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Hiccups, Digestion and Stomach Pain

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Introduction

This course takes a close look at digestive dysfunction and its relationship to blood stasis. Here, we take a close look at how the blood invigorating formula Xue Fu Zhu Yu Tang is helpful across many diagnostic patterns when blood stasis is involved. Vomiting, hiccups, chronic constipation and stomachache are the main focus of this course material.

Xue Fu Zhu Yu Tang is a Qing dynasty formula introduced by Dr. Wang Qing Ren in his book *Yi Lin Gai Cuo (Correcting of Errors in the Medical Field)*. Xue Fu Zhu Yu Tang is based on Tao Hong Si Wu Tang and is modified with Qi regulating herbs. Translated as Drive Out Stasis in the Mansion of Blood Decoction, this formula invigorates the blood circulation and dispels blood stasis.

Xue Fu Zhu Yu Tang Overview

Xue Fu Zhu Yu Tang is appropriate for conditions with underlying Qi and blood stasis. Various conditions such as Liver yang uprising, damp-heat, etc... may combine with Qi and blood stasis. In all cases, the correct circumstances for the application of Xue Fu Zhu Yu Tang is when the root condition is Qi and blood stasis.

Treatment Principles of Xue Fu Zhu Yu Tang

The formula vitalizes blood to remove stasis and regulates Qi to stop pain. Xu Fu Zhu Yu Tang moves the blood and Liver Qi. It opens the channels to relieve pain.

Traditional Usage

Classical use of Xue Fu Zhu Yu Tang includes the treatment of head and chest pain due to blood stasis in the chest region or impeded blood circulation. The pain is associated with blood stasis and is therefore fixed, stabbing and piercing. Chronic hiccups, insomnia, irritability, pain of the

hypochondrium, a heat sensation in the chest, palpitations, a choking sensation upon drinking, emotional turbulence and tidal fevers in the late afternoon or evening may result from the chest blood stasis or diminished blood circulation. Poor circulation or blood stasis related pain may affect the heart and lead to insomnia and mental restlessness.

Blood Mansion

The Xue Fu area is the Blood Mansion. Qi and blood stagnation in this area may cause headaches or chest & costal pain. The headaches are characterized by sharp pain. The headaches may last for many years. The chest and costal region pain comes and goes, which is consistent with the insidiousness of Qi stagnation related pain. The character of pain is sharp, fixed and may be accompanied by nausea or vomiting. **The pulses are often small, wiry and choppy for these conditions. The tongue and lips are deep red or purple.**

Blood stasis in the Blood Mansion may cause heat. This leads to insomnia, palpitations and the patient may be easily angered. The insomnia may last for years and may be accompanied by darkening of the skin, numbness of the lower limbs and dizziness. When the tongue and pulse match the conditions for Xue Fu Zhu Yu Tang, it may resolve this syndrome. This condition may also be accompanied by menstrual cramping and irregular menstruation. Herbs such as Xiang Fu, Ze Lan and Yi Mu Cao are often added to the formula Xue Fu Zhu Yu Tang for these gynecological concerns.

Stomach Blood Stasis

Blood stasis affecting the Stomach may cause Qi to rebel upwards thereby resulting in constant hiccups, choking when drinking, and dry heaves. One circumstance when blood stasis affects the Stomach is when chronic blood stasis impedes the normal flow of Liver Qi. In a five element relationship of wood overacting on earth, the consequent Liver Qi stagnation overacts upon the Spleen and Stomach Qi thereby causing rebellious Qi.

Biomedical Indications Include

- post-concussion syndrome
- trauma related headaches without bleeding
- injuries to the chest
- coronary heart disease
- rheumatic heart disease
- angina pectoris
- hyperlipidemia (high cholesterol and triglycerides)
- varicose veins
- mood swings
- neurosis (including stress, depression, anxiety, obsessive behavior, hypochondria)
- leukemia
- postpartum dark skin patches
- diminished sexual function
- infertility
- amenorrhea
- dysmenorrhea
- endometriosis
- pelvic inflammatory disease (PID)

Endometriosis & PID

Endometriosis and PID inherently involve blood stasis as an underlying condition. PID originally starts as an invasion of damp-heat and toxins, usually in the form of an infection such as chlamydia or gonorrhea. Next, the infection leads to Qi and blood stasis and may involve scars and adhesions to structures such as the fallopian tubes, broad ligament, ovaries and uterus. In Traditional Chinese Medicine (TCM), pelvic inflammatory disease is categorized under several classifications including dysmenorrhea, leukorrhea, menorrhagia (abnormally heavy bleeding at menstruation), infertility, and palpable masses.

PID is the inflammation of one or more of the following: cervix, uterus, fallopian tubes, ovaries, broad ligaments, peritoneum and connective tissues of the pelvic cavity. In some cases, PID involves the scarring of

internal tissues which may lead to infertility. Lower abdominal pain and vaginal discharge (leukorrhea) are the predominant symptoms. Because PID is the invasion of damp-heat and toxins causing Qi and blood stasis in the lower burner, Xue Fu Zhu Yu Tang with its blood invigorating properties helps for many of its presentations when combined with supporting herbs such as those that clear heat and toxins.

Contraindications and INR

INR (international normalized ratio) measures the pathway of blood coagulation. Standard INR results in healthy individuals are typically 0.8 to 1.2 . Anticoagulant therapy, often involving some form of the drug warfarin, typically targets an INR of 2 to 3. Higher INR values are sought in more aggressive anticoagulant therapies. Higher INR numbers indicate that the blood is thinner.

Care must be used with Xue Fu Zhu Yu Tang and blood invigorating herbs because they may thin the blood over and above the existing INR. If a patient is taking blood thinning drugs and/or their INR blood test is 2.2 or above, use caution with blood regulating and invigorating herbs. Xue Fu Zhu Yu Tang is also contraindicated for use during pregnancy.

Care must be given to the treatment of bleeding disorders. Xue Fu Zhu Yu Tang and blood invigorating herbs are only appropriate for the treatment of bleeding related concerns when the cause of bleeding is due to blood stasis.

Digestion and Blood Stasis

Using Xue Fu Zhu Yu Tang for the treatment of digestive complaints is often helpful when Spleen Qi deficiency, Qi stagnation, food stagnation, etc... combine with blood stasis. This course explores how other formulas including Sheng Ling Bai Zhu San, Ding Xiang Shi Di Tang, Ma Zi Ren Wan and Wu Zi Ren Wan may be combined with Xue Fu Zhu Yu Tang to achieve positive patient outcomes. Herbal formulas and differential diagnostics are presented. Next, case studies illustrate real life clinical applications and formula modifications.

Symptoms and Signs

Bloating, acid reflux, gas, diarrhea, constipation, fatigue

Tongue: dark, deep red, purple, or teethmarks

Pulses: weak, small, slippery, wiry or choppy

Diagnosis

Qi and blood stasis

Spleen Qi deficiency

Treatment Strategy

Promote Qi and blood circulation

Strengthen the Spleen Qi and drain dampness

Base Formulas

Xue Fu Zhu Yu Tang modified with Sheng Ling Bai Zhu San

Xue Fu Zhu Yu Tang

The following examines the classic formula in terms of dose, function and synergies.

Ingredients

Chi Shao	Radix Paeoniae Rubrae	2 – 12 g
Dang Gui	Radix Angelicae Sinensis	3 – 12 g
Chuan Xiong	Radix Ligustici Chuanxiong	3 – 9 g

All of the herbs above promote blood circulation. Chi Shao cools heat in the blood. Dang Gui nourishes the blood. Chuan Xiong moves the Qi in the blood and tends to flow to the body's surface and upper body.

Hong Hua	Flos Carthami Tinctorii	3 – 9 g
Tao Ren	Semen Persicae	3 – 12 g

Hong Hua and Tao Ren both break congealed blood. Hong Hua's initial effect is faster and stronger than that of Tao Ren. Tao Ren's effect is sustained for a longer period of time and it is also able to moisten dryness. In general, herbs with a fast effective action tend to diminish in strength more quickly in the bloodstream than herbs with a slower initial effective action. Conversely, herbs with a more lasting effect in the bloodstream tend to have a slower initial effective action. This is the case with Tao Ren and Hong Hua. Another quality of paired herbs with these tendencies is that the more physically dense herb tends to have a more lasting effect and the physically lighter, less dense herb tends to have a faster effective action.

(Chuan) Niu Xi	Radix Achyranthis Bidentatae	3 – 12 g
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Niu Xi promotes blood circulation to the legs, strengthens the Liver and Kidney, and expels wind-damp bi pain.

Sheng Di Huang	Radix Rehmanniae Glutinosae	3 – 15 g
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Sheng Di Huang cools blood heat, nourishes the blood, and moderates the function of the stronger blood-regulating herbs in this formula.

Chai Hu	Radix Bupleuri	3 – 6 g
Zhi Ke	Fructus Citri Aurantii	3 – 12 g
Jie Geng	Radix Platycodi Grandiflori	3 – 15 g

All of the above herbs regulate Qi. Chai Hu regulates Liver Qi and promotes Qi flow upwards and horizontally in the body. Zhi Ke opens the chest and moves the Qi. Jie Geng regulates Lung Qi, opens the Lungs and guides the herbs to the upper body.

Zhi Gan Cao	Radix Glycyrrhizae Uralensis	3 g
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Zhi Gan Cao is honey-fried Gan Cao. It harmonizes the herbs in Xue Fu Zhu Yu Tang. For a more cooling effect, use Sheng Gan Cao.



Hong Hua

Xue Fu Zhu Yu Tang Construction

Tao Hong Si Wu Tang, first noted in the Yi Zong Jin Jian in 1742 by Wu Qian, is the base formula of Xue Fu Zhu Yu Tang and is comprised of:

- Tao Ren
- Hong Hua
- Dang Gui
- Shu Di Huang
- Bai Shao
- Chuan Xiong

Tong Hong Si Wu Tang nourishes the blood, regulates blood circulation and eliminates blood stasis. In Xue Fu Zhu Yu Tang, Sheng Di Huang replaces Shu Di Huang to clear heat. Chai Hu and Zhi Ke balance the upward and downward movement of qi. This combination of herbs leads the formula's actions to the chest.

Zhi Ke is used and not Zhi Shi. They are both bitter oranges, however, Zhi Shi is immature and Zhi Ke is ripe. Both Zhi Shi and Zhi Ke breakdown Qi but Zhi Ke is ripe and is therefore more mild. As a result, Zhi Ke has less of a function to break the Qi. On the other hand, Zhi Ke's more mild nature makes it more effective in gently walking the Qi. This mild nature has a slight tonifying effect whereas Zhi Shi is more strictly for breaking Qi stagnation. Zhi Ke has a stronger nature in raising the middle jiao Qi by walking the Qi to remove stagnation. As a result, Zhi Ke is more effective for abdominal pain related to Spleen Qi deficiency and Zhi Shi is more effective for treating costal pain due to Qi stagnation.

Zhi Shi and Zhi Ke enter the liver, spleen and stomach channels. They are spicy, bitter and cold. They break Qi due to food stagnation in the stomach and intestines, treat damp heat in the middle jiao and benefit Spleen Qi when combined with tonifying herbs. These herbs are used for the treatment of prolapsed organs including: uterus, stomach, large intestine, rectum, spleen, kidney. They are effective in the treatment of food

stagnation due to overeating, digestive dysfunctions, costal pain and abdominal pain.

Jie Geng and Niu Xi are added to move congestion. Jie Geng has an upward moving function and a descending function. Jie Geng stimulates the descending function of the Lung while at the same time it guides herbs to the Lung and upper body. Jie Geng channels the herbs to the Lungs to heal the Lungs thereby allowing the normal function of the Lungs to help descend Qi. In this way, Jie Geng promotes upward movement of herbs and also helps the downward movement of Qi.

Niu Xi eliminates blood stasis and directs blood downwards. Zhi Gan Cao harmonizes the formula.



Sheng Di Huang



Chi Shao

Shen Ling Bai Zhu San

Here, we take a look at this classic formula and how it benefits digestion. Combining ingredients from Shen Ling Bai Zhu San with Xue Fu Zhu Yu Tang helps to address digestive complaints with underlying blood stasis.

Ingredients

Dang Shen	Radix Codonopsis Pilosulae	12 g
Bai Zhu	Atractylodis Macrocephalae Rhizoma	12 g
Fu Ling	Sclerotium Poriae Cocco	15 g
Gan Cao	Radix Glycyrrhizae Uralensis	6 g

The above herbs are also Su Jun Zi Tang's ingredients. Dang Shen strengthens the Spleen Qi. Bai Zhu warms and dries dampness in the Middle Jiao. Fu Ling drains dampness and Gan Cao harmonizes the overall action of the formula's ingredients.

Yi Yi Ren	Semen Coicis Lachryma-Jobi	15 g
Bai Bian Dou	Semen Dolichoris Lablab	30 g

Yi Yi Ren and Bai Bian Dou both leach dampness by promoting the water. Yi Yi Ren is stronger at leaching the dampness and Bai Bian Dou is stronger at strengthening the Spleen.

Shan Yao	Radix Dioscoreae Oppositae	15 g
Lian Zi	Semen Nelumbinis Nuciferae	12 g

Shan Yao and Lian Zi are astringent to the Spleen. Shan Yao works at a deeper level of the Spleen for long term tonification. Lian Zi flows to the surface to treat acute and mild cases of Spleen Qi deficiency diarrhea. The flowing to the surface action implies a faster effective action and shorter duration in the bloodstream. Combined, these paired herbs synergistically act quickly and provide lasting results.

Sha Ren	Fructus Amomie	9 g
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Sha Ren is an aromatic herb. It warms and dries the Spleen.

Jie Geng Radix Platycodi Grandiflori 12 g

Jie Geng opens the Lung Qi to assist the Spleen. It also carries the other herbs to the upper body.



Shan Yao

Dosage and Preparation

Unless otherwise stated in this course presentation, all bags of herbs are decocted in water in a 3:1 ratio.

Clinical Applications

I. Vomiting & Rebellious Stomach Qi

Blood stasis affecting the Stomach may cause the Qi to rebel upwards thereby resulting in vomiting, nausea and belching. One avenue for blood stasis to affect the Stomach is that chronic blood stasis and poor circulation causes Liver Qi stagnation. In a five element relationship of wood overacting on earth, the Liver Qi overacts upon the Spleen and Stomach Qi. As a result, the Stomach can no longer push the Qi downwards in its normal functioning process and the Qi rebels upwards.

Spleen and Stomach Qi and yang deficiency may lead to rebellious stomach Qi. Food stagnation is another major cause. Overall, the ability to open the chest with Xue Fu Zhu Yu Tang combined with the digestion enhancing properties of the formula Bao He Wan helps to descend the Stomach Qi.

Symptoms

Vomiting, nausea, belching, bloating, fullness of the stomach

Tongue: Slightly purple or redness on the sides

Pulse: Wiry or floating

Diagnosis

Liver and Stomach Qi, phlegm, and blood stagnation

Treatment Strategy

Regulate the Stomach, Spleen and Liver Qi

Regulate the blood

Descend the Stomach Qi

Base Formulas

Xue Fu Zhu Yu Tang modified with Bao He Wan

Bao He Wan

The following is a look at Bao He Wan in its classic presentation. Use of the herbs in this classic formula combined with Xue Fu Zhu Yu Tang ingredients helps to resolve vomiting with underlying Qi and blood stasis, food stagnation, heat congestion, and phlegm.

Ingredients

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

Shan Zha, Shen Qu and Lai Fu Zi reduce food stagnation and are the chief herbs. Shan Zha promotes blood circulation and is special for the reduction of meat stagnation. Shen Qu regulates Qi in cases of chronic food stagnation. Lai Fu Zi descends the Stomach Qi.

Lian Qiao	Fructus Forsythiae Suspensae	12 g
Ban Xia	Pinelliae Rhizoma Preparatum	9 g
Fu Ling	Sclerotium Poriae cocoa	15 – 30 g

The above three herbs assist the chief herbs in this formula with relieving food stagnation. Lian Qiao dissolves heat nodules and congestion to relieve food stagnation. Ban Xia dissolves phlegm nodules to relieve food stagnation and also descends Stomach Qi. Fu Ling drains damp nodules in the Middle Jiao.

Caution

In cases of acute vomiting, advise the patient to sip small amounts of Bao He Wan tea throughout the day.

Modifications for Vomiting

1) Qi and blood stagnation or Liver Qi overacting on the Stomach

Chen Pi	Pericarpium Citri Reticulatae	12 g
Qing Pi	Pericarpium Citri Reticulatae Verde	15 g
Hou Po	Magnoliae Officinalis Cortex	12 g

The above herbs regulate and descend the Qi. Chen Pi regulates the Spleen and Stomach Qi. Qing Pi breaks Liver Qi stasis and stops pain. Hou resolves phlegm.

(Zi) Su Ye	Perillae Folium	9 g
Pei Lan	Herba Eupatorii Fortunei	15 g

Su Ye and Pei Lan dry the dampness to benefit the Spleen and Stomach. Su Ye flows to surface to dry the dampness and stops the stomach flu. Pei Lan flows deeper into the Middle Jiao.

Xiang Fu	Rhizome Cayperi Rotunda	12 g
Yan Hu Suo	Rhizome Corydalis Yanhusuo	15 g
Yu Jin	Tuber Curcumae	15 g

All of the above herbs promote blood circulation and stop pain. Xiang Fu regulates Liver Qi. Yan Hu Suo moves the Qi and blood. Yu Jin eliminates irritability and cools heat in the body.

Wu Zhu Yu	Fructus Evodiae Rutacarpae	12 g
Ban Xia	Pinelliae Rhizoma Preparatum	12 g
Sheng Jiang	Zingiberis Officinalis Recens	15 g

All of the above herbs are warming to dry dampness in the Middle Jiao and descend the Stomach Qi. Wu Zhu Yu regulates and warms the Liver,

Kidney, and Spleen organs and their channels. Ban Xia is very effective in drying phlegm. Sheng Jiang acts quickly and releases the surface.

Bai Shao	Paeoniae Radix Alba	15 g
Bo He	Mentha Ahaplocalyx	6 g

Bai Shao and Bo He soothe the Liver Qi. Bai Shao stabilizes the Liver Yang and harmonizes the Ying and Wei. Bo He flows to the upper body and surface to soothe the Liver and cool the heat.

Shan Zha	Fructus Crategi	15 g
Lai Fu Zi	Semen Raphani Sativi	30 g
Mai Ya	Fructus Hordei Vulgaris	15 g

All of the above herbs break food stagnation. Shan Zha dissolves meat stagnation and promotes blood circulation. Lai Fu Zi descends the Stomach Qi and dissolves phlegm. Mai Ya soothes the Liver Qi.

Hai Piao Xiao	Os Sepia Seu Sepiellae	30 g
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Hai Piao Xiao is an herb that neutralizes stomach acid. It also eliminates nodules.

Chuan Xiong	Radix Ligustici Chuanxiong	3 – 9 g
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Chuan Xiong moves the Qi in the blood. It also flows to the body surface and upper body.

Gan Cao	Radix Glycyrrhizae Uralensis	3 g
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Gan Cao has a sweet character or taste. It harmonizes the other ingredients in this formula.

2) Qi, blood and phlegm stasis in the Stomach

Chen Pi	Pericarpium Citri Reticulatae	12 g
Qing Pi	Pericarpium Citri Reticulatae Verde	15 g
Hou Po	Magnoliae Officinalis Cortex	12 g

All of the above herbs regulate and descend the Qi. Chen Pi regulates the Spleen and Stomach Qi. Qing Pi breaks Liver Qi stasis and stops pain. Hou resolves phlegm.

Sheng Jiang	Zingiberis Officinalis Recens	15 g
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Sheng Jiang warms the Stomach and stops nausea. It also releases the surface, also referred to as releasing the exterior, meaning that it helps to promote healthy sweating. This diaphoretic action for healing purposes is known as the Han Fa method.

Xiang Fu	Rhizome Cayperi Rotunda	15 g
Yan Hu Suo	Rhizome Corydalis Yanhusuo	12 g
Yu Jin	Tuber Curcumae	15 g

All of the above herbs promote blood circulation and stop pain. Xiang Fu regulates Liver Qi. Yan Hu Suo moves the Qi and blood. Yu Jin eliminates irritability and cools heat in the body.

Chi Shao	Radix Paeoniae Rubrae	2 – 12 g
Dang Gui	Radix Angelicae Sinensis	3 – 12 g
Chuan Xiong	Radix Ligustici Chuanxiong	3 – 9 g

All of the above the herbs promote blood circulation. These herbs can be differentiated as follows: Chi Shao cools heat in the blood. Dang Gui nourishes the blood. Chuan Xiong moves the Qi in the blood and flows to the body's surface and upper body.

Hong Hua	Flos Carthami Tinctorii	9 g
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Tao Ren Semen Persicae 12 g

Hong Hua and Tao Ren break congealed blood. Hong Hua is more powerful at breaking up congealed blood. Tao Ren, on the other hand, also moistens dryness and remains in the bloodstream longer for a more lasting effective action.

Bai Shao Paeoniae Radix Alba 15 g

Gan Cao Radix Glycyrrhizae Uralensis 9 g

Bai Shao and Gan Cao stop muscle spasms and soften the hardness of masses. Bai Shao nourishes the Yin and harmonizes the Ying and Wei. Gan Cao strengthens the Qi. Its sweet character, or taste, harmonizes acute syndromes.

Hai Piao Xiao Os Sepia seu Sepiellae 30 g

Hai Piao Xiao neutralizes stomach acid. It is also astringent to the Yin.

Shan Zha Fructus Crategi 15 – 30 g

Shen Qu Massa Fermentata 15 – 30 g

Lai Fu Zi Semen Raphani Sativi 15 – 30 g

Shan Zha, Shen Qu and Lai Fu Zi reduce food stagnation. Shan Zha promotes blood circulation and reduces meat stagnation. Shen Qu regulates Qi for chronic food stagnation. Lai Fu Zi descends the Stomach Qi.

Gan Cao Radix Glycyrrhizae Uralensis 3 g

Gan Cao has a sweet taste. It harmonizes the other ingredients in this formula.

3) Qi and blood stasis, Stomach and Spleen Qi, or Yang deficiency

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

Dang Shen and Huang Qi strengthen the Qi. Dang Shen emphasizes benefitting the Middle Jiao Qi while Huang Qi tends to raise the Qi and promote healing.

Bai Zhu	Radix Astragali Membranaceus	12 g
Cang Zhu	Rhizoma Actractylodis	12 g

Bai Zhu and Cang Zhu dry dampness in the Middle Jiao to strengthen the Spleen Qi. Bai Zhu remains in the bloodstream longer for a more lasting effective action. Cang Zhu works faster to dry dampness in the Middle Jiao and expels dampness in the surface.

Sheng Jiang	Zingiberis Officinalis Recens	15 g
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Sheng Jiang warms the Stomach. It also descends the Stomach Qi.

Pei Lan	Herba Eupatorii Fortunei	12 g
Huo Xiang	Herba Agastaches Seu Pogostemi	15 g

Pei Lan and Huo Xiang dry dampness. Pei Lan has a lighter aroma, is lighter weight and easily flows to the surface. Its physically lightweight nature gives Pei Lan a fast effective action. Huo Xiang remains in bloodstream longer and goes into deeper layers. Both herbs release the surface. Here we see the paired herbs complementing each other. One provides a fast action while the other provides an enduring healing response.

Wu Zhu Yu	Fructus Evodiae Rutacarpae	9 g
Ban Xia	Pinelliae Rhizoma Preparatum	12 g

Wu Zhu Yu and Ban Xia relieve nausea. Wu Zhu Yu warms the Stomach, Liver, and Kidney and their channels. Ban Xia more effectively dries the dampness.

Xu Duan	Radix Dipsaci Asperi	12 g
Yin Yang Huo	Herba Epimedii	12 g

Xu Duan and Yin Yang Huo warm the Kidney Yang. Xu Duan promotes blood circulation and Yin Yang Huo has a faster effective action.

Hai Piao Xiao	Os Sepia seu Sepiellae	30 g
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Hai Piao Xiao neutralizes stomach acid. It also astringes the Yin fluids.

Lai Fu Zi	Semen Raphani Sativi	30 g
Shan Zha	Fructus Crateigi	15 g

Lai Fu Zi and Shan Zha eliminate food stagnation. Lai Fu Zi descends the Stomach Qi and dissolves phlegm. Sha Zha dissolves meat stagnation and promotes blood circulation.

Dang Gui	Radix Angelicae Sinensis	3 – 12 g
Chuan Xiong	Radix Ligustici Chuanxiong	3 – 9 g

Dang Gui promotes blood circulation and nourishes the blood. Chuan Xiong moves the Qi in the blood and flows to the body's surface and upper body.

Gan Cao	Radix Glycyrrhizae Uralensis	3 g
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Gan Cao has a sweet taste. Its job is to harmonize the other ingredients in this formula.

Case Studies

Case Study 1

A male, age 38, experienced problems since he argued with his neighbor a few months ago. Since the argument, he had a poor appetite, belching, and fullness in the hypochondriac region. More recently, he developed fatigue and at night severe vomiting. Although he did not have a stomachache, he did not like having his abdomen touched. His M.D. did not find anything wrong in his abdominal region (or with his stomach). He was thirsty but did not desire to drink. His tongue was a dark red color with purple dots along the sides. His pulse was wiry, small and rapid.

Diagnosis: Liver Qi and blood stagnation; Stomach Qi rebelling upwards

Treatment Strategy: Regulate Liver Qi and blood, descend Stomach Qi, and cool the heat in the blood.

Formula: Xue Fu Zhu Yu Tang modification

Chai Hu	Radix Bupleuri	6 g
Zhi Ke	Fructus Citri Aurantii	12 g
Qing Pi	Pericarpium Citri Reticulatae Veride	12 g
Yu Jin	Tuber Curcumae	12 g

All of the above herbs regulate Qi. Chai Hu spreads the Liver Qi to the sides and upwards. Zhi Ke opens the chest. Qing Pi breaks Liver Qi stagnation associated with pain. Yu Jin cools the heat in the blood, promotes Qi and blood circulation and reduces irritability.

Hong Hua	Flos Carthami Tinctorii	9 g
Tao Ren	Semen Persicae	12 g

Hong Hua and Tao Ren break congealed blood. Hong Hua acts faster, flows to surface and flow to the upper body. Tao Ren moistens the dryness and remains in the bloodstream longer.

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

Chi Shao and Mu Dan Pi cool the blood and promote blood circulation. Chi Shao more effectively promotes blood circulation while Mu Dan Pi more effectively cools heat in the blood.

Ban Xia	Pinelliae Rhizoma Preparatum	9 g
Chen Pi	Pericarpium Citri Reticulatae	9 g

Ban Xia and Chen Pi regulate Stomach Qi, dry dampness and descend Stomach Qi. Ban Xia strongly dries dampness and descends Stomach Qi. Chen Pi regulates the Stomach and Spleen.

Sheng Di Huang	Radix Rehmanniae Glutinosae	30 g
Mai Men Dong	Tuber Ophiopogonis Japonici	12 g

Sheng Di Huang and Mai Men Dong lubricate Yin and cool the heat. Sheng Di Huang nourishes the blood and Jing. Mai Men Dong calms the Heart.

Gan Cao	Radix Glycyrrhizae Uralensis	6 g
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Gan Cao has a sweet character or taste. As already mentioned, its job is to harmonize the other ingredients in this formula.

Result of Treatment

After he took 5 bags for 5 days, his appetite improved and he began eating more soft food. The vomiting reduced to 1 - 2 times instead of 5 – 6 times per night. His stomach region softened to the touch and the dark coloration of his tongue reduced by 60%. However, he still had purple dots on the sides of his tongue, and his pulse was still wiry and small.

After he continued to take 5 bags for 5 more days, he only vomited occasionally at night. The purple dots on the sides of his tongue reduced 80% and his wiry pulse softened. The herbal formula was further modified by adding:

- Bai Shao (Paeoniae Radix Alba)
- Bo He (Mentha Ahaplocalyx)
- Dang Shen (Radix Codonopsis Pilosulae)
- Huang Qi (Radix Astragali Membranaceus)

This was added to smooth and strengthen his Qi. He continued taking the modified formula in the dosage of 10 bags for 10 days. After 10 days, he reported no more vomiting. He was given Xiao Yao Wan for further care.

Case Study 2

A male, age 59, became depressed whenever he argued his wife. He experienced belching, nausea, and vomiting until his stomach became totally empty. He had a dark face, fullness of the chest, insomnia, and excessive dreaming at night. His appetite was moderate. He was very skinny and his stools were dry. His tongue was dark with purple spots on the edge of his tongue. The coating on the tongue was thin, yellow with a dry coating. His pulse was wiry and small.

Diagnosis: Liver Qi and blood stagnation, Liver overacting on Stomach and Spleen, heat in the blood

Treatment Strategy: Regulate Qi and blood, descend Stomach Qi, cool the heat in the blood

Base formula: Xue Fu Zhu Yu Tang modification

Chai Hu	Radix Bupleuri	3 g
Xiang Fu	Rhizome Cayperi Rotunda	12 g

Yu Jin	Tuber Curcumae	15 g
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All of the above herbs regulate Qi. Chai Hu spreads the Qi to the sides and upwards. Xiang Fu and Yu Jin promote blood circulation. Xiang Fu stops pain. Yu Jin reduces irritability.

Chen Pi	Pericarpium Citri Reticulatae	9 g
Ban Xia	Pinelliae Rhizoma Preparatum	9 g
Sheng Jiang	Zingiberis Officinalis Recens	12 g

Chen Pi, Ban Xia and Sheng Jiang descend Stomach Qi. Chen Pi regulates the Stomach and Spleen Qi. Ban Xia dries phlegm and Sheng Jiang warms the Stomach. Sheng Jiang's warming and acrid nature helps it release the surface and warm the Middle Jiao (Middle Burner).

Chi Shao	Radix Paeoniae Rubrae	12 g
Chuan Xiong	Radix Ligustici Chuanxiong	9 g
Hong Hua	Flos Carthami Tinctorii	9 g
Tao Ren	Semen Persicae	12 g

All the herbs above promote blood circulation. Chi Shao cools the heat. Chuan Xiong flows to the surface. Hong Hua and Tao Ren break up congealed blood. Hong Hua acts faster and flows to the surface and upper body. Tao Ren moistens dryness and remains in the bloodstream longer.

Mu Dan Pi	Cortex Moutan Radicis	15 g
Sheng Di Huang	Radix Rehmanniae Glutinosae	30 g
Shan Zhi Zi	Fructus Immaturus Citrii Aurantii	15 g

All of the above herbs cool heat in the blood. Mu Dan Pi promotes blood circulation. Sheng Di Huang nourishes the blood and jing. Shan Zhi Zi clears San Jiao heat (triple burner heat) and damp heat.

Gan Cao	Radix Glycyrrhizae Uralensis	3 g
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Gan Cao has a sweet character or taste. Its job is to harmonize the other ingredients in this formula.

Results of Treatment

He took 3 bags of the decoction for three 3 days. He sipped the herb tea in small amounts throughout the day. After three days he reported no vomiting but still had fullness in this chest and occasional belching. He also reported no more constipation and much less dream disturbed sleep at night.

He was next prescribed 5 bags of the same formula for 10 days, one bag boiled twice for two days. He was also instructed to learn Taiji (Tai Chi Chuan). A half year later, he was re-checked. He had recovered from the vomiting completely.



Zhi Zi

II. Hiccups

Symptoms

Hiccups, abdominal bloating, fullness in the chest, slightly purple or red on sides of tongue, wiry and floating pulse

Diagnosis

Liver Qi Stagnation, rebellious Stomach Qi, blood stagnation

Treatment Strategy

Regulate the Stomach, Spleen and Liver Qi and blood and descend the Stomach Qi

Base Formula

Xue Fu Zhu Yu Tang modified with Ding Xiang Shi Di Tang and Bao He Wan

Ding Xiang Shi Di Tang

This simple formula is important for its elegant simplicity in descending and supporting Stomach Qi.

Ingredients:

Ding Xiang	Flos Caryophylli	3 g
Shi Di	Kaki Calyx	12 g
Sheng Jiang	Zingiberis Officinalis Recens, Rhizoma	12 g

All of the above herbs descend Stomach Qi. Ding Xiang is acrid and warm and therefore penetrates through cold stagnation. Shi Di is lightweight and flows to the surface. Shi Di (calyx of the persimmon) is especially helpful in relieving hiccups, belching and vomiting. Sheng Jiang warms the Stomach and Spleen.

Dang Shen	Radix Codonopsis Pilosulae	12 g
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Dang Shen strengthens the Spleen Qi. Dang Shen benefits the Middle Jiao.

Bao He Wan

Bao He Wan is a great classic and lends its invigorating properties and its ability to dissolve phlegm and clear heat toxins to the treatment of hiccups.

Ingredients:

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

Shan Zha, Shen Qu and Lai Fu Zi reduce food stagnation. Shan Zha promotes blood circulation and reduces meat stagnation. Shen Qu regulates Qi for cases of chronic food stagnation. Lai Fu Zi descends the Stomach Qi.

Lian Qiao	Fructus Forsythiae Suspensae	12 g
Ban Xia	Pinelliae Rhizoma Preparatum	9 g
Fu Ling	Sclerotium Poriae Cocos	15 – 30 g

The preceding three herbs assist the chief food stagnation herbs. Lian Qiao dissolves food stagnation nodules and clears heat stagnation. Ban Xia dissolves food stagnation nodules and descends Stomach Qi. Fu Ling drains dampness from the Middle Jiao.

Modifications for Hiccups

1) Qi and blood stagnation, Liver overacting on the Stomach

Chai Hu	Stellariae Dichotomae, Herba	3 g
Bai Shao	Paeoniae Radix Alba	12 g

Chai Hu and Bai Shao smooth Liver Qi. Chai Hu spreads the Liver Qi to the sides and upwards. Bai Shao stabilizes Liver Qi, nourishes Yin, and harmonizes the Ying and Wei.

Chen Pi	Pericarpium Citri Reticulatae	12 g
Qing Pi	Pericarpium Citri Reticulatae Verde	15 g
Zhi Ke	Fructus Aurantii	12 g

All of the above the herbs regulate and descend the Qi. Chen Pi regulates the Spleen and Stomach Qi. Qing Pi breaks up Liver Qi stagnation and stops pain. Zhi Ke moves the Stomach Qi and mildly breaks Qi stagnation.

Ding Xiang	Flos Caryophylli	3 g
Shi Di	Kaki Calyx	12 g

Ding Xiang and Shi Di descend Stomach Qi. Ding Xiang is acrid and warm and therefore penetrates through cold stagnation. Shi Di is lightweight and flows to the surface. Its lightweight physical nature is related to its fast effective action.

Ban Xia	Pinelliae Rhizoma Preparatum	9 g
Sheng Jiang	Zingiberis Officinalis Recens, Rhizoma	15 g

Ban Xia and Sheng Jiang warm and descend Stomach Qi. Ban Xia eliminates phlegm. Sheng Jiang is acrid and therefore penetrates through cold stagnation. A classic paired herb combination, together these two

herbs are a standalone formula called Xiao Ban Xia Tang, which is for the treatment of stagnant fluids causing rebellious Qi such as vomiting. A more warming variation of this formula is called Ban Xia Gan Jiang San wherein Gan Jiang (dried ginger) replaces Sheng Jiang (fresh, raw ginger). It too treats rebellious Qi including dry retching and vomiting. Its more warming nature is especially applicable for deficiency cold conditions because Gan Jiang is more warming than Sheng Jiang.

Dang Gui	Radix Angelicae Sinensis	3 – 12 g
Chuan Xiong	Radix Ligustici Chuanxiong	3 – 9 g

Dang Gui promotes blood circulation and nourishes the blood. Chuan Xiong moves the Qi in the blood. Chuan Xiong also flows to the body's surface and upper body.

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

Shan Zha, Shen Qu and Lai Fu Zi reduce food stagnation. Shan Zha promotes blood circulation and reduces meat stagnation. Shen Qu regulates Qi for chronic food stagnation. Lai Fu Zi descends the Stomach Qi.

Gan Cao	Radix Glycyrrhizae Uralensis	3 g
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Gan Cao has a sweet character or taste. It harmonizes the other ingredients in the formula.

*Chai Hu*

2) Qi, blood & phlegm stagnation

Chen Pi	Pericarpium Citri Reticulatae	12 g
Qing Pi	Pericarpium Citri Reticulatae Verde	15 g
Hou Po	Magnoliae Officinalis Cortex	12 g

All of the above herbs regulate and descend the Qi. Chen Pi regulates the Spleen and Stomach Qi. Qing Pi breaks Liver Qi stagnation and stops pain. Hou Po resolves phlegm and benefits the Middle Jiao.

Bai Shao	Paeoniae Radix Alba	15 g
Gan Cao	Radix Glycyrrhizae Uralensis	9 g

Bai Shao and Gan Cao stop spasms and soften hardness. Bai Shao nourishes the Yin and harmonizes the Ying and Wei. Gan Cao strengthens the Qi and its sweet character & taste harmonizes acute syndromes.

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

Shan Zha, Shen Qu and Lai Fu Zi reduce food stagnation. Shan Zha promotes blood circulation and reduces meat stagnation. Shen Qu

regulates Qi for chronic food stagnation. Lai Fu Zi descends the Stomach Qi.

Ding Xiang	Flos Caryophylli	3 g
Shi Di	Kaki Calyx	12 g

Ding Xiang and Shi Di descend Stomach Qi. Ding Xiang is acrid and warm and therefore penetrates through cold stagnation. Shi Di is lightweight and flows to the surface.

Ban Xia	Pinelliae Rhizoma Preparatum	9 g
Sheng Jiang	Zingiberis Officinalis Recens, Rhizoma	15 g

Ban Xia and Sheng Jiang warm and descend Stomach Qi. Ban Xia dries phlegm. Sheng Jiang is acrid and therefore penetrates through cold stagnation.

Dang Gui	Radix Angelicae Sinensis	3 – 12 g
Chuan Xiong	Radix Ligustici Chuanxiong	3 – 9 g

Dang Gui promotes blood circulation and nourishes the blood. Chuan Xiong moves the Qi in the blood and flows to the body's surface and upper body.

Gan Cao	Radix Glycyrrhizae Uralensis	3 g
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Gan Cao has a sweet character or taste. It harmonizes the other ingredients in the formula.

3) Qi and blood stasis, Stomach and Spleen Qi and Yang deficiency

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

Dang Shen and Huang Qi strengthen the Qi. Dang Shen benefits the Middle Jiao Qi. Huang Qi raises the Qi and promotes healing.

Ding Xiang	Flos Caryophylli	3 g
Shi Di	Kaki Calyx	12 g

Ding Xiang and Shi Di descend Stomach Qi. Ding Xiang is acrid and warm and therefore penetrates through cold stagnation. Shi Di is lightweight and flows to the surface.

Pei Lan	Herba Eupatorii Fortunei	12 g
Huo Xiang	Herba Agastaches Seu Pogostemi	15 g

Pei Lan and Huo Xiang dry dampness. Pei Lan smells lighter (or less intense) and flows to surface. Huo Xiang goes into the deeper levels to dry dampness and release the surface.

Wu Zhu Yu	Fructus Evodiae Rutacarpae	9 g
Ban Xia	Pinelliae Rhizoma Preparatum	12 g
Sheng Jiang	Zingiberis Officinalis Recens	15 g

Wu Zhu Yu, Ban Xia, and Sheng Jiang stop nausea. Wu Zhu Yu warms the Liver and Kidney. Ban Xia is the strongest of the three herbs at drying dampness. Sheng Jiang warms the Stomach and Spleen Qi.

Yin Yang Huo	Herba Epimedii	12 g
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Yin Yang Huo warms the Kidney Yang. It also eliminates dampness.

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

Shan Zha, Shen Qu, and Lai Fu Zi reduce food stagnation. Shan Zha promotes blood circulation and reduces meat stagnation. Shen Qu regulates Qi for chronic food stagnation. Lai Fu Zi descends Stomach Qi.

Dang Gui	Radix Angelicae Sinensis	3 – 12 g
Chuan Xiong	Radix Ligustici Chuanxiong	3 – 9 g

Dang Gui promotes blood circulation and nourishes the blood. Chuan Xiong moves the Qi in the blood and flows to the body's surface and upper body.



Chuan Xiong

Case Studies

Case Study 1

A male, age 45, had a problem with hiccups. The hiccups suddenly appeared when he arose in the morning. The hiccups were loud and continuous. He also was fatigued, irritable, and angered easily. He was taking drugs to calm and stop the stomach spasms causing his hiccups but the medications had no effect. Acupuncture treatment slowed and stopped his hiccups only for a few hours. He had a dark red tongue with a white coating. His pulse was wiry.

Diagnosis

Liver overacting on Stomach
Stomach Qi rebelling and rising
Qi and blood stagnation

Treatment Strategy

Regulate Qi and blood and descend Stomach Qi.

Base formula

Xue Fu Zhu Yu Tang with Xuan Fu Dai Zhe Tang

Ingredients

Hong Hua	Flos Carthami Tinctorii	9 g
Tao Ren	Semen Juglandis Regiae	12 g

Hong Hua and Tao Ren break up congealed blood. Hong Hua moves faster and flows to surface. Tao Ren remains in the bloodstream longer and moistens dryness.

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

Dang Gui and Chuan Xiong promote blood circulation. Dang Gui promotes blood circulation and nourishes the blood. Chuan Xiong moves Qi in the blood and flows to surface.

Chi Shao	Radix Paeoniae Rubrae	12 g
Niu Xi	Radix Achyranthis Bidentatae	15 g

Chi Shao and Niu Xi promote blood circulation. Chi Shao is more effective at moving the blood and cools the blood. Niu Xi circulates the blood to the lower body and strengthens the Liver and Kidney.

Xuan Fu Hua	Flos Inulae	9 g
Dai Zhe Shi	Haematitum	30 g

Xuan Fu Hua and Dai Zhe Shi descend the Stomach Qi. Xuan Fu Hua flows to surface and Dai Zhe Shi settles the Stomach Qi.

Note: Boil Dai Zhe Shi 20 minutes before the other herbs.

Chai Hu	Stellariae Dichotomae, Herba	6 g
Zhi Ke	Fructus Aurantii	15 g

Chai Hu and Zhi Ke regulate Qi. Chai Hu spreads the Liver Qi to the sides and upwards. Zhi Ke opens the chest.

Jie Geng	Radix Platycodi Grandiflori	12 g
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Jie Geng opens the chest. It helps the herbs flow to the upper body.

Sheng Di Huang	Radix Rehmanniae Glutinosae	15 g
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Sheng Di Huang nourishes and cools the blood.

Results of Treatment

He took one 1 bag of herbs per day and his hiccups stopped in three days. He continued taking five 5 bags for five 5 days and used Dan Zhi Xiao Yao Wan for two months. After a three month check up, his hiccups have not returned.

Case Study 2

A female, age 44, had been in menopause for three years. She had dry skin, a sore throat, and low grade fever for three days before she developed hiccups. The hiccups were worse after she ate. Her chest and throat had a burning sensation. She felt as if she had a piece of meat stuck in her throat. Her tongue was dark red with a yellow greasy coating. Her pulse was wiry and slippery.

Diagnosis

Liver Qi and blood stagnation turns into heat phlegm
Qi rebelling upwards

Treatment Strategy

Regulate Qi and blood
Resolve phlegm
Descend Stomach Qi

Base Formula

Xue Fu Zhu Yu Tang with Wen Dan Tang

Ingredients

Hong Hua	Flos Carthami Tinctorii	9 g
Tao Ren	Semen Juglandis Regiae	12 g

Hong Hua and Tao Ren break up congealed blood. Hong Hua moves faster and flows to surface. Tao Ren remains in the bloodstream longer and moistens dryness.

Dang Gui	Radix Angelicae Sinensis	12 g
Chuan Xiong	Radix Ligustici Chuanxiong	9 g
Chi Shao	Radix Paeoniae Rubrae	12 g

Dang Gui and Chuan Xiong promote blood circulation. Dang Gui promotes blood circulation and nourishes the blood. Chuan Xiong moves the Qi in the blood and flows to surface. Chi Shao cools the blood.

Chai Hu	Radix Buplueri	6 g
Zhi Ke	Fructuas Citri Aurantii	15 g

Chai Hu and Zhi Ke regulate Qi. Chai Hu spreads the Liver Qi sideways and directs the Qi upwards. Zhi Ke opens the chest. Together, they balance the upward and downward movement of Qi in the body.

Gua Lou	Pericarpium Trichosanthis	30 g
Zhu Ru	Caulis Bambusae in Taeniis	15 g

Gua Lou and Zhu Ru dissolve hot phlegm. Gua Lou clears damp heat in the upper body. Zhu Ru clears damp heat in the Liver and Gallbladder.

Huang Lian	Gelatinum Corii Asini	9 g
Ban Xia	Pinelliae Rhizoma Preparatum	12 g

Huang Lian eliminates hot phlegm and sedates Heart fire. Ban Xia is very effective at dissolving phlegm. As a pair, these herbs clear excess hot phlegm. The extreme cooling nature of Huang Lian offsets the warming temperature of Ban Xi to achieve this effect.

Xuan Fu Hua	Flos Inulae	9 g
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Xuan Fu Hua descends the Stomach Qi. It also flows to the surface.

Jie Geng	Radix Platycodi Grandiflori	12 g
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Jie Geng opens the chest. It helps the herbs flow to the upper body.

Gan Cao Radix Glycyrrhizae Uralensis 6 g

Gan Cao has a sweet taste. It harmonizes the ingredients in this formula.

Results of Treatment

She took five 5 bags for 5 days. Her hiccups reduced by 80%. She continued taking five 5 bags for five 5 additional days and she recovered from the hiccups. After a 2 year checkup, she was fine with no relapses or symptoms.

Case Study 3

A male, age 71, experienced chronic hiccups for more than 20 years. The condition originated as a result of a conflict with someone. Following the conflict, whenever he was stressed, irritated or ate too much, his hiccups would recur. Even after he had intravenous medication, his hiccups did not totally go away. His hiccups were loud, forceful and continuous. His stools were hard. His tongue was dark red and had purple spots on the sides with a thick yellow, dry coating. His pulse was wiry and full.

Diagnosis

Liver and blood stagnation turned into heat and phlegm

Yang Ming organ heat

Rebellious Qi uprising

Treatment Strategy

Regulate Qi and blood

Resolve phlegm

Purge and descend Stomach heat

Base Formula

Xue Fu Zhu Yu Tang with Xiao Cheng Qi Tang.

Hong Hua	Flos Carthami Tinctorii	9 g
Tao Ren	Semen Persicae	12 g

Hong Hua and Tao Ren break up congealed blood. Hong Hua moves faster and flows to surface. Tao Ren maintains its effects in the bloodstream longer and moistens the dryness.

Dang Gui	Radix Angelicae Sinensis	12 g
Chuan Xiong	Radix Ligustici Chuanxiong	9 g
Chi Shao	Radix Paeoniae Rubrae	12 g

Dang Gui and Chuan Xiong promote blood circulation. Dang Gui promotes blood circulation and nourishes the blood. Chuan Xiong moves the Qi in the blood and flows to surface. Chi Shao cools the blood.

Chai Hu	Radix Bupleuri	6 g
Zhi Ke	Fructus Citri Aurantii	15 g

Chai Hu and Zhi Ke regulate Qi. Chai Hu spreads the Liver Qi to the sides and upwards. Zhi Ke opens the chest and moves the Qi.

Niu Xi	Radix Achyranthis Bidentatae	15 g
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Niu Xi helps the blood circulate downward. It strengthens the Liver and Kidney. It also mildly promotes urination to drain dampness.

Jie Geng	Radix Platycodi Grandiflori	12 g
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Jie Geng opens the Lungs. It carries the herbs to the upper body to encourage the Qi to flow upwards. Jie Geng channels the herbs to the Lungs to heal the Lungs thereby allowing the normal function of the Lungs to help descend Qi. In this way, an herb that promotes the upward movement of Qi also helps the downward movement of Qi.

Lai Fu Zi Semen Raphani Sativi 30 g

Lai Fu Zi dissolves food stagnation and penetrates through the stagnated phlegm.

Chao Suan Zao Ren Semen Zizyphi Spinosae 6 g

Chao Suan Zao Ren is the fried preparation of this herb. Suan Zao Ren calms the Liver and Heart and lubricates Liver Yin. Frying warms the herb to strengthen its penetrating function.

Da Huang Radix et Rhizoma Rhei 15 g

Da Huang purges and clears heat toxins. It also promotes blood circulation.

Sheng Jiang Zingiberis Officinalis Recens, Rhizoma 12 g

Sheng Jiang warms and releases the surface. It also descends Stomach Qi.

Results of Treatment

After he took the first bag, he passed a hard black stool with mucous. His hiccups were much less after this bowel movement and his appetite improved. He took another bag of herbs and he has passed out a smelly and hard stool. After three days, his hiccups were almost gone. He was given a modified version of the formula in which the dosage of two herbs were decreased: Da Huang (Radix et Rhizoma Rhei) to 6 g, Dang Gui (Radix Angelicae Sinensis) to 9 g. Also, two herbs were added: Xing Ren (Pruni Armeniaca, Semen) 9 g and Chen Pi (Pericarpium Citri Reticulatae) 6 g. He took five 5 bags for five 5 days and his hiccups were totally gone. After a three month checkup, he was fine with no hiccups.

III. Chronic Constipation

Symptoms

Bian Bi (fecal block) references difficult, infrequent or hard stools. Biomedicine often defines constipation as bowel movements less than 3 times per week. In Traditional Chinese Medicine, bowel movements are normal when they occur every day. Chronic constipation may involve bowel movements less than once per day; in more severe cases, less than three times per week. Dry, hard and small stools often accompany chronic constipation. There may be abdominal bloating, nausea, irritability, bad breath and a poor appetite.

Long term large intestine dryness is often one of the most important differential diagnostics involved in chronic constipation. It may be initially caused by acute excess heat, cold stagnation, food stagnation and Qi stagnation. Qi, blood and yang deficiency contribute to chronic constipation and overall large intestine dysfunction.

Tongue: red with a thick white or yellow coating

Pulse: full and wiry

Diagnosis

Qi, blood and phlegm stagnation

Large intestine yin deficiency

Treatment Strategy

Regulate the Qi and blood

Dissolve phlegm

Lubricate the Large Intestine

Base Formula

Xue Fu Zhu Yu Tang modified Ma Zi Ren Wan and Wu Zi Ren Wan

Ma Zi Ren Wan

This classic formula moistens the intestines and unblocks the bowels.

Ingredients

Ma Zi Ren	Semen Cannibis Sativae	12 g
Da Huang	Radix et Rhizoma Rhei	9 g

Ma Zi Ren (Huo Ma Ren) and Da Huang are purgatives. Ma Zi Ren is milder at purging and also moistens the intestine. Da Huang clears heat toxins and promotes blood circulation.

Zhi Shi	Fructus Immaturus Citrii Aurantii	12 g
Hou Po	Cortex Magnoliae Officinalis	12 g

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

Xing Ren	Semen Pruni Armeniacae	12 g
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Xing Ren opens the Lung Qi to help descend the Large Intestine Qi. It also moistens the intestines.

Bai Shao	Radix Paeoniae Alba	12 g
Feng Mi	Mel Mellis	30 g

Feng Mi is honey from the honey bee (*Apis mellifera*). Bai Shao and Feng Mi harmonize the action of the other ingredients. Bai Shao nourishes the Yin. It also harmonizes the Ying and Wei and the blood level. Feng Mi moistens the intestines.



Da Huang

Wu Zi Ren Wan

This classic formula moistens the intestines and unblocks the bowels.

Ingredients

Ma Zi Ren	Semen Cannibis Sativae	12 g
Yu Li Ren	Semen Pruni	12 g
Bai Zi Ren	Semen Biotae Orientalis	12 g
Song Zi Ren	Semen Pini	12 g
Tao Ren	Semen Persicae	12 g

All of the above the herbs moisten the intestines. Ma Zi Ren (Hou Ma Ren) lubricates Yin. Yu Li Ren promotes urination. Bai Zi Ren calms the Heart. Song Zi Ren lubricates Yin and dryness. Tao Ren promotes blood circulation.

Modifications for Constipation

1) Liver Qi and blood stagnation, Spleen and Stomach disharmony

Chi Shao	Radix Paeoniae Rubrae	2 – 12 g
Dang Gui	Radix Angelicae Sinensis	3 – 12 g
Chuan Xiong	Radix Ligustici Chuanxiong	3 – 9 g
Dan Shen	Radix Salviae Miltiorrhizae	3 – 12 g

All four of the above herbs promote blood circulation. The herbs can be differentiated as follows: Chi Shao cools heat in the blood. Dang Gui nourishes the blood and moistens the intestines. Chuan Xiong moves the Qi in the blood and flows to the body's surface and upper body. Dan Shen cools heat in the blood and especially promotes circulation in the small blood vessels.

Ma Zi Ren	Semen Cannibis Sativae	12 g
Da Huang	Radix et Rhizoma Rhei	9 g

Ma Zi Ren and Da Huang are purgatives. Ma Zi Ren (Huo Ma Ren) is milder at purging and moistens the intestines. Da Huang clears heat toxins and promotes blood circulation.

Zhi Shi	Fructus Immaturus Citrii Aurantii	12 g
Hou Po	Cortex Magnoliae Officinalis	12 g

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

Ma Zi Ren	Semen Cannibis Sativae	12 g
Yu Li Ren	Semen Pruni	12 g
Bai Zi Ren	Semen Biotae Orientalis	12 g

Song Zi Ren	Semen Pini	12 g
Tao Ren	Semen Persicae	12 g

All of the above the herbs moisten the intestines. Ma Zi Ren (Hou Ma Ren) lubricates Yin. Yu Li Ren promotes urination. Bai Zi Ren calms the Heart. Song Zi Ren lubricates Yin and dryness. Tao Ren promotes blood circulation.

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

Chai Hu and Bai Shao smooth Liver Qi. Chai Hu spreads the Liver Qi to the sides and upwards. Bai Shao stabilizes the Liver Qi, nourishes the Yin, and harmonizes the Ying and Wei Qi.

Chen Pi	Pericarpium Citri Reticulatae	9 g
Fo Shou	Fructus Citri Sarcodactylis	12 g

Chen Pi and Fo Shou regulate the Spleen and Stomach Qi. Chen Pi dries phlegm. Fo Shou harmonizes the Spleen and Stomach Qi.

Gan Cao	Radix Glycyrrhizae Uralensis	3 g
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Gan Cao has a sweet character. Its job is to harmonize the other ingredients in this formula.

2) Qi and blood stagnation, excess heat in the Lower Jiao

Chi Shao	Radix Paeoniae Rubrae	2 – 12 g
Dan Shen	Radix Salviae Miltiorrhizae	12 g
Tao Ren	Semen Persicae	9 – 12 g

Chi Shao, Dan Shen, and Tao Ren promote blood circulation. Chi Shao and Dan Shen cool the heat in the blood. Chi Shao is very effective at moving

the blood. Dan Shen calms the Heart and especially helps circulation in the small blood vessels. Tao Ren moistens dryness and breaks up congealed blood.

Ma Zi Ren	Semen Cannibis Sativae	12 g
Da Huang	Radix et Rhizoma Rhei	9 g

Ma Zi Ren and Da Huang are purgatives. Ma Zi Ren (Huo Ma Ren) is milder at purging and moistens the intestine. Da Huang clears the heat toxins and promotes blood circulation.

Huang Qin	Radix Scutellariae Baicalensi	12 – 15 g
Huang Bai	Cortex Phellodendri	9 – 12 g

Huang Qin and Huang Bai clear damp heat. Huang Qin especially clears upper jiao damp heat. Huang Bai treats the lower jiao.

Zhi Shi	Fructus Immaturus Citrii Aurantii	12 g
Hou Po	Cortex Magnoliae Officinalis	12 g

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

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

Chai Hu and Bai Shao smooth Liver Qi. Chai Hu spreads the Liver Qi to the sides and upwards. Bai Shao stabilizes the Liver Qi, nourishes the Yin, and harmonizes the Ying and Wei Qi.

3) Qi and blood stagnation, Qi and Yang deficiency

Huang Qi	Radix Astragali Membranacei	12 – 30 g
Dang Shen	Radix Codonopsis Pilosulae	12 – 15 g

Huang Qi and Dang Shen strengthen the Qi. Huang Qi lifts the Qi, promotes healing, and encourages Qi to the surface. Dang Shen strengthens the Middle Jiao Qi.

Rou Cong Rong Herba Cistanches Deserticolae 12 – 15 g

Rou Cong Rong strengthens the Kidney Yang. It also moistens the intestines.

Ma Zi Ren	Semen Cannibis Sativae	12 g
Yu Li Ren	Semen Pruni	12 g
Bai Zi Ren	Semen Biotae Orientalis	12 g
Song Zi Ren	Semen Pini	12 g
Tao Ren	Semen Persicae	12 g

All of the above the herbs moisten the intestines. Ma Zi Ren (Hou Ma Ren) lubricates large intestine yin. Yu Li Ren promotes urination. Bai Zi Ren calms the Heart. Song Zi Ren lubricates yin and dryness. Tao Ren promotes blood circulation.

Chi Shao	Radix Paeoniae Rubrae	2 – 12 g
Dang Gui	Radix Angelicae Sinensis	3 – 12 g
Chuan Xiong	Radix Ligustici Chuanxiong	3 – 9 g

All of the above herbs above promote blood circulation. The herbs can be differentiated as follows:

- Chi Shao cools heat in the blood
- Dang Gui nourishes the blood and moistens the intestines.
- Chuan Xiong moves the Qi in the blood and flows to the body's surface and upper body.

Zhi Shi	Fructus Immaturus Citri Aurantii	12 g
Hou Po	Cortex Magnoliae Officinalis	12 g

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

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

Chai Hu and Bai Shao smooth Liver Qi. Chai Hu spreads the Liver Qi to the sides and upwards. Bai Shao stabilizes the Liver Qi, nourishes the yin, and harmonizes the Ying and Wei Qi.

Gan Cao	Radix Glycyrrhizae Uralensis	3 g
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Gan Cao has a sweet character. Its job is to harmonize the other ingredients in this formula.

Case Studies

Case Study 1

A female, age 82, experienced chronic constipation since she started menopause 30 years ago. Her bowel moved once every two or three days. Her stools were very dry and small although she used Ma Zi Ren Wan daily. Recently the formula Ma Zi Ren Wan stopped helping her bowel movements and Da Huang Cheng Qi Tang also did not have much effect either. She had to ask a family member to help pull out her dry stools. She also experienced low back pain, irritability, poor appetite, fullness in the chest, and yellow urination. Her tongue was purple with a dry coating. Her pulse was weak, wiry and slippery.

Diagnosis

Qi and blood stagnation

Spleen Qi deficiency

Kidney Yin deficiency with empty (deficiency) heat

Treatment Strategy

Regulate Qi and blood

Lubricate Yin

Base formula

Xue Fu Zhu Yu Tang modified with Qing Hao Bie Jia Tang

Dang Gui	Radix Angelicae Sinensis	15 g
Chuan Xiong	Radix Ligustici Chuanxiong	12 g
Chi Shao	Radix Paeoniae Rubrae	15 g
Niu Xi	Radix Achyranthis Bidentatae	15 g

All of the above herbs promote blood circulation. Dang Gui nourishes the blood. Chuan Xiong promotes Qi circulation in the blood and flows to the

surface. Chi Shao cools the blood. Niu Xi helps the blood circulate to the lower body and strengthens the Kidney and Liver.

Tao Ren	Semen Persicae	12 g
Hong Hua	Flos Carthami Tinctorii	9 g

Tao Ren and Hong Hua break up congealed blood. Tao Ren moistens the dryness. Hong Hua is stronger at breaking up congealed blood.

Chai Hu	Radix Bupleuri	6 g
Zhi Shi	Fructus Immaturus Citri Aurantii	15 g

Chai Hu and Zhi Shi regulate Qi. Chai Hu spreads the Liver Qi to the sides and upwards. Zhi Shi breaks up stagnation in the Middle Jiao to move the bowels.

Jie Geng	Radix Platycodi Grandiflori	12 g
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Jie Geng flows to the upper body. It opens the Lungs to help it descend Qi. Jie Geng channels the herbs to the Lungs to heal the Lungs thereby allowing the normal function of the Lungs to help descend Qi. In this way, an herb that promotes the upward movement of Qi also helps the downward movement of Qi.

Qing Hao	Herba Artemisia Annuae	12 g
Bei Jia	Carapax Amydae Sinensis	30 g
Sheng Di Huang	Radix Rehmanniae Glutinosae	30 g

Qing Hao, Bei Jia and Sheng Di Huang cool the heat in the blood. Qing Hao encourages the heat to the surface and Bei Jiao traces the heat and Sheng Di Huang nourishes the blood, yin and jing.

Huang Qi	Radix Astragali Membranacei	30 g
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Huang Qi raises the Qi. Its ability to raise the Qi helps with pushing and moving the bowels.

Gan Cao Radix Glycyrrhizae Uralensis 6 g

Gan Cao has a sweet character. It harmonizes the actions of the other ingredients.

Results of Treatment

After she took three bags of this herbal formula, she had one bowel movement per day. However, her stools were still hard and difficult to push out. Therefore, Dan Shen (Radix Salviae Miltiorrhizae) 30 g was added to the formula.

She continued taking the herbal formula for three more days. She had a bowel movement once per day. Her stools were softer and no longer in small pieces.

The patient then continued taking the above formula for three months. At the one year check up, her bowel movements were fine.

Case Study 2

A female, age 24, had constipation before and during menstruation. Her menstrual flow had blood clots and was painful. Her stools were small and dry. She would have one bowel movement every two days. Her tongue was purple overall and was red on the sides. Her pulse was wiry and slippery.

Diagnosis

Qi and blood stagnation
Kidney Yin deficiency

Treatment Strategy

Regulate Qi and blood

Lubricate Yin

Base Formulas

Xue Fu Zhu Yu Tang modified with Qing Hao Bie Jia Tang

Ingredients

Dang Gui	Radix Angelicae Sinensis	15 g
Chuan Xiong	Radix Ligustici Chuanxiong	12 g
Chi Shao	Radix Paeoniae Rubrae	15 g
Niu Xi	Radix Achyranthis Bidentatae	15 g

All of the above herbs promote blood circulation. Dang Gui nourishes the blood. Chuan Xiong promotes Qi circulation in the blood and flows to the surface. Chi Shao cools the blood. Niu Xi helps the blood circulate to the lower body and strengthens the Kidney and Liver.

Tao Ren	Semen Persicae	12 g
Hong Hua	Flos Carthami Tinctorii	9 g

Tao Ren and Hong Hua break up congealed blood. Tao Ren moistens the dryness. Hong Hua, however, is stronger than Tao Ren at breaking up congealed blood.

Chai Hu	Radix Bupleuri	6 g
Zhi Shi	Fructus Immaturus Citrii Aurantii	15 g

Chai Hu and Zhi Shi regulate Qi. Chai Hu spreads the Liver Qi to the sides and upwards. Zhi Shi transforms phlegm, eliminates Qi stagnation and moves the Qi downwards.

Xiang Fu	Rhizome Cayperi Rotunda	12 g
Yu Jin	Tuber Curcumae	12 g
Yan Hu Suo	Rhizome Corydalis Yanhusuo	12 g

All of the above herbs promote blood circulation and regulate Qi. Both Xiang Fu and Yan Hu Suo stop pain. Xiang Fu regulates the Liver Qi. Yu Jin reduces irritability and cools the Liver.

Jie Geng Radix Platycodi Grandiflori 12 g

Jie Geng opens the Lung. Here, Jie Geng helps the Qi to descend by channeling the herbs upwards to the Lungs thereby restoring the normal function of the Lungs in pushing the Qi downwards. Jie Geng helps herbs move to the upper jiao. In turn, the health benefits to the Lungs restores their ability to move Qi downwards.

Qing Hao	Herba Artemisia Annuae	12 g
Bei Jia	Carapax Amydae Sinensis	30 g
Sheng Di Huang	Radix Rehmanniae Glutinosae	30 g
Mu Dan Pi	Cortex Moutan Radicis	12 g
Di Gu Pi	Cortex Lycii Radicias	12g

Qing Hao, Bei Jia, Sheng Di Huang, Mu Dan Pi and Di Gu Pi all cool heat in the blood. Qing Hao encourages the heat to the surface. Bei Jia eliminates the heat. Sheng Di Huang nourishes the blood, yin and jing. Mu Dan Pi promotes blood circulation. Di Gu Pi treats Kidney yin deficiency empty heat and is therefore effective in relieving steaming bone syndrome.

Gan Cao Radix Glycyrrhizae Uralensis 6 g

Gan Cao is sweet in taste. It harmonizes the actions of the other ingredients.

Results of Treatment

She took one bag per day of the herbal formula for three days before and during menstruation. She had a bowel movement once per day without dry stools. She also had less pain and fewer blood clots with her menses.

The patient kept taking this formula for her next three menstrual cycles. After the three menstrual cycles, she did not have any constipation or painful menses for six months. Also after the three menstrual cycles, she continued taking this formula before and during menstruation for an additional two menstrual cycles. The symptoms of constipation and painful menstruation did not recur. The condition completely resolved.



Mu Dan Pi

IV. Stomachache

Symptoms

Stomachache, bloating, nausea, irritability, bad breath, poor appetite, acidity

Tongue

Dark red with a thick, white or yellow coating

Pulse

Full and wiry

Diagnosis

Liver Qi, blood and phlegm stagnation
Disharmony between the Liver and Stomach

Treatment Strategy

Regulate the Qi
Move the blood
Eliminate food stagnation and promote digestion
Descend the Stomach Qi

Base Formula

Xue Fu Zhu Yu Tang modified with Bao He Wan

Bao He Wan

Once again appearing in this course, Bao He Wan proves to be an indispensable formula in the treatment of digestive disturbances.

Ingredients

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

All of the herbs reduce food stagnation. Sha Zha promotes blood circulation. Sheng Qu penetrates through chronic food stagnation. Lai Fu Zi descends the Stomach Qi and eliminates food stagnation.

Ban Xia	Pinelliae Rhizoma Preparatum	9 g
Fu Ling	Sclerotium Poriae cocoa	15 g
Lian Qiao	Fructus Forsythiae Suspensae	12 g

The above herbs treat dampness and work as team. Ban Xia dries the dampness and descends the Stomach Qi. Fu Ling drains the dampness and benefits the Spleen and Stomach Qi. Lian Qiao clears heat toxins, dissolves nodules and is especially helpful when Qi stagnation and food stagnation turn into heat.



Lian Qiao

Modifications for Stomachache

1) Qi and blood stagnation, Liver overacts and attacks the Stomach

Chi Shao	Radix Paeoniae Rubrae	2 – 12 g
Dang Gui	Radix Angelicae Sinensis	3 – 12 g
Chuan Xiong	Radix Ligustici Chuanxiong	3 – 9 g

All of the above herbs promote blood circulation. Chi Shao cools heat in the blood. Dang Gui nourishes the blood and moistens the intestines. Chuan Xiong moves the Qi in the blood and flows to the body's surface and upper portions.

Chai Hu	Radix Bupleuri	3 – 6 g
Zhi Ke	Fructus Citri Aurantii	3 – 12 g
Jie Geng	Radix Platycodi Grandiflori	3 – 15 g

All of the above herbs regulate Qi. Chai Hu regulates Liver Qi, promoting its flow upward and horizontally in the body. Jie Geng regulates Lung Qi and opens the Lungs. Jie Geng also guides the herbs to the upper body. Zhi Ke moves the Stomach Qi and mildly breaks Qi stagnation.

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

All of the above herbs reduce food stagnation. Sha Zha promotes blood circulation. Sheng Qu penetrates through chronic food stagnation. Lai Fu Zi descends the Stomach Qi.

Ban Xia	Pinelliae Rhizoma Preparatum	9 g
Fu Ling	Sclerotium Poriae Cocos	15 g

Lian Qiao Fructus Forsythiae Suspensae 12 g

The above herbs work as a team. Ban Xia dries dampness and descends the Stomach Qi. Fu Ling drains dampness. Lian Qiao dissolves the food stagnation.

Hai Piao Xiao Os Sepiae seu Sepiellae 15g

Hai Ke Ge Meretricis/Cyclinae Concha 30g

Hai Piao Xiao and Hai Ke Ge dissolve nodules, dissolve phlegm, and neutralize stomach acid. Hai Piao Xiao flows to the body surface while Hai Ke Ge goes into deeper layers.

Pei Lan Herba Eupatorii Fortunei 12 g

Chen Pi Pericarpium Citri Reticulatae 9 g

Pei Lan and Chen Pi regulate Spleen and Stomach Qi. They also dry dampness. Pei Lan is aromatic and acrid to dry dampness. Chen Pi regulates the Middle Jiao Qi.

Yan Hu Suo Rhizome Corydalis Yanhusuo 15 g

Yan Hu Suo promotes Qi and blood circulation. It also stops pain.

Zhi Gan Cao Radix Glycyrrhizae Uralensis 3 g

Zhi Gan Cao is honey fried Gan Cao. It harmonizes the herbs in this formula.

2) Qi and blood stagnation, Damp Heat in the Stomach

Huang Qin Radix Scutellariae Baicalensis 15 g

Huang Lian Rhizoma Coptidis 9 g

Huang Qin and Huang Lian eliminate damp heat. Huang Qin clears damp heat in the Upper and Middle Jiao. Huang Lian clears damp heat in the Middle and Lower Jiao.

Pei Lan	Herba Eupatorii Fortunei	12 g
Chen Pi	Pericarpium Citri Reticulatae	9 g

Pei Lan and Chen Pi regulate Spleen and Stomach Qi and dry dampness. Pei Lan is aromatic and acrid, so it dries dampness. Chen Pi regulates the Middle Jiao Qi.

Chi Shao	Radix Paeoniae Rubrae	2 – 12 g
Dan Shen	Radix Salviae Miltiorrhizae	15 g

Chi and Shao and Dan Shen promote blood circulation and cool the heat. Chi Shao circulates the blood. Dan Shen promotes circulation in the small blood vessels and calms the Heart.

Chai Hu	Radix Bupleuri	3 – 6 g
Zhi Ke	Fructus Citri Aurantii	3 – 12 g
Jie Geng	Radix Platycodi Grandiflori	3 – 15 g

All of the above herbs regulate Qi. Chai Hu regulates Liver Qi, promoting its flow upward and horizontally in the body. Jie Geng regulates Lung Qi and opens the Lungs. It also guides the herbs to the upper body. Zhi Ke moves the Stomach Qi and mildly breaks Qi stagnation.

