

The Healthcare Medicine Institute (HealthCMI.com) presents

Pain, Headaches, Insomnia and Fear

Prof. Richard Liao, L.Ac.

[Click here for help if only this page of the course is viewable.](#)



www.healthcmi.com

Table of Contents

Table of Contents	2
Pain, Headaches, Insomnia and Fear.....	5
Infections	5
95. Appendicitis.	5
96. Excess boil on the calf.....	7
97. Excess Yin boil between C7 and T1.	8
98. Yang boil between C7 and T1.....	10
99. Using thread to tie off a polyp.....	12
100. Open Yin boil due to cold weather.....	13
101. Ancient breast cancer treatment.	14
Headaches: Cases 102 to 107	17
102. Head swelling and pain treated incorrectly with expel Wind-Cold herbs instead of utilizing an eliminate Heat-Toxin formula.....	17
103. Acute glaucoma and misused warm herbs.	19
104. A 5-7 a.m. Liver headache.	20
105. Deficiency headache.....	21
106. Wind-Cold headache mistreated with expel Wind-Heat method.....	23
107. Topical use for Cold headache.	24
Review Exercises	26
Review Exercise Answers	27
Pain: Cases 108 to 113	28
108. Yin deficiency leg pain.	28
109. Pain arising from Liver Qi Stagnation and Dampness.	29
110. Back pain caused by the excessive drinking of alcohol and recent withdrawl.....	31
111. Liver and Kidney deficiency-Bi pain.	33
112. Liver Qi Stagnation causes Qi and Blood Stasis with Kidney Yin deficiency-Bi pain.	34
113. Increased pain after labor misdiagnosed.	36
Jaundice: Cases 114 to 118	38
114. Chronic jaundice from Spleen Qi deficiency.	38
115. Excess Yang Huang jaundice.....	39
116. Chronic jaundice due to excessive sexual activity and underlying Kidney Yin deficiency.	41
117. Jaundice during the pregnancy.....	42
118. Jaundice caused by worms.	44

Rebellious Qi: Cases 119 to 125	46
119. Severe hiccups from Yang Ming excess.	46
120. Liver attacking the Spleen causing hiccups.	47
121. Anger during menstruation causes hiccups and nosebleed.	48
123. Hiccups from Cold-Phlegm obstruction of the Middle Jiao.	51
124. Hiccups with Cold in the Middle Jiao.	52
125. Kidney Yin and Yang deficiency hiccups.	53
Insomnia: Cases 126 to 127	55
126. Liver Fire and Qi Stagnation insomnia.	55
127. Insomnia resulting from Kidney Yang not supporting Heart Yin.	56
Review Exercise	58
Review Exercise Answer	59
Fear: Cases 128 to 129	60
128. Heart and Kidney disharmony causing fear.	60
129. Sudden fright damages the confidence of Kidney.	61
Review Exercises	63
Review Exercise Answers	64
Nocturnal Emissions: Case 130.	65
130. Nocturnal emissions caused by Heart and Kidney disharmony.	65

Disclaimer

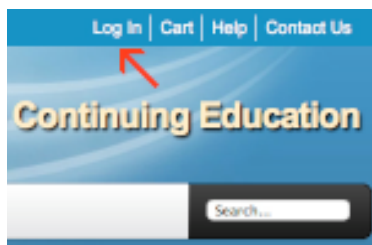
The authors and contributors cannot be held responsible for the use or misuse of the information in this work. The authors and contributors are not responsible for nor can be held responsible for errors or omissions of fact or consequences from the use or misuse of the contents of this work. Additionally, governmental laws and regulations vary from region to region and the contents of this work vary in permissible usage. The reader is advised to check their local, state, and federal laws and regulations regarding the use of the information of this work including theory, herbal medicine, foods and acupuncture. Note that blood invigorating herbs and/or foods in this work may be contraindicated during pregnancy, bleeding disorders and where the possibility of an embolism is present. The herbal formulas and food treatments are only to be used in the context of Chinese Medicine (including the use of a differential diagnosis) by a trained and licensed practitioner. None of the herbal medicines and foods for internal use or external topical use are prescriptions but are formulas and food treatments that are traditionally used in Chinese Medicine (CM). The authors and contributors cannot be held responsible for results obtained from the information contained in this work. Note, the availability of herbs and foods may fluctuate depending on FDA and USDA restrictions on the sale of herbs and foods and the reader is advised to abide by all FDA and USDA restrictions.

You have successfully downloaded the course material. Please remember to **SAVE** this document (if your browser has not done this already). The SAVE option is usually located in the FILE menu of your web browser or mouse to the bottom of your browser screen for a save option. To save on an iPhone, tap on the screen then tap on "Open in iBooks."

Quizzes, Certificates of Completion, Downloads

To take quizzes, get certificates, and download courses at www.healthcmi.com :

- Log In (if not already logged in) and enter your username and password

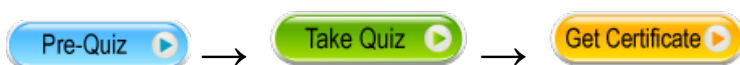


- After Log In, a yellow menu appears on the right called "Courses, Tests, Certificates" (pictured below)



- Click on "Acupuncture Courses"
- Follow the links. Courses can be downloaded to multiple locations, quizzes can be taken (and re-taken if needed) and certificates of completion can be saved and printed.

Note: First, select the blue Pre-Quiz button (many states now require the pre-quiz). Next, it changes to the green Take Quiz button. This changes to a gold Get Certificate button once you have passed the quiz.



Pain, Headaches, Insomnia and Fear

The Works of Dr. Di, an early 20th century Chinese Medicine physician, are presented in these case histories.

Infections

(Cases 1-94 appear in other courses by Prof. Liao)

95. Appendicitis.

A sixteen-year-old male had been experiencