and **Sheng Di Huang** cool the blood. **Xuan Shen** moistens Yin. **Sheng Di Huang** nourishes Yin, Blood and Jing.

- **Ban Xia**, **Fu Ling** and **Chen Pi** dissolve phlegm. **Ban Xia** strongly dries phlegm. **Fu Ling** drains and harmonizes water balance and **Chen Pi** regulates Qi and dissolves phlegm. These three herbs are often used together to enhance each other's functions
- **Dan Shen** and **Chi Shao** cool blood and promote blood circulation. **Dan Shen** calms the Heart and promotes small blood vessel circulation. **Chi Shao** is stronger at breaking up congealed blood.
- **Chai Hu** and **Bai Shao** regulate Liver, Lung and Urinary Bladder Qi. **Chai Hu** opens and smooths depressed Lung and Urinary Bladder Qi. **Bai Shao** regulates the Yang and Qi between Lung and Urinary Bladder.
- **Huang Qin** clears damp toxic heat.
- **Yu Xing Cao**, **Sang Bai Pi** and **Lu Gen** clear hot phlegm in the Lung and promote urination. **Yu Xing Cao** strongly clears hot phlegm. **Sang Bai Pi** promotes urination to drain hot phlegm out and stop cough. **Lu Gen** moistens the dry throat and Lung.
- **Shao Yao**, **San Piao Xiao** and **Lian Xu** astringe the Kidney and Urinary Bladder. **Shao Yao** astringes the Spleen. **San Piao Xiao** and **Lian Xu** stops frequent urination. **San Piao Xiao** is stable and is retained in the blood longer. **Lian Xu** is fast-acting.
- **Gan Cao** harmonizes the ingredients of the formula and clears heat.

3.11 Liver and GB Disharmony Patterns

MECHANISM OF INJURY: Liver Yang is not strong enough to regulate the Gall Bladder.

INDICATIONS: Stress, worry, anxiety, fear, pain in the upper abdomen, reduced appetite, jaundice, Gall Bladder stones or yellow eyes

Tongue: slightly dark

Pulse: wiry

TREATMENT PLAN: Regulate Liver and Gall Bladder Qi and eliminate stagnation.

FORMULA: Modification of **Si Ni San**, **Xiao Chai Hu Tang**, **Yin Chen Hao Tang** and **Bo He Wan** modification.

Bai Shao	Radix Peoniae Lactiflorae	3-12g
Chai Hu	Radix Bupleuri	3-6g
Zhi Shi	Fructus Immaturus Citrii Aurantii	3-12g
Huang Qin	Radix Scutellariae Baicalensis	3-15g
Yin Chen Hao	Herba Artemisiae Yinchenhao	3-30g
Zhi Zi	Fructus Gardeniae Jasminoidis	3-12g
Fu Ling	Sclerotium Poriae Cocco	3-30g
Ban Xia	Pinelliae Rhizoma Preparatum	3-9g
Chen Pi	Pericarpium Citri Reticulatae	3-6g
Yu Jin	Tuber Curcumae	3-12g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Yan Hu Suo	Rhizome Corydalis Yanhusuo	3-12g
Qing Pi	Pericarpium Citri Reticulatae Veride	3-12g
Zhi Shi	Fructus Immaturus Citrii Aurantii	3-12g
Lai Fu Zi	Semen Raphani Sativi	3-15g
Shan Zha	Fructus Crategi	3-12g
Ji Nei Jin	Endothelium Corneum Gigeruae Galli	3-12g
Gu Ya	Setariae Fructus Germinatus	3-15g
Jin Qian Cao	Lysimachiae herba	3-30g

Mu Xiang Radix Aucklandia Lappae 3-6g

Gan Cao Radix Glycyrrhizae Uralensis 1-3g

- **Chai Hu** and **Bai Shao** smooth Liver and Gall Bladder Qi. **Chai Hu** moves quickly to treat stagnation and depressed Qi. **Bai Shao** settles the Liver and Gall Bladder Yang for treat hypertension.
- **Zhi Shi** breaks up Qi stagnation and drives it downward.
- **Huang Qin**, **Yin Chen Hao** and **Zhi Zi** eliminate Liver and Gall Bladder damp heat. **Huang Qin** is very density to clear damp heat in the GB and Liver. **Yin Chen Hao** clears damp heat jaundice. **Zhi Zi** guides and moves to the San Jiao to clear damp heat and toxic heat. It also promotes blood circulation, stops bleeding and eliminates irritability.
- **Fu Ling**, **Ban Xia** and **Chen Pi** work as a group to dry, drain and regulate dampness. **Fu Ling** drains and harmonizes the water. **Ban Xia** dries dampness and phlegm and descends Stomach Qi. **Chen Pi** regulates Qi and phlegm.
- **Yu Jin**, **Xiang Fu** and **Yan Hu Suo** promote blood and Qi circulation to clear Gall Bladder stones. **Yu Jin** opens the orifices and cools the Liver. **Xiang Fu** regulates Qi and stops pain. **Yan Hu Suo** relaxes muscles and stops pain.
- **Qing Pi** and **Zhi Shi** break up Qi stagnation. **Qing Pi** breaks up Liver Qi stagnation. **Zhi Shi** breaks up Stomach and Spleen Qi stagnation and drives it downward.
- **Lai Fu Zi**, **Shan Zha**, **Ji Nei Jin** and **Gu Ya** eliminate food stagnation to smooth Stomach and Gall Bladder Qi. **Lai Fu Zi** descends food down and dissolves phlegm. **Shan Zha** dissolves meat stagnation and promotes blood circulation. **Ji Nei Jin** dissolves stones and astringes the Kidney. **Gu Ya** smoothes Liver Qi.
- **Jin Qian Cao** and **Mu Xiang** are used as a pair to push Gall Bladder stones through. **Jin Qian Cao** promotes urination. **Mu Xiang** is warm and regulates Qi.
- **Gan Cao** harmonizes the ingredients of the formula.

3.12 Liver and UB Disharmony Patterns

MECHANISM OF INJURY: Liver Qi stagnation makes it difficult to support the Urinary Bladder

INDICATIONS: Stress, worry, irritability, pain in the Urinary Bladder, frequent and scanty urination that is worse with stress

Tongue: red side and dark

Pulse: wiry

TREATMENT PLAN: Regulate and nourish Liver and Urination Bladder Qi and Blood.

FORMULA: Modification of **Xiao Yao San, Gan Mai Da Zao Tang, Tian Ma Gou Teng Yin** and **Xiao Fu Zhu Yu Tang**

Chai Hu	Radix Bupleuri	3-6g
Bai Shao	Radix Peoniae Lactiflorae	3-12g
Yu Jin	Tuber Curcumae	3-12g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Tian Ma	Rhizoma Gastrodiae Elatae	3-12g
Gou Teng	Ramulus Cum Uncis Uncariae	3-12g
Bai Ji Li	Fructus Tribuli Terrestris	3-15g
Chuan Xiong	Radix Ligustici Chuanxiong	3-9g
Dan Shen	Radix Salviae Miltiorrhizae	3-12g
Hong Hua	Flos Carthami Tinctorii	3-9g
Tao Ren	Semen Persicae	3-12g
Chi Shao	Radix Paeoniae Rubrae	3-12g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Yan Hu Suo	Rhizome Corydalis Yanhusuo	3-12g
San Qi	Radix Notoginseng	3-15g
Xiao Hui Xiang	Fructus Foeniculi Vulgaris	3-15g
Wu Zhu Yu	Fructus Evodiae Rutacarpae	3-9g
Fu Xiao Mai	Semen Triticum Aestivum	3-15g
Suan Zao Ren	Semen Zizyphi Spinosae	3-12g

Wu Yao	Radix Linderae Strychnifoliae	3-12g
Shan Yao	Radix Dioscoreae Oppositae	3-30g
Sang Piao Xiao	Ootheca Mantidis	3-12g
Gan Cao	Radix Glycyrrhizae Uralensis	1-3g

- **Chai Hu** and **Bai Shao** are used as a pair to regulate Liver Qi stagnation. **Chai Hu's** light physical weight allows it to open the Liver Qi and allow it to flow freely while **Bai Shao** settles and stabilizes the Qi and Yang. Together, they smooth, open and stabilize the Liver Qi. If the Liver needs to be more open, a heavier dosage of **Chai Hu** can be used. If the Liver needs to be stable and rooted, a heavier dosage of **Bai Shao** can be added to the formula.
- **Yu Jin** and **Xiang Fu** smooth Liver Qi, promote blood circulation and stop pain. **Yu Jin** eliminates irritability and opens the orifices. **Xiang Fu** is dense and promotes blood circulation, menstruation and stops pain.
- **Tian Ma**, **Gou Teng** and **Bai Ji Li** smooth and settle internal Wind and treats twitching of the UB, muscles, and also tremors. The three herbs work on three different levels. **Tian Ma** is the strongest and works at the deepest level, **Gou Teng** and **Bai Ji Li** both treat on the lighter level. **Bai Ji Li** treats the surface level.
- **Chuan Xiong** and **Dan Shen** promote blood circulation and stop pain. **Chuan Xiong** is acrid, warm and strongly moving. It is used to smooth Qi in the blood. **Dan Shen** calms and cools the Heart and benefits small blood vessels.
- **Hong Hua** and **Tao Ren** promote blood circulation and break up congealed blood. **Hong Hua** is strong and moves quickly. **Tao Ren** is retained in the blood longer and moistens dryness.
- **Chi Shao** and **Mu Dan Pi** cool blood and promote blood circulation. **Chi Shao** is stronger at promoting blood circulation and **Mu Dan Pi** cools the blood.
- **Yan Hu Suo** and **San Qi** promote blood circulation and stop pain. **Yan Hu Suo** is stronger at stopping pain. **San Qi** eliminates pain that is associated with inflammation.
- **Xiao Huai Xiang** and **Wu Zhu Yu** warm and regulate the Liver and Kidney channels and organs to eliminate dampness. **Xiao Huai Xiang** quickly works at a light level. **Wu Zhu Yu** goes deeper and is maintained in the blood longer.
- **Fu Xiao Mei** and **Suan Zao Ren** calm the Heart and Liver. **Fu Xiao Mei** clears irritability in the mind and Urinary Bladder. **Suan Zao Ren** calms the Liver and Heart and nourishes the Yin.
- **Wu Yao**, **Shan Yao** and **Sang Piao Xiao** astringe the Kidney and Urinary Bladder to stop excess urination. **Wu Yao** warms and regulates the Liver and Kidney. **Shan Yao** astringes the Spleen. **Sang Piao Xiao** strengthens the Kidney.
- **Gan Cao** harmonizes the ingredients in the formula.

4.0 Left and Right Communication Disharmony Patterns

4.1 Liver and Spleen/Stomach Disharmony Patterns

MECHANISM OF INJURY: Stagnated Liver is not strong enough regulate the Spleen and Stomach.

INDICATIONS: Stress, worry, upset stomach, belching, abdominal pain and fullness, diarrhea, constipation, fatigue

Tongue: toothmarks and white coating

Pulse: wiry and slippery

TREATMENT PLAN: Regulate Liver and Spleen Qi and dry dampness in the Middle Jiao.

FORMULA: Modification of **Xiao Yao San, Si Ni San, Xiang Sha Liu Sheng Zi Tang, Tong Xie Yao Fan, Zuo Jin Wan** and **Bo He Wan**

Chai Hu	Radix Bupleuri	3-6g
Bai Shao	Radix Peoniae Lactiflorae	3-15g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Yu Jin	Tuber Curcumae	3-12g
Wu Zhu Yu	Fructus Evodiae Rutacarpae	3-12g
Wu Yao	Radix Linderae Strychnifoliae	3-12g
Tian Ma	Rhizoma Gastrodiae Elatae	3-12g
Gou Teng	Ramulus Cum Uncis Uncariae	3-12g
Fo Shou	Citri Sarcodactylis Fructus	3-12g
Qing Pi	Pericarpium Citri Reticulatae Verde	3-12g
Hou Po	Magnoliae Officinalis Cortex	3-12g
Zhi Shi	Fructus Immaturus Citrii Aurantii	3-12g
Chen Pi	Pericarpium Citri Reticulatae	3-6g
Sha Ren	Fructus Amomie	3-12g
Bai Dou Kou	Fructus Amomi Kravanh	3-9g
Mu Xiang	Radix Aucklandia Lappae	3-6g
Bing Lang	Semen Arecae Catechu	3-12g

Ban Xia	Pinelliae Rhizoma Preparatum	3-9g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-12g
Huo Xiang	Herba Agastaches seu Pogostemi	3-12g
Pei Lan	Herba Eupatorii Fortunei	3-12g
Gu Ya	Setariae Fructus Germinatus	3-15g
Lai Fu Zi	Semen Raphani Sativi	3-30g
Shan Zha	Fructus Crateigi	3-15g
Ji Nei Jin	Endothelium corneum gigeruae Galli	3-12g
Sheng Jiang	Zingiber Officinale Rosc.	3-12g
Gan Jiang	Rhizoma Zingiberis Officinalis	3-12g
Fu Ling	Sclerotium Poriae cocoa	3-30g
Yi Yi Ren	Semen Coicis Lachryma-jobi	3-30g
Bai Bian Dou	Semen Dolichoris Lablab	3-12g
Huang Lian	Gelatinum Corii Asini	3-9g
Bai Tou Weng	Radix Pulsatillae Chinensis	3-30g
Ma Chi Qian	Portulacae Herba,	3-30g
Ge Gen	Radix Puerariae	3-15g
Gan Cao	Radix Glycyrrhizae Uralensis	1-3g

■ **Chai Hu** and **Bai Shao** regulate Liver Qi. **Chai Hu** and **Bai Shao** are often used as a pair to harmonize the Liver and Spleen. **Chai Hu** opens and releases Qi and **Bai Shao** stabilizes and astringes Qi.

■ **Xiang Fu** and **Yu Jin** regulate Liver Qi and promote blood circulation. **Xiang Fu** is stronger at moving blood and stopping pain. **Yu Jin** cools the Blood and opens orifices.

■ **Wu Zhu Yu** and **Wu Yao** warm and regulate Liver and Kidney. **Wu Zhu Yu** is warmer and stronger at moving and drying dampness and phlegm. **Wu Yao** is astringent and promotes healing.

■ **Tian Ma** and **Gou Teng** quiets down Liver excess to stop internal Liver wind and stop spasms. **Tian Ma** is stronger and works at a deeper level and is maintained in the blood longer. **Gou Teng** is moving and tends to go to the surface.

- **Fo Shou** and **Qing Pi** regulate Liver Qi. **Fo Shou** harmonizes the relationship between the Liver, Spleen and Stomach. **Qing Pi** breaks up Qi stagnation and stops pain.
- **Hou Po** and **Zhi Shi** break up Middle Jiao Qi stagnation. **Hou Po** breaks up Qi and phlegm stagnation. **Zhi Shi** is stronger at breaking up Qi stagnation and driving it downward.
- **Chen Pi** is moderate and stable and is used to regulate Qi and phlegm in the Middle Jiao.
- **Sha Ren** and **Bai Dou Kou** warm and transform dampness in the Middle Jiao. **Sha Ren** is physically heavier which allows it to sink into the deep level of Middle and Lower Jiao to warm and dry dampness in the Spleen and Stomach. **Bai Dou Kou** is lighter in weight so it floats to the Upper and Middle Jiao.
- **Mu Xiang** and **Bing Lang** break up Qi and phlegm stagnation and treat tenosynovitis. **Mu Xiang** is warm and dries dampness. **Bing Lang** breaks up Qi stagnation and promotes urination to guide out dampness.
- **Bai Zhu**, **Huo Xiang** and **Pei Lan** dry dampness in the Middle Jiao. **Bai Zhu** is stable and is used to dry dampness and is retained in the blood longer. **Huo Xiang** release the surface and treats wind-damp Stomach flu. **Pei Lan** lightweight so it floats to the Upper Jiao to clear metallic taste in the mouth.
- **Gu Ya**, **Lai Fu Zi**, **Shan Zha** and **Ji Nei Jin** reduce food stagnation. **Gu Ya** smooths Liver Qi. **Lai Fu Zi** dissolves phlegm and descends food downward. **Shan Zha** promotes blood circulation and eliminates meat stagnation. **Ji Nei Jin** dissolves stones and strengthens the Kidney.
- **Sheng Jiang**, **Gan Jiang** and **Pao Jiang** warm and dry the Spleen and Kidney and descend Stomach Qi down. **Sheng Jiang** is the strongest at promoting movement and sweating. **Gan Jiang** is between **Sheng Jiang**'s moving and **Pao Jiang**'s stability function.
- **Fu Ling**, **Yi Yi Ren** and **Bai Bian Dou** leach out dampness in the Middle Jiao. **Fu Ling** is the strongest at promoting urination and harmonizing water balance. **Yi Yi Ren** is stronger at promoting urination than **Bai Bian Dou**. **Bai Bian Dou** is used for chronic and mild Middle Jiao dampness.
- **Huang Lian**, **Bai Tou Weng** and **Ma Chi Qian** eliminate damp heat in the Middle Jiao. **Huang Lian** eliminates damp heat and clears Heart fire. **Bai Tou Weng** clears turbid damp heat. **Ma Chi Qian** is used for mild and chronic conditions.
- **Ge Gen** raises Spleen Qi, stops diarrhea and relaxes muscles.
- **Gan Cao** harmonizes the ingredients in the formula.

4.2 Liver and Lung Disharmony Patterns

MECHANISM OF INJURY: Liver burns the Lung.

INDICATIONS: Anger, stress, dry cough with blood

Tongue: Red sides and tip

Pulse: wiry, floating and rapid

TREATMENT PLAN: Cool Liver fire and stop cough

FORMULA: Modification of **Shen Gan Xi Fang Tang**, **Tian Ma Gou Teng Yin**, **Bai He Gu Jin Wan** and **Si Sheng Wan**

Mu Li	Concha Ostrae	3-30g
Long Gu	Os Draconis	3-30g
Shi Jue Ming	Concha Haliotidis	3-30g
Shi Gao	Gypsum	3-30g
Bai Shao	Radix Peoniae Lactiflorae	3-12g
Yu Jin	Tuber Curcumae	3-12g
Tian Ma	Rhizoma Gastrodiae Elatae	3-12g
Gou Teng	Ramulus cum Uncis Uncariae	3-12g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Bai He	Bulbus Lilii	3-12g
Mai Men Dong	Tuber Ophiopogonis Japonici	3-12g
Sha Shen	Radix Adenophorae Seu Glehniae	3-12g
Sheng Di Huang	Radix Rehmanniae Glutinosae	3-30g
Xuan Shen	Radix Scrophulariae Ningpoensis	3-12g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	3-12g
Bai Mao Gen	Rhizoma Imperatae Cylindrica	3-30g
Ce Bai Ye	Cacumen Biotae Orientalis	3-12g
Xian He Cao	Herba Agrimony Pilosae	3-30g
Zhi Zhu Cao	Folium Callicarpae Formosanae	3-30g
Xi Yang Shen	Radix Panacis Quincquefolii	3-15g

Huang Qin	Radix Scutellariae Baicalensis	3-15g
Yu Xing Cao	Herba cum Radice Houltuyniae Cordate	3-30g
Sang Bai Pi	Mori Albae Radicis, Cortex	3-30g
Xing Ren	Radix scrophulariae Ningpoensis	3-12g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Kuan Dong Hua	Tussilaginis Farfarea, Flos	3-12g
Pi Pa Ye	Eriobotrye Japonicae, Folium	3-12g
Gan Cao	Radix Glycyrrhizae Uralensis	1-3g

■ **Mu Li**, **Long Gu** and **Shi Jue Ming** stabilize Liver Yang. **Mu Li** and **Shi Jue Ming** stabilizes Liver Yang. **Mu Li** dissolves phlegm nodules. **Shi Jue Ming** brightens the eyes. **Long Gu** stabilizes the Heart Yang and astringes the Kidney.

■ **Shi Gao** sedates excess Stomach and Lung heat.

■ **Bai Shao** and **Yu Jin** smooth Liver Qi. **Bai Shao** stabilizes the Liver Yang and harmonizes the relationship between the Liver and Lung. **Yu Jin** cools the blood and promotes blood circulation.

■ **Tian Ma** and **Gou Teng** stops internal Liver wind and calms spasms. **Tian Ma** is stronger and goes to the deeper level. **Gou Teng** moves faster and tends to work on the surface.

■ **Mu Dan Pi** cools the blood and promotes blood circulation.

■ **Bai He**, **Mai Men Dong**, **Sha Shen**, **Xuan Shen** and **Zhi Mu** cools empty heat and lubricates Yin fluid. **Bai He** cools Lung heat and calms the Heart. **Mai Men Dong** and **Sha Shen** moisten the Lung and Stomach Yin. **Mai Men Dong** is stronger at reducing Heart fire and **Sha Shen** is stronger at moistening dryness. **Xuan Shen** cools heat in the blood and clears toxic heat. **Zhi Mu** cools Qi level heat.

■ **Bai Mao Gen**, **Ce Bai Ye**, **Xian He Cao**, **Zhi Zhu Cao** and **Xi Yang Shen** stop bleeding. **Bai Mao Gen** promotes urination and stops Upper Jiao bleeding. **Ce Bai Ye** cools heat in the blood. **Xian He Cao** and **Zhi Zhu Cao** have an astringent nature that stops bleeding. **Xian He Cao** has a neutral temperature and strengthens the Qi. **Zi Zhu Cao** cools heat in the blood. **Xi Yang Shen** cools heat and strengthens Qi.

■ **Huang Qin**, **Yu Xing Cao** and **Sang Bai Pi** eliminate damp heat in the Lung. **Huang Qi** clears Lung and Gall Bladder damp heat. **Yu Xing Cao** and **Sang Bai Pi** promote urination. **Yu Xing Cao** clears damp heat in the lighter level. **Sang Bai Pi** stops cough.

■ **Xing Ren**, **Jie Geng**, **Kuan Dong Hua** and **Pi Pa Ye** stop cough. **Xing Ren** opens up Lung Qi and stops asthmatic coughing. **Jie Geng** also opens up Lung Qi but it has the added function of directing the other herbs in the formula to the Upper Jiao. **Kuan Dong Hua** stops cough and dissolves phlegm. **Pi Pa Ye** cools Lung and Stomach heat and moistens dryness.

- **Gan Cao** harmonizes the ingredients of the formula.

5.0 Exterior and Interior Communication Disharmony Patterns

5.1 Allergy

MECHANISM OF INJURY: Ying is unable to support the Wei Qi.

INDICATIONS: Allergies, catches colds easily, sneezing, running nose, cough, asthma, sore throat, red eyes or skin, heavy sensation in the head, food allergies

Tongue: red tip and white coating

Pulse: floating and slippery

TREATMENT PLAN: Expels external wind in the Wei and strengthen Ying.

FORMULA: Modification of **Gui Zhi Tang, Xin Yi San, Sang Xin Tang, Er Chen Tang, Yu Ping Fang San, Bu Zhong Yi Qi Tang, Bao He Wan, Qing Zhu Jiu Fei Tang** and **Bai He Gu Jing Tang**

Gui Zhi	Ramulus Cinnamomi Cassiae	3-12g
Jing Jie	Schizonepetae Herba,	3-12g
Fang Feng	Radix Ledebouriellae Diaricatae	3-12g
Xin Yi Hua	Magnolia Liliflora	3-9g
Bai Ji	Rhizoma Bletillae Striatae	3-9g
Chuan Xiong	Radix Ligustici Chuanxiong	3-9g
Wu Wei Zi	Fructus Schizandrae Chinensis	3-9g
Sang Ye	Folium Mori Albae	3-12g
Ju Hua	Flos Chrysanthemi Morifolli	3-12g
Ban Xia	Pinelliae Rhizoma preparatum	3-9g
Fu Ling	Sclerotium Poriae Cocco	3-30g
Chen Pi	Pericarpium Citri Reticulatae	3-6g
Lu Gen	Rhizoma Phragmitis Communis	3-30g
Bai Mao Gen	Rhizoma Imperatae Cylindrica	3-30g
Xuan Shen	Radix scrophulariae Ningpoensis	3-12g
Mai Men Dong	Tuber Ophiopogonis Japonici	3-12g
Sheng Di Huang	Radix Rehmanniae Glutinosae	3-12g

Huang Qin	Radix Scutellariae Baicalensis	3-12g
Niu Bang Zi	Fructus Arctii Lappae	3-12g
Bo He	Mentha Haplocalyx	3-6g
Huang Qi	Radix Astragali Membranaceus	3-15g
Dang Shen	Radix Codonopsitis Pilosulae	3-12g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-12g
Chai Hu	Radix Bupleuri	3-6g
Sheng Ma	Cimicifugae Rhizoma	3-6g
Ma Huang	Herba Ephedrae	3-9g
Xing Ren	Pruni Armeniacae, Semen	3-9g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-12g
Chuan Bei Mu	Bulbus Fritillariae Cirrhosae	3-12g
Shen Qu	Massa Fermentata	3-30g
Lai Fu Zi	Semen Raphani Sativi	3-15g
Zhi Ke	Fructus Citri Aurantii	3-12g
Pei Lan	Herba Eupatorii Fortunei	3-12g
Huo Xiang	Herba Agastaches seu Pogostemi	3-12g
Shi Gao	Gypsum	3-30g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	3-12g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Zhi Zi	Fructus Gardeniae Jasminoidis	3-12g
Ku Shen	Radix Sophorae Flavescentis	3-12g
Bai Qian Pi	Cortex Dictamni Dasycarpi Radicis	3-12g
Gan Cao	Radix Glycyrrhizae Uralensis	1-3g

■ **Gui Zhi**, **Jing Jie** and **Fang Feng** expel external wind attack to relieve allergy symptoms. **Gui Zhi** warms the Ying, Wei and channels. **Jing Jie** and **Fang Feng** tracks down external wind. **Jing Jie** is smaller but has a heavy weight which gives the herb momentum to act stronger and faster.

Fang Feng stops internal wind and wind damp bi pain. It is also more appropriate to use for milder and more chronic conditions.

- **Xin Yi Hua**, **Bai Ji** and **Chuan Xiong** expel external wind, sneezing and mucous. **Xin Yin Hua** expels external wind to stop itching. **Bai Ji** dries mucous. **Chuan Xiang** dries dampness and promotes blood circulation.
- **Wu Wei Zi** nourishes and astringes the Yin and fluids. Its sour taste goes to the Liver to harmonize the surface Wei and interior Ying. It also calms down the Heart and Liver and helps the body fight off allergies.
- **Sang Ye** and **Ju Hua** are acrid and cool and are used to release external wind-heat. **Sang Ye** is colder and expels external wind-heat, specifically in the Lung. **Ju Hua** goes to the Liver and is able to treat chronic and mild condition.
- **Ban Xia**, **Fu Ling** and **Chen Pi** are the ingredients in **Er Chen Tang** and are used to expel phlegm. **Ban Xia** dries phlegm, **Fu Ling** drains phlegm and **Chen Pi** regulates Qi and dries phlegm.
- **Lu Gen** and **Bai Mao Gen** moisten dryness, clear heat and promote urination. **Lu Gen** is stronger at clearing toxic damp heat. **Bai Mao Gen** stops bleeding.
- **Xuan Shen**, **Mai Men Dong** and **Sheng Di Huang** are moistening and clear heat. **Xuan Shen** cools heat in the Blood and clears toxic heat. **Mai Men Dong** moistens Yin and calms the Heart. **Sheng Di Huang** cools heat in the Blood and nourishes Yin and Jing.
- **Huang Qin**, **Niu Bang Zi** and **Bo He** clear heat. **Huang Qin** is physically a denser herbs and this relates to its function to be able to clear stuck damp heat toxins. **Niu Bang Zi** clears toxic heat in the throat. **Bo He** eliminates heat irritation in the throat and eyes.
- **Huang Qi** and **Dang Shen** strengthen the Qi. **Huang Qi** promotes the upward movement and flow of Qi and strengthens the Wei Qi. **Dang Shen** strengthens Spleen Qi which allows healthy Qi to flow out to the surface.
- **Bai Zhu** dries and warms the Spleen Qi and strengthens the Wei Qi.
- **Chai Hu** and **Sheng Ma** raise the Qi up. **Chai Hu** smooths Qi. **Sheng Ma** is stronger at elevating Qi.
- **Ma Huang**, **Xing Ren**, **Jie Geng**, **Zhe Bei Mu** and **Chuan Bei Mu** stop cough. **Ma Huang** and **Xing Ren** are commonly used together to treat asthma. **Ma Huang** is stronger at opening the Lung to stop asthma. **Xing Ren** moistens the Lung to treat dry cough. **Jie Geng** opens the Lung and clears mild sore throat and carries other herbs in the formula to the Upper Jiao. **Zhe Bei Mu** and **Chuan Bei Mu** clear hot phlegm. **Zhe Bei Mu** is stronger at clearing hot phlegm and **Chuan Bei Mu** moistens the throat and treat dry cough.
- **Shen Qu**, **Lai Fu Zi** and **Zhi Ke** reduce food stagnation. **Shen Qu** clears turbid food stagnation Qi. **Lai Fu Zi** descends food and stomach Qi down. **Zhi Ke** breaks up Qi stagnation and drives it downward.

- **Pei Lan** and **Huo Xiang** warms dry dampness in the Middle Jiao. **Pei Lan** is small and light in weight which allows it to ascend and move quickly. **Huo Xiang** is maintained in the blood longer and travels deeper and helps release the surface.
- **Shi Gao** and **Zhi Mu** sedate Qi level heat to clear skin rashes. **Shi Gao** is stronger at eliminating Qi level heat and clearing red skin rashes. **Zhi Mu** moistens dryness.
- **Mu Dan Pi** and **Zhi Zi** promote blood circulation and cool heat to reduce skin irritation. **Mu Dan Pi** cools heat and mildly promotes blood circulation. **Zhi Zi** clears San Jiao heat and damp heat. It guides other herbs to the San Jiao and also eliminates irritability.
- **Ku Shen** and **Bai Xian Pi** are bitter and strongly clear toxic heat from the skin. **Ku Shen** has a dense characteristic which helps it to clear toxic heat on the deeper level. **Bai Xian Pi** works more on the surface.
- **Gan Cao** harmonizes the ingredients in the formula and clears heat.

5.2 Ovarian cyst

MECHANISM OF INJURY: Exterior Wei Qi and Interior Ying are not balanced causing a cyst to form.

INDICATIONS: Ovarian cyst, pain in the groin region or lower abdomen that is worse before menstruation, irregular menstruation

Tongue: light red tongue with white coating

Pulse: wiry and slippery

TREATMENT PLAN: Eliminate phlegm and harmonizes Ying and Wei

FORMULA: Modification of **Gui Zhi Fu Ling Tang** and **Xiao Fu Zhu Yu Tang**

Gui Zhi	Ramulus Cinnamomi Cassiae	3-12g
Fu Ling	Sclerotium Poriae Cocco	3-30g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Tao Ren	Semen Persicae	3-12g
Chi Shao	Radix Paeoniae Rubrae	3-12g
Xiao Huai Xiang	Fructus Foeniculi Vulgaris	3-12g
Wu Zhu Yu	Fructus Evodiae Rutacarpae	3-12g
Dang Gui	Radix Angelicae Sinensis	3-12g
Hong Hua	Flos Carthami Tinctorii	3-9g
Chuan Xiong	Radix Ligustici Chuanxiong	3-9g
San Qi	Radix Notoginseng	3-15g
Pu Huang	Pollen Typhae	3-12g
San Leng	Rhizoma Sparganii Stoloniferi	3-12g
E Zhu	Rhizoma Circuma Ezhu	3-12g
Hai Zao	Herbs Sargassii	3-30g
Kun Bu	Thallus Algae	3-12g
Hai Dai	Laminariae Thallus	3-30g
Ju He	Semen Citri Reticulatae	3-12g
Li Zhi He	Semen Litchi Chinensis	3-12g

Mang Gua He	Mango Seed	
Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-12g
Fu Hai Shi	Costaziae Os	3-12g
Hai Ge Ke	Meretricis/Cyclinae Concha	3-15g
Tu Si Zi	Semen Cuscutae Chinensis	3-15g
Xu Duan	Radix Scrophulariae Ningpoensis	3-12g
Yin Yang Huo	Herba Epimedii	3-12g
Lu Jiao	Cornu Cervi	3-15g
Huang Qi	Radix Astragali Membranaceus	3-15g
Gan Cao	Radix Glycyrrhizae Uralensis	1-3g

- **Gui Zhi** harmonizes the Wei and Ying, warms the channels, dries dampness and clears cysts.
- **Fu Ling** drains cyst dampness and harmonizes water balance.
- **Mu Dan Pi** and **Chi Shao** cool and promote blood circulation. **Mu Dan Pi** cools the blood. **Chi Shao** is stronger at promoting blood circulation.
- **Tao Ren** and **Hong Hua** break up congealed blood. **Tao Ren** moistens dryness and is maintained in the blood level longer. **Hong Hua** is stronger at breaking up congealed blood and is faster acting.
- **Xiao Huai Xiang** and **Wu Zhu Yu** warm the Liver and Kidney. **Xiao Huai Xiang** is physically light and small allowing it to move quickly to the surface level of the Wei. **Wu Zhu Yu** is maintained in the blood longer and goes into the deeper Ying level and maintains in the blood. It dries phlegm in the Liver channel.
- **Dang Gui** and **Chuan Xiong** promote blood circulation. **Dang Gui** promotes blood circulation and menstruation while nourishing blood in the Ying level. **Chuan Xiong** moves Qi of blood and into the lighter Wei level.
- **San Qi** and **Pu Huang** promote blood circulation and stop bleeding to treat menstruation with excessive bleeding. **San Qi** is retained in the blood longer and stops pain and swelling. **Pu Huang** moves faster and works on the the lighter level.
- **San Leng** and **E Zhu** promote blood circulation and break up stagnation. **San Leng** treats Qi level stagnation. **E Zhu** breaks blood stagnation.
- **Hai Zao**, **Ku Bu** and **Hai Dai** dissolve phlegm nodules. The three herbs work on three different levels. **Hai Zao** is the physically most dense and therefore strongly dissolves the phlegm nodules, **Hai Dai** is middle in density and **Ku Bu** is lighter in density and therefore more quick in its effective action.

- **Ju He**, **Li Zhi He** and **Mang Guo He** dissolve Qi and phlegm nodules. **Ju He** works on the lighter level. **Li Zhi He** is warmer. **Mang Guo He** is retained in the blood longer.
- **Zhe Bei Mu**, **Fu Hai Shi** and **Hai Ge Ke** dissolve phlegm nodules. **Zhe Bei Mu** clears hot phlegm nodules. **Fu Hai Shi** scours away phlegm nodules. **Hei Ge Ke** smoothly dissolves phlegm nodules.
- **Tu Si Zi**, **Xu Duan**, **Yin Yang Huo** and **Lu Jiao** strengthen Kidney Yang Qi to push through dissolved nodules. **Tu Si Zi** is neutral and nourishes Kidney Jing. **Xu Duan** promotes blood circulation. **Yin Yang Huo** reestablishes Qi flow. **Lu Jiao** penetrates and dissolves nodules.
- **Huang Qi** strengthens Qi and pushes & lifts up the Qi flow to improve circulation of Qi in the ovaries to help eliminate ovarian cysts.
- **Gan Cao** harmonizes the ingredients of the herbal formula.

5.3 Common cold with Spleen or Lung Qi deficiency.

(a) Wind-cold with Spleen or Lung Qi deficiency.

MECHANISM OF INJURY: Wind-cold attack with underlying Spleen or Lung Qi deficiency.

INDICATIONS: Chills stronger than fever, cough, mucous, sweat or no sweat, fatigue, low appetite, loose stool, shortness of breath

Tongue: toothmarks with white coating

Pulse: floating and weak

TREATMENT PLAN: Expel external wind-cold and strengthen Spleen and Lung Qi.

FORMULA: Modification of **Gui Zhi Tang**, **Ma Huang Tang**, **Yu Ping Fang San**, **Si Jun Zi Tang** and **Bu Zhong Yi Qi Tang**

Gui Zhi	Ramulus Cinnamomi Cassiae	3-12g
Ma Huang	Herba Ephedrae	3-9g
Jing Jie	Schizonepetae Herba,	3-12g
Fang Feng	Radix Ledebouriellae Diaricatae	3-12g
Ge Gen	Radix Puerariae	3-12g
Bai Shao	Radix Peoniae Lactiflorae	3-12g
Huang Qi	Radix Astragali Membranaceus	3-15g
Dang Shen	Radix Codonopsis Pilosulae	3-15g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-15g
Fu Ling	Sclerotium Poriae Cocco	3-30g
Bai Dou Kou	Fructus Amomi Kravanh	3-9g
Sha Ren	Fructus Amomie	3-12g
Huo Xiang	Herba Agastaches seu Pogostemi	3-12g
Chai Hu	Radix Bupleuri	3-6g
Xing Ren	Pruni Armeniacae, Semen	3-9g
Jie Geng	Radix Platycodi Grandiflori	3-15g
Bai Qian	Radix et Rhizome Cynanchi Baiqian	3-12g
Kuan Dong Hua	Tussilaginis Farfarea, Flos	3-12g

Gan Cao

Radix Glycyrrhizae Uralensis

1-3g

- **Gui Zhi** and **Ma Huang** release the surface and warm the channels and Lung. **Gui Zhi** is stable and warms the channels and reestablishes the relationship between the Ying and Wei. **Ma Huang** moves quickly and strongly opens the Lung Qi to stop asthma.
- **Jing Jie** and **Fang Feng** release the surface. **Jing Jie** is stronger at releasing the surface and moves quickly. **Fang Feng** stops internal wind and wind damp Bi pain.
- **Ge Gen** and **Bai Shao** relax the muscles and harmonize the Ying and Wei. **Ge Gen** generates fluids and raises Spleen Qi. **Bai Shao** astringes the Yang and nourishes Yin.
- **Huang Qi** and **Dang Shen** strengthen the Qi. **Huang Qi** raises the Qi and strengthens the surface. **Dang Shen** strengthens Middle Jiao Qi.
- **Bai Zhu** and **Fu Ling** benefit the Spleen Qi. **Bai Zhu** warms and dries the Spleen to encourage the movement of Spleen Qi and stabilize the surface. **Fu Ling** drains dampness to create a drier environment for the Spleen.
- **Bai Dou Kou**, **Sha Ren** and **Huo Xiang** warm and dry dampness in the Middle Jiao. **Bai Dou Kou's** physical lightness and aromatic nature allows it to float to the Stomach, Lung and Head to dry dampness and release the surface. **Sha Ren** has a heavier weight which allows it to work more in the Spleen and Intestine. **Huo Xiang** releases the surface and has a heavy smell that transforms dampness.
- **Chai Hu** raises and smoothes Qi and assists **Huang Qi** and **Dang Shen** to raise Qi.
- **Xing Ren**, **Jie Geng**, **Bai Qian** and **Kuan Dong Hua** stop cough. **Xing Ren** and **Jie Geng** do this by opening up Lung Qi. **Xing Ren** is stronger and also moistens dryness. **Jie Geng** clears sore throat and carries other herbs to the Upper Jiao. **Bai Qian** stops cough by penetrating through the Lung and drying phlegm. **Kuan Dong Hua** stops cough by dissolving phlegm.
- **Gan Cao** harmonizes the actions of the herbs in the formula and strengthens Qi.

(b) Wind-heat with Spleen and Lung Qi deficiency

MECHANISM OF INJURY: Wind-heat with underlying Spleen or Lung Qi deficiency.

INDICATIONS: Fever, sore throat, sweat easily, fever, cough, yellow mucous, fatigue, low appetite, loose stool or dry stool

Tongue: toothmarks with dry white coating

Pulse: floating, rapid and weak

TREATMENT PLAN: Expel wind-heat and strengthen Spleen and Lung Qi.

FORMULA: Modification of **San Ju Yin, Yin Qiao San, Si Jun Zi Tang, Qing Qi Hua Tang Wan** and **Bu Zhong Yi Qi Tang**

Sang Ye	Folium Mori Albae	3-12g
Ju Hua	Flos Chrysanthemi Morifolli	3-12g
Jin Yin Hua	Flos Lonicerae Japonicae	3-15g
Lian Qiao	Fructus Forsythiae Suspensae	3-12g
Jing Jie	Schizonepetae Herba,	3-9g
Fang Feng	Radix Ledebourieliae Diaricatae	3-12g
Ge Gen	Radix Puerariae	3-15g
Bai Shao	Radix Peoniae Lactiflorae	3-15g
Huang Qi	Radix Astragali Membranaceus	3-12g
Dang Shen	Radix Codonopsitis Pilosulae	3-12g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-12g
Fu Ling	Sclerotium Poriae Cocco	3-15g
Bai Dou Kou	Fructus Amomi Kravanh	3-9g
Sha Ren	Fructus Amomie	3-12g
Huo Xiang	Herba Agastaches seu Pogostemi	3-12g
Pei Lan	Herba Eupatorii Fortunei	3-12g
Xing Ren	Pruni Armeniaca, Semen	3-9g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-12g
Pi Pa Ye	Eriobotrye Japonicae, Folium	3-12g
Gua Lou	Semen Trichosanthis	3-15g
Fu Hai Shi	Semen Triticis Aestivi Levis	3-12g
Tian Hua Fen	Radix Trichosanthis Kirilowii	3-12g
Xuan Shen	Radix scrophulariae Ningpoensis	3-12g
Sang Bai Pi	Mori Albae Radicis, Cortex	3-12g
Lu Gen	Rhizoma Phragmitis Communis	3-30g

Huang Qin	Radix Scutellariae Baicalensis	3-12g
Yu Xing Cao	Herba cum Radice Houttuyniae Cordate	3-30g
Gan Cao	Radix Glycyrrhizae Uralensis	1-3g

- **Sang Ye** and **Ju Hua** release wind-heat from the surface and clear Lung and Liver heat. **Sang Ye** strongly releases the surface and clears Lung heat. **Ju Hua** clears Liver heat.
- **Lian Qi** and **Jin Yi Hua** release wind heat and clear toxic heat. **Lian Qiao** is stronger at clearing heat and dissolving nodules. **Jin Yin Hua** is stronger at releasing the surface and clearing toxic heat from the Middle Jiao.
- **Jing Jie** and **Fang Feng** are acrid and warm to release the surface. **Jing Jie** is physically lighter and more aromatic which accounts for its strong ability to release the surface. **Fang Feng** can stop internal wind and wind-damp bi pain.
- **Ge Gen** and **Bai Shao** relax the sinews and muscles. **Ge Gen** tends to work on the surface and it also generates fluids and raises Spleen Qi to stop diarrhea. **Bai Shao** astringes the Yang and harmonizes the Ying and Wei.
- **Huang Qi** and **Dang Shen** strengthen Qi. **Huang Qi** lifts the Qi up. **Dang Shen** strengthens Middle Jiao Qi.
- **Bai Zhu** and **Fu Ling** benefit the Spleen. **Bai Shao** warms and dries the Spleen and stabilizes the surface. **Fu Ling** drains dampness out of the Middle Jiao to benefit the Spleen Qi.
- **Bai Dou Kou** and **Sha Ren** transform dampness. **Bai Dou Kou's** physical lightness and aromatic nature allows it to float to the Stomach, Lung and Head to dry dampness and release the surface. **Sha Ren** has a heavier weight which allows it to work more in the Spleen and Intestine.
- **Huo Xiang** and **Pei Lan** transform dampness. **Huo Xiang** is strongly aromatic which allows it to penetrate deep in the body and dry dampness. **Pei Lan** treats the lighter level and is especially useful in the treatment of metallic taste in the mouth.
- **Xing Ren** and **Jie Geng** open the Lung and stop cough. **Xing Ren** is stronger at this function and it also moistens dryness. **Jie Geng** soothes the throat and carries other herbs to the Upper Jiao.
- **Zhe Bei Mu** and **Pi Pa Ye** stop cough with heat signs. **Zhe Bei Mu** has a dense nature which stops cough, clears hot phlegm and dissolves hot phlegm nodules. **Pi Pa Ye** clears Lung and Stomach heat and tends to work more on a lighter surface level.
- **Gua Lou** and **Fu Hai Shi** dissolve hot phlegm. **Gua Lou** works by dissolving hot phlegm in the Lung. **Fu Hai Shi** scours hot phlegm out of the Lung.
- **Tian Hua Fen** and **Xuan Shen** moistens dryness and clears hot phlegm. **Tian Hua Fen** is stronger at clearing toxic heat and dissolving hot phlegm nodules. **Xuan Shen** is stronger at moistening dryness and cooling heat in the blood.

- **Sang Bai Pi** and **Lu Gen** clears heat and promotes urination. **Sang Bai Pi** stops cough and is stronger at clearing heat. **Lu Gen** moistens dryness and expels pus.
- **Huang Qin** and **Yu Xing Cao** clear hot phlegm. **Huang Qin** is very dense so it goes deep to clear hot phlegm in the Lung. **Yu Xing Cao** tends to work on a lighter level and also promotes urination.
- **Gan Cao** harmonizes the actions of all the herbs in the formula and clears heat.

5.4 Common Cold with Spleen, Lung and Kidney Yang deficiency.

(a) Wind-cold Attack with Spleen, Lung and Kidney Yang deficiency.

MECHANISM OF INJURY: Wind-cold with underlying Spleen or Lung Yang deficiency.

INDICATIONS: Chills stronger than fever, aversion to cold, cold extremities, quiet, edema and loose stool

Tongue: puffy body with bright white coating

Pulse: floating, slow and weak

TREATMENT PLAN: Expel external wind-cold and strengthen Spleen, Lung and Kidney Yang deficiency.

FORMULA: Modification of **Ma Huang Tang**, **Gui Zhi Tang**, **Wu Ling San** and **Ma Huang Fu Zi Xi Xin Tang**

Ma Huang	Herba Ephedrae	3-9g
Gui Zhi	Ramulus Cinnamomi Cassiae	3-12g
Xi Xin	Herba cum Radice Asari	1-3g
Fu Zi	Aconiti Radix Lateralis Preparata	3-9g
Sheng Jiang	Zingiber Officinale Rosc.	3-12g
Xiao Hui Xiang	Fructus Foeniculi Vulgaris	3-30g
Wu Zhu Yu	Fructus Evodiae Rutacarpae	3-12g
Xu Duan	radix Dipsaci Asperi	3-12g
Yin Yang Huo	Herba Epimedii	3-12g
Bai Shao	Radix Peoniae Lactiflorae	3-12g
Ge Gen	Radix Puerariae	3-15g
Huang Qi	Radix Astragali Membranaceus	3-12g
Dang Shen	Radix Codonopsis Pilosulae	3-12g
Xing Ren	Pruni Armeniacae, Semen	3-9g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Fu Ling	Sclerotium Poriae Cocoa	3-30g

Zhu Ling	Sclerotium Polypori Unbellati	3-30g
Ze Xie	Alismatis Rhizoma	3-12g
Gan Cao	Radix Glycyrrhizae Uralensis	1-3g

- **Ma Huang** and **Gui Zhi** are warm and release the surface. **Ma Huang** is stronger and moves more quickly to promote sweating and opening the Lung to stop asthma and cough. **Gui Zhi** warms the Ying, Wei and channels.
- **Xi Xin**, **Fu Zi** and **Sheng Jiang** warm the Yang and expel cold. **Xi Xin** warms the Kidney and channels and stops pain. **Fu Zi** and **Sheng Jiang** warm the Yang. **Fu Zi** warms and rescues devastated Yang and is retained in the blood longer. **Sheng Jiang** is acrid, warm and moving. It works on the surface level.
- **Xiao Huai Xiang** and **Wu Zhu Yu** warm the Liver and Kidney. **Xiao Huai Xiang** is faster moving and works on a lighter level. **Wu Zhu Yu** has a physically heavier weight and smell which allows it to work on a deeper level. It is also maintained in the blood longer.
- **Xu Duan** and **Yin Yang Huo** warm the Kidney Yang. **Xu Duan** promotes blood circulation. **Yin Yang Huo** moves faster and penetrates deeper.
- **Bai Shao** and **Ge Gen** relax muscles. **Bai Shao** astringes the Yin and Yang and harmonizes the Ying and Wei. **Ge Gen** generates fluid and raises Spleen Yang.
- **Huang Qi** and **Dang Shen** strengthen Qi. **Huang Qi** raises Qi to treat prolapsed Spleen Qi. **Dang Shen** strengthens Middle Jiao Qi.
- **Xing Ren** and **Jie Geng** open the Lung to stop cough. **Xing Ren** is strongly opens Lung Qi to stop asthma. **Jie Geng** benefits the throat and carries other herbs to the upper body.
- **Fu Ling**, **Zhu Ling** and **Ze Xie** promote urination to reduce edema. **Fu Ling** harmonizes water balance. However, its ability to promote urination is milder than **Zhu Ling**. **Zhu Ling** clears heat. **Ze Xie** clears Kidney excess and deficiency fire.
- **Gan Cao** harmonizes the ingredients of the herbal formula.