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

All of the herbs reduce food stagnation. Sha Zha promotes blood circulation. Sheng Qu penetrates through chronic food stagnation. Lai Fu Zi descends the Stomach Qi.

Ban Xia	Pinelliae Rhizoma Preparatum	9 g
Fu Ling	Sclerotium Poriae Cocos	15 g
Lian Qiao	Fructus Forsythiae Suspensae	12 g

The above herbs work as a team. Ban Xia dries dampness and descends the Stomach Qi. Fu Ling drains dampness. Lai Fu Zi dissolves food stagnation.

Yan Hu Suo	Rhizome Corydalis Yanhusuo	15 g
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Yan Hu Suo promotes Qi and blood circulation. It also stops pain.

Gan Cao	Radix Glycyrrhizae Uralensis	3 g
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Gan Cao has a sweet character. It harmonizes the other ingredients in this formula.

3) Qi and blood stagnation, Qi and Yang deficiency

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

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

Yin Yang Huo	Herba Epimedii	12 g
Xu Duan	Radix Dipsaci Asperi	15 g

Yin Yang Huo and Xu Duan strengthen Kidney Yang. Yin Yang Huo expels wind-damp pain. Xu Duan promotes blood circulation and stops pain.

Xiao Hui Xiang	Fructus Foeniculi Vulgaris	12 g
Wu Zhu Yu	Fructus Evodiae Rutacarpae	9 g

Xiao Hui Xiang and Wu Zhu Yu warm and regulate the Liver and Kidney and their channels. Xiao Hui Xiang remains in the bloodstream longer. Wu Zhu Yu breaks up Qi and phlegm stagnation.

Chi Shao	Radix Paeoniae Rubrae	2 – 12 g
Dang Gui	Radix Angelicae Sinensis	3 – 12 g
Chuan Xiong	Radix Ligustici Chuanxiong	3 – 9 g

All of the above herbs promote blood circulation. The herbs can be differentiated as follows: Chi Shao cools heat in the blood. Dang Gui nourishes the blood and moistens the intestine. Chuan Xiong moves the Qi in the blood and tends to flow to the body's surface and upper body.

Chai Hu	Radix Bupleuri	3 – 6 g
Zhi Ke	Fructus Citri Aurantii	3 – 12 g
Jie Geng	Radix Platycodi Grandiflori	3 – 15 g

All of the above herbs regulate Qi. Chai Hu regulates Liver Qi, promoting its flow upward. Jie Geng regulates Lung Qi and opens the Lungs. It also guides the herbs to the upper body. Zhi Ke moves the Stomach Qi and mildly breaks Qi stagnation.

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

All of the herbs reduce food stagnation. Sha Zha promotes blood circulation. Sheng Qu penetrates through chronic food stagnation. Lai Fu Zi descends the Stomach Qi.

Ban Xia	Pinelliae Rhizoma Preparatum	9 g
Fu Ling	Sclerotium Poriae Cocos	15 g
Lian Qiao	Fructus Forsythiae Suspensae	12 g

The above herbs work as a team. Ban Xia dries the dampness and descends the Stomach Qi. Fu Ling drains the dampness. Lai Fu Zi dissolves food stagnation.

Hai Piao Xiao	Os Sepiae seu Sepiellae	15 g
Hai Ke Ge	Meretricis/Cyclinae Concha	30 g

Hai Piao Xiao and Hai Ke Ge dissolve nodules, resolve phlegm, and neutralize stomach acid. Hai Piao Xiao flows to the surface while Hai Ke Ge goes into deeper layers.

Pei Lan	Herba Eupatorii Fortunei	12 g
Chen Pi	Pericarpium Citri Reticulatae	9 g

Pei Lan and Chen Pi regulate Spleen and Stomach Qi. They also dry dampness. Pei Lan is aromatic and acrid, so it dries dampness. Chen Pi regulates the Middle Jiao Qi.

Yan Hu Suo	Rhizoma Corydalis Yanhusuo	15 g
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Yan Hu Suo promotes Qi and blood circulation. It also stops pain.

Zhi Gan Cao	Radix Glycyrrhizae Uralensis	3 g
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Zhi Gan Cao is the honey-fried preparation of Gan Cao. It harmonizes the other herbs in the formula.

Case Studies

Case Study 1

A female, age 47, suffered from stomachaches for 15 years. Whenever she was stressed or emotional, she had stomach pain. She took both drugs and herbs without any remarkable result. She had a big fight with her neighbor prior to her first acupuncture appointment. She suffered from a fixed pain in her stomach region, fullness, belching, and poor appetite. She was thirsty but did not want to drink. She also had fatigue, hesitant bowel movements, and her stools were either dry or loose. Her tongue was dark with a thin, white moist coating. Her pulse was wiry and weak.

Diagnosis

Qi and blood stagnation

Disharmony between the Liver and Stomach

Treatment Strategy

Regulate the Stomach and Liver

Regulate the Qi and blood

Base Formulas

Xue Fu Zhu Yu Tang modified with Xiao Yao San

Chi Shao	Radix Paeoniae Rubrae	2 g
Dang Gui	Radix Angelicae Sinensis	3 g
Chuan Xiong	Radix Ligustici Chuanxiong	3 g

All of the above herbs above promote blood circulation. The herbs can be differentiated as follows: Chi Shao cools heat in the blood. Dang Gui nourishes the blood and moistens the intestines. Chuan Xiong moves the Qi in the blood and tends to flow to the body's surface and upper body.

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

Tao Ren and Hong Hua break up congealed blood. Tao Ren remains in the bloodstream longer than Hong Hua and moistens the dryness. Hong Hua acts faster and flows to the surface.

Chai Hu Radix Bupleuri 3 g
Zhi Ke Fructus Citri Aurantii 12 g
Jie Geng Radix Platycodi Grandiflori 12 g

All of the above herbs regulate Qi. Chai Hu regulates Liver Qi and promotes its flow upward and horizontally in the body. Jie Geng regulates Lung Qi and opens the Lungs. It also guides the herbs to the upper body. Zhi Ke moves the Stomach Qi and mildly breaks Qi stagnation.

Sheng Di Huang Radix Rehmanniae Glutinosae 15 g

Sheng Di Huang lubricates the Yin and fluid. It cools heat in the blood and prevents other ingredients in the formula from drying out the Yin fluids.

Niu Xi Radix Achyranthis Bidentatae 15 g

Niu Xi promotes blood circulation, leads herbs downward and strengthens the Liver and Kidneys.

Chao Bai Zhu Atractylodis Macrocephalae Rhizoma 15 g

Chao Bai Zhu is the fried preparation of the herb Bai Zhu. Chao Bai Zhu warms and dries dampness in the Middle Jiao and frying it increases its warming action.

Chao Bai Shao Paeoniae Radix Alba 15 g

Chao Bai Shao is the fried preparation of this herb. Bai Shao smooths the Liver Qi and harmonizes the Ying and Wei. Fried Bai Shao has a stronger moving Qi and blood function.

Yu Jin Tuber Curcumae 12 g

Yu Jin promotes blood circulation. It also regulates the Liver and calms irritability.

Huang Qi Radix Astragali Membranacei 15 g

Huang Qi strengthens and raises the Qi.

Results of Treatment

She took 15 bags for 15 days. Her stomachache decreased by 90%. She continued taking the formula modified with Shen Ling Bai Zhu Wan for 2 months and her stomachaches ceased

Case Study 2

A female, age 57, had stomachaches and fullness, especially after she ate. Her stomach prolapsed causing distention to the navel level. She was fatigued and loved warm sensations applied to her stomach. Her tongue was slightly purple and had teethmarks with a white coating. Her pulse was weak, floating and slippery.

Diagnosis

Qi and blood stagnation
Spleen and Stomach Qi and Yang deficiency

Treatment Strategy

Regulate Stomach and Spleen Qi

Regulate the Qi and blood
Strengthen the Spleen and Stomach Yang

Base Formulas

Xue Fu Zhu Yu Tang modified with Bu Zhong Yi Qi Tang

Chi Shao	Radix Paeoniae Rubrae	2 – 12 g
Dang Gui	Radix Angelicae Sinensis	3 – 12 g
Chuan Xiong	Radix Ligustici Chuanxiong	3 – 9 g

All of the above herbs promote blood circulation. The herbs can be differentiated as follows: Chi Shao cools heat in the blood. Dang Gui nourishes the blood and moistens the intestines. Chuan Xiong moves the Qi in the blood and flows to the body's surface and upper body.

Chai Hu	Radix Bupleuri	3 – 6 g
Zhi Ke	Fructus Citri Aurantii	3 – 12 g
Jie Geng	Radix Platycodi Grandiflori	3 – 15 g

All of the above herbs regulate Qi. Chai Hu regulates Liver Qi and promotes its flow upward. Jie Geng regulates Lung Qi and opens the Lungs. It also guides the herbs to the upper body. Zhi Ke moves the Stomach Qi and mildly breaks Qi stagnation.

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

Shan Zha, Shen Qu and Lai Fu Zi reduce food stagnation. Shan Zha promotes blood circulation and reduces meat stagnation. Shen Qu regulates Qi for chronic food stagnation concerns. Lai Fu Zi descends the Stomach Qi.

Huang Qi	Radix Astragali Membranacei	30 g
Dang Shen	Radix Codonopsis Pilosulae	15 g

Huang Qi and Dang Shen strengthen Spleen Qi. Huang Qi lifts the Qi and Dang Shen tonifies the Middle Jiao Qi.

Xiao Hui Xiang	Fructus Foeniculi Vulgaris	12 g
Gan Jiang	Rhizoma Zingiberis Officinalis	15 g

Xiao Hui Xiang and Gan Jiang warm the Middle Jiao. Xiao Hui Xiang warms and regulates the Liver and Kidney and channels. Gan Jiang especially warms the Spleen and Stomach.

Gan Cao	Radix Glycyrrhizae Uralensis	3 g
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Gan Cao has a sweet character. It harmonizes the other ingredients' functions in this formula.

Results of Treatment

She took 14 bags for 2 weeks. Her stomach pain reduced about 80%. We changed her prescription to one bag boiled twice over two days for 2 weeks. Her stomach rose and returned to its normal position. The abdominal distention resolved. She continued to take this formula modified with Xiao Yao Wan for half a year. After one year, she returned for a check-up. She had fully recovered from the stomachache and prolapsed organ.

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