

v. 3

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Herbal Medicine Formula:  
Si Jun Zi Tang  
Herbal Study: Tonify Qi

by Prof. Richard Liao, L.Ac., Dipl.Ac.

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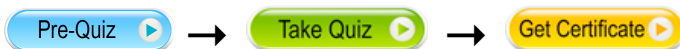


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## Si Jun Zi Tang

### *Four Noble Ingredients Decoction*

### Part One: Multiple Uses of Si Jun Zi Tang

Si Jun Zi Tang was first written about in the *Tai Ping Hui Min He Ji Ju Fang (Imperial Grace Formulary of the Tai Ping Era)*. Its is sweet and warm, strengthens Spleen and Stomach Qi, and drains and dries dampness. Si Jun Zi Tang is used for Middle Jiao (Burner) Qi deficiency and excess dampness resulting in intestinal disorder syndrome. Symptoms include upset stomach, diarrhea, bloating, fatigue, yellow face, pale and teeth-marked tongue with a moist coating, and a slippery (rolling) and weak pulse.

This formula is the basis for a variety of formulas for Spleen Qi deficiency with dampness.

#### Ingredients:

<b>Ren Shen</b>	<b>Radix Ginseng</b>	3-15 g
	or	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	3-15 g
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	3-15 g
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	3-30 g
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	3-6 g

The Chief ingredient, **Ren Shen** or **Dang Shen**, strengthens and promotes the movement of Middle Jiao Qi flow thus supporting the Spleen and Stomach Qi functions.

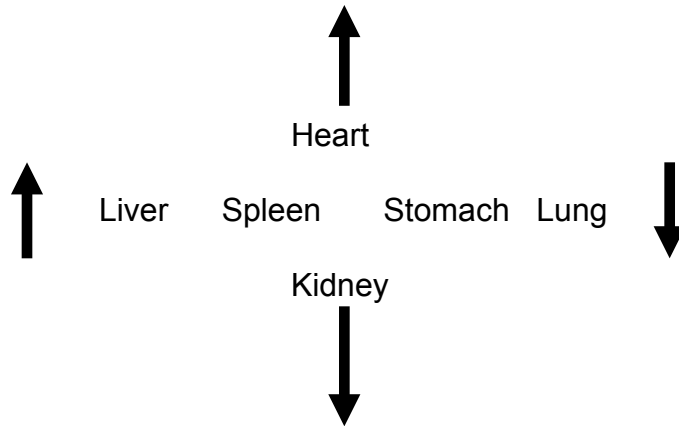
The assistant, **Bai Zhu**, dries dampness in the Middle Jiao thus maintaining a dry environment for the Spleen.

The adjutant, **Fu Ling**, drains dampness and harmonizes the water balance of the Middle Jiao, especially in combination with Bai Zhu.

The messenger, **Gan Cao**, with its sweet taste, slows and harmonizes the other ingredients, strengthens and releases Qi, and has both an upward and downward-moving character.

## Flow of Qi

In terms of the five element Qi flow in the body, Heart Qi tends to move up, Liver Qi tends to move up as well as to left and right, Spleen Qi moves up, Stomach Qi moves down, Lung Qi needs to be open and move down, and Kidney Qi needs to be stable.



**Ren Shen** and **Dang Shen** lift the Spleen Qi up to promote Qi in the Middle Jiao.

**Bai Zhu** dries the Spleen and promotes Spleen Qi flow.

**Fu Ling** drains dampness, thus stabilizing the Stomach, Lung and Kidney Qi, and decreases dampness in the Middle Jiao, thus moving the Spleen Qi up.

**Gan Cao** stabilizes Spleen, Stomach, Lung and Kidney Qi.

The formula is a combination of herbs that move the Qi up and down:

- **Ren Shen** or **Dang Shen** and **Bai Zhu** are warm. They tend to move up and help the flow of Spleen Qi.
- **Fu Ling** and **Gan Cao** are stabilizing and move down.

These up and down functions balance the Yin and Yang of the formula and treat patients with simultaneous Qi deficiency and excess conditions. Adjustments can be made to the formula to balance excess and deficiency syndromes. For example, if a patient has Spleen Qi deficiency diarrhea and Liver Yang Rising high blood pressure, you may need to increase the dosage of **Fu Ling** and decrease the dosage of **Dang Shen** and **Bai Zhu**. If the patient has predominantly Spleen Qi deficiency, you may need to increase the dosage of **Ren Shen** or **Dang Shen** and **Bai Zhu** and decrease the dosage of **Fu Ling**.

Caution: Use caution if the patient has damp heat, toxic heat pathogen, Liver Yang Rising, or excess Yang syndromes such as high blood pressure or fever.

## Si Jun Zi Tang formula modifications

***There are 11 popular formula modifications***

### 1. Yi Gong San:

Si Jun Zi Tang plus Chen Pi to more strongly regulate Spleen and Stomach Qi.

Function:

Yi Gong San emphasizes Qi stagnation in the Middle Jiao more than the base formula Si Jun Zi Tang. Yi Gong San is often used for Qi stagnation with bloating, fullness, upset stomach or nausea, and loose stool.

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	3-15 g
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	3-15g
<b>Fu Ling</b>	<b>Sclerotium Poriae Cocco</b>	3-30g
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	3-6g
<b>Chen Pi</b>	<b>Pericarpium Citri Reticulatae</b>	3-6g

- **Chen Pi** regulates Qi and dries dampness. Combined with Si Jun Zi Tang it emphasizes the regulation of Spleen and Stomach Qi and descends the stomach Qi, thus reducing the bloating and abdominal pain of Stomach and Spleen Qi stagnation.

### 2. Liu Jun Zi Tang

Si Jun Zi Tang plus Chen Pi and Ban Xia.

Liu Jun Zi Tang emphasizes the regulation of Middle Jiao Qi and dries dampness. Liu Jun Zi Tang is more often used for Stomach dampness syndrome with symptoms such as upset stomach pain, nausea, or the early stages of diarrhea.

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15 g</b>

<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Chen Pi</b>	<b>Pericarpium Citri Reticulatae</b>	<b>3-6g</b>
<b>Ban Xia</b>	<b>Rhizoma Pinelliae Ternatae</b>	<b>3-9g</b>

- **Chen Pi** and **Ban Xia** combine to dry dampness and descend Stomach Qi. Chen Pi especially regulates Qi. Ban Xia is stronger to dry dampness.

### 3. Xiang Sha Liu Jun Zi Tang

Liu Jun Zi Tang plus Mu Xiang and Sha Ren.

Xiang Sha Liu Jun Zi Tang is stronger to dry dampness and regulate Qi than Liu Jun Zi Tang. Xiang Sha Liu Jun Zi Tang treats intestinal disorders with diarrhea rather than Stomach disorders.

<b>Ren Shen</b>	<b>Radix Ginseng</b> or	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15 g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Chen Pi</b>	<b>Pericarpium Citri Reticulatae</b>	<b>3-6g</b>
<b>Ban Xia</b>	<b>Rhizoma Pinelliae Ternatae</b>	<b>3-9g</b>
<b>Sha Ren</b>	<b>Fructus Amomie</b>	<b>3-9g</b>
<b>Mu Xiang</b>	<b>Radix Aucklandia Lappae</b>	<b>3-6g</b>

- **Chen Pi** and **Ban Xia** combine to dry dampness and descend Stomach Qi. Chen Pi more strongly regulates Qi while Ban Xia more strongly dries dampness.
- **Sha Ren** and **Mu Xiang** both dry dampness. **Sha Ren** smells lighter and dries dampness on the lighter level than Mu Xiang and regulates and descends Stomach Qi. **Mu Xiang** regulates Qi and dries dampness on a deeper level, treats the intestines, and treats tenesmus (inflammation of the anus with pain or difficulty eliminating stool).

#### 4. Liu Shen San “Six Miracle Powder”

Liu Shen San is Si Jun Zi Tang plus Huang Qi, Bai Bian Dou, Sheng Jiang, and Da Zao.

Liu Shen San treats Spleen Qi prolapse with dampness or Qi deficiency with low grade fever. Symptoms include: diarrhea, fatigue, prolapsed organ, low grade fever, teeth-marked tongue with a moist white coating, and a small, slippery, weak and rapid pulse.

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15 g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Huang Qi</b>	<b>Radix Astragali Membranaceus</b>	<b>3-15g</b>
<b>Bai Bian Dou</b>	<b>Semen Dolichoris Lablab</b>	<b>3-12g</b>
<b>Sheng Jiang</b>	<b>Zingiber Officinale Rosc.</b>	<b>3-12g</b>
<b>Da Zao</b>	<b>Fructus Zizyphi Jujubae</b>	<b>3-12g</b>

- **Huang Qi** raises Spleen Qi and treats organ prolapse, diarrhea, and Qi deficiency empty heat.
- **Bai Bian Dou** mildly drains dampness from the Middle Jiao.
- **Sheng Jiang** and **Da Zao** as a pair harmonize the formula. Sheng Jiang warms and moves, thus dries dampness and descends Stomach Qi. Da Zao nourishes the blood and its sweet taste moderates the action of other ingredients of the formula.

#### 5. Shen Ling Bai Zhu San

Shen Ling Bai Zhu San is Si Jun Zi Tang plus Shan Yao, Lian Zi, Sha Ren, Yi Yi Ren, Bai Bian Dou, Da Zao and Jie Geng.

Shen Ling Bai Zhu San drains dampness and neutralizes temperature. It is used for Spleen Qi deficiency with underlying empty heat signs such as a patient with high blood pressure who can not tolerate warm herbs. Symptoms include: loose



stool, diarrhea, gas, fatigue, and edema. The tongue is teeth-marked and red with a moist white coating and a slippery or weak pulse.

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15 g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Shan Yao</b>	<b>Radix Dioscoreae Oppositae</b>	<b>3-6g</b>
<b>Lian Zi</b>	<b>Semen Nelumbinis Nuciferae</b>	<b>3-12g</b>
<b>Sha Ren</b>	<b>Fructus Amomie</b>	<b>3-9g</b>
<b>Yi Yi Ren</b>	<b>Semen Coicis Lachryma-jobi</b>	<b>3-15g</b>
<b>Bai Bian Dou</b>	<b>Semen Dolichoris Lablab</b>	<b>3-12g</b>
<b>Da Zao</b>	<b>Fructus Zizyphi Jujubae</b>	<b>3-12g</b>
<b>Jie Geng</b>	<b>Radix Platycodi Grandiflori</b>	<b>3-12g</b>

- **Shan Yao** and **Lian Zi** astringe Spleen Qi and stop diarrhea. Shan Yao is stronger and acts at a deeper lever to astringe the Spleen and stop diarrhea. Lian Zi can calm the heart.
- **Sha Ren** warms and assists Bai Zhu to dry dampness in the Middle Jiao. Compared with Bai Zhu, Sha Ren is faster moving. Bai Zhu acts slower but maintains its effectiveness longer, therefore it is good for chronic conditions.
- **Yi Yi Ren** and **Bai Bian Dou** mildly drain dampness in the Middle Jiao. Yi Yi Ren is stronger to drain dampness than Bai Bian Dou. They assist Fu Ling to drain dampness.
- **Da Zao** and **Jie Geng** harmonize the formula. Da Zao's sweet taste softens (moderates) the character of the other ingredients. Jie Geng carries the ingredients to the upper body and opens the Lung to increase the flow of Qi. From a five element perspective, Jie Geng has a strong metal personality and therefore clears the Lung effectively while also assisting the formula to stop diarrhea or dampness.

## 6. Qi Wei Du Qi San

Qi Wei Du Qi San is Si Jun Tang plus Mu Xiang, Huo Xiang and Ge Gen.

Qi Wei Du Qi San raises Spleen Qi to stop diarrhea, dries dampness, regulates Qi, and releases the surface thus treating stomach flu or diarrhea due to wind-damp attack. Symptoms include: chills, diarrhea, nausea, vomiting, bloating, muscle ache, white coated tongue with teeth marks, and a floating (superficial) & slippery pulse.

<b>Ren Shen</b>	<b>Radix Ginseng</b> or	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15 g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15 g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30 g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6 g</b>
<b>Mu Xiang</b>	<b>Radix Aucklandia Lappae</b>	<b>3-6 g</b>
<b>Huo Xiang</b>	<b>Herba Agastaches seu Pogostemi</b>	<b>3-12 g</b>
<b>Ge Gen</b>	<b>Radix Puerariae</b>	<b>3-12g</b>

- **Mu Xiang** and **Huo Xiang** regulate Qi and dampness. Mu Xiang regulates Qi and dries dampness on the deeper level in the Middle Jiao while Huo Xiang releases the surface to expel wind-dampness from the surface or interior.
- **Ge Gen** raises Spleen Qi to stop diarrhea and mildly releases the surface and relaxes the muscles.

## 7. Sheng Yang Yi Wei Tang

Sheng Yang Yi Wei Tang is Si Jun Zi Tang plus Huang Qi, Chai Hu, Chen Pi, Ban Xia, Fang Feng, Bai Shao, Huang Lian, Ze Xie, Qiang Huo and Du Huo.

Sheng Yang Yi Wei Tang is used for:

- 1) Chronic Spleen Qi deficiency with damp-heat in the Middle Jiao
- 2) Liver attacking the Spleen or Stomach
- 3) Edema with wind-damp Bi (joint) pain

Symptoms include fatigue, diarrhea, bloating, burning anus, stress, edema, swollen joints, sinus obstruction, teeth-marked tongue with a moist white or yellow coating, and a wiry (string-taut), slippery pulse.

<b>Ren Shen</b>	<b>Radix Ginseng</b> or	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15 g</b>

<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Huang Qi</b>	<b>Radix Astragali Membranaceus</b>	<b>3-15g</b>
<b>Chai Hu</b>	<b>Radix Bupleuri</b>	<b>3-6g</b>
<b>Chen Pi</b>	<b>Pericarpium Citri Reticulatae</b>	<b>3-6g</b>
<b>Ban Xia</b>	<b>Rhizoma Pinelliae Ternatae</b>	<b>3-9g</b>
<b>Fang Feng</b>	<b>Radix Ledebouriellae Diaricatae</b>	<b>3-12g</b>
<b>Bai Shao</b>	<b>Radix Peoniae Lactiflorae</b>	<b>3-12g</b>
<b>Huang Lian</b>	<b>Rhizoma Coptidis</b>	<b>3-9g</b>
<b>Ze Xie</b>	<b>Rhizome Alismatis Orientalitis</b>	<b>3-12g</b>
<b>Qiang Huo</b>	<b>Rhizoma Et Radix Notopterygii</b>	<b>3-12g</b>
<b>Du Huo</b>	<b>Angelica Pubescens</b>	<b>3-12g</b>

- **Huang Qi** and **Chai Hu** raise the Spleen Qi. Huang Qi strengthens Spleen Qi. Chai Hu assists Huang Qi to raise the Qi and, combined with Bai Shao, regulates Liver Qi.
- **Bai Shao** regulates Liver Qi and harmonizes the Liver and Spleen.
- **Chen Pi** and **Bai Xia** are a popular pair of herbs. Both of them regulate Qi and dry dampness. Chen Pi more strongly regulates Qi, while Ban Xia more strongly dries dampness and descends Stomach Qi.
- **Huang Lian** dries damp-heat, stops diarrhea, and clears Heart fire.
- **Fang Feng**, **Qiang Huo** and **Du Huo** expel wind-damp-Bi-pain. **Fang Feng** expels wind-damp-Bi-pain on a more superficial level than Qiang Huo and Du Huo. Fang Feng can stop internal wind to stop muscle spasm. **Qiang Huo** and **Du Huo** treat dampness and swellings. **Qiang Huo** is stronger moving and emphasizes the upper body while **Du Huo** dries dampness in the interior and lower part of the body.
- **Ze Xie** promotes urination, thus assisting Fu Ling to reduce dampness or swelling, and drains Kidney fire.

## 8. Zi Sheng Wan

Zi Sheng Wan is Si Jun Zi Tang plus Shan Yao, Lian Zi, Qian Shi, Sha Ren, Huo Xiang, Bai Bian Dou, Lian Zi, Yi Yi Ren, Ju Hong, Huang Lian, Shan Zha, Mai Ya, Ze Xie and Jie Geng.

Zi Sheng Wan is used for:

- 1) chronic Spleen Qi deficiency
- 2) Qi stagnation
- 3) damp-heat in the Middle Jiao
- 4) malnutrition due to Middle Jiao inability to absorb nutrition.

Symptoms include low appetite, bloating, diarrhea, burning anus, weight loss, edema during pregnancy, a pale teeth-marked tongue with a white coating, and a slippery & weak pulse.

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Shan Yao</b>	<b>Radix Dioscoreae Oppositae</b>	<b>3-30g</b>
<b>Lian Zi</b>	<b>Semen Nelumbinis Nuciferae</b>	<b>3-12g</b>
<b>Qian Shi</b>	<b>Semen Erythraei Ferocis</b>	<b>3-15g</b>
<b>Sha Ren</b>	<b>Fructus Amomie</b>	<b>3-9g</b>
<b>Huo Xiang</b>	<b>Herba Agastaches seu Pogostemi</b>	<b>3-12g</b>
<b>Bai Dou Kou</b>	<b>Fructus Amomi Kravanh</b>	<b>3-12g</b>
<b>Ju Hong</b>	<b>Pars Rubra Epicarpium Citri Erythrocarpae</b>	<b>3-6g</b>
<b>Bai Ben Dou</b>	<b>Fructus Amomi Kravanh</b>	<b>3-12g</b>
<b>Yi Yi Ren</b>	<b>Semen Coicis Lachryma-jobi</b>	<b>3-12g</b>
<b>Huang Lian</b>	<b>Rhizoma Coptidis</b>	<b>3-9g</b>
<b>Shan Zha</b>	<b>Fructus Crategi</b>	<b>3-12g</b>
<b>Mai Ya</b>	<b>Fructus Hordei Vulgaris</b>	<b>3-12g</b>
<b>Ze Xie</b>	<b>Rhizome Alismatis Orientalis</b>	<b>3-12g</b>
<b>Jie Geng</b>	<b>Radix Platycodi Grandiflori</b>	<b>3-12g</b>

- **Shan Yao, Lian Zi and Qian Shi** act as a team to astringe the Spleen to stop diarrhea. **Shan Yao** goes to a deeper level than Lian Zi and Qian Shi. **Lian Zi and Qian Shi** are milder.
- Lian Zi also calms the Heart, while Qian Shi and Lian Zi astringe the Kidney.

- **Sha Ren, Huo Xiang, Bai Dou Kou** and **Ju Hong** are warm and dry the Spleen. **Sha Ren, Huo Xiang, Bai Dou Kou** are aromatics that dry dampness in the Middle Jiao. **Sha Ren** goes to a deeper level to dry dampness and regulate Qi, and acts on the Middle and Lower Jiaos. **Bai Dou Kou** mildly dries dampness in the Upper and Middle Jiaos. **Huo Xiang** has a heavy smell and dries dampness and releases the surface. **Ju Hong** more strongly regulates Qi and less strong dries damp than Sha Ren, Huo Xiang, and Bai Dou Kou.
- **Bai Bian Dou** and **Yi Yi Ren** mildly drain dampness in the Middle Jiao. **Bai Bian Dou** strongly drains damp and balances water in the Middle Jiao. **Yi Yi Ren**, compared with Bai Bian Dou, is better to promote urination
- **Huang Lian** clears damp heat in the Middle Jiao to stop diarrhea and quiet Heart fire.
- **Shan Zha** and **Mai Ya** reduce food stagnation and bloating. **Shan Zha** can promote blood circulation and especially treats meat stagnation. **Mai Ya** can regulate Liver Qi and especially treats rice stagnation.
- **Ze Xie** promotes urination to reduce edema and drain Kidney fire.
- **Jie Geng** opens Lung Qi, clears stagnation, and carries the formula to the upper body.

## 9. Gui Shao Liu Jun Zi Tang

Gui Shao Liu Jun Zi Tang is Liu Jun Zi Tang (Si Jun Zi Tang plus Chen Pi and Ban Xia) plus Dang Gui and Bai Shao.

Gui Shao Liu Jun Zi Tang treats:

- 1) Spleen Qi deficiency with dampness
- 2) Liver and Spleen not harmonizing
- 3) Blood deficiency

Symptoms include emotional stress, late or painful menstruation, fullness or pain in the chest or hypochondriac region, upset stomach, nausea, diarrhea, bloating, a pale or dark colored tongue with teeth marks, and a wiry & slippery pulse.

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>

<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Chen Pi</b>	<b>Pericarpium Citri Reticulatae</b>	<b>3-6g</b>
<b>Ban Xia</b>	<b>Rhizoma Pinelliae Ternatae</b>	<b>3-9g</b>
<b>Dang Gui</b>	<b>Radix Angelicae Sinensis</b>	<b>3-12g</b>
<b>Bai Shao</b>	<b>Radix Peoniae Lactiflorae</b>	<b>3-15g</b>

- **Chen Pi** and **Ban Xia** dry dampness in the Middle Jiao and descend Stomach Qi. **Chen Pi** regulates Qi while **Ban Xia** dries dampness and descends Stomach Qi.
- **Bai Shao** and **Dang Gui** nourish blood and stop pain. **Bai Shao** mildly nourishes blood. **Bai Shao** also smoothes and harmonizes the Liver and Ying & Wei. **Dang Gui** promotes blood circulation and regulates menstruation.

## 10. Ba Zhen Tang

Ba Zhen Tang is Si Jun Zi Tang plus Si Wu Tang (Shu Di Huang, Dang Gui, Bai Shao and Chuan Xiong).

Ba Zhen Tang nourishes Qi and blood and promotes blood circulation.

Symptoms include loose stool, diarrhea, low appetite, late or no menstruation (amenorrhea), fatigue, pale face and tongue, and a weak and empty pulse.

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	
<b>3-15g</b>		
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	
<b>3-30g</b>		
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	
<b>3-6g</b>		
<b>Shu Di Huang</b>	<b>Radix Rehmanniae Glutinosae Conquitae</b>	
<b>3-15g</b>		
<b>Dang Gui</b>	<b>Radix Angelicae Sinensis</b>	
<b>3-12g</b>		
<b>Bai Shao</b>	<b>Radix Peoniae Lactiflorae</b>	
<b>3-15g</b>		
<b>Chuan Xiong</b>	<b>Radix Ligustici Chuanxiong</b>	
<b>3-9g</b>		

- **Shu Di Huang** and **Bai Shao** nourish the blood. **Shu Di Huang** strongly nourishes blood and Jing. **Bai Shao** mildly nourishes blood, stabilizes and smooths Liver Yang, and harmonizes the Ying and Wei.
- **Dang Gui** and **Chuan Xiong** promote blood circulation. **Dang Gui** nourishes blood and regulates menstruation. **Chuan Xiong** promotes Qi flow in the blood and encourages organs to produce blood.

## 11. Shi Quan Da Bu Tang

Shi Quan Da Bu Tang is Si Jun Zi Tang (Ren Shen or Dang Shen, Bai Zhu, Fu Ling, Gan Cao) and Si Wu Tang (Shu Di Huang, Dang Gui, Bai Shao and Chuan Xiong) plus Huang Qi and Rou Gui.

Shi Quan Da Bu Tang nourishes Qi, Blood, and Yang.

Symptoms include: fatigue, diarrhea, poor memory, hearing loss, dizziness, cold extremities, low sexual energy, and infertility.

Tongue: pale and teeth- marked with a moist coating  
Pulse: weak, slow and empty

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Shu Di Huang</b>	<b>Radix Rehmanniae Glutinosae Conquitae</b>	<b>3-15g</b>
<b>Dang Gui</b>	<b>Radix Angelicae Sinensis</b>	<b>3-12g</b>
<b>Bai Shao</b>	<b>Radix Peoniae Lactiflorae</b>	<b>3-15g</b>
<b>Chuan Xiong</b>	<b>Radix Ligustici Chuanxiong</b>	<b>3-9g</b>
<b>Rou Gui</b>	<b>Cortex Cinnamomi Cassiae</b>	<b>1-3g</b>
<b>Huang Qi</b>	<b>Radix Astragali Membranaceus</b>	<b>3-15g</b>

- **Shu Di Huang** and **Bai Shao** nourish the blood. **Shu Di Huang** is stronger to nourish blood, Jing, and body nutrition. **Bai Shao** mildly nourishes blood but also stabilizes and smooths Liver Yang and harmonizes the Ying and Wei.

- **Dang Gui** and **Chuan Xiong** promote blood circulation. **Dang Gui** nourishes blood and regulates menstruation. **Chuan Xiong** promotes Qi flow in the blood and encourages the organs to produce blood.
- **Rou Gui** warms the Kidney Yang and the channels.
- **Huang Qi** raises and nourishes the Qi and promotes Qi flow.



# Si Jun Zi Tang

## Part One - Summary

Yi Gong San Liu Jun Zi Tang Xiang Sha Liu Jun Zi Tang	All regulate Qi and dry dampness. <b>Yi Gong San</b> especially treats Qi stagnation. <b>Liu Jun Zi Tang</b> and <b>Xiang Sha Liu Jun Zi Tang</b> regulate Qi and dry dampness. <b>Liu Jun Zi Tang</b> is better for treating the Upper and Middle Jiao. <b>Xiang Sha Liu Jun Zi Tang</b> especially treats the Middle and Lower Jiao (Burner) and is stronger to regulate Qi and dry dampness than <b>Liu Jun Zi Tang</b> .
Liu Shen San	Qi prolapse causing diarrhea or organ prolapse, empty low grade fever and dampness.
Sheng Ling Bai Zhu San	Spleen Qi deficiency with dampness or underlying heat signs.
Qi Wei Du Qi Wan	Diarrhea due to Spleen Qi deficiency or wind damp attack with Stomach flu.
Sheng Yang Yi Wei Tang	Chronic Spleen Qi deficiency with damp or damp heat in the Middle Jiao, edema and wind-damp-Bi-pain.
Zi Sheng Wan	Chronic Spleen Qi deficiency with damp and dam-heat in the Middle Jiao.
Gui Shao Liu Jun Zi Tang	Qi and blood stagnation and deficiency, Liver and Spleen not harmonizing with underlying Spleen Qi deficiency.
Bai Zhen Tang and Shi Quan Da Bu Tang	Both strengthen Qi and blood. <b>Shi Quan Da Bu Tang</b> also strengthens the Yang.

## Part Two:

# The 13 Applications of Si Jun Zi Tang Modifications

## 1. Lung disorder

### 1.1 Qi and Yang deficiency of the Lung and Spleen:

❖ Syndrome:

Patient has cough or chronic cough with clear mucus, shortness of breath, fatigue, cold hands and feet, edema, low appetite, loose stool, a pale and teeth-marked tongue with a white coating, and a weak & slippery pulse.

- Formula: Si Jun Zi Tang plus Huang Qi, Rou Gui, Gui Zhi, Gan Jiang, Xu Duan, Bu Gu Zhi, Ju Hong, Ban Xia, Huo Xiang, Sha Ren and Bai Dou Kou.
- Function: Strengthen and warm the Spleen and Lung. Dry dampness in the Middle Jiao and Lung.

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Huang Qi</b>	<b>Radix Astragali Membranaceus</b>	<b>3-15g</b>
<b>Rou Gui</b>	<b>Cortex Cinnamomi Cassiae</b>	<b>1-3g</b>
<b>Gui Zhi</b>	<b>Ramulus Cinnamomi Cassiae</b>	<b>3-12g</b>
<b>Gan Jiang</b>	<b>Rhizoma Zingiberis Officinalis</b>	<b>3-12g</b>
<b>Sheng Jiang</b>	<b>Zingiber Officinale Rosc.</b>	<b>3-12g</b>
<b>Bu Gu Zhi</b>	<b>Fructus Psoraleae Corylifoliae</b>	<b>3-12g</b>
<b>Xu Duan</b>	<b>Radix Dipsaci Asperi</b>	<b>3-12g</b>
<b>Ju Hong</b>	<b>Pars Rubra Epicarpium Citri Erythrocarpae</b>	<b>3-6g</b>
<b>Ban Xia</b>	<b>Rhizoma Pinelliae Ternatae</b>	<b>3-9g</b>
<b>Huo Xiang</b>	<b>Herba Agastaches Seu Pogostemi</b>	<b>3-12g</b>
<b>Sha Ren</b>	<b>Fructus Amomie</b>	<b>3-9g</b>

<b>Bai Dou Kou</b>	<b>Fructus Amomi Kravanh</b>	<b>3-12g</b>
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- **Huang Qi** raises and strengthens Spleen and Lung Qi, promotes Qi flow in the Lung and Spleen, and protects the surface to prevent Wind attack.
- **Rou Gui** and **Gui Zhi** warm the Lung and Kidney Yang. **Rou Gui** warms the Kidney Yang while **Gui Zhi** warms the surface and the Lung Yang.
- **Gan Jiang** and **Sheng Jiang** warm the Spleen and Lung Yang and descend Stomach Qi. **Gan Jiang** especially warms the Kidney Yang. **Sheng Jiang** warms the Lung and releases the surface.
- **Bu Gu Zhi** warms the Kidney and Spleen Yang, moves the Yang Qi, and stops morning diarrhea.
- **Xu Duan** warms the Kidney Yang and promotes blood circulation.
- **Ju Hong** and **Ban Xia** are warm. They dry dampness and phlegm in the Middle Jiao and Lung and descend Lung and Stomach Qi. **Ju Hong** primarily regulates Qi while **Ban Xia** dries dampness in the Middle Jiao and dries phlegm in the Lung.
- **Huo Xiang**, **Sha Ren** and **Bai Dou Kou** are warm and dry dampness in the Middle Jiao. **Huo Xiang** releases the surface to expel dampness in the Lung and Upper Jiao. **Bai Dou Kou** and **Sha Ren** aromatically transform dampness. **Bai Dou Kou** is lighter-weight than Sha Ren, and is therefore more often used for Upper Jiao and Stomach dampness. **Sha Ren** is more often used to treat the Middle and Lower Jiao.

## 1.2 Lung and Spleen Qi deficiency with Qi and phlegm stagnation.

### ❖ Syndrome:

Patient has excess sticky white phlegm that may be difficult to expectorate, fullness of stomach and Lung, a puffy tongue with a greasy white coating, and a wiry & slippery pulse.

- Formula: Si Jun Zi Tang plus Huo Po, Zhi Ke, Bai Dou Kou, Xing Ren, Chen Pi and Ban Xia.
- Function: Strengthen Spleen Qi, regulate and dry dampness & phlegm in the Middle Jiao and Lung.

<b>Ren Shen</b>	<b>Radix Ginseng</b> or	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Huo Po</b>	<b>Cortex Magnoliae Officinalis</b>	<b>3-12g</b>
<b>Zhi Ke</b>	<b>Fructus Citri Aurantii</b>	<b>3-12g</b>
<b>Bai Dou Kou</b>	<b>Fructus Amomi Kravanh</b>	<b>3-12g</b>
<b>Xing Ren</b>	<b>Pruni Armeniaca, Semen</b>	<b>3-9g</b>
<b>Ban Xia</b>	<b>Rhizoma Pinelliae Ternatae</b>	<b>3-9g</b>
<b>Chen Pi</b>	<b>Pericarpium Citri Reticulatae</b>	<b>3-6g</b>
<b>Bai Jie Zi</b>	<b>Semen Sinapsis Albae</b>	<b>3-15g</b>
<b>Lai Fu Zi</b>	<b>Semen Raphani Sativi</b>	<b>3-15g</b>
<b>Zi Su Zi</b>	<b>Perillae Frutescentis, Fructus</b>	<b>3-15g</b>

- **Huo Po** and **Zhi Ke** regulate and descend Qi in the Lung and Middle Jiao. **Huo Po** dries dampness in the Lung, Stomach and Spleen. **Zhi Ke** regulates and disperses Qi in the chest and Middle Jiao.
- **Bai Dou Kou** and **Xing Ren** open the Upper Jiao and Lung. **Bai Dou Kou** dries dampness in the Middle Jiao and aromatically transforms dampness. **Xing Ren** opens and clears phlegm from the Lung while also moistening thereby treating dry cough and constipation.
- **Ban Xia** and **Chen Pi** dry phlegm in the Lung and descend Stomach Qi. **Ban Xia** dries the dampness and dissolves nodules. **Chen Pi** regulates Spleen and Lung Qi.
- **Bai Jie Zi**, **Lai Fu Zi** and **Su Zi** dry phlegm. **Bai Jie Zi** is acrid and warm and has a strong moving function to dry phlegm from hard-to-reach corners. **Lai Fu Zi** dries phlegm and descends Stomach Qi. **Zi Su Zi** dries phlegm and descends the Lung Qi.

### 1.3 Deficiency of Qi and Yin in the Lung and Spleen:

#### ❖ Syndrome:

Patient has chronic cough with sticky, difficult to expectorate phlegm; sweating, “five center” heat (“five palms” heat from Yin deficiency- the hands, feet, and

chest), fatigue, edema, loose stool, low appetite, red tongue with teeth-marks and a dry coating, and a weak, small, slippery and rapid pulse.

- Formula: Si Jun Zi Tang plus Chen Pi, Shan Yao, Yi Yi Ren, Zhu Ling, Bai Qian, Jie Geng, Xing Ren, Di Gu Pi, Bai Wei, Mu Dan Pi, Yin Chai Hu and Fu Xiao Mai.
- Function: Strengthen the Lung and Spleen Qi, lubricate Yin.

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Chen Pi</b>	<b>Pericarpium Citri Reticulatae</b>	<b>3-6g</b>
<b>Shan Yao</b>	<b>Radix Dioscoreae Oppositae</b>	<b>3-30g</b>
<b>Yi Yi Ren</b>	<b>Semen Coicis Lachryma-jobi</b>	<b>3-15g</b>
<b>Zhu Ling</b>	<b>Sclerotium Polypori Unbellati</b>	<b>3-30g</b>
<b>Bai Qian</b>	<b>Radix et Rhizome Cynanchi Baiqian</b>	<b>3-12g</b>
<b>Jie Geng</b>	<b>Radix Platycodi Grandiflori</b>	<b>3-12g</b>
<b>Xing Ren</b>	<b>Pruni Armeniaca, Semen</b>	<b>3-9g</b>
<b>Xing Ren</b>	<b>Pruni Armeniaca, Semen</b>	<b>3-9g</b>
<b>Chuan Bei Mu</b>	<b>Bulbus Fritillariae Cirrhosae</b>	<b>3-12g</b>
<b>Zhe Bei Mu</b>	<b>Bulbus Fritillariae Thunbergii</b>	<b>3-12g</b>
<b>Gua Lou Pi</b>	<b>Pericarpium Trichosanthis</b>	<b>3-12g</b>
<b>Di Gu Pi</b>	<b>Cortex Lycii Radicis</b>	<b>3-12g</b>
<b>Bai Wei</b>	<b>Radix Cynanchi Baiwei</b>	<b>3-12g</b>
<b>Mu Dan Pi</b>	<b>Cortex Moutan Radicis</b>	<b>3-12g</b>
<b>Yin Chai Hu</b>	<b>Stellariae Dichotomae, Herba</b>	<b>3-12g</b>
<b>Fu Xiao Mai</b>	<b>Semen Triticis Aestivi Levis</b>	<b>3-30g</b>

- **Chen Pi** regulates Qi and dries phlegm.
- **Shan Yao** astringes the Spleen to stop diarrhea.
- **Yi Yi Ren** and **Zhu Ling** promote urination. **Yi Yi Ren** mildly promotes urination and is used for chronic long term conditions. **Zhu Ling** promotes urination to reduce edema.

- **Bai Qian, Jie Geng and Xing Ren** stop cough. **Bai Qian** moves Qi and dissolves phlegm in the Lung. **Jie Geng** and **Xing Ren** open the Lung to reduce excess. **Jie Geng** eliminates sore and dry throat and carries herbs to the upper body. **Xing Ren** moistens the Lung and stops cough and asthma.
- **Chuan Bei Mu** and **Zhe Bei Mu** lubricate Yin and stop cough. **Chuan Bei Mu** nourishes the Yin. **Zhe Bei Mu** reduces hot phlegm.
- **Gua Lou Pi** eliminates hot phlegm.
- **Di Gu Pi, Bai Wei, Mu Dan Pi** and **Yin Chai Hu** cool empty heat. **Di Gu Pi** is used for Lung Yin deficiency and steaming bone syndrome. **Bai Wei** reduces empty (deficiency) heat. **Mu Dan Pi** cools heat and promotes blood circulation. **Yin Chai Hu** cools heat and clears damp-heat.
- **Fu Xiao Mai** stops sweat, lubricates Yin, and calms the spirit.

## **Summary of lung disorders**

Deficiency of Qi and Yang in the Lung and Spleen	Patient has cold and Qi deficiency symptoms: cold, fatigue, edema, morning diarrhea, cough, a bright white, puffy tongue and a slow, deep and weak pulse. Si Jun Zi Tang is modified with ingredients that strengthen Lung, Kidney and Spleen Yang.
Lung and Spleen Qi deficiency with Qi and phlegm stagnation	Patient has phlegm in the Lung, loose stool, a teeth-marked tongue with a white coating, and a slippery and weak pulse. Si Jun Zi Tang is modified with ingredients that regulate Qi and dry phlegm.
Deficiency of Qi and Yin in the Lung and Spleen	Patient has hot flashes, fatigue, loose stool, a red and teeth-marked tongue, and a weak, small, and rapid pulse. Si Jun Zi Tang is modified with ingredients that lubricate Yin and cool heat.

## 2. Heart disorder:

### 2.1 Heart and Spleen Qi deficiency:

❖ Syndrome:

Palpitations, irregular heart beat, fear, shortness of breath, sensation of pressure in the chest that worsens with activity, sweat, pale face, edema, fullness of stomach, loose stool, pale and puffy tongue with a moist coating, and a floating & weak or irregular pulse.

- Formula: Si Jun Zi Tang plus Huang Qi, Dan Shen, Gui Zhi, Hu Po and Zhu Ling.
- Function: Strengthen the Heart and Spleen Qi, promote blood circulation.

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Huang Qi</b>	<b>Radix Astragali Membranaceus</b>	<b>3-15g</b>
<b>Dan Shen</b>	<b>Radix Salviae Miltiorrhizae</b>	<b>3-15g</b>
<b>Gui Zhi</b>	<b>Ramulus Cinnamomi Cassiae</b>	<b>3-9g</b>
<b>Hu Po</b>	<b>Succinum</b>	<b>3-12g</b>
<b>Zhu Ling</b>	<b>Sclerotium Polypori Unbellati</b>	<b>3-15g</b>
<b>Shen Xu</b>	<b>Radix Ginseng</b>	<b>3-9g</b>

- **Huang Qi** strengthens Qi, promotes Qi flow and blood circulation, and lifts Qi to strengthen the Spleen and Heart.
- **Dan Shen** and **Hu Po** promote blood circulation. **Dan Shen** cools and calms the Heart and promotes circulation in small blood vessels. **Hu Po** can promote urination to reduce edema.
- **Gui Zhi** warms the Heart and Spleen, harmonizes the Ying and Wei, regulates Qi, and promotes the Heart's ability to circulate blood.
- **Zhu Ling** promotes urination to drain dampness in the Heart and Spleen.



- **Shen Xu**, the smaller roots of Ren Shen, can strengthen Qi and regulate an irregular heart beat caused by Qi deficiency.

## 2.2. Heart and Spleen Qi and blood deficiency:

### ❖ Syndrome:

Palpitation, irregular heart beat, pain or pressure in the chest, shortness of breath, dizziness, late or no menstruation, cold extremities, fatigue, a pale face and tongue, and a weak and empty pulse.

- Formula: Ba Zhen Tang (Si Jun Zi Tang with Si Wu Tang) plus He Shou Wu, Gou Qi Zi, Dan Shen, Hong Hua and Shen Xu.
- Function: Strengthen the Spleen and Heart Qi and calm the spirit.

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Shu Di Huang</b>	<b>Radix Rehmanniae Glutinosae Conquitae</b>	<b>3-15g</b>
<b>Dang Gui</b>	<b>Radix Angelicae Sinensis</b>	<b>3-12g</b>
<b>Bai Shao</b>	<b>Radix Peoniae Lactiflorae</b>	<b>3-12g</b>
<b>Chuan Xiong</b>	<b>Radix Ligustici Chuanxiong</b>	<b>3-9g</b>
<b>He Shou Wu</b>	<b>Radix Polygoni Multiflori</b>	<b>3-12g</b>
<b>Gou Qi Zi</b>	<b>Fructus Lycii</b>	<b>3-12g</b>
<b>Dan Shen</b>	<b>Radix Salviae Miltiorrhizae</b>	<b>3-12g</b>
<b>Hong Hua</b>	<b>Flos Carthami Tinctorii</b>	<b>3-9g</b>
<b>Shen Xu</b>	<b>Radix Ginseng (smallest root of ginseng)</b>	<b>3-9g</b>

- **Shu Di Huang**, **Dang Gui** and **Bai Shao** nourish blood. **Shu Di Huang** strongly nourishes blood and Jing. **Dang Gui** promotes blood circulation. **Bai Shao** mildly nourishes blood, but also stabilizes Liver Yang and harmonizes Ying and Wei.
- **He Shou Wu** and **Gou Qi Zi** mildly nourish blood. **He Shou Wu** nourishes Kidney Jing. **Gou Qi Zi** nourishes Liver Blood.

- **Chuan Xiong**, **Dan Shen** and **Hong Hua** promote blood circulation. **Chuan Xiong** moves Qi in the blood. **Dan Shen** promotes blood circulation in the small blood vessels and calms and cools the Heart. **Hong Hua** breaks up blood stagnation.
- **Shen Xu** is used for Heart Qi deficiency with palpitation or irregular heart beat.

### 2.3 Heart and Spleen Qi and Yin deficiency:

#### ❖ Syndrome:

Fatigue, insomnia, palpitation, forgetfulness, bruises, hot flashes, night sweat, “five center” heat, spotting before or after menstruation, loose stool, a red and teeth-marked tongue with a dry coating, and a weak and slippery pulse.

- Formula: Su Jun Zi Tang and Gui Pi Tang modification: Su Jun Zi Tang plus Huang Qi, Bai Shao, Dang Gui, Suan Zao Ren, Long Yan Rou and Yuan Zhi.
- Function: Strengthen Qi and Yin of the Heart and Spleen, calm the Heart.

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Huang Qi</b>	<b>Radix Astragali Membranaceus</b>	<b>3-12g</b>
<b>Bai Shao</b>	<b>Radix Peoniae Lactiflorae</b>	<b>3-12g</b>
<b>Dang Gui</b>	<b>Radix Angelicae Sinensis</b>	<b>3-12g</b>
<b>Suan Zao Ren</b>	<b>Semen Zizyphi Spinosae</b>	<b>3-12g</b>
<b>Long Yan Rou</b>	<b>Arillus Euphoriae Longanae</b>	<b>3-12g</b>
<b>Yuan Zhi</b>	<b>Radix Polygalae Tenufoliae</b>	<b>3-12g</b>

- **Huang Qi** raises the Qi to strengthen the Spleen and Heart.
- **Bai Shao** nourishes Yin and blood, smoothes Liver Qi and Yang, and astringes Yin.
- **Dang Gui** nourishes blood and promotes blood circulation for the Heart and Liver.

- **Long Yan Rou**, **Suan Zao Ren** and **Yuan Zhi** calm the Heart. **Long Yan Rou** is sweet. It nourishes the Spleen Qi and mildly calms the mind. **Suan Zao Ren** and **Yuan Zhi** calm the Heart and treat insomnia. **Suan Zao Ren** specifically nourishes Liver Blood while **Yuan Zhi** expels phlegm in the Heart and opens the orifices.

## 2.4 Heart and Spleen Qi and Yang deficiency:

### ❖ Syndrome:

Palpitations, irregular heart beat, pressure or pain in the chest, fear, quiet demeanor, inability to taste spicy food, cold extremities, constant sensation of cold, edema, purple lips, a puffy, bright-white tongue; and a slippery, deep, slow, and weak pulse.

- Formula: Su Jun Zi Tang plus Gui Zhi, Rou Gui, Gan Jiang, Tan Xiang, Xu Duan, Dang Gui and Huang Qi
- Function: Strengthen Qi and Yang of the Heart and Spleen and calm the Heart.

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	or	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Gui Zhi</b>	<b>Ramulus Cinnamomi Cassiae</b>	<b>3-6g</b>
<b>Rou Gui</b>	<b>Cortex Cinnamomi Cassiae</b>	<b>1-3g</b>
<b>Gan Jiang</b>	<b>Rhizoma Zingiberis Officinalis</b>	<b>3-12g</b>
<b>Tan Xiang</b>	<b>Lignum Santali Albi</b>	<b>3-12g</b>
<b>Xu Duan</b>	<b>Radix Dipsaci Asperi</b>	<b>3-12g</b>
<b>Dang Gui</b>	<b>Radix Angelicae Sinensis</b>	<b>3-12g</b>
<b>Huang Qi</b>	<b>Radix Astragali Membranaceus</b>	<b>3-15g</b>

- **Gui Zhi** and **Rou Gui** warm the channels and expel cold. **Gui Zhi** warms the channels or surface. **Rou Gui** warms the deeper levels and Kidney.
- **Gan Jiang** warms the Spleen and Kidney. Its acrid flavor acts to promote Qi and Yang flow.

- **Tan Xiang** regulates Qi, breaks up blood stagnation, and warms & promotes Qi flow.
- **Xu Duan** warms the Kidney, strengthens Kidney Yang, and promotes Liver blood circulation.
- **Dang Gui** nourishes blood and promotes Heart blood circulation.
- **Huang Qi** raises Qi, promotes Qi, blood, and Yang circulation, and mildly promotes urination.

## Summary of Heart Disorders

Heart and Spleen Qi deficiency	Patient has fear, fearful dreams, insomnia, palpitations, bruises, loose stool, edema and fatigue, a teeth-marked tongue, and a weak pulse. Si Jun Zi Tang modified with ingredients to strengthen Qi and promote blood circulation.
Heart and Spleen Qi and blood deficiency	Patient has fear, fearful dreams, insomnia, palpitations, late or no menstruation, forgetfulness, fatigue, a pale face and tongue, and an empty pulse. Si Jun Zi Tang modified with ingredients that nourish blood.
Heart and Spleen Qi and Yin deficiency	Patient has fear, excessively active dreams, fast heart beat, hot flashes, easy sweating, loose stool, fatigue, a red and teeth-marked tongue, and a weak, small, and rapid pulse. Si Jun Zi Tang modified with ingredients that cool empty (deficiency) heat.
Heart and Spleen Yang deficiency	Patient has fear, quiet dreams, irregular heart beat, sensation of cold, edema, diarrhea, fatigue, a purple tongue, and a weak and slow pulse. Si Jun Zi Tang modified with ingredients that strengthen Yang.

### 3. Stomach and Spleen disorders

#### 3.1 Stomach and Spleen Qi deficiency with dampness:

❖ Syndrome:

Stomach ache, fullness of stomach and abdomen, fatigue, low appetite, nausea, belching, acid reflux, sensation of body heaviness, loose stool, a yellow face, a teeth-marked tongue with a white or greasy-white coating, and a slippery and weak pulse.

- Formula: Si Jun Zi Tang plus Chen Pi, Ban Xia, Sha Ren, Huo Po, Cang Zhu, Pei Lan, Hou Xiang, Mu Gua, Shen Qu, Shan Zhu, Mai Ya and Ji Nei Jin, Hai Piao Xiao.
- Function: Strengthen Spleen and Stomach Qi and dry dampness in the Middle Jiao.

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Chen Pi</b>	<b>Pericarpium Citri Reticulatae</b>	<b>3-6g</b>
<b>Ban Xia</b>	<b>Rhizoma Pinelliae Ternatae</b>	<b>3-9g</b>
<b>Sha Ren</b>	<b>Fructus Amomie</b>	<b>3-9g</b>
<b>Huo Po</b>	<b>Cortex Magnoliae Officinalis</b>	<b>3-12g</b>
<b>Cang Zhu</b>	<b>Rhizoma Atractylodis</b>	<b>3-12g</b>
<b>Pei Lan</b>	<b>Herba Eupatorii Fortunei</b>	<b>3-12g</b>
<b>Huo Xiang</b>	<b>Herba Agastaches Seu Pogostemi</b>	<b>3-12g</b>
<b>Mu Gua</b>	<b>Fructus Chaenomelis</b>	<b>3-12g</b>
<b>Shen Qu</b>	<b>Massa Fermentata</b>	<b>3-30g</b>
<b>Mai Ya</b>	<b>Fructus Hordei Vulgaris</b>	<b>3-12g</b>
<b>Ji Nei Jin</b>	<b>Endothelium Corneum Gigeruae Galli</b>	<b>3-12g</b>
<b>Hai Piao Xiao</b>	<b>Os Sepia Seu Seiellae</b>	<b>3-15g</b>

- **Chen Pi** and **Huo Po** regulate Qi, dry dampness in the stomach, and descend the stomach Qi. **Chen Pi** is milder. **Huo Po** is stronger to break Qi stagnation and descend Qi.

- **Ban Xia** dries dampness in the Middle Jiao and descends stomach Qi.
- **Sha Ren, Cang Zhu, Pei Lan, Huo Xiang** aromatically transform dampness in the Middle Jiao. **Sha Ren**, with its heavy aromatic smell functions to dry dampness; it can maintain its effectiveness in the body for a longer period time. **Cang Zhu** moves and expels dampness. **Pei Lan** has a mild aromatic smell that reduces the metal taste in the mouth. **Huo Xiang** has a heavy aromatic smell that dries dampness in the Middle Jiao and surface.
- **Mu Gua** reduces and harmonizes dampness in the Middle Jiao, and stops stomach spasm and wind damp Bi pain.
- **Shen Qu, Mai Ya** and **Ji Nei Jin** reduce food stagnation. **Shen Q** reduces sticky or old food stagnation. **Mai Ya** regulates Liver Qi. **Ji Nei Jin** is used for any kind of food stagnation and also reduces stones.
- **Hai Piao Xiao** astringes to stop stomach acid.

**Additional Formula:**

- Formula: Si Jun Zi Tang plus Bai Shao, Fang Feng and Chen Pi, Mai Ya, Yu Jin, Chai Hu, Zhi Shi, Xiang Fu.
- Function: Strengthen the Spleen Qi, smooth the Liver Qi, and stop diarrhea.

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	or	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Bai Shao</b>	<b>Radix Peoniae Lactiflorae</b>	<b>3-15g</b>
<b>Fang Feng</b>	<b>Radix Ledebouriellae Diaricatae</b>	<b>3-12g</b>
<b>Chen Pi</b>	<b>Pericarpium Citri Reticulatae</b>	<b>3-6g</b>
<b>Mai Ya</b>	<b>Fructus Hordei Vulgaris</b>	<b>3-12g</b>
<b>Yu Jin</b>	<b>Tuber Curcumae</b>	<b>3-12g</b>
<b>Chai Hu</b>	<b>Radix Bupleuri</b>	<b>3-12g</b>
<b>Zhi Shi</b>	<b>Fructus Immaturus Citrii Aurantii</b>	<b>3-12g</b>
<b>Xiang Fu</b>	<b>Rhizome Cyperi Rotunda</b>	<b>3-12g</b>

- **Bai Shao** smoothes the Liver and Spleen and relaxes the intestine.

- **Fang Feng** and **Chen Pi** regulate Spleen Qi and reduce gas in the intestine. **Fang Feng** expels intestinal wind. **Chen Pi** dries dampness.
- **Mai Ya**, **Yu Jin**, **Chai Hu** and **Xiang Fu** smooth Liver Qi. **Mai Ya** reduces food stagnation and abdominal bloating. **Yu Jin** cools the Liver, promotes blood circulation, and reduces irritability. **Chai Hu** smoothes and moves Liver Qi. **Xiang Fu** promotes blood circulation and relaxes internal organ muscles.
- **Zhi Shi** breaks Qi stagnation.

### 3.2 Stomach Qi deficiency with Liver and Stomach not harmonized

#### ❖ Syndrome:

Fullness and pain in the stomach, hypochondriac region pain that is worse with an empty stomach or with stress, acid reflux, a yellow face, fatigue, irritability, bitter taste, a slightly purple tongue with a white coating, and a wiry, slippery, or weak pulse.

- Formula: Si Jun Zi Tang plus Bai Shao, Chai Hu, Zhi Shi, Wu Zhu Yu, Yu Jin, Mai Ya, Shen Qu, Lai Fu Zi, Ji Nei Jin, Chen Pi, Ban Xia, Sheng Jiang, Xian He Cao, Bai Ji, E Jiao, Huang Lian, Yin Chen Hao, Hai Piao Xiao.
- Function: Strengthen Stomach and Spleen Qi and regulate Liver Qi

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Xiang Fu</b>	<b>Rhizome Cyperi Rotunda</b>	<b>3-12g</b>
<b>Bai Shao</b>	<b>Radix Peoniae Lactiflorae</b>	<b>3-12g</b>
<b>Chai Hu</b>	<b>Radix Bupleuri</b>	<b>3-6g</b>
<b>Zhi Shi</b>	<b>Fructus Immaturus Citrii Aurantii</b>	<b>3-12g</b>
<b>Wu Zhu Yu</b>	<b>Fructus Evodiae Rutacarpae</b>	<b>3-9g</b>
<b>Yu Jin</b>	<b>Tuber Curcumae</b>	<b>3-12g</b>
<b>Mai Ya</b>	<b>Fructus Hordei Vulgaris</b>	<b>3-15g</b>
<b>Shen Qu</b>	<b>Massa Fermentata</b>	<b>3-30g</b>
<b>Lai Fu Zi</b>	<b>Semen Raphani Sativi</b>	<b>3-12g</b>



<b>Ji Nei Jin</b>	<b>Endothelium Corneum Gigeruae Galli</b>	<b>3-12g</b>
<b>Chen Pi</b>	<b>Pericarpium Citri Reticulatae</b>	<b>3-6g</b>
<b>Ban Xia</b>	<b>Rhizoma Pinelliae Ternatae</b>	<b>3-9g</b>
<b>Sheng Jiang</b>	<b>Zingiber Officinale Rosc.</b>	<b>3-12g</b>
<b>Xian He Cao</b>	<b>Herba Agrimony Pilosae</b>	<b>3-15g</b>
<b>Bai Ji</b>	<b>Rhizoma Bletillae Striatae</b>	<b>3-15g</b>
<b>E Jiao</b>	<b>Gelatinum Corii Asini</b>	<b>3-30g</b>
<b>Huang Lian</b>	<b>Rhizoma Coptidis</b>	<b>3-12g</b>
<b>Yin Chen Hao</b>	<b>Stellariae Dichotomae, Herba</b>	<b>3-12g</b>
<b>Hai Piao Xiao</b>	<b>Os Sepia Seu Seiellae</b>	<b>3-12g</b>

- **Xiang Fu, Bai Shao, Chai Hu, Zhi Shi, Wu Zhu Yu** and **Yu Jin** regulate the Liver to smooth Stomach Qi. **Xiang Fu** promotes blood circulation and stops pain. **Bai Shao** smooths Qi and stops muscle spasm. **Chai Hu** regulates and smooths Qi. **Zhi Shi** breaks stagnation and descends Qi. **Wu Zhu Yu** dries dampness and descends Qi. **Yu Jin** cools and promotes the circulation of blood.
- **Mai Ya, Shen Qu, Lai Fu Zi** and **Jin Nei Jin** reduce food stagnation. **Mai Ya** smooths Liver Qi. **Shen Qu** is an aromatic that reduces chronic food stagnation. **Lai Fu Zi** reduces phlegm and descends Stomach Qi. **Ji Nei Jin** reduces all kinds of food stagnation, dissolves stones, and astringes Kidney Jing.
- **Sha Ren, Cang Zhu, Pei Lan, Huo Xiang** aromatically transform dampness in the Middle Jiao. **Sha Ren** has a heavy aromatic smell that dries dampness for a long time. **Cang Zhu** moves and dries dampness. **Pei Lan** has a mild, aromatic smell that reduces the metal taste in the mouth. **Huo Xiang** has a heavy aromatic smell that dries dampness both in the surface and internally.
- **Mu Gua** reduces and harmonizes dampness, stops stomach spasm, and treats damp-Bi-pain (damp joint pain).
- **Xian He Cao, Ba Ji,** and **E Jiao** stop bleeding. **Xian He Cao** astringes to stop bleeding. **Ba Ji** stops bleeding and promotes healing. **E Jiao** nourishes blood and stops bleeding.
- **Huang Lian** and **Yin Chen Hao** clear damp-heat in the Stomach. **Huang Lian** is stronger to clear damp-heat and stop acid. **Yin Chen Hao** clears damp-heat in Gall Bladder.
- **Hai Piao Xiao** astringes to stop stomach acid.

## **Summary of Stomach disorders**

Stomach and Spleen Qi deficiency	Patient has low appetite, pain or fullness of the stomach, loose stools, bloating, fatigue, a teeth-marked tongue, and a weak pulse. Si Jun Zi Tang is modified with warming and drying ingredients.
Stomach Qi deficiency with Liver attacking Stomach.	Stomach ache, acrid taste in the mouth, bloating in the stomach region, low appetite, stress, irritability, a slightly purple tongue, and a wiry pulse. Si Jun Zi Tang is modified with ingredients that regulate Liver and Stomach Qi.

## 4. Spleen disorders

❖ Syndrome of Spleen Qi deficiency:

Diarrhea, abdominal bloating, low appetite, borborygmus, tenesmus, puffy or teeth-marked tongue with a white coating, and a slippery and weak pulse.

Base Formula: Si Jun Zi Tang

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>

### 4.1 Spleen Qi deficiency with diarrhea due to dampness in the Middle Jiao (burner)

❖ Syndrome:

Patient has abdominal fullness with a sensation of bodily heaviness, tenesmus (inflammation of the anus with pain or difficulty eliminating stool), diarrhea, a puffy tongue with a white coating, and slippery pulse.

- Formula: Si Jun Zi Tang plus Chen Pi, Ban Xia, Mu Xiang, Sha Ren, Pei Lan, Huo Xiang and Cao Dou Kou
- Function: Strengthen the Spleen Qi, dry dampness in the Middle Jiao, and stop diarrhea

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Chen Pi</b>	<b>Pericarpium Citri Reticulatae</b>	<b>3-6g</b>
<b>Ban Xia</b>	<b>Rhizoma Pinelliae Ternatae</b>	<b>3-9g</b>
<b>Mu Xiang</b>	<b>Radix Aucklandia Lappae</b>	<b>3-6g</b>

<b>Sha Ren</b>	<b>Fructus Amomie</b>	<b>3-9g</b>
<b>Pei Lan</b>	<b>Herba Eupatorii Fortunei</b>	<b>3-12g</b>
<b>Huo Xiang</b>	<b>Herba Agastaches Seu Pogostemi</b>	<b>3-12g</b>
<b>Cao Dou Kou</b>	<b>Semen Alpiniae Katsumadai</b>	<b>3-12g</b>

- **Chen Pi** and **Mu Xiang** regulate Qi and dry dampness. **Chen Pi** mildly regulates Qi and dries dampness. **Mu Xiang** strongly dries dampness, regulates Qi, and reduces tenesmus.
- **Ban Xia**, **Sha Ren**, **Pei Lan**, **Huo Xiang** and **Cao Dou Kou** dry dampness. **Ban Xia** dries phlegm and descends Stomach Qi. **Sha Ren** regulates Qi and descends Stomach Qi. **Pei Lan**, **Huo Xiang** and **Cao Dou Kou** aromatically transform dampness. **Pei Lan** is mild, **Huo Xiang** is moderate, and **Cao Dou Kou** is strongest to dry dampness in the Middle Jiao.

#### 4.2 Spleen and Kidney Qi and Yang deficiency with cold diarrhea

❖ Syndrome:

Patient has diarrhea especially in the early morning, pain in the abdomen, cold hands and feet, a preference for warmth and pressure on the abdomen, a quiet demeanor, a bright white tongue with a white coating, and a slow, deep, and weak pulse.

- Formula: Si Jun Zi Tang plus Gan Jiang, Rou Gui, Bu Gu Zhi, Rou Dou Kou and Wu Zhu Yu
- Function: Strengthen the Spleen and Kidney Yang, expel cold, and stop diarrhea.

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	or	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Gan Jiang</b>	<b>Rhizoma Zingiberis Officinalis</b>	<b>3-12g</b>
<b>Rou Gui</b>	<b>Cortex Cinnamomi Cassiae</b>	<b>1-3g</b>
<b>Bu Gu Zhi</b>	<b>Fructus Psoraleae Corylifoliae</b>	<b>3-12g</b>
<b>Rou Dou Kou</b>	<b>Semen Myristicae Frangrantis</b>	<b>3-12g</b>

<b>Wu Zhu Yu</b>	<b>Fructus Evodiae Rutacarpae</b>	<b>3-12</b>
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- **Gan Jiang** and **Rou Gui** warm and dry the Middle Jiao. **Gan Jiang** dries dampness in the Middle Jiao to stop diarrhea or nausea. **Rou Gui** warms the Kidney Yang, thus warming the Spleen Yang.
- **Bu Gu Zhi**, **Rou Dou Kou** and **Wu Zhu Yu** stop diarrhea by warming and drying dampness in the Middle Jiao. **Bu Gu Zhi** is commonly used to treat Spleen and Kidney Yang deficient morning diarrhea. **Rou Dou Kou** aromatically dries dampness in the Middle Jiao. **Wu Zhu Yu** warms and regulates Liver and Kidney Qi.

### 4.3 Spleen Qi deficiency with Damp heat diarrhea

❖ Syndrome:

Patient has diarrhea with a burning anus and smelly stool, fever, possible food poisoning, a red tongue with a yellow coating, and a rapid and slippery pulse.

- Formula: Si Jun Zi Tang plus Huang Lian, Bai Tou Weng and Qin Pi
- Function: Strengthen Spleen Qi and clear damp heat in the Middle Jiao

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Huang Lian</b>	<b>Rhizoma Coptidis</b>	<b>3-12g</b>
<b>Bai Tou Weng</b>	<b>Radix Pulsatillae Chinensis</b>	<b>3-15g</b>
<b>Qin Pi</b>	<b>Cortex Fraxini</b>	<b>3-15g</b>

- **Huang Lian**, **Bai Tou Weng** and **Qin Pi** dry damp-heat in the Middle Jiao. **Huang Lian** dries simple damp-heat. **Bai Tou Weng** and **Qin Pi** dry turbid damp-heat.

### 4.4 Spleen Qi deficiency with Liver Qi over attacks Spleen, diarrhea

## ❖ Syndromes:

Patient has irritability, stress, fullness of hypochondriac(rib region), abdominal pain, gas, diarrhea, puffy tongue white coating, wiry and slippery pulse.

- Formula: Si Jun Zi Tang add Bai Shao, Fang Feng and Chen Pi.
- Fuction: Strengthen the Spleen Qi, smooth the Liver Qi and stop diarrhea.

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Bai Shao</b>	<b>Radix Peoniae Lactiflorae</b>	<b>3-15g</b>
<b>Fang Feng</b>	<b>Radix Ledebouriellae Diaricatae</b>	<b>3-12g</b>
<b>Chen Pi</b>	<b>Pericarpium Citri Reticulatae</b>	<b>3-6g</b>
<b>Mai Ya</b>	<b>Fructus Hordei Vulgaris</b>	<b>3-12g</b>
<b>Yu Jin</b>	<b>Tuber Curcumae</b>	<b>3-12g</b>
<b>Chai Hu</b>	<b>Radix Bupleuri</b>	<b>3-12g</b>
<b>Zhi Shi</b>	<b>Fructus Immaturus Citri Aurantii</b>	<b>3-12g</b>
<b>Xiang Fu</b>	<b>Flos Carthami Tinctorii</b>	<b>3-12g</b>

- **Bai Shao** smoothes the Liver and Spleen and relaxes the intestine.
- **Fang Feng** and **Chen Pi** regulate Spleen Qi and reduce gas in the intestine. **Fang Feng** emphasizes expel intestinal wind. **Chen Pi** emphasizes dries dampness.
- **Mai Ya**, **Yu Jin**, **Chai Hu** and **Xiang Fu** smooth Liver Qi. **Mai Ya** emphasizes reduce food stagnation for bloated of abdomen. **Yu Jin** cools Liver, promotes blood circulation and reduces irritability. **Chai Hu** smoothes and moves Liver Qi left and right and mild to move up to align the Qi. **Xiang Fu** promotes blood circulation and relaxes internal organ muscles.
- **Zhi Shi** emphasizes break Qi down to reduce stagnation and excess.

#### 4.5 Diarrhea due to Spleen and Stomach Qi deficiency and Liver Blood stagnation

❖ Syndrome:

Pain in the Liver and stomach regions, enlarged Liver, fatigue, edema, low appetite, loose stool, a puffy and purple tongue, and a wiry and slippery pulse. This condition may occur in a cancer patient undergoing chemotherapy.

- Formula: Su Jun Zi Tang plus Hong Hua, Chi Shao, Chuan Xiong, Yu Jin, San Leng, E Zhu and Niu Xi
- Function: Strengthen Spleen and Stomach Qi and promotes blood circulation

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Hong Hua</b>	<b>Flos Carthami Tinctorii</b>	<b>3-6g</b>
<b>Chi Shao</b>	<b>Radix Paeoniae Rubrae</b>	<b>3-12g</b>
<b>Chuan Xiong</b>	<b>Radix Ligustici Chuanxiong</b>	<b>3-6g</b>
<b>Yu Jin</b>	<b>Tuber Curcumae</b>	<b>3-12g</b>
<b>San Leng</b>	<b>Rhizoma Sparganii Stoloniferi</b>	<b>3-12g</b>
<b>E Zhu</b>	<b>Rhizoma Circuma Ezhu</b>	<b>3-12g</b>
<b>Niu Xi</b>	<b>Radix Achyranthis Bidentatae</b>	<b>3-12g</b>

- **Hong Hua**, **Chi Shao** and **Chuan Xiong** promote blood circulation. **Hong Hua** breaks up congealed blood. **Chi Shao** cools blood. **Chuan Xiong** regulates Qi in the blood.
- **Yu Jin** promotes blood circulation, cools blood, reduces irritability, and opens orifices.
- **San Leng** and **E Zhu** break up blood stagnation masses. **San Leng** regulates Qi in the blood. **E Zhu** regulates blood in the blood.
- **Niu Xi** promotes blood circulation and urination, descends blood and reduces blood stagnation.

#### 4.6 Spleen Qi deficiency with Liver and Gallbladder Damp-Heat diarrhea

❖ Syndrome:

Pain and fullness in Liver and Stomach regions, bitter taste in the mouth, bad breath, jaundice, loose stool, fatigue, low appetite, a puffy tongue with a greasy yellow coating, and a wiry and slippery pulse.

- Formula: Si Jun Zi Tang plus Huang Qin, Yi Chen Hao, Hu Zhang, Long Dan Cao, Zhi Zi, Che Qian Zi, Ze Xie, Zhu Ling, Mu Tong and Da Huang.
- Function: Strengthen the Spleen Qi, clear Liver and GB damp, and stop diarrhea

<b>Huang Qin</b>	<b>Radix Scutellariae Baicalensis</b>	3-15g
<b>Yin Chen Hao</b>	<b>Herba Artemisiae Yinchenhao</b>	3-30g
<b>Hu Zhang</b>	<b>Polygonum Cuspidatum Sieb. et zucc.</b>	3-12g
<b>Long Dan Cao</b>	<b>Radix Gentianae Longdancao</b>	3-12g
<b>Zhi Zi</b>	<b>Fructus Gardeniae Jasminoidis</b>	3-12g
<b>Che Qian Zi</b>	<b>Semen Plantaginis</b>	3-12g
<b>Ze Xie</b>	<b>Rhizome Alismatis Orientalitis</b>	3-12g
<b>Zhu Ling</b>	<b>Sclerotium Polypori Unbellati</b>	3-15g
<b>Mu Tong</b>	<b>Caulis Mutong</b>	3-9g
<b>Da Huang</b>	<b>Radix et Rhizoma Rhei</b>	3-12g

- **Huang Qin, Yin Chen Hao, Hu Zhang, Long Dan Cao** and **Zhi Zi** clear damp-heat in the Liver and Gall Bladder. **Huang Qin** calms the Liver and Gall Bladder. **Yin Chen Hao** reduces jaundice. **Hu Zhang** clears Liver and Gall Bladder damp-heat and promotes blood circulation. **Long Dan Cao** strongly clears heat toxins and is anti-viral. **Zhi Zi** mildly clears damp heat in the Liver, Gall Bladder, and San Jiao, promotes blood circulation, cools blood, and stops bleeding.
- **Che Qian Zi, Ze Xie, Zhu Ling** and **Mu Tong** promote urination. **Che Qian Zi** drains damp heat from the Liver and Gall Bladder. **Ze Xie** drains damp heat from the Kidney and Liver. **Zhu Ling** drains dampness in the Middle Jiao and San Jiao. **Mu Tong** strongly promotes urination and smoothes channels.
- **Da Huang** treats excess damp-heat and jaundice, promotes blood circulation, and is purgative.



## **Summary of Diarrhea Disorders (4)**

Diarrhea due to Spleen Qi deficiency with dampness in the Middle Jiao	Patient feels a heavy sensation in the body, intestine, and mind, and has diarrhea, a puffy tongue with a moist coating, and a slippery and weak pulse. Si Jun Zi Tang modified with herbs that dry damp.
Diarrhea due to Spleen Qi Deficiency with damp-heat	Patient has a burning anus or has food poisoning, a red tongue with a thin yellow coating, and a slippery pulse. Si Jun Zi Tang modified with herbs that clear Middle Jiao damp-heat.
Diarrhea due to Spleen and Kidney Qi and Yang deficiency	Morning diarrhea, chronic colitis, sensation of cold, a bright white or teeth-marked tongue, and a weak and slow pulse. Su Jun Zi Tang modified with herbs that warm Kidney and Spleen Yang.
Diarrhea due to Spleen Qi deficiency with Liver not harmonizing	Stress, intermittent diarrhea that is worse with emotional upset, bloating, a slightly purple tongue, and a wiry pulse. Su Jun Zi Tang modified with regulate Qi herbs.
Diarrhea due to Spleen Qi deficiency with Liver blood stagnation	Liver or Spleen enlargement, disorders related to menstruation, diarrhea, edema, or patient undergoing chemotherapy, a purple tongue, and a wiry pulse. Su Jun Zi Tang modified with herbs that promote blood circulation.
Diarrhea due to Spleen Qi deficiency with Liver and GB damp-heat	Patient with liver organ dysfunction, bitter taste in the mouth, jaundice, diarrhea, a tongue with a yellow coating, and a wiry pulse. Su Jun Zi Tang modified with herbs that clear damp-heat in the Liver and GB.

## 5. Excess urination due to Kidney and Spleen Qi and Yang deficiency

### ❖ Syndrome:

Frequent urination or incontinence, edema, loose stool, morning diarrhea, shortness of breath, low back pain, weak knees, fatigue, cold extremities, low sexual energy, infertility, tinnitus, deafness, a teeth-marked tongue, and a weak and slow pulse.

- Formula: Si Jun Zi Tang plus Huang Qi, Tu Si Zi, Sang Piao Xiao, Yi Zhi Ren, Wu Yao, Shan Zhu Yu, and Shan Yao
- Function: Strengthen Kidney and Spleen Yang and Qi and stop excess urination

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Huang Qi</b>	<b>Radix Astragali Membranaceus</b>	<b>3-30g</b>
<b>Tu Si Zi</b>	<b>Semen Cuscutae Chinensis</b>	<b>3-12g</b>
<b>Sang Piao Xiao</b>	<b>Ootheca Mantidis</b>	<b>3-15g</b>
<b>Yi Zhi Ren</b>	<b>Fructus Alpiniae Oxyphyllae</b>	<b>3-12g</b>
<b>Wu Yao</b>	<b>Radix Linderae Strychnifoliae</b>	<b>3-12g</b>
<b>Shan Zhu Yu</b>	<b>Fructus corni Officinalis</b>	<b>3-12g</b>
<b>Shan Yao</b>	<b>Radix Dioscoreae Oppositae</b>	<b>3-30g</b>
<b>Bu Zhu Zhi</b>	<b>Fructus Psoraleae Corylifoliae</b>	<b>3-12g</b>

- **Huang Qi** raises the Qi and mildly promotes urination.
- **Tu Si Zi**, **Sang Piao Xiao**, **Yi Zhi Ren**, **Wu Yao** and **Shan Zhu Yu** astringe the Kidneys. **Tu Si Zi** is neutral and strengthens Kidney Yang and Jing. **Sang Piao Xiao** stops frequent urination. **Yi Zhi Ren** warms Kidney Yang and benefits the intellect. **Wu Yao** warms and regulates the Kidney and Liver. **Shan Zhu Yu** enriches Kidney Yang and Yin.
- **Shan Yao** astringes the Spleen and benefits Kidney Qi.

- **Bu Gu Zhi** warms the Kidney and Spleen Yang to stop excess urination and morning diarrhea.

## **Summary of excess urination disorder**

Excess urination due to Spleen and Kidney Yang deficiency	Patient has excess urination or incontinence, feels cold, has loose stool or morning diarrhea, a puffy, bright white tongue, and a weak and slow pulse. Su Jun Zi Tang modified with astringent herbs that warm Kidney and Spleen Yang.
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## 6. Enlarged Prostate

### 6.1 Enlarged prostate due to Kidney and Spleen Qi and Yang deficiency with Qi, blood or phlegm stagnation

❖ Syndrome:

Frequent and scanty urination, pressure or pain in the groin and genital region, lower back pain, weak knees, loose stool, low appetite, edema, a puffy or purple tongue, and a wiry and weak pulse.

- Formula: Si Jun Zi Tang plus, Zhe Bei Mu, Wang Bu Liu Xin, Lu Lu Tong, Dang Gui Wei, Chuan Xiong, San Qi, Tao Ren, Hong Hua, Dan Shen, Chi Shao, San Leng, E Zhu, Chai Hu, Yu Jin and Xiang Fu
- Function: Strengthen the Kidney and Spleen Qi, promote Qi and blood circulation, and dissolve phlegm

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Huang Qi</b>	<b>Radix Astragali Membranaceus</b>	<b>3-12g</b>
<b>Shan Yao</b>	<b>Radix Dioscoreae Oppositae</b>	<b>3-30g</b>
<b>Lu Rong</b>	<b>Cornu Cervi Parvum</b>	<b>3-12g</b>
<b>Tu Si Zi</b>	<b>Semen Cuscutae Chinensis</b>	<b>3-15g</b>
<b>Du Zhong</b>	<b>Cortex Eucommiae Ulmoidis</b>	<b>3-12g</b>
<b>Li Zhi He</b>	<b>Semen Litchi Chinensis</b>	<b>3-15g</b>
<b>Ju He</b>	<b>Semen Citri Reticulatae</b>	<b>3-12g</b>
<b>Kun Bu</b>	<b>Thallus Algae</b>	<b>3-12g</b>
<b>Hai Zao</b>	<b>Herbs Sargassii</b>	<b>3-12g</b>
<b>Hai Dai</b>	<b>Laminariae Thallus</b>	<b>3-12g</b>
<b>Zhe Bei Mu</b>	<b>Bulbus Fritillariae Thunbergii</b>	<b>3-12g</b>
<b>Wang Bu Liu Xin</b>	<b>Semen Vaccariae Segetalis</b>	<b>3-12g</b>
<b>Lu Lu Tong</b>	<b>Liquidambar Taiwaniana Hance</b>	<b>3-9g</b>
<b>Dang Gui Wei</b>	<b>Radix Angelicae Sinensis</b>	<b>3-12g</b>

<b>Chuan Xiong</b>	<b>Radix Ligustici Chuanxiong</b>	<b>3-9g</b>
<b>San Qi</b>	<b>Radix Notoginseng</b>	<b>3-12g</b>
<b>Tao Ren</b>	<b>Semen Persicae</b>	<b>3-12g</b>
<b>Hong Hua</b>	<b>Flos Carthami Tinctorii</b>	<b>3-9g</b>
<b>Dan Shen</b>	<b>Radix Salviae Miltiorrhizae</b>	<b>3-12g</b>
<b>Chi Shao</b>	<b>Radix Paeoniae Rubrae</b>	<b>3-12g</b>
<b>San Leng</b>	<b>Rhizoma Sparganii Stoloniferi</b>	<b>3-12g</b>
<b>E Zhu</b>	<b>Rhizoma Curcuma Ezhu</b>	<b>3-12g</b>
<b>Chai Hu</b>	<b>Radix Bupleuri</b>	<b>3-6g</b>
<b>Yu Jin</b>	<b>Tuber Curcumae</b>	<b>3-12g</b>
<b>Xiang Fu</b>	<b>Rhizome Cyperi Rotunda</b>	<b>3-12g</b>

- **Huang Qi** raises the Qi and regulates urination.
- **Shan Yao** astringes the Spleen, and assists the Kidney in controlling urination.
- **Lu Rong** strongly enriches the Kidney Yang and Yin and strengthens Yang Qi.
- **Tu Si Zi** is neutral and enriches Kidney Yang and Yin.
- **Du Zhong** enriches Kidney Yang, reduces an enlarged prostate, and treats wind damp Bi pain.
- **Li Zhi He, Ju He, Kun Bu, Hai Zao, Hai Dai** and **Zhe Bei Mu** dissolve phlegm nodules. **Li Zhi He** and **Ju He** regulate Qi. **Li Zhi He** breaks through phlegm. **Ju He** breaks through the Qi of the phlegm level. **Ku Bu, Hai Zao** and **Hai Dai** are rich minerals and cool heat. They are used for chronic phlegm nodules. **Kun Bu** acts on the Qi of phlegm. **Hai Dai** acts on Qi and phlegm, **Hai Zao** acts on phlegm. **Zhe Bei Mu** clears hot phlegm nodules.
- **Wang Bu Liu Xin** and **Lu Lu Tong** break through the nodules and stagnation. **Wang Bu Liu Xin** is stronger than **Lu Lu Tong**.
- **Dang Gui Wei, Chuan Xiong** and **San Qi** promote blood circulation. **Dang Gui Wei** nourishes and moves blood. **Chuan Xiong** moves Qi in the blood level. **San Qi** reduces inflammation and stops bleeding and pain.
- **Tao Ren, Hong Hua, Dan Shen, Chi Shao, San Leng** and **E Zhu** promote blood circulation. **Tao Ren** and **Hong Hua** break up congealed blood. **Hong Hua** is stronger to break up congealed blood while **Tao Ren's** function of promoting blood circulation is more lasting. **Tao Ren** also moistens the intestine. **Dan Shen** promotes small blood vessel circulation, cools heat in the

blood, and calms the Heart. **Chi Shao** cools heat in the blood. **San Leng** and **E Zhu** break up blood stagnation masses. **San Leng** acts on the Qi level of blood. **E Zhu** acts on the blood level of blood.

- **Chai Hu** regulates Liver Qi and breaks Qi stagnation in the Liver channel.
- **Yu Jin** and **Xiang Fu** regulate Liver Qi and promote blood circulation. **Yu Jin** reduces irritability and cools the blood. **Xiang Fu** promotes blood circulation.

## 6.2 Kidney and Spleen Qi deficiency with damp-heat

❖ Syndrome:

Frequent, scanty and burning urination, fever, pressure or pain in the groin and genital region, lower back pain and weak knees, fatigue, loose stool, edema, a puffy tongue, and a wiry and weak pulse.

- Formula: Si Jun Zi Tang plus Chuan Lian Zi, Yin Chen Hao, Huang Bai, Long Dan Cao, Che Qian Zi, Pu Gong Yin, Jin Yin Hua and Zi Hua Di Ding
- Function: Strengthen Spleen and Kidney Qi and clear damp-heat in the Low Jiao

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Chuan Lian Zi</b>	<b>Fructus Meliae Toosendan</b>	<b>3-12g</b>
<b>Yin Chen Hao</b>	<b>Herba Artemisiae Yinchenhao</b>	<b>3-30g</b>
<b>Huang Bai</b>	<b>Cortex Phellodendri</b>	<b>3-12g</b>
<b>Long Dan Cao</b>	<b>Radix Gentianae Longdancao</b>	<b>3-12g</b>
<b>Che Qian Zi</b>	<b>Semen Plantaginis</b>	<b>3-15g</b>

- **Chuan Lian Zi** breaks up Qi stagnation and clears heat toxins.
- **Yin Chen Hao** clears damp-heat in the Liver and GB channels.
- **Huang Bai** treats lower jiao damp-heat.

- **Long Dan Cao** and **Che Qian Zi** clear damp-heat in the Liver and GB. **Long Dan Cao** is stronger to expel damp-heat in the Liver and GB. **Che Qian Zi** promotes urination to drain damp-heat.
- **Pu Gong Yin**, **Jin Yin Hua** and **Zi Hua Di Ding** clear heat toxins. **Pu Gong Yin** reduces nodules. **Jin Yin Hua** clears heat toxins on the superficial level. **Zi Hua Di Ding** clears heat in the blood level.



## **Summary of Enlarged Prostate Disorders**

<p>Enlarged prostate due to Kidney and Spleen Yang deficiency and Qi and blood stagnation.</p>	<p>Patient has scanty urination, pain and fullness in the lower abdomen and genital region, a cold lower back, loose stool, a purple tongue with a white coating, and a wiry and weak pulse. Si Jun Zi Tang modified with herbs that warm Kidney Yang, promote Qi and blood circulation, and dissolve phlegm.</p>
<p>Enlarged prostate due to Kidney and Spleen Qi deficiency and damp-heat.</p>	<p>Patient has scanty or burning urination, pain and fullness of the lower abdomen and genital region, loose stool, a puffy tongue, and a wiry and slippery pulse. Si Jun Zi tang modified with herbs that clear heat toxins and damp-heat.</p>

## 7. Kidney stone due to Kidney and Spleen Qi deficiency

### ❖ Syndrome:

Urinary tract stones, pain in the Kidney, urethral, and genital regions; scanty or difficult urination, fatigue, loose stool, symptoms that worsen with over-work, bloating, tinnitus, heel pain, a teeth-marked tongue with a white coating, and a weak and wiry pulse.

- Base Formula: Si Jun Zi Tang:

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	or	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>

Modifications:

### • *Treat Qi and Yang deficiency*

<b>Huang Qi</b>	<b>Radix Astragali Membranaceus</b>	<b>3-30g</b>
<b>Xu Duan</b>	<b>Radix Dipsaci Asperi</b>	<b>3-12g</b>
<b>Ba Ji Tian</b>	<b>Radix Morindae Officinalis</b>	<b>3-12g</b>
<b>Yin Yang Huo</b>	<b>Herba Epimedii</b>	<b>3-12g</b>
<b>Tu Si Zi</b>	<b>Semen Cuscutae Chinensis</b>	<b>3-12g</b>
<b>Niu Xi</b>	<b>Radix Achyranthis Bidentatae</b>	<b>3-15g</b>

- **Huang Qi** raises the Qi thereby assisting to expel the stone.
- **Xu Duan**, **Ba Ji Tan**, **Yin Yang Huo** and **Tu Si Zi** warm the Kidney Yang. **Xu Duan** promotes blood circulation. **Ba Ji Tan** and **Yin Yang Huo** expel wind damp Bi pain, where Kidney stone pain is regarded as wind damp Bi pain. **Ba Ji Tian** acts at the deeper level of wind damp Bi pain and is effective longer. **Yin Yang Huo** moves faster, but doesn't last.
- **Tu Si Zi** warms Kidney Yang and nourishes Kidney Yin.

• **Expel Kidney stone**

Zhu Ling	Sclerotium Polypori Unbellati	3-30g
Ze Xie	Rhizome Alismatis Orientalitis	3-12g
Jin Qian Cao	Herba Jinqiancao	3-30g
Hai Jin Sha	Herba Lygodii Japonici	3-15g
Mu Tong	Caulis Mutong	3-9g
Hu Po	Succinum	3-12g

- **Zhu Ling**, **Jin Qian Cao**, **Hai Jin Sha**, **Mu Tong** and **Hu Po** promote urination to push the stone out. **Jin Qian Cao** and **Hai Jin Sha** are commonly used to expel stones. **Jin Qian Cao** is stronger to expel stones and clear damp-heat. **Hai Jin Sha** cools heat in the blood. **Mu Tong** strongly promotes urination and mildly promotes blood circulation. **Hu Po** promotes blood circulation and calms the mind.

• **Reduce pain:**

Yan Hu Suo	Rhizome Corydalis Yanhusuo	3-15g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g
San Qi	Radix Notoginseng	3-15g
Pu Huang	Pollen Typhae	3-12g

- **Yan Hu Suo** and **Xiang Fu** promote blood and Qi circulation and stop pain. **Yan Hu Suo** stops pain. **Xiang Fu** regulates Qi.
- **San Qi** and **Pu Huang** promote blood circulation and stop bleeding and pain. **San Qi** reduces swelling. **Pu Huang** stops bleeding.

## **Summary of Kidney Stone disorders**

Kidney stone with Kidney and Spleen Qi deficiency	Patient has a diagnosis of kidney stone and has pain, fatigue, a puffy tongue, and a wiry and weak pulse. Si Jun Zi Tang modified with herbs that promote urination and circulation, expel stone, and stop pain.
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## 8. Spleen Qi deficiency Headache and forgetfulness

### ❖ Syndrome:

Dull headache with a sensation of heaviness, symptoms that worsen with excess work, fatigue, forgetfulness, fullness and ache of the neck, shoulder and chest; dizziness, nausea, low appetite, loose stool, a puffy tongue with a white coating, and a slippery and wiry pulse.

Base Formula: Si Jun Zi Tang

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>

Modifications:

### ● *Qi deficiency*

<b>Huang Qi</b>	<b>Radix Astragali Membranaceus</b>	<b>3-15g</b>
<b>Chai Hu</b>	<b>Radix Bupleuri</b>	<b>3-6g</b>
<b>Sheng Ma</b>	<b>Rhizoma Cimicifugae</b>	<b>3-6g</b>

- **Huang Qi** raises the Qi to nourish the upper body and head and promotes blood circulation.
- **Chai Hu** and **Sheng Ma** raise the Qi and assist Huang Qi. **Chai Hu** spreads the Qi to the left and right. **Sheng Ma** is stronger to raise Qi than Chai Hu.

### ● *With dampness*

<b>Bai Zhi</b>	<b>Radix Angelicae Dahuricae</b>	<b>3-12g</b>
<b>Qiang Huo</b>	<b>Herba Artemisia Annuae</b>	<b>3-9g</b>
<b>Sheng Jiang</b>	<b>Rhizoma Cimicifugae</b>	<b>3-12g</b>
<b>Chen Pi</b>	<b>Pericarpium Citri Reticulatae</b>	<b>3-6g</b>
<b>Huo Xiang</b>	<b>Herba Agastaches seu Pogostemi</b>	<b>3-12g</b>

<b>Cong Zhu</b>	<b>Rhizoma Atractylodis</b>	<b>3-12g</b>
<b>Bai Dou Kou</b>	<b>Fructus Amomi Kravanh</b>	<b>3-9g</b>
<b>Ban Xia</b>	<b>Rhizoma Pinelliae Ternatae</b>	<b>3-9g</b>

- **Bai Zhi** is acrid and dries dampness, treats nasal obstruction, and stops Yang Ming headache. Bai zhi is often paired with Chuan Xiong to stop headache.
- **Qiang Huo** expels wind damp Bi pain and treats Tai Yang headache caused by wind and dampness. Compared with Bai Zhi, Qiang Huo moves obstruction while Bai Zhi dries mucus.
- **Sheng Jiang** warms the stomach, descends the Qi to release tension in the head, and dries dampness in the upper body.
- **Chen Pi** regulates Qi especially in the Spleen and Stomach and dries dampness in the Middle Jiao.
- **Huo Xiang** and **Cang Zhu** are acrid. They dry dampness in the Middle Jiao and release the surface. Huo Xiang acts more slowly but is effective longer. Cang Zhu is stronger-moving and dries and expels wind damp Bi pain.
- **Bai Dou Kou** clears the head by aromatically drying dampness in the Upper Jiao.
- **Ban Xia** dries dampness and descends stomach Qi , thus releasing tension in the Upper Jiao.

• ***With Qi and Blood stagnation***

<b>Chuan Xiong</b>	<b>Radix Ligustici Chuanxiong</b>	<b>3-9g</b>
<b>Yan Hu Suo</b>	<b>Rhizome Corydalis Yanhusuo</b>	<b>3-12g</b>
<b>Dang Gui</b>	<b>Radix Angelicae Sinensis</b>	<b>3-12g</b>
<b>Di Long</b>	<b>Lumbricus</b>	<b>3-12g</b>

- **Chuan Xiong**, **Dang Gui** and **Yuan Hu Suo** promote blood circulation. **Chuan Xiong** moves the Qi of the blood and stops vertex (Liver channel) headache. **Dang Gui** moves and nourishes blood and is warming. **Yan Hu Suo** stops pain due to Qi and blood stagnation.
- **Di Long** stops spasms and internal wind, relaxes and opens stagnated pathways, and promotes blood circulation.

● **With Qi stagnation**

<b>Chai Hu</b>	<b>Radix Bupleuri</b>	<b>3-6g</b>
<b>Ge Gen</b>	<b>Radix Puerariae</b>	<b>3-15g</b>
<b>Zhi Ke</b>	<b>Fructus Citri Aurantii</b>	<b>3-12g</b>
<b>Zhi Shi</b>	<b>Fructus Immaturus Citrii Aurantii</b>	<b>3-12g</b>
<b>Huo Po</b>	<b>Cortex Magnoliae Officinalis</b>	<b>3-12g</b>
<b>Wu Zhu Yu</b>	<b>Fructus Evodiae Rutacarpae</b>	<b>3-9g</b>

- **Chai Hu** regulates Liver Qi and also raises and smoothes Qi thereby treating depression.
- **Ge Gen** relaxes the muscles, raises Spleen Qi, smoothes Qi, and stops pain.
- **Zhi Ke**, **Zhi Shi** and **Huo Po** regulate Qi and break Qi stagnation. **Zhi Ke** and **Zhi Shi** are stronger to break Qi stagnation. **Zhi Ke** is milder than Zhi Shi for breaking stagnation but also opens the chest. **Zhi Shi** reduces excess. **Huo Po** dries dampness.
- **Wu Zhu Yu** warms and dries dampness in the Liver and Kidney channels, descends stomach Qi, and dries wind phlegm in the Liver channel thus stopping headache and dizziness.

● **With dizziness**

<b>Tian Ma</b> <b>3-12g</b>	<b>Rhizoma Gastrodiae Elatae</b>
<b>Gou Teng</b> <b>3-12g</b>	<b>Ramulus cum Uncis Uncariae</b>
<b>Bai Shao</b> <b>3-12g</b>	<b>Radix Peoniae Lactiflorae</b>
<b>Wu Zhu Yu</b> <b>3-9g</b>	<b>Fructus Evodiae Rutacarpae</b>
<b>Sheng Jiang</b> <b>3-12g</b>	<b>Zingiber Officinale Rosc.</b>
<b>Ban Xia</b> <b>3-9g</b>	<b>Rhizoma Pinelliae Ternatae</b>

- **Tian Ma** and **Gou Teng** are paired herbs which stop internal wind and dizziness and cool heat. **Tian Ma** is stronger than Gou Teng to stop internal wind. **Gou Teng** stops internal wind on a lighter level.
- **Bai Shao** calms Liver Yang and harmonizes Ying and Wei and thus stabilizes the Liver and stops dizziness.
- **Wu Zhu Yu**, **Sheng Jiang** and **Ban Xia** expel phlegm by warming and drying and descend stomach Qi to stop dizziness. **Wu Zhu Yu** expels internal Liver wind phlegm. **Shen Jiang** is acrid and expels phlegm from the surface. **Ban Xia** is strong for drying all kinds of phlegm.



## **Summary of headache due to Spleen Qi deficiency**

Headache due to Spleen Qi deficiency	Patient has a dull headache, dizziness, irritability, and stress that may become severe before menstruation, fatigue, loose stool, a slightly purple tongue, and a wiry pulse. Si Ju Zi Tang modified with herbs that regulate Liver Qi, expel dampness and internal wind, and move Qi and blood.
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## 9. Empty heat with Spleen Qi and Kidney Yin deficiency

### ❖ Syndrome:

Low grade fever, excess daytime and night-time sweating, fatigue due to over-working, low appetite, loose stool, abdominal fullness, a yellow face, a red tongue with teeth-marks and a thin or dry coating, and a weak, small, and rapid pulse.

- Base Formula: Si Jun Zi Tang:

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>

Modifications:

### • *Qi deficiency*

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>
<b>Huang Qi</b>	<b>Radix Astragali Membranaceus</b>	<b>3-12g</b>
<b>Chai Hu</b>	<b>Radix Bupleuri</b>	<b>3-12g</b>
<b>Sheng Ma</b>	<b>Rhizoma Cimicifugae</b>	<b>3-6g</b>
<b>Dang Gui</b>	<b>Radix Angelicae Sinensis</b>	<b>3-12g</b>

- **Huang Qi** raises and strengthens Spleen Qi.
- **Chai Hu** and **Sheng Ma** raise the Qi and assist Huang Qi. **Sheng Ma** is stronger than Chai Hu to raise Qi. **Chai Hu** regulates and harmonizes the movement of Liver Qi to the left and right and up and down.
- **Dang Gui** is warm, promotes blood circulation, and nourishes blood.

• **With fever**

<b>Mu Dan Pi</b>	<b>Cortex Moutan Radicis</b>	<b>3-12g</b>
<b>Chi Shao</b>	<b>Radix Paeoniae Rubrae</b>	<b>3-12g</b>
<b>Yin Chai Hu</b>	<b>Stellariae Dichotomae, Herba</b>	<b>3-12g</b>
<b>Di Gu Pi</b>	<b>Cortex Lycii Radicis</b>	<b>3-12g</b>
<b>Bai Wei</b>	<b>Radix Cynanchi Baiwei</b>	<b>3-12g</b>
<b>Bie Jia</b>	<b>Carapax Amydae Sinensis</b>	<b>3-60g</b>
<b>Qing Hao</b>	<b>Herba Artemisia Annuae</b>	<b>3-9g</b>
<b>Sheng Di Huang</b>	<b>Radix Rehmanniae Glutinosae</b>	<b>3-60g</b>
<b>Zhi Mu</b>	<b>Anemarrhena Rhizome</b>	<b>3-15g</b>

- **Mu Dan Pi**, **Chi Shao**, **Yin Chai Hu**, **Di Gu Pi** and **Bai Wei** cool blood heat. **Mu Dan Pi** and **Chi Shao** promote blood circulation. **Mu Dan Pi** is milder to promote blood circulation but stronger to cool heat. **Chi Shao** promotes blood circulation. **Yin Chai Hu**, **Di Gu Pi** and **Bai Wei** reduce heat. **Yin Chai Hu** clears damp-heat. **Di Gu Pi** eliminates steaming bone syndrome.
- **Bie Jia** and **Qing Hao** are paired herbs that eliminate empty heat. **Bie Jia** reduces empty heat, cools blood, and promotes blood circulation. **Qing Hao** pushes heat to the surface while **Bie Jia** cools it down.
- **Sheng Di Huang** cools heat by replenishing empty Kidney blood and Jing.
- **Zhi Mu** nourishes Yin fluids and cools heat in the Qi and blood levels.

• **With excess sweating**

<b>Fu Xiao Mai</b>	<b>Semen Tritici Aestivi Levis</b>	<b>3-30g</b>
<b>Mu Li</b>	<b>Concha Ostrae</b>	<b>5-30g</b>

- **Fu Xiao Mai** and **Mu Li** stop sweating. **Fu Xiao Mai** lubricates Yin. **Mu Li** anchors Yang.

• **With Kidney Yin deficiency**

<b>Nu Zhen Zi</b>	<b>Fructus Ligustri Lucidi</b>	<b>3-12g</b>
<b>Han Lian Cao</b>	<b>Herba Ecliptae Prostratae</b>	<b>3-12g</b>
<b>Bai Shao</b>	<b>Radix Peoniae Lactiflorae</b>	<b>3-12g</b>
<b>Bie Jia</b>	<b>Carapax Amydae Sinensis</b>	<b>3-30g</b>
<b>Sheng Di Huang</b>	<b>Radix Rehmanniae Glutinosae</b>	<b>3-60g</b>

- **Nu Zhen Zi**, **Han Lian Cao**, **Bai Shao** and **Bie Jia** nourish Kidney Yin and facilitate digestion. **Nu Zhen Zi** and **Han Lian Cao** are paired herbs. **Nu Zhen Zi** nourishes the Yin. **Han Lian Cao** reduces heat. **Bai Shao** descends Yang and astringes Yin. **Bie Jia** reduces empty heat and promotes blood circulation.
- **Sheng Di Huang** cools heat by replenishing empty Kidney blood and Jing.

## ***Summary of Spleen and Kidney Deficiency***

Spleen Qi and Kidney Yin deficiency	Patient has fatigue, loose stool, hot flashes, “five center” heat, sweating, “steaming bone” syndrome, a red tongue with a dry coating, and a weak and rapid pulse. Si Jun Zi Tang modified with herbs that cool empty heat, lubricate Yin and stop sweat.
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## 10. Spleen Qi deficiency Yin boil

### ❖ Syndrome:

Chronic open sore or ulcer with clear mucus surrounded by pale or red skin, fatigue, low appetite, loose stool, a teeth-marked tongue, and a small and slippery pulse.

- Base Formula: Si Jun Zi Tang:

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>

Modifications:

### ● *With Qi and blood deficiency*

<b>Huang Qi</b>	<b>Radix Astragali Membranaceus</b>	<b>3-60g</b>
<b>Dang Gui</b>	<b>Radix Angelicae Sinensis</b>	<b>3-12g</b>

- **Huang Qi** raises and strengthens Qi and promotes healing of Yin boils.
- **Dang Gui** promotes blood circulation and nourishes and warms blood to promote healing.

### ● *With Qi and blood stagnation:*

<b>Chuan Xiong</b>	<b>Radix Ligustici Chuanxiong</b>	<b>3-9g</b>
<b>Dang Gui</b>	<b>Radix Angelicae Sinensis</b>	<b>3-12g</b>
<b>Hong Hua</b>	<b>Flos Carthami Tinctorii</b>	<b>3-9g</b>
<b>Tao Ren</b>	<b>Semen Persicae</b>	<b>3-12g</b>
<b>Chi Shao</b>	<b>Radix Paeoniae Rubrae</b>	<b>3-12g</b>
<b>San Qi</b>	<b>Radix Notoginseng</b>	<b>3-12g</b>

<b>Yan Hu Suo</b>	<b>Rhizome Corydalis Yanhusuo</b>	<b>3-12g</b>
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- **Chuan Xiong** and **Dang Gui** promote blood circulation. **Chuan Xiong** promotes Qi flow in the blood. **Dang Gui** promotes blood flow in the blood and nourishes blood.
- **Hong Hua** and **Tao Ren** promote blood circulation and break up congealed blood. **Hong Hua** is stronger to break up congealed blood than **Tao Ren**. **Tao Ren** stays in the blood longer and moistens dryness in the intestine.
- **Chi Shao** promotes blood circulation and cools the blood.
- **San Qi** and **Yan Hu Suo** promote blood circulation and stop pain. **San Qi** reduces swelling. **Yan Hu Suo** reduces pain and smoothes Qi and blood.

- ***With Yang deficiency***

<b>Gan Jiang</b>	<b>Rhizoma Zingiberis Officinalis</b>	<b>3-12g</b>
<b>Rou Gui</b>	<b>Cortex Cinnamomi Cassiae</b>	<b>1-3g</b>
<b>Ba Ji Tan</b>	<b>Radix Morindae Officinalis</b>	<b>3-12g</b>
<b>Xu Duan</b>	<b>Radix Dipsaci Asperi</b>	<b>3-12g</b>
<b>Gu Sui Bu</b>	<b>Rhizoma Drynariae</b>	<b>3-12g</b>

- **Gan Jiang** and **Rou Gui** warm the Middle Jiao and Kidney. **Gan Jiang** warms the Middle Jiao and moves quickly. **Rou Gui** warms deeply in the bones and Kidney.
- **Xu Duan**, **Ba Ji Tian** and **Gu Sui Bu** warm Kidney Yang. **Xu Duan** promotes blood circulation. **Ba Ji Tian** expels dampness, numbness, and pain. **Gu Sui Bu** promotes healing of the bones and sinews.

- ***With damp heat and heat toxins***

<b>Huang Qin</b>	<b>Radix Scutellariae Baicalensis</b>	<b>3-15g</b>
<b>Huang Lian</b>	<b>Rhizoma Coptidis</b>	<b>3-12g</b>
<b>Pu Gong Yin</b>	<b>Herba Taraxaci Mongolici cum Radice</b>	<b>3-12g</b>

Zi Hua Di Ding	Herba Violae cum Radice	3-15g
Ye Ju Hua	Flos Chrysanthemi Indici	3-12g
Jin Yin Hua	Flos Lonicerae Japonicae	3-15g
Lian Qiao	Fructus Forsythiae Suspensae	3-15g
Bai Hua She She Cao	Herba Oldenlandiae Diffusae	3-12g
Da Qing Ye	Folium Daqingye	3-12g
Xuan Shen	Radix Scrophulariae Ningpoensis	3-12g

- **Huang Qin** and **Huang Lian** clear damp-heat toxins. **Huang Qin** clears damp-heat in the Upper Jiao, Gallbladder, and ShaoYang channels and surface. **Huang Lian** is stronger to clear damp-heat toxins in the Middle Jiao.
- **Pu Gong Yin**, **Zi Hua Di Ding**, **Ye Ju Hua**, **Jin Yin Hua**, **Lian Qiao**, **Da Qing Ye** and **Bai Hua She She Cao** clear heat toxins. **Pu Gong Yin** dissolves nodule and promotes lactation. **Zi Hua Di Ding** promotes blood circulation and cools the blood. **Ye Ju Hua**, **Jin Yin Hua** and **Lian Qiao** release the surface. **Jin Yin Hua** is faster moving. **Lian Qiao** is stronger to clear heat toxins and dissolve nodules. **Da Qing Ye** clears heat toxins in the blood. **Bai Hua She She Cao** is strong to clear heat toxins. Recently it has been used to counteract cancer.
- **Xuan Shen** clears heat toxins, cools the blood, and generates fluids.

### • *Promote healing*

Bai Ji	Rhizoma Bletillae Striatae	3-12g
Huang Qi	Radix Astragali Membranaceus	3-30g

- **Bai Ji** astringes to stop bleeding and heals ulcers.
- **Huang Qi** strengthens and raises Qi to promote healing.



## Summary of Yin Boils

Yin boils with Spleen Qi deficiency	Patient has boils that resist healing, fatigue, a pale or purple tongue, and a weak pulse. Si Jun Zi Tang modified with herbs that nourish Qi, Yang and blood, and clear Qi and blood stagnation, heat toxins, and damp heat.
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## 11. Spleen Qi deficiency with hair loss

### ❖ Syndrome:

Hair loss, oily scalp, itching, dandruff, low appetite, fatigue, loose stool, a pale tongue with a white coating, and a floating and slippery pulse.

- Base Formula: Si Jun Zi Tang:

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>

Modification:

### • *With oily skin*

<b>Tu Fu Ling</b>	<b>Rhizome Smilacis Glanbrae</b>	<b>3-30g</b>
<b>Ku Shen</b>	<b>Radix Sophorae flavescentis</b>	<b>3-15g</b>
<b>Bai Xian Pi</b>	<b>Cortex Dictamni Dasycarpi Radicis</b>	<b>3-15g</b>
<b>Di Fu Zi</b>	<b>Fructus Kochiae Scopariae</b>	<b>3-12g</b>
<b>She Chuan Zi</b>	<b>Fructus Cnidii Monnieri</b>	<b>3-15g</b>
<b>Chan Tu</b>	<b>Periosticum Cicadae</b>	<b>3-15g</b>

- **Tu Fu Ling** treats chronic damp-heat in the skin.
- **Ku Shen** and **Bai Xian Pi** strongly clear damp-heat from the skin. **Ku Shen** especially clears damp-heat while **Bai Xian Pi** is stronger-moving.
- **Di Fu Zi** and **She Chuan Zi** are usually used as paired herbs to clear damp heat. **Di Fu Zi** clears damp heat. **She Chuan Zi** dries dampness.
- **Chan Tu** is used to stop itching and expel internal or external wind.

### • *With Qi and Blood deficiency*

<b>Huang Qi</b>	<b>Radix Astragali Membranaceus</b>	<b>3-12g</b>
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Xi Yang Shen</b>	<b>Radix Panacis Quincquefolii</b>	<b>3-12g</b>
<b>Dang Gui</b>	<b>Radix Angelicae Sinensis</b>	<b>3-12g</b>
<b>Shu Di Huang</b>	<b>Radix Rehmanniae Glutinosae</b>	<b>3-12g</b>
<b>He Shou Wu</b>	<b>Radix Polygoni Multiflori</b>	<b>3-12g</b>
<b>Bai Shao</b>	<b>Radix Peoniae Lactiflorae</b>	<b>3-15g</b>
<b>Gou Qi Zi</b>	<b>Fructus Lycii</b>	<b>3-12g</b>
<b>Hei Zhi Ma</b>	<b>Semen Sesami Indici</b>	<b>3-12g</b>

- **Huang Qi** and **Dang Shen** strengthen Qi. **Huang Qi** raises the Qi and promotes Qi flow. **Dang Shen** strengthens and nourishes the Spleen.
- **Xi Yang Shen** strengthens Qi, cools heat, and lubricates Yin thus treating Qi and Yin deficiency.
- **Dang Gui**, **Shu Di Huang**, **He Shou Wu**, **Bai Shao** and **Gou Qi Zi** nourish blood. **Dang Gui** promotes blood circulation and warms the interior. **Shu Di Huang** strongly nourishes blood and Jing. **He Shou Wu** mildly nourishes blood and treats gray hair. **Bai Shao** mildly nourishes blood, harmonizes Ying and Wei, and astringes Yin. **Gou Qi Zi** nourishes Liver blood.
- **Hei Zhi Ma** nourishes Kidney Jing and Yin especially for the hair.

• ***With Yin deficiency***

<b>Nu Zhen Zi</b>	<b>Fructus Ligustri Lucidi</b>	<b>3-15g</b>
<b>Han Lian Cao</b>	<b>Herba Ecliptae Prostratae</b>	<b>3-15g</b>
<b>Sheng Di Huang</b>	<b>Radix Rehmanniae Glutinosae</b>	<b>3-15g</b>
<b>Bie Jia</b>	<b>Carapax Amydae Sinensis</b>	<b>3-30g</b>
<b>Mu Dan Pi</b>	<b>Cortex Moutan Radicis</b>	<b>3-12g</b>
<b>Di Gu Pi</b>	<b>Cortex Lycii Radicis</b>	<b>3-12g</b>
<b>Zi Cao</b>	<b>Radix Arnebiae Seu Lithospermi</b>	<b>3-12g</b>

- **Nu Zhen Zi** and **Han Lian Cao** nourish Kidney Yin and eliminate empty heat. **Nu Zhen Zi** nourishes Kidney Yin. **Han Lian Cao** is stronger to reduce heat.

- **Sheng Di Huang** is strongest to nourish Kidney Yin and Jing.
- **Bie Jia** nourishes Kidney and Liver Yin, promotes blood circulation, and cools empty heat.
- **Mu Dan Pi**, **Di Gu Pi** and **Zi Cao** eliminate empty heat. **Mu Dan Pi** promotes blood circulation without causing hemorrhage and cools the blood without congealing it. **Di Gu Pi** treats steaming bone syndrome. **Zi Cao** treats skin rash caused by empty heat.

- **With Yang deficiency**

<b>Tu Si Zi</b>	<b>Semen Cuscutae Chinensis</b>	3-12g
<b>Lu Rong</b>	<b>Cornu Cervi Parvum</b>	3-9g
<b>Gui Zhi</b>	<b>Ramulus Cinnamomi Cassiae</b>	3-12g
<b>Gan Jiang</b>	<b>Rhizoma Zingiberis Officinalis</b>	3-12g

- **Tu Si Zi** and **Lu Rong** warm Kidney Yang. **Tu Si Zi** nourishes Kidney Yang and Yin. **Lu Rong** strongly warms Kidney Yang and nourishes Jing.
- **Gui Zhi** and **Gan Jiang** are acrid and warm. They warm the Channels and scalp skin and induce sweat. **Gui Zhi** harmonizes Ying and Wei. **Gan Jiang** descends Stomach Qi.

## Summary of Hair Loss disorders

Hair Loss due to Spleen Qi deficiency	Patient is losing hair. Red scalp and red tongue indicate heat. A full pulse indicates excess heat while a weak and small pulse indicates Yin deficiency empty heat. Oily scalp indicates dampness or damp-heat. A pale tongue and empty pulse indicate blood deficiency. Fatigue, loose stool, and a teeth-marked tongue indicate Spleen Qi deficiency. Coldness, a quiet demeanor, a bright white tongue, and a slow and weak pulse indicate Yang deficiency. Si Jun Zi Tang modified with herbs that clear heat, damp, or damp-heat, and nourishes Qi or Yang.
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## 12. Spleen Qi deficiency Hernia

### ❖ Syndrome:

Intestinal hernia, swelling of the groin, abdominal or scrotal region; abdominal bloating, fatigue, low appetite, loose stool, a puffy tongue with a white coating, and a wiry and slippery pulse.

- Base Formula: Si Jun Zi Tang

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>

Modifications:

### • *Qi deficiency and prolapse*

<b>Huang Qi</b>	<b>Radix Astragali Membranaceus</b>	<b>3-12g</b>
<b>Chai Hu</b>	<b>Radix Bupleuri</b>	<b>3-6g</b>
<b>Sheng Ma</b>	<b>Rhizoma Cimicifugae</b>	<b>3-6g</b>
<b>Zhi Ke</b>	<b>Fructus Citri Aurantii</b>	<b>3-9g</b>

- **Huang Qi** raises and strengthen the Spleen Qi and promotes Qi flow to the scalp.
- **Chai Hu** and **Sheng Ma** raise Qi and assist Huang Qi. **Sheng Ma** is stronger than Chai Hu to raise the Qi. **Chai Hu** regulates and harmonizes the flow of Liver Qi to the left and right and up and down.
- **Zhi Ke** regulates Qi, opens the chest, descends Qi, and activates the intestine.

### • *With Qi and Blood stagnation*

<b>Wu Zhu Yu</b>	<b>Fructus Evodiae Rutacarpae</b>	<b>3-9g</b>
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<b>Xiao Hui Xiang</b>	<b>Fructus Foeniculi Vulgaris</b>	<b>3-12g</b>
<b>Wu Yao</b>	<b>Radis Linderae Strychnifoliae</b>	<b>3-15g</b>
<b>Bai Shao</b>	<b>Radix Peoniae Lactiflorae</b>	<b>3-15g</b>
<b>Zhi Shi</b>	<b>Fructus Immaturus Citrii Aurantii</b>	<b>3-12g</b>
<b>Hou Po</b>	<b>Cortex Magnoliae Officinalis</b>	<b>3-12g</b>
<b>Chuan Xiong</b>	<b>Radix Ligustici Chuanxiong</b>	<b>3-9g</b>
<b>Chi Shao</b>	<b>Radix Paeoniae Rubrae</b>	<b>3-12g</b>
<b>Tao Ren</b>	<b>Semen Persicae</b>	<b>3-12g</b>
<b>Hong Hua</b>	<b>Flos Carthami Tinctorii</b>	<b>3-9g</b>
<b>Dang Gui</b>	<b>Radix Angelicae Sinensis</b>	<b>3-12g</b>
<b>San Leng</b>	<b>Rhizoma Sparganii Stoloniferi</b>	<b>3-12g</b>
<b>Yan Hu Suo</b>	<b>Rhizome Corydalis Yanhusuo</b>	<b>3-12g</b>
<b>San Qi</b>	<b>Radix Notoginseng</b>	<b>3-12g</b>

- **Wu Zhu Yu, Xiao Hui Xiang** and **Wu Yao** warm and regulate the Liver and Kidney channels to treat hernia in the abdominal and groin regions. **Wu Zhu Yu** warms, dries dampness, and descends Stomach Qi. In comparison with Wu Zhu Yu, **Xiao Hui Xiang** is lighter and moves Qi in the lighter level. **Wu Yao** is astringent to stop leakage.
- **Bai Shao** regulates and calms Liver Qi and harmonizes Ying and Wei, thus stabilizing the intestine.
- **Zhi Shi** and **Huo Po** regulate and descend Qi. **Zhi Shi** is stronger to descend Qi and break Qi stagnation. **Huo Po** dissolves phlegm.
- **Chuan Xiong, Dang Gui, Tao Ren, Hong Hua** and **Chi Shao** promote blood circulation and break up congealed blood. **Chuan Xiong** moves the Qi in the blood. **Dang Gui** nourishes and moves blood. **Tao Ren** and **Hong Hua** break up congealed blood. **Tao Ren** moistens the intestine, moves blood, and persists longer in the body. **Hong Hua** acts faster than Tao Ren. **Chi Shao** cools heat.
- **San Leng** promotes blood circulation and breaks masses.
- **Yan Hu Suo** and **San Qi** promote blood circulation and stop pain. **Yan Hu Suo** stops pain due to Qi and Blood stagnation. **San Qi** stops bleeding and reduces inflammation.

## Summary of Hernia Disorders

Spleen Qi deficiency Hernia	Patient has intestinal hernia. Spleen Qi deficiency is indicated by sensations of heaviness and fatigue, possibly prolapsed organs, loose stool, a teeth-marked tongue, and a weak pulse. Pain, bloating, a purple tongue, and a wiry pulse indicate Qi and blood stagnation. Si Jun Zi Tang modified with herbs that raise Qi or promote Qi and blood circulation.
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### 13. Gynecological disorders due to Spleen Qi deficiency

❖ Syndrome:

Fatigue, loose stool, low appetite, late or scanty menses or no menstruation, painful menstruation or excess uterine bleeding, leucorrhea, deficiency lactation, incontinence, edema during pregnancy, infertility, miscarriage, uneven emotions, insomnia, hot flashes, a pale and teeth-marked tongue, and a weak and slippery pulse.

- Formula: Si Jun Zi Tang modification:

<b>Ren Shen</b>	<b>Radix Ginseng</b>	
	<b>or</b>	
<b>Dang Shen</b>	<b>Radix Codonopsis Pilosulae</b>	<b>3-15g</b>
<b>Bai Zhu</b>	<b>Rhizoma Atractylodis Macrocephalae</b>	<b>3-15g</b>
<b>Fu Ling</b>	<b>Sclerotium Poriae cocoa</b>	<b>3-30g</b>
<b>Zhi Gan Cao</b>	<b>Honey-Fried Radix Glycyrrhizae Uralensis</b>	<b>3-6g</b>

Modifications:

#### ***(1) With Liver and Spleen not harmonized***

Patient has uneven emotions, irritability, fullness and pain in the hypochondriac and groin regions, loose stool, irregular and painful menstruation, a purple, teeth-marked tongue; and a wiry pulse.

<b>Bai Shao</b>	<b>Radix Peoniae Lactiflorae</b>	<b>3-12g</b>
<b>Chai Hu</b>	<b>Radix Bupleuri</b>	<b>3-6g</b>
<b>Yu Jin</b>	<b>Tuber Curcumae</b>	<b>3-12g</b>
<b>Xiang Fu</b>	<b>Rhizome Cyperi Rotunda</b>	<b>3-12g</b>
<b>Yan Hu Suo</b>	<b>Rhizome Corydalis Yanhusuo</b>	<b>3-15g</b>
<b>Dang Gui</b>	<b>Radix Angelicae Sinensis</b>	<b>3-12g</b>
<b>Dan Shen</b>	<b>Radix Salviae Miltiorrhizae</b>	<b>3-12g</b>
<b>Xu Duan</b>	<b>Radix scrophulariae Ningpoensis</b>	<b>3-12g</b>
<b>Sha Ren</b>	<b>Fructus Amomie</b>	<b>3-9g</b>
<b>Ban Xia</b>	<b>Rhizoma Pinelliae Ternatae</b>	<b>3-9g</b>

- **Bai Shao, Chai Hu, Yu Jin** and **Xiang Fu** regulate Liver Qi. **Bai Shao** descends Liver Yang, nourishes blood, astringes Yin, and harmonizes the Ying and Wei. **Chai Hu** smoothes the Liver and raises Qi. **Yu Jin** and **Xiang Fu** promote blood circulation. **Yu Jin** cools the blood, reduces irritability, and opens the orifices. **Xiang Fu** regulates menstruation.
- **Yan Hu Suo** stops pain and promotes Qi and blood circulation.
- **Dang Gui, Dan Shen** and **Xu Duan** promote blood circulation. **Dang Gui** nourishes blood and regulates menstruation. **Dan Shen** cools blood and calms the Heart. **Xu Duan** strengthens Kidney Yang, promotes blood circulation, and stops bleeding.
- **Sha Ren** and **Ban Xia** warm and regulate the Middle Jiao and descend Stomach Qi. **Sha Ren** regulates Qi and descends Stomach Qi. **Ban Xia** dries dampness and phlegm.

### ***(2) Spleen Qi deficiency with excess uterine bleeding***

<b>Yi Mu Cao</b>	<b>Herba Leonuri Heterophylli</b>	<b>3-15g</b>
<b>Zi Zhu Cao</b>	<b>Folium Callicarpae</b>	<b>3-15g</b>
<b>E Jiao</b>	<b>Gelatinum Corii Asini</b>	<b>3-30g</b>
<b>Lu Jiao Jiao</b>	<b>Cornu Cervi Gelatinum</b>	<b>3-10g</b>
<b>Huang Qi</b>	<b>Radix Astragali Membranaceus</b>	<b>3-30g</b>
<b>Sheng Ma</b>	<b>Rhizoma Cimicifugae</b>	<b>3-6g</b>
<b>Chai Hu</b>	<b>Radix Bupleuri</b>	<b>3-6g</b>

- **Yi Mu Cao, Zi Zhu Cao, E Jiao** and **Lu Jiao Jiao** stop bleeding. **Yi Mu Cao** and **Zi Zhu Cao** are astringent and stop bleeding. **E Jiao** nourishes blood. **Lu Jiao Jiao** nourishes Kidney Yang.
- **Huang Qi** nourishes and raises Spleen Qi to stop bleeding.
- **Chai Hu** regulates Qi and assists Huang Qi in raising Spleen Qi.

### ***(3) Spleen Qi and Liver blood and Kidney Yin deficiency with amenorrhea***

<b>Dang Gui</b>	<b>Radix Angelicae Sinensis</b>	<b>3-12g</b>
<b>Chuan Xiong</b>	<b>Radix Ligustici Chuanxiong</b>	<b>3-12g</b>
<b>Xiang Fu</b>	<b>Rhizome Cyperi Rotunda</b>	<b>3-12g</b>
<b>Xu Duan</b>	<b>Radix Dipsaci Asperi</b>	<b>3-12g</b>
<b>Shu Di Huang</b>	<b>Radix Rehmanniae Glutinosae Conquिताe</b>	<b>3-30g</b>
<b>Huang Jing</b>	<b>Rhizoma Polygonati</b>	<b>3-30g</b>
<b>Bai Shao</b>	<b>Radix Peoniae Lactiflorae</b>	<b>3-12g</b>
<b>He Shou Wu</b>	<b>Radix Polygoni Multiflori</b>	<b>3-12g</b>
<b>Gou Qi Zi</b>	<b>Fructus Lycii</b>	<b>3-12g</b>
<b>Yin Yang Huo</b>	<b>Herba Epimedii</b>	<b>3-12g</b>
<b>Ba Ji Tian</b>	<b>Radix Morindae Officinalis</b>	<b>3-12g</b>
<b>Tu Si Zi</b>	<b>Semen Cuscutae Chinensis</b>	<b>3-12g</b>

- **Dang Gui**, **Chuan Xiong**, **Xiang Fu** and **Xu Duan** promote blood circulation. **Dang Gui** nourishes blood; it is one of the most common herbs to treat amenorrhea. **Chuan Xiong** moves Qi in the blood; combined with Dang Gui, it regulates and promotes menstruation. **Xiang Fu** regulates Qi and promotes menstruation. **Xu Duan** strengthens Kidney Yang, promotes blood circulation, and mildly stops bleeding.
- **Shu Di Huang**, **Huang Jing**, **Bai Shao**, **He Shou Wu** and **Gou Qi Zi** nourish blood. **Shu Di Huang** and **Huang Jing** strongly nourish blood and Jing. **Shu Di Huang** is the stronger to nourish blood. **Huang Jing** strengthens the Spleen Qi by nourishing Yin. **Bai Shao** mildly nourishes blood, harmonizes the Ying and Wei, and settles Liver Yang. **He Shou Wu** and **Gou Qi Zi** mildly nourish blood. **He Shou Wu** especially treats gray hair. **Gou Qi Zi** nourishes Liver Blood.
- **Yin Yang Huo**, **Ba Ji Tian** and **Tu Si Zi** strengthen Kidney Yang. **Yin Yang Huo** and **Ba Ji Tian** are lightweight and move Yang Qi. **Yin Yang Huo** strengthens Kidney Yang. **Ba Ji Tian** moves Qi and expels dampness.
- **Tu Si Zi** is neutral, warms the Kidney Yang, and nourishes Jing.

#### **(4) Spleen and Kidney Qi deficiency with leucorrhea**

<b>Shan Yao</b>	<b>Radix Dioscoreae Oppositae</b>	<b>3-30g</b>
<b>Qian Shi</b>	<b>Semen Elytates Ferocis</b>	<b>3-15g</b>
<b>Yi Yi Ren</b>	<b>Semen Coicis Lachryma-jobi</b>	<b>3-30g</b>

<b>Huang Qi</b>	<b>Radix Astragali Membranaceus</b>	<b>3-30g</b>
<b>Huo Xiang</b>	<b>Herba Agastaches seu Pogostemi</b>	<b>3-12g</b>
<b>Chun Gen Pi</b>	<b>Cortex Ailanthi Atissimae</b>	<b>3-15g</b>

- **Shan Yan** and **Qian Shi** stop leucorrhea by astringing the Spleen.
- **Yi Yi Ren** astringes dampness in the Middle Jiao.
- **Huang Qi** raises the Spleen Qi to stop leucorrhea.
- **Huo Xiang** aromatically dries dampness in the Middle Jiao and releases the surface.
- **Chun Gen Pi** stops leucorrhea and clears damp heat.

#### ***(5) Morning sickness due to Spleen Qi deficiency***

<b>Zi Su Ye</b>	<b>Folium Perillae</b>	<b>3-12g</b>
<b>Sheng Jiang</b>	<b>Zingiber Officinale Rosc.</b>	<b>3-12g</b>
<b>Ban Xia</b>	<b>Rhizoma Pinelliae Ternatae</b>	<b>3-9g</b>
<b>Chen Pi</b>	<b>Pericarpium Citri Reticulatae</b>	<b>3-6g</b>
<b>Sha Ren</b>	<b>Fructus Amomie</b>	<b>3-12g</b>

- **Zi Su Ye**, **Sheng Jiang**, **Ban Xia**, **Chen Pi** and **Sha Ren** descend the Stomach Qi. **Zi Su Ye** is lightweight and mild-tasting. It treats morning sickness at a superficial level. **Sheng Jiang** warms the Stomach and descends Stomach Qi. **Ban Xia** dries dampness and descends Stomach Qi. **Chen Pi** has mildly descends Stomach Qi, regulates Qi, and dries dampness in the Middle Jiao. **Sha Ren** aromatically dries dampness in the Stomach and descends Stomach Qi.

#### ***(6) Prolapsed uterus due to Spleen and Kidney Qi deficiency***

<b>Huang Qi</b>	<b>Radix Astragali Membranaceus</b>	<b>3-30g</b>
<b>Sheng Ma</b>	<b>Rhizoma Cimicifugae</b>	<b>3-6g</b>
<b>Chai Hu</b>	<b>Radix Bupleuri</b>	<b>3-6g</b>
<b>Zhe Ke</b>	<b>Fructus Citri Aurantii</b>	<b>3-12g</b>

- **Huang Qi** strengthens and raises Qi.
- **Sheng Ma** and **Chai Hu** assist Huang Qi to raise Qi. **Sheng Ma** strongly raises Qi. **Chai Hu** smoothes Liver Qi and regulates the movement of Qi to left and right, as well as up and down.
- **Zhe Ke** breaks Qi stagnation and opens the chest.

**(7) Miscarriage or infertility due to Spleen and Kidney Qi deficiency**

Huang Qi	Radix Astragali Membranaceus	3-30g
Shan Zhu Yu	Fructus corni Officinalis	3-12g
Tu Si Zi	Semen Cuscutae Chinensis	3-12g
Yin Yang Huo	Herba Epimedii	3-12g
Lu Rong	Cornu Cervi Parvum	3-12g
Gu Sui Bu	Rhizoma Drynariae	3-12g

- **Huang Qi** strengthens and raises Spleen Qi.
- **Shan Zhu Yu** is astringent and strengthens the Kidney and Liver.
- **Tu Si Zi** is neutral and strengthens Kidney Yang and Yin.
- **Yin Yang Huo**, **Lu Rong** and **Gu Sui Bu** warm the Kidney Yang. **Yin Yang Huo** warms the Qi of the Yang and emphasizes moving function. **Lu Rong** emphasizes strengthening the Kidney Yang and Jing. **Gu Sui Bu** emphasizes strengthening bone marrow.

**(8) Spleen and Kidney Qi deficiency pregnancy edema**

Sheng Jiang Pi	Skin of Rhizome Cortex Zingiberis Officinalis Recens	3-12g
Zhu Ling	Sclerotium Polypori Unbellati	3-30g
Ze Xie	Rhizome Alismatis Orientalitis	3-12g
Chi Shao Dou	Semen Phaseoli Calcarati	3-30g
Huang Qi	Radix Astragali Membranaceus	3-12g

<b>Sheng Ma</b>	<b>Rhizoma Cimicifugae</b>	<b>3-6g</b>
<b>Chai Hu</b>	<b>Radix Bupleuri</b>	<b>3-6g</b>

- **Sheng Jiang Pi**, **Zhu Ling**, **Ze Xie** and **Chi Shao Dou** promote urination to reduce edema. **Sheng Jiang Pi** is a mild diuretic and emphasizes the treatment of skin edema. **Zhu Ling** strongly promotes urination and clears heat. **Ze Xie** emphasizes clearing Kidney fire. **Chi Shao Dou** is a mild diuretic and strengthens the Spleen Qi.
- **Huang Qi** raises and strengthens Spleen Qi and thus allows the proper regulation of Qi up and down.
- 
- **Sheng Ma** and **Chai Hu** raise the Spleen Qi. **Sheng Ma** emphasizes assisting the Huang Qi to raise the Qi. **Chai Hu** smoothes the Liver Qi and moves the Qi to the left and right.

### ***(9) Spleen Qi deficiency and Liver Qi stagnation lactation***

<b>Wang Bu Liu Xin</b>	<b>Semen Vaccariae Segetalis</b>	<b>3-12g</b>
<b>Dan Shen</b>	<b>Radix Salviae Miltiorrhizae</b>	<b>3-12g</b>
<b>Zhi Ke</b>	<b>Fructus Citri Aurantii</b>	<b>3-9g</b>
<b>Huang Qi</b>	<b>Radix Astragali Membranaceus</b>	<b>3-30g</b>

☒ **Wang Bu Liu Xin** and **Dan Shen** promote the blood circulation. **Wang Bu Liu Xin** emphasizes break through stagnation of Qi and blood. **Dan Shen** emphasizes to promote small blood circulation and cool heat and calm the mind.

☒ **Zhe Ke** opens the chest and break up stagnation.

☒ **Huang Qi** pushes the Qi to the surface and strengthens and raises the Qi.

### ***(10) Spleen and Kidney Qi deficiency incontinence***

<b>Sang Piao Xiao</b>	<b>Ootheca Mantidis</b>	<b>3-12g</b>
<b>Jin Ying Zi</b>	<b>Fructus Rosae laevigata</b>	<b>3-12g</b>
<b>Fu Pen Zi</b>	<b>Fructus Rubi Chingii</b>	<b>3-12g</b>
<b>Shan Zhu Yu</b>	<b>Fructus corni Officinalis</b>	<b>3-12g</b>
<b>Wu Yao</b>	<b>Radis Linderae Strychnifoliae</b>	<b>3-12g</b>
<b>Shan Yao</b>	<b>Radix Dioscoreae Oppositae</b>	<b>3-30g</b>
<b>Lian Xu</b>	<b>Stamen Nelumbinis Nuciferae</b>	<b>3-12g</b>

<b>Huang Qi</b>	<b>Radix Astragali Membranaceus</b>	<b>3-30g</b>
<b>Sheng Ma</b>	<b>Rhizoma Cimicifugae</b>	<b>3-6g</b>
<b>Chai Hu</b>	<b>Radix Bupleuri</b>	<b>3-6g</b>

- **Sang Piao Xiao, Jin Ying Zi, Fu Pen Zi, Shan Zhu Yu, Wu Yao, Lian Xu** and **Shan Yao** are astringent Kidney to stop frequency urination. **Sang Piao Xiao** strengthens the Kidney and clears the pathway of Heart and Kidney communication. **Jin Ying Zi** and **Fu Pen Zi** have similar functions for astringing the Kidney and stopping frequency of urination. **Jin Ying Zi** is neutral in temperature. **Fu Pen Zi** is warm and nourishes Yin. **Shan Zhu Yu** strengthens the Liver and Kidney. **Wu Yao** and **Shan Yao** are paired herbs for astringing the Kidney to stop frequency of urination. **Wu Yao** warms the Liver and Kidney. **Shan Yao** emphasizes benefitting the Spleen. **Lian Xu** concentrates to astringe the Kidney.
- **Huang Qi, Sheng Ma** and **Chai Hu** raise Spleen and Kidney Qi. **Huang Qi** emphasizes strengthening Qi. **Sheng Ma** and **Chai Hu** assist Huang Qi to raise the Qi. **Sheng Ma** concentrates on raising the Qi. **Chai Hu** smooths Liver Qi and regulates the movement of Qi left and right.

## **Summary of Gynecological disorders**

### **Spleen Qi deficiency with gynecological disorders**

1. Liver and Spleen not harmonizing: stress, emotional, PMS, bloating of abdomen, loose stool, irregular menstruation, and teeth-marked and slightly purple tongue, wiry and weak pulse.  
Si Jun Zi Tang modified with regulate Qi and blood herbs.
2. Spleen Qi deficiency with excess uterine bleeding: bleeding, fatigue, loose stool, teeth-marked tongue and weak and empty pulse.  
Si Jun Zi Tang modified with stop bleeding herbs.
3. Spleen Qi and blood and Yin deficiency amenorrhea: spotting, irregular or no menstruation, fatigue, loose stool, hot flashes, teeth-marked and red or pale tongue, weak and empty pulse.  
Si Jun Zi Tang modified with lubricate Yin and blood and promote blood circulation herbs.
4. Spleen and Kidney Qi deficiency leukorrhea: vaginal discharge, loose stool, heavy sensation of the body, moist coating of the tongue and a slippery pulse.  
Si Jun Zi Tang modified with strengthen Qi and astringent herbs.
5. Spleen Qi deficiency morning sickness will be nausea, bleaching, vomiting, moisten coating tongue and wiry and slippery pulse.  
Si Jun Zi Tang modifies stop nausea herbs.
6. Spleen and Kidney Qi proplase of uterus: heavy sensation in the lower abdomen, loose stool, fatigue; teeth-marked tongue and weak pulse.  
Si Jun Zi Tang modified with raise Qi herbs.
7. Spleen and Kidney Qi deficiency miscarriage and infertility will be fatigue, loose stool, cold hands and feet, bright white puffy tongue, weak and slow pulse.  
Su Jun Zi Tang modified with strengthen Qi and Yang herbs.
8. Spleen and Kidney Qi deficiency pregnancy edema: fatigue, heavy sesation of the body, loose stool, puffy tongue, weak and slippery pulse.  
Si Jun Zi Tang modified with promote urination and raise Qi herbs.
9. Spleen Qi deficiency and Liver Qi stagnation lactation: fatigue, fullness of breasts, irritability, loose stool, teeth-marked and dark tongue, wiry and weak pulse.  
Si Ju Zi Tang modified with regulate Qi and promote lactation herbs.
10. Spleen and Kidney Qi deficiency incontinence: frequent urination, heavy sensation of the lower abdomen, teeth-marked tongue with moist coating, and a weak and small pulse.  
Si Jun Zi Tang modified with astringent Kidney and strengthen Qi and Yang herbs.



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

*Topics: Tonify Qi, Si Jun Zi Tang*

1. Liu Jun Zi Tang is a recommended variation of Si Jun Zi Tang for the treatment of...
  - a. dampness
  - b. dryness
  - c. Kidney Qi deficiency
  
2. Xiang Sha Liu Jun Zi Tang treats...
  - a. tenesmus
  - b. dampness
  - c. all of the above
  
3. Liu Shen San helps to...
  - a. raise the Spleen Qi
  - b. purge the intestines
  - c. tonify Blood
  
4. Sheng Yang Yi Wei Tang is used for...
  - a. Chronic Spleen Qi deficiency with damp-heat in the Middle Jiao
  - b. Liver attacking the Spleen or Stomach
  - c. Edema with wind-damp Bi (joint) pain
  - d. All of the above
  
5. Zi Sheng Wan...
  - a. is contraindicated for Qi stagnation
  - b. treats Spleen Qi deficiency
  - c. dissolves Blood stagnation

## Answers to Review Exercises

1. Liu Jun Zi Tang is a recommended variation of Si Jun Zi Tang for the treatment of...
- a. dampness
  - b. dryness
  - c. Kidney Qi deficiency

answer: a

2. Xiang Sha Liu Jun Zi Tang treats...

- a. tenesmus
- b. dampness
- c. all of the above

answer: c

3. Liu Shen San helps to...

- a. raise the Spleen Qi
- b. purge the intestines
- c. tonify Blood

answer: a

4. Sheng Yang Yi Wei Tang is used for...

- a. Chronic Spleen Qi deficiency with damp-heat in the Middle Jiao
- b. Liver attacking the Spleen or Stomach
- c. Edema with wind-damp Bi (joint) pain
- d. All of the above

answer: d

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