(b) Wind-heat attack with Spleen, Lung and Kidney Yang deficiency.

MECHANISM OF INJURY: Wind-heat with underlying Spleen or Lung Yang deficiency.

INDICATIONS: Fever, mild sweating, sore throat, loose stools, cough, cold extremities, edema

Tongue: puffy body with bright white coating

Pulse: floating, slow and weak

TREATMENT PLAN: Expel external wind-heat and strengthen Spleen, Lung and Kidney Yang.

FORMULA: Modification of **San Ju Yin, Yin Qiao San, Fu Zi Li Zhong Tang, Wu Ling San** and **Jin Gui Shen Qi Wan**

Sang Ye	Folium Mori Albae	3-12g
Ju Hua	Flos Chrysanthemi Morifolli	3-12g
Jin Yin Hua	Flos Lonicerae Japonicae	3-12g
Lian Qiao	Fructus Forsythiae Suspensae	3-12g
Jing Jie	Schizonepetae Herba,	3-9g
Fang Feng	Radix Ledebouriae Diaricatae	3-12g
Ge Gen	Radix Puerariae	3-30g
Bai Shao	Radix Peoniae Lactiflorae	3-12g
Gan Jiang	Rhizoma Zingiberis Officinalis	3-12g
Fu Zi	Rhizoma Zingiberis Officinalis	3-9g
Sheng Jiang	Zingiber Officinale Rosc.	3-12g
Huang Qi	Radix Astragali Membranaceus	3-15g
Dang Shen	Radix Codonopsis Pilosulae	3-12g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-12g
Fu Ling	Sclerotium Poriae Cocco	3-30g
Bai Dou Kou	Fructus Amomi Kravanh	3-9g
Huo Xiang	Herba Agastaches Seu Pogostemi	3-12g
Xing Ren	Pruni Armeniaca, Semen	3-9g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-12g
Gua Lou	Semen Trichosanthis	3-12g
Tian Hua Fen	Radix Trichosanthis Kirilowii	3-12g
Sang Bai Pi	Mori Albae Radicis, Cortex	3-30g
Lu Gen	Rhizoma Phragmitis Communis	3-30g
Huang Qin	Radix Scutellariae Baicalensis	3-15g
Yu Xing Cao	Herba cum Radice Houttuyniae Cordate	3-30g

Gan Cao

Radix Glycyrrhizae Uralensis

1-3g

- **Sang Ye** and **Ju Hua** release the surface and clear Lung and Liver heat. **Sang Ye** clears wind-heat from the surface level and strongly clears Lung heat. **Ju Hua** clears Liver heat.
- **Jin Yi Hua** and **Lian Qiao** eliminate wind-heat and toxic heat. **Jin Yin Hua** is stronger at releasing the surface and is fast-acting. **Lian Qiao's** more dense nature allows it to clear toxic heat and dissolve hot phlegm nodules.
- **Jing Jie** and **Fang Feng** release the surface. **Jing Jie's** light weight and acrid nature allows it to release the surface. **Fang Feng** can stop internal wind and wind-damp bi pain.
- **Ge Gen** and **Bai Shao** relax muscles and sinews. **Ge Gen** generates fluid and raises the Spleen Qi to stop diarrhea. **Bai Shao** harmonizes the Ying and Wei while astringing the Yang.
- **Fu Zi** and **Sheng Jiang** warm the Kidney Yang. **Fu Zi** is retained in the blood longer and is stronger at warming up Kidney Yang. It also expels wind-damp bi pain. **Sheng Jiang** is acrid and warm so it moves quickly and releases the surface.
- **Huang Qi** and **Dang Shen** both strengthen Qi. **Huang Qi** raises the Qi up while **Dang Shen** strengthens Spleen Qi.
- **Bai Zhu** and **Fu Ling** benefit the Spleen Qi. **Bai Zhu** warms and dries the Spleen while **Fu Ling** drains dampness out of the Spleen.
- **Bai Dou Kou** and **Huo Xiang** transform dampness and release the surface to treat wind-damp Stomach flu. **Bai Dou Kou** clears dampness from the Upper Jiao (Lung and Stomach). **Huo Xiang** is retained in the blood longer and dries dampness in the Middle Jiao.
- **Xing Ren**, **Jie Geng** and **Zhe Bei Mu** stop cough. **Xing Ren** and **Jie Geng** open Lung Qi. **Xing Ren** is stronger at stopping asthma and is moistening which allows it to treat dry cough. **Jie Geng** benefits the throat and carries other herbs to the upper body.
- **Gua Lou** and **Tian Hua Fen** eliminate hot phlegm. **Gua Lou** eliminates hot phlegm in the Lung. **Tian Hua Fen** moistens dryness in the throat and clears toxic heat.
- **Sang Bai Pi** and **Lu Gen** promote urination. **Sang Bai Pi** also clears hot phlegm and stops cough. **Lu Gen** is moistening and treats dry throat and cough.
- **Huang Qin** and **Yu Xing Cao** eliminate hot phlegm in the Lung. **Huang Qin** is dense so it is able to travel deep to eliminate hot phlegm in the Lung. **Yu Xing Cao** promotes urination to drain damp heat.
- **Gan Cao** harmonizes the ingredients of the formula.

5.5 Common Cold with Liver, Spleen and Stomach Qi stagnation.

(a) Wind-cold attack with Liver, Spleen and Stomach Qi stagnation

MECHANISM OF INJURY: Wind-cold with underlying Liver, Spleen and Stomach stagnation.

INDICATIONS: Chills stronger than fever, sweat or no sweat, fever, shortness of breath, cough, mucus, stress, emotional, irritability, low appetite, nausea, pain and fullness of hypochondriac, bloating, loose stool or dry stool

Tongue: slightly dark tongue with white coating

Pulse: wiry and floating

TREATMENT PLAN: Expel external wind-cold and regulate Liver, Spleen and Stomach Qi.

FORMULA: Modification of **Gui Zhi Tang, Ma Huang Tang, Xiang Su San, Si Ni San, Xiao Yao San and Tian Ma Gou Teng Yin**

Gui Zhi	Ramulus Cinnamomi Cassiae	3-12g
Ma Huang	Herba Ephedrae	3-9g
Jing Jie	Schizonepetae Herba,	3-12g
Fang Feng	Radix Ledebouriellae Diaricatae	3-12g
Xin Yin Hua	Magnolia Liliflora	3-12g
Bai Ji	Rhizoma Bletillae Striatae	3-12g
Chai Hu	Rhizoma Bletillae Striatae	3-6g
Bai Shao	Radix Peoniae Lactiflorae	3-12g
Yu Jin	Tuber Curcumae	3-12g
Qing Pi	Pericarpium Citri Reticulatae Veride	3-12g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Tian Ma	Rhizoma Gastrodiae Elatae	3-12g
Gou Teng	Ramulus Cum Uncis Uncariae	3-12g
Zhi Ke	Fructus Citri Aurantii	3-12g
Hou Po	Cortex Magnoliae Officinalis	3-12g
Da Fu Pi	Cortex Lycii Radicis	3-12g

Chen Pi	Pericarpium Citri Reticulatae	3-6g
Lai Fu Zi	Semen Raphani Sativi	3-30g
Su Ye	FOlium Perillae Frutescentis	3-12g
Huo Xiang	Herba Agastaches Seu Pogostemi	3-12g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-12g
Ban Xia	Pinelliae Rhizoma Preparatum	3-9g
Mu Xiang	Radix Aucklandia Lappae	3-6g
Bing Lang	Semen Arecae Catechu	3-12g
Sha Ren	Fructus Amomie	3-12g
Bai Dou Kou	Fructus Amomi Kravanh	3-12g
Fu Ling	Sclerotium Poriae Cocco	3-30g
Xing Ren	Pruni Armeniacae, Semen	3-9g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Tian Hua Fen	Radix Trichosanthis Kirilowii	3-12g
Xuan Shen	Radix scrophulariae Ningpoensis	3-12g
Sang Bai Pi	Mori Albae Radicis, Cortex	3-30g
Lu Gen	Rhizoma Phragmitis Communis	3-30g
Huang Qin	Radix Scutellariae Baicalensis	3-15g
Yu Xing Cao	Herba cum Radice Houttuyniae Cordate	3-30g
Gan Cao	Radix Glycyrrhizae Uralensis	1-3g

■ **Gui Zhi** and **Ma Huang** release the exterior and treat wind-cold. **Gui Zhi** warms the channels and harmonizes the Ying and Wei. **Ma Huang** is stronger at releasing the surface and works quickly to promote sweating and stop asthma.

■ **Jing Jie** and **Fang Feng** release the surface. **Jing Jie** is stronger and moves quickly to release surface. **Fang Feng** stops internal wind and wind-damp bi pain.

■ **Xin Yi Hua** and **Bai Ji** expel external wind and stop sinusitis. **Xin Yin Hua** expels external wind and treats sneezing. **Bai Ji** is stronger at eliminating mucous.

■ **Chai Hu**, **Bai Shao** and **Yu Jin** smooth Liver Qi. **Chai Hu** smoothes Qi while opening and raising the Qi to treat stagnation. **Bai Shao** stabilizes the Yang and harmonizes the Ying and Wei. **Yu Jin** cools heat and promotes blood circulation and opens orifices.

- **Qing Pi** and **Xiang Fu** regulate Liver Qi and stop pain. **Qing Pi** breaks up Qi stagnation to stop pain. **Xiang Fu** promotes blood circulation to stop pain.
- **Tian Ma** and **Gou Teng** stop internal wind to calm the mind. **Tian Ma** is stronger and retained in the blood longer. **Gou Teng** moves faster and tends to work on the surface.
- **Zhi Ke**, **Hou Po** and **Da Fu Pi** break up Middle Jiao Qi stagnation and drive it downward. **Zhi Ke** opens the chest. **Hou Po** dissolves phlegm. **Da Fu Pi** promotes urination.
- **Chen Pi** and **Lai Fu Zi** regulate Qi in the Stomach and Middle Jiao. **Chen Pi** is stable and able to regulate Qi and dry phlegm. **Lai Fu Zi** dissolves food stagnation.
- **Su Ye** and **Huo Xiang** dry dampness and release the surface. **Su Ye** tends to work on the surface and is milder. **Huo Xiang** has a strong smell that is able to penetrate into deeper levels and is retained in the blood longer.
- **Bai Zhu** and **Ban Xia** dry dampness in the Middle Jiao. **Bai Zhu** benefits the Spleen and stabilizes the Wei Qi. **Ban Xia** dries all kinds of phlegm and descends Stomach Qi.
- **Mu Xiang** and **Bing Lang** regulate Qi and break up the stagnation to scour out sticky phlegm and treat tenesmus. **Mu Xiang** is warm and dries phlegm. **Bing Lang** is stronger at breaking up Qi stagnation and it promotes urination to drain it out.
- **Sha Ren** and **Bai Dou Kou** transform dampness. **Sha Ren** work in the Middle and Lower Jiao. **Bai Dou Kou** is milder and works in the Upper and Middle Jiao.
- **Fu Ling** promotes urination and harmonizes water balance in the body.
- **Xing Ren** and **Jie Geng** open Lung Qi and stop cough. **Xing Ren** stops asthma and moistens dryness. **Jie Geng** benefits the throat and carries other herbs to the Upper Jiao.
- **Tian Hua Fen** and **Xuan Shen** clear toxic heat and moisten dryness to soothe dry, sore throat and dissipate nodules. **Tian Hua Fen** eliminates hot phlegm and is stronger at clearing toxic heat. **Xuan Shen** cools heat in the blood and is more moistening.
- **Sang Bai Pi** and **Lu Gen** promote urination and clear hot phlegm. **Sang Bai Pi** clears heat and stops cough. **Lu Gen** moistens dryness.
- **Huang Qin** and **Yu Xing Cao** eliminate hot phlegm. **Huang Qin's** dense nature allows it to penetrate into deeper levels to expel hot phlegm. **Yu Xing Cao** promotes urination to drain hot phlegm.
- **Gan Cao** harmonizes the ingredients of the herbal formula.

(b) Wind heat Attack with Spleen, Stomach and Liver Qi stagnation.

MECHANISM OF INJURY: Wind heat with underlying Liver, Spleen and Stomach Qi stagnation.

INDICATIONS: Fever, chills, fever stronger than chills, sweat, shortness breath, cough, yellow mucus, stress, emotional, irritability, low appetite, nausea, pain and fullness of chest and hypochondriac, bloating, loose stool or dry stool

Tongue: slightly dark body with dry white or yellow coating

Pulse: floating, wiry and rapid

TREATMENT PLAN: Expel external wind-heat and regulate Liver, Spleen and Stomach Qi.

FORMULA: Modification of **San Ju Yin**, **Yin Qiao San**, **Si Ni San**, **Xiao Yao San** and **Tian Ma Gou Teng Yin**

Sang Ye	Folium Mori Albae	3-12g
Ju Hua	Flos Chrysanthemi Morifolli	3-12g
Yin Yin Hua	Flos Lonicerae Japonicae	3-12g
Lian Qiao	Fructus Forsythiae Suspensae	3-12g
Jing Jie	Schizonepetae Herba,	3-12g
Fang Feng	Radix Ledebouriellae Diaricatae	3-12g
Xin Yin Hua	Magnolia Liliflora	3-12g
Chai Hu	Radix Bupleuri	3-6g
Bai Shao	Radix Peoniae Lactiflorae	3-12g
Yu Jin	Tuber Curcumae	3-12g
Qing Pi	Pericarpium Citri Reticulatae Veride	3-12g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Tian Ma	Rhizoma Gastrodiae Elatae	3-9g
Gou Teng	Ramulus cum Uncis Uncariae	3-12g
Zhi Ke	Fructus Citri Aurantii	3-12g
Hou Po	Cortex Magnoliae Officinalis	3-12g
Da Fu Pi	Pericarpium Arecae Catechu	3-12g
Chen Pi	Pericarpium Citri Reticulatae	3-6g
Lai Fu Zi	Semen Raphani Sativi	3-30g
Su Ye	Folium Perillae Frutescentis	3-12g

Pei Lan	Herba Eupatorii Fortunei	3-12g
Huo Xiang	Herba Agastaches Seu Pogostemi	3-12g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-12g
Fu Ling	Sclerotium Poriae Cocco	3-30g
Mu Xiang	Radix Aucklandia Lappae	3-6g
Bing Lang	Semen Arecae Catechu	3-12g
Bai Dou Kou	Fructus Amomi Kravanh	3-9g
Sha Ren	Fructus Amomie	3-12g
Xing Ren	Pruni Armeniacae, Semen	3-9g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-12g
Tian Hua Fen	Radix Trichosanthis Kirilowii	3-12g
Xuan Shen	Radix scrophulariae Ningpoensis	3-12g
Sang Bai Pi	Mori Albae Radicis, Cortex	3-30g
Lu Gen	Rhizoma Phragmitis Communis	3-30g
Yu Xing Cao	Herba cum Radice Houttuyniae Cordate	3-30g
Huang Qin	Radix Scutellariae Baicalensis	3-12g
Da Qing Ye	Folium Daqingye	3-12g
Gan Cao	Radix Glycyrrhizae Uralensis	1-3g

■ **Sang Ye** and **Ju Hua** release the surface and eliminate Lung and Liver heat. **Sang Ye's** light weight allows it to float quickly to the surface to release the exterior. **Sang Ye** is stronger at clearing Lung heat while **Ju Hua** reduces Liver heat.

■ **Jin Yin Hua** and **Liao Qiao** release the surface and clear toxic heat. **Jin Yin Hua** tends to work on the surface to release wind-heat and clears damp heat in the Middle Jiao. **Liao Qiao** clears toxic heat and dissolves hot phlegm nodules.

■ **Jing Jie** and **Fang Feng** release the surface. **Jing Jie** works on the surface and is stronger at tracking hidden wind. **Fang Feng** stops internal wind and wind-damp bi pain.

■ **Xin Yi Hua** expels wind and eliminates sinus mucus.

- **Chai Hu**, **Bai Shao** and **Yu Jin** smooth Liver Qi. **Chai Hu** opens and raises Liver Qi. **Bai Shao** is astringent and stabilizes the Yang and harmonizes the Ying and Wei. **Yu Jin** cools the blood and promotes blood circulation and eliminates irritability.
- **Qing Pi** and **Xiang Fu** break up Qi stagnation and stop pain. **Qing Pi** breaks up Qi stagnation. **Xiang Fu** promotes blood circulation.
- **Tian Ma** and **Gou Teng** eliminate internal wind and tremors. **Tian Ma** is stronger and goes to the deeper level. **Gou Teng** works on the surface.
- **Zhi Ke** and **Hou Po** break up Qi stagnation and descend Qi. **Zhi Ke** opens the chest. **Hou Po** dissolves phlegm.
- **Chen Pi** and **Lai Fu Zi** regulate Qi and descend Stomach Qi. **Chen Pi** smooths Stomach and Spleen Qi and dissolves phlegm. **Lai Fu Zi** breaks up food stagnation.
- **Su Ye**, **Pei Lan** and **Huo Xiang** are acrid and transform dampness to treat wind-damp Stomach flu. **Su Ye** mildly releases the surface and stops nausea. **Pei Lan** and **Huo Xiang** transform dampness. **Pei Lan** is slightly aromatic which gives it the ability to treat the lighter level and eliminate metallic taste in the mouth. **Huo Xiang** is retained in the blood longer and releases the exterior.
- **Bai Zhu** and **Fu Ling** dry and drain dampness in the Middle Jiao. **Bai Zhu** is warm and dries the Spleen to encourage the smooth flow of Spleen Qi. **Fu Ling** drains dampness out from the Spleen.
- **Mu Xiang** and **Bing Lang** regulate Qi, eliminate dampness in the Middle Jiao and treat tenesmus. **Mu Xiang** dries dampness with its warm nature. **Bing Lang** breaks through stagnation and promotes urination.
- **Bai Dou Kou** and **Sha Ren** transform dampness. **Bai Dou Kou** treats the Upper and Middle Jiao while **Sha Ren** treats the Middle and Lower Jiao.
- **Xing Ren**, **Jie Geng** and **Zhe Bei Mu** stop cough. **Xing Ren** and **Jie Geng** open the Lung Qi to stop cough. **Xing Ren** stops asthma by moistening dryness. **Jie Geng** soothes the throat and guides other herbs to the Upper Jiao. **Zhe Bei Mu** dissolves hot phlegm nodules.
- **Tian Hua Fen** and **Xuan Shen** clear toxic heat and moisten dryness to treat sore throat. **Tian Hua Fen** is stronger at clearing toxic heat and dissolving hot phlegm nodules. **Xuan Shen** cools heat in the blood and is stronger at moistening dryness.
- **Sang Bai Pi** and **Yu Xing Cao** promote urination and clear heat from the Lung. **Sang Bai Pi** strongly promotes urination and can stop cough. **Yu Xing Cao** is more useful at the beginning stages of a common cold.
- **Huang Qin** and **Da Qing Ye** eliminate toxic heat. **Huang Qin** eliminates damp heat in the Lung. **Da Qing Ye** has an anti-viral function to clear sore throat and Lung heat.
- **Can Cao** harmonizes the ingredients in the formula and clears heat.

5.6 Common cold with dampness in the Middle Jiao.

(a) Wind-cold with Dampness in the Middle Jiao.

MECHANISM OF INJURY: External wind cold with underlying dampness in the Middle Jiao.

INDICATIONS: Chills, no sweat, heavy sensation in the head and body, mucus, cough, nausea, loose stools, bloating

Tongue: puffy with white coating

Pulse: floating and slippery

TREATMENT PLAN: Expel external wind-cold, dry dampness and strengthen Spleen Qi.

FORMULA: Modification of **Gui Zhi Tang**, **Ma Huang Tang**, **Xiang Ru Tang**, **Huo Xiang Zheng Qi Tang** and **Xiang Sha Liu Jin Zi Tang**

Gui Zhi	Ramulus Cinnamomi Cassiae	3-12g
Ma Huang	Herba Ephedrae	3-9g
Jing Jie	Schizonepetae Herba,	3-12g
Fang Feng	Radix Ledebouriellae Diaricatae	3-12g
Xin Yi Hua	Magnolia Liliflora	3-12g
Bai Ji	Rhizoma Bletillae Striatae	3-12g
Chuan Xiong	Radix Ligustici Chuanxiong	3-9g
Chen Pi	Pericarpium Citri Reticulatae	3-6g
Hou Po	Magnoliae Officinalis Cortex	3-12g
Shan Zha	Fructus Crateigi	3-12g
Lai Fu Zi	Semen Raphani Sativi	3-30g
Su Ye	FOlium Perillae Frutescentis	3-12g
Pei Lan	Herba Eupatorii Fortunei	3-12g
Huo Xiang	Herba Agastaches Seu Pogostemi	3-12g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-12g
Ban Xia	Pinelliae Rhizoma Preparatum	3-9g
Mu Xiang	Radix Aucklandia Lappae	3-6g
Bing Lang	Semen Arecae Catechu	3-12g

Bai Dou Kou	Fructus Amomi Kravanh	3-9g
Sha Ren	Fructus Amomie	3-12g
Fu Ling	Sclerotium Poriae Cocco	3-30g
Yi Yi Ren	Semen Coicis Lachryma-jobi	3-30g
Bai Bian Dou	Semen Dolichoris Lablab	3-30g
Huang Qi	Radix Astragali Membranaceus	3-12g
Dang Shen	Radix Codonopsis Pilosulae	3-12g
Xing Ren	Pruni Armeniaca, Semen	3-9g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Huang Qin	Radix Scutellariae Baicalensis	3-15g
Yu Xing Cao	Herba cum Radice Houttuyniae Cordate	3-30g
Gan Cao	Radix Glycyrrhizae Uralensis	1-3g

■ **Gui Zhi** and **Ma Huang** are acrid and warm to release the surface. **Gui Zhi** is milder and more stable. It is used to warm the channels and harmonize Ying and Wei. **Ma Huang** acts quickly and is used for acute symptoms. It also stops asthma.

■ **Jing Jie** and **Fang Feng** encourages sweating to release the surface. **Jing Jie** is lightweight and very aromatic which allows it to travel quickly to the surface to release the exterior. **Fang Feng** is stronger and retained in the blood longer which makes it useful in the treatment of more severe symptoms such as internal wind.

■ **Xin Yi Hua**, **Bai Ji** and **Chuan Xiong** clear wind-damp from the sinuses. **Xin Yin Hua** is used for treat external wind which manifests as sneezing. **Bai Ji** dries phlegm. **Chuan Xiong** promotes blood circulation to warm up Qi and allow it to circulate the face and head.

■ **Chen Pi** and **Hou Po** regulate Qi and dry dampness. **Chen Pi** is mild and is used to treat dampness on the lighter level. **Hou Po** breaks up Qi and drives phlegm downward.

■ **Shan Zha** and **Lai Fu Zi** eliminate food stagnation to increase appetite. **Shan Zha** promotes blood circulation and breaks up stagnation due to overconsumption of meat. **Lai Fu Zi** descends food and phlegm down to open the Middle Jiao.

■ **Su Ye**, **Pei Lan** and **Huo Xiang** transform dampness in the Middle Jiao. The three herbs work on three different levels of the body. **Su Ye** releases the surface and tends to work on the lighter lever. **Pei Lan** eliminates metallic taste in the mouth and goes to the middle level. **Huo Xiang** is small but heavy which sinks it to the deepest level and keeps it in the blood longest.

- **Bai Zhu** and **Ban Xia** dry dampness in the Middle Jiao. **Bai Zhu** is stable and is retained in the blood longer to eliminate dampness in the Middle Jiao. **Ban Xia** works quickly to descends Stomach Qi.
- **Mu Xiang** and **Bing Lang** regulate and eliminate hidden, stagnant Qi disorders and phlegm. **Mu Xiang's** warm nature dries dampness. **Bing Lang** breaks up Qi stagnation and promotes urination.
- **Bai Dou Kou** and **Shan Ren** transform dampness. **Bai Dou Kou** works on the Upper and Middle Jiao. **Sha Ren** works on the Middle and Lower Jiao.
- **Fu Ling**, **Yi Yi Ren** and **Bai Bian Dou** promote urination to drain dampness. **Fu Ling** is the strongest at promoting urination and harmonizing water balance in the body. **Yi Yi Ren** is milder than **Fu Ling** but it has the added function of being anti-viral. **Bai Bian Dou** slowly leaches out dampness and is appropriate for use in chronic conditions.
- **Huang Qi** and **Dang Shen** strengthen Qi. **Huang Qi** raises Qi to treat prolapsed Qi and organs. **Dang Shen** strengthens Middle Jiao Qi.
- **Xing Ren** and **Jie Geng** open the Lung to stop cough. **Xing Ren** moistens dryness to stop asthma. **Jie Geng** benefits the throat and guides other herbs to the Upper Jiao.
- **Huang Qin** and **Yu Xing Cao** eliminate damp heat in the Lung. **Huang Qi** eliminates damp heat in the Upper Jiao. **Yu Xing Cao** promotes urination.
- **Gan Cao** harmonizes the ingredients of the formula.

(b) Wind-heat with dampness in the Middle Jiao.

MECHANISM OF INJURY: External wind-heat with underlying dampness in the Middle Jiao.

INDICATIONS: Fever is stronger than chills, heavy sensation in the head and body, mucus (sometimes yellow), cough, loose stools, and bloating

Tongue: red and puffy body with white or yellow coating

Pulse: floating, slippery and rapid

TREATMENT PLAN: Expel external wind-heat, dry dampness and strengthen Spleen Qi.

FORMULA: Modification of **San Ju Yin**, **Yin Qiao San**, **Huo Xiang Zheng Qi Tang** and **Xiang Sha Liu Jiu Zi Tang**

Sang Ye	Folium Mori Albae	3-12g
Ju Hua	Flos Chrysanthemi Morifolli	3-12g
Jin Yin Hua	Flos Lonicerae Japonicae	3-15g
Lian Qiao	Fructus Forsythiae Suspensae	3-12g

Jing Jie	Schizonepetae Herba,	3-12g
Fang Feng	Radix Ledebouriellae Diaricatae	3-12g
Xin Yi Hua	Magnolia Liliflora	3-12g
Bai Ji	Rhizoma Bletillae Striatae	3-12g
Chuan Xiong	Radix Ligustici Chuanxiong	3-9g
Su Ye	FOlium Perillae Frutescentis	3-12g
Huo Xiang	Herba Agastaches Seu Pogostemi	3-12g
Cang Zhu	Rhizoma Actractylodis	3-12g
Bai Dou Kou	Fructus Amomi Kravanh	3-9g
Sha Ren	Fructus Amomie	3-12g
Ban Xia	Pinelliae Rhizoma Preparatum	3-9g
Chen Pi	Pericarpium Citri Reticulatae	3-6g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-12g
Ge Gen	Radix Puerariae	3-15g
Dang Shen	Radix Codonopsis Pilosulae	3-12g
Huang Qi	Radix Astragali Membranaceus	3-12g
Fu Ling	Sclerotium Poriae Cocola	3-30g
Zhu Ling	Sclerotium Polypori Umbellati	3-30g
Hou Po	Magnoliae Officinalis Cortex	3-12g
Da Fu Pi	Pericarpium Arecae Catechu	3-12g
Lai Fu Zi	Semen Raphani Sativi	3-30g
Shan Zha	Fructus Crateigi	3-12g
Mu Xiang	Radix Aucklandia Lappae	3-6g
Bing Lang	Semen Arecae Catechu	3-12g
Xing Ren	Pruni Armeniacae, Semen	3-9g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Huang Qin	Radix Scutellariae Baicalensis	3-15g

Sang Bai Pi	Mori Albae Radicis, Cortex	3-30g
Yu Xing Cao	Herba cum Radice Houltuyniae Cordate	3-30g
Gan Cao	Radix Glycyrrhizae Uralensis	1-3g

■ **Sang Ye** and **Ju Hua** release wind heat and clear Lung and Liver heat. **Sang Ye** is stronger clearing heat and releasing the surface. It clears Lung heat while **Ju Hua** eliminates Liver heat.

■ **Jin Yin Hua** and **Lian Qiao** release wind-heat and clear toxic heat. **Jin Yin Hua** works on the surface while **Lian Qiao** travels deeper and is stronger at clearing toxic heat and dissolving hot phlegm nodules.

■ **Jing Jie** and **Fang Feng** promote sweating to release the surface. **Jing Jie** is fast-acting and works on the surface to release external wind. **Fang Feng** stops internal wind and expels wind-damp bi pain.

■ **Xin Yin Hua**, **Bai Ji** and **Chuan Xiong** clear wind-damp from the sinuses. **Xin Yin Hua** treats external wind that manifests as sneezing. **Bai Ji** dries dampness. **Chuan Xiong** promotes blood circulation and is warming.

■ **Su Ye**, **Huo Xiang** and **Cang Zhu** expel wind-damp in the Middle Jiao. **Su Ye** is the mildest and its lightweight nature allows it to travel quickly to the surface. **Huo Xiang** dries the Middle Jiao. **Cang Zhu** works on a deeper level to dry the Middle Jiao and expel wind-damp bi pain.

■ **Bai Dou Kou** and **Sha Ren** transform dampness. **Bai Dou Kou** works on the Upper and Middle Jiao to treat a feeling of heaviness in the head and nausea. **Sha Ren** works on the Middle and Lower Jiao to stop nausea, vomiting and diarrhea.

■ **Ban Xia** and **Chen Pi** dry phlegm. **Ban Xia** is strong and stable and dries phlegm. **Chen Pi** regulates Qi to clear up phlegm on the surface level.

■ **Bai Zhu** is a stable herb that is used to dry dampness in the Middle Jiao.

■ **Jie Geng** and **Xing Ren** open Lung Qi to stop cough. **Jie Geng** clears sore throat and guides other herb to the Upper Jiao. **Xing Ren** moistens dry Lung to stop asthma.

■ **Dang Shen** and **Huang Qi** strengthen Spleen Qi. **Dang Shen** strengthens Spleen Qi. **Huang Qi** strengthens the surface and raises Qi up.

■ **Fu Ling** and **Zhu Ling** promote urination. **Fu Ling** is milder and balances water in the body. **Zhu Ling** is stronger at promoting urination to drain dampness.

■ **Hou Po** and **Da Fu Pi** regulate and break up Qi and phlegm. **Hou Po** breaks up Qi and phlegm and drives them downward. **Da Fu Pi** also has a downward-directing function and promotes urination.

■ **Lai Fu Zi** and **Shan Zha** eliminate food stagnation. **Lai Fu Zi** descends Stomach Qi. **Shan Zha** eliminates stagnation due to the overconsumption of fats and promotes blood circulation.

- **Mu Xiang** and **Bing Lang** warm and break up Qi. They also treat tenesmus due to phlegm stagnation. **Mu Xiang** dries dampness. **Bing Lang** breaks up and drives stagnant Qi downward which treats phlegm stagnation and promotes urination.
- **Xing Ren** and **Jie Geng** open Lung Qi to stop cough. **Xing Ren** moistens the Lung to stop asthma. **Jie Geng** eliminates sore throat and guides other herbs to the Upper Jiao.
- **Huang Qin** and **Yu Xing Cao** eliminate damp heat in the Lung. **Huang Qin's** more dense nature helps it eliminate hot phlegm in the body. **Yu Xing Cao** tends to work on the surface to treat wind-heat hot phlegm and promote urination.
- **Gan Cao** harmonizes the ingredients of the herbal formula and clear sore throat.

5.7 Common cold with damp heat in the middle Jiao.

(a) Wind-cold with underlying damp heat in the middle Jiao.

MECHANISM OF INJURY: External wind-cold with underlying Middle Jiao damp heat.

INDICATIONS: Chills stronger than fever, mild sweat or no sweat, heavy sensation in the body and head, low appetite, nausea, diarrhea and loose stool with burning anus, tenesmus, bloating, red gums

Tongue: puffy body with greasy white coating

Pulse: floating, slippery and rapid

TREATMENT PLAN: Expel external wind-cold and eliminate damp heat.

FORMULA: Modification of **Gui Zhi Tang**, **Ma Huang Tang**, **Ge Gen Huang Lian Huang Qin Tang**, **Huo Xiang Zheng Qi San** and **San Ren Tang**

Gui Zhi	Ramulus Cinnamomi Cassiae	3-12g
Ma Huang	Herba Ephedrae	3-9g
Jing Jie	Schizonepetae Herba,	3-12g
Fang Feng	Radix Ledebouriellae Diaricatae	3-12g
Xin Yi Hua	Magnolia Liliflora	3-12g
Bai Ji	Rhizoma Bletillae Striatae	3-12g
Bai Dou Kou	Fructus Amomi Kravanh	3-9g
Yi Yi Ren	Semen Coicis Lachryma-jobi	3-30g
Ma Chi Qian	Portulacae Herba,	3-30g
Bai Tou Weng	Radix Pulsatillae Chinensis	3-30g
Huang Lian	Gelatinum Corii Asini	3-12g
Ge Gen	Radix Puerariae	3-30g
Hou Po	Magnoliae Officinalis Cortex	3-12g
Da Fu Pi	Pericarpium Arecae Catechu	3-15g
Chen Pi	Pericarpium Citri Reticulatae	3-6g
Ban Xia	Pinelliae Rhizoma Preparatum	3-9g
Fu Ling	Sclerotium Poriae Cocoa	3-30g

Lai Fu Zi	Semen Raphani Sativi	3-30g
Ji Nei Jin	Endothelium Corneum Gigeruae Galli	3-12g
Su Ye	Folium Perillae Frutescentis	3-12g
Huo Xiang	Herba Agastaches Seu Pogostemi	3-12g
Cang Zhu	Rhizoma Atractylodis	3-12g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-12g
Mu Xiang	Radix Aucklandia Lappae	3-6g
Bing Lang	Semen Arecae Catechu	3-12g
Xing Ren	Pruni Armeniaca, Semen	3-9g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Tian Hua Fen	Radix Trichosanthis Kirilowii	3-12g
Xuan Shen	Radix scrophulariae Ningpoensis	3-12g
Sang Bai Pi	Mori Albae Radicis, Cortex	3-30g
Huang Qin	Radix Scutellariae Baicalensis	3-15g
Yu Xing Cao	Herba cum Radice Houttuyniae Cordate	3-30g
Gan Cao	Radix Glycyrrhizae Uralensis	1-3g

■ **Gui Zhi** and **Ma Huang** are acrid and warm to release the surface. **Gui Zhi** has a warm nature which helps it to expel wind-cold and warm the channels. It is also used to harmonize Ying and Wei. **Ma Huang** is stronger at releasing the exterior by promoting sweating. It also opens the Lungs to stop asthma and mildly promotes urination.

■ **Jing Jie** and **Fang Feng** expel wind-cold. **Jing Jie** is stronger and its lightweight nature helps it move quickly to the surface to release the exterior. **Fang Feng** stops internal wind and wind-damp bi pain.

■ **Xin Yin Huan** and **Bai Ji** expel wind-damp from the sinuses. **Xin Yin Hua** floats and ascends to the Upper Jiao to eliminate sneezing from wind invasion. **Bai Ji** is strongly aromatic and penetrates into phlegm to dry it out.

■ **Bai Dou Kou** and **Yi Yi Ren** dry and drain dampness. **Bai Dou Kou** transforms dampness in the Upper and Middle Jiao. **Yi Yi Ren** leaches out dampness.

■ **Ma Chi Qian**, **Bai Tou Weng** and **Huang Lian** eliminate diarrhea due to damp-heat. **Ma Chi Qian** is the mildest and is appropriate for the treatment of mild, chronic damp-heat diarrhea. **Bai Tou Weng** is used for turbid damp-heat diarrhea with mucus or blood in the stool. **Huang Lian** eliminates pure damp-heat diarrhea.

- **Ge Gen** raises Spleen Qi to stop diarrhea.
- **Hou Po** and **Da Fu Pi** break up Qi and phlegm stagnation and descend Qi in the Middle Jiao. **Hou Po** breaks up Qi and phlegm stagnation. **Da Fu Pi** promotes urination to drain water out.
- **Chen Pi**, **Ban Xiao** and **Fu Ling** are the herbs in Er Chen Tang. They regulate Qi and phlegm while drying and draining dampness. **Chen Pi** regulates Qi. **Ban Xia** strongly dries phlegm and dampness. **Fu Ling** drains dampness and harmonizes water balance in the body.
- **Lai Fu Zi** and **Ji Nei Jin** eliminate food stagnation. **Lai Fu Zi** descends Stomach Qi while **Ji Nei Jin** dissolves stagnated food.
- **Su Ye** and **Huo Xiang** transform dampness and release the surface. **Su Ye** works on the surface and stops nausea. **Huo Xiang** is retained in the Middle Jiao longer and dries dampness.
- **Bai Zhu** and **Cang Zhu** dry dampness in the Middle Jiao. **Bai Zhu** is more stable and retained in the Middle Jiao longer. **Cang Zhu** has a more moving nature and is able to penetrate dampness, release the surface and treat wind-damp bi pain.
- **Mu Xiang** and **Bing Lang** regulate Qi and phlegm to treat tenesmus. **Mu Xiang** has a warm nature which helps dry up phlegm. **Bing Lang** breaks down Qi and drains dampness out.
- **Xing Ren** and **Jie Geng** open Lung Qi to stop cough. **Xing Ren** moistens dryness and stops asthma. **Jie Geng** clears sore throat and guides other herb to the Upper Jiao.
- **Tian Hua Fen** and **Xuan Shen** clear heat, dissolve hot phlegm in the sore throat and dissipate nodules. **Tian Hua Feng** is stronger at clearing toxic heat and dissolving hot phlegm nodules. **Xuan Shen** cools heat in the Blood and moistens dryness.
- **Sang Bai Pi**, **Yu Xing Cao** and **Huang Qin** eliminate damp heat in the Lung. **Sang Bai Pi** and **Yu Xing Cao** promote urination. **Sang Bai Pi** stops cough and works on the deep level to clear hot phlegm. **Yu Xing Cao** moves quickly and works on the surface. **Huang Qin** is the strongest at eliminating hot phlegm.
- **Gan Cao** harmonizes the ingredients in the formula and clears sore throat.

(b) Wind-heat with underlying damp heat in the middle Jiao.

MECHANISM OF INJURY: External wind-heat with underlying Middle Jiao damp heat.

INDICATIONS: Fever stronger chills, sweat or no sweat, cough with yellow mucus, yellow mucus in sinuses, heavy sensation of head or body, nausea, acidic or bitter taste in the mouth, diarrhea with burning sensation in the anus, sticky, smelly and slow bowel movement, abdominal pain

Tongue: puffy body with dry greasy yellow coating

Pulse: floating, slippery and rapid

TREATMENT PLAN: Expel external wind-heat and clear damp heat.

FORMULA: Modification of **San Ju Yin, Yin Qiao San, San Ren Tang, Liang Ge San, Ge Gen Huang Qin Huang Lian Tang, Bai Tou Weng Tang** and **Qing Qi Hua Tang Tang**

Sang Ye	Folium Mori Albae	3-12g
Ju Hua	Flos Chrysanthemi Morifolli	3-12g
Jin Yin Hua	Flos Lonicerae Japonicae	3-15g
Lian Qiao	Fructus Forsythiae Suspensae	3-12g
Jing Jie	Schizonepetae Herba,	3-12g
Fang Feng	Radix Ledebourieliae Diaricatae	3-12g
Ge Gen	Radix Puerariae	3-15g
Ma Chi Qian	Portulacae Herba,	3-30g
Bai Tou Weng	Radix Pulsatillae Chinensis	3-30g
Qin Pi	Cortex Fraxini	3-12g
Huang Lian	Gelatinum Corii Asini	3-12g
Da Huang	Radix Et Rhizoma Rhei	3-12g
Zhi Shi	Fructus Immaturus Citrii Aurantii	3-12g
Su Ye	Folium Perillae Frutescentis	3-12g
Pei Lan	Herba Eupatorii Fortunei	3-12g
Huo Xiang	Herba Agastaches Seu Pogostemi	3-12g
Bai Dou Kou	Fructus Amomi Kravanh	3-9g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-12g
Cang Zhu	Rhizoma Atractylodis	3-12g
Fu Ling	Sclerotium Poriae Cocco	3-30g
Zhu Ling	Sclerotium Polypori Umbellati	3-30g
Xing Ren	Pruni Armeniaca, Semen	3-9g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-12g
Gua Lou	Semen Trichosanthis	3-12g

Tian Hua Fen	Radix Trichosanthis Kirilowii	3-12g
Xuan Shen	Radix scrophulariae Ningpoensis	3-12g
Bai Mao Gen	Rhizoma Imperatae Cylindrica	3-30g
Sang Bai Pi	Mori Albae Radicis, Cortex	3-30g
Yu Xing Cao	Herba cum Radice Houltuyniae Cordate	3-30g
Huang Qin	Radix Scutellariae Baicalensis	3-15g
Gan Cao	Radix Glycyrrhizae Uralensis	1-3g

■ **Sang Ye** and **Ju Hua** expel wind-heat and eliminate Lung and Liver heat. **Sang Ye** is stronger at clearing Lung heat and releasing the surface. **Ju Hua** clears Liver heat.

■ **Jin Yin Hua** and **Lian Qiao** release external wind-heat and clear heat toxin. **Jin Yin Hua** moves quickly and is stronger at releasing the surface. **Lian Qiao** is stronger at clearing toxic heat and dissolving hot phlegm nodules.

■ **Jing Jie** and **Fang Feng** assist **Sang Ye**, **Ju Hua**, **Jin Yin Hua** and **Lian Qiao** to release external wind-heat. **Jing Jie** has a strong moving characteristic to release the surface. **Fang Feng** is used to treat milder and chronic external wind with Wei Qi deficiency. It also stops internal wind and treats wind-damp bi pain.

■ **Ge Gen** raises Spleen Qi to stop diarrhea and relax muscles.

■ **Ma Chi Qian**, **Bai Tou Weng**, **Qin Pi** and **Huang Lian** eliminate diarrhea from damp-heat. **Ma Chi Qian** is used to treat mild and chronic diarrhea from damp-heat. **Bai Tou Weng** and **Qin Pi** treat turbid diarrhea due to damp-heat with mucus and blood in the stool. **Bai Tou Weng** is stronger and moves more quickly. **Qin Pi** treats damp-heat hidden in deep levels of the body and expels wind-damp bi pain. **Huang Lian** eliminates damp-heat in the Middle Jiao.

■ **Su Ye**, **Pei Lan**, **Huo Xiang** and **Bai Dou Kou** transform dampness in the Middle Jiao and release the surface. **Su Ye** is lightweight which allows it to float to the surface. It also stops morning sickness in pregnant women. **Pei Lan** clears turbid dampness and treats metallic taste in the mouth. **Huo Xiang** is one of the classic herbs to expel wind-damp attacking the Stomach. **Bai Dou Kou** treats Upper and Middle Jiao dampness which can manifest as a “foggy” feeling in the head.

■ **Bai Zhu** and **Cang Zhu** dry dampness in the Spleen and Stomach. **Bai Zhu** is stable and is retained in the Middle Jiao longer. **Cang Zhu** has a more moving and penetrating character to dry dampness, release the surface and expel wind-damp bi pain.

■ **Fu Ling** and **Zhu Ling** promote urination to drain dampness. **Fu Ling** is neutral and has a stable nature to promote urination and balance water in the body. **Zhu Ling** is cooling and stronger at promoting urination.

■ **Xing Ren**, **Jie Geng** and **Zhe Bei Mu** stop cough. **Xing Ren** and **Jie Geng** open Lung Qi to stop cough and release the surface. **Xing Ren** is stronger and stops asthma. **Jie Geng** is moistening and

clears heat from the throat and guides other herbs to the Upper Jiao. **Zhe Bei Mu** clears hot phlegm and stops cough.

■ **Gua Lou** and **Tian Hua Fen** eliminate hot phlegm and moisten dryness. **Gua Lou** dissolves hot phlegm in the Lung. **Tian Hua Fen** clears toxic heat from the throat and dissolves hot phlegm nodules.

■ **Xuan Shen** and **Bai Mao Gen** moisten dryness and clear heat. **Xuan Shen** clears heat in the blood level and dissolves hot phlegm nodules. **Bai Mao Gen** promotes urination to drain damp-heat and stop bleeding.

■ **Sang Bai Pi**, **Yu Xing Cao** and **Huang Qin** eliminate hot phlegm in the Lung. **Sang Bai Pi** and **Yu Xing Cao** promote urination to leach damp-heat out of the body. **Sang Bai Pi** stops cough. **Yu Xing Cao** is appropriate to use in early-stage wind-damp heat attack. **Huang Qin** eliminates hot phlegm in the Lung.

■ **Gan Cao** harmonizes the ingredients in the herbal formula and clears sore throat.

Review Exercises for Personal Enrichment
Answers on the Next Page
(This is not the course quiz)

Harmonizing Organs with Herbs

1. When Heart and Kidney Qi and Yang are so deficient that they cannot support each other, what happens?
 - a. insomnia, shortness of breath, palpitations
 - b. cold extremities, fatigue, forgetfulness
 - c. A and B

2. When Heart Fire burns the Small Intestine, what happens?
 - a. cold extremities, dizziness, seizures
 - b. insomnia, mouth ulcers, scanty and burning urination
 - c. Neither A nor B

3. When Heart Fire and Liver Wood burn each other, what happens?
 - a. feeling of a wet blanket on the head, chills, fever
 - b. anger, emotional worrying, insomnia
 - c. Neither A nor B

4. When Heart Fire burns the Lungs, what happens?
 - a. excessive anger, insomnia
 - b. dry cough, cough with blood
 - c. A and B

5. For Spleen and Stomach disharmony use...
 - a. Xiang Sha Liu Jun Zi Tang
 - b. Si Ni Tang
 - c. Xiao Yao San
 - d. Zuo Jin Wan
 - e. A, B, C and D

Answers to Review Exercises

1. When Heart and Kidney Qi and Yang are so deficient that they cannot support each other, what happens?
 - a. insomnia, shortness of breath, palpitations
 - b. cold extremities, fatigue, forgetfulness
 - c. A and B

Answer: C

2. When Heart Fire burns the Small Intestine, what happens?
 - a. cold extremities, dizziness, seizures
 - b. insomnia, mouth ulcers, scanty and burning urination
 - c. Neither A nor B

Answer: B

3. When Heart Fire and Liver Wood burn each other, what happens?
 - a. feeling of a wet blanket on the head, chills, fever
 - b. anger, emotional worrying, insomnia
 - c. Neither A nor B

Answer: B

4. When Heart Fire burns the Lungs, what happens?
 - a. excessive anger, insomnia
 - b. dry cough, cough with blood
 - c. A and B

Answer: C

5. For Spleen and Stomach disharmony use...
 - a. Xiang Sha Liu Jun Zi Tang
 - b. Si Ni Tang
 - c. Xiao Yao San
 - d. Zuo Jin Wan
 - e. A, B, C and D

Answer: E

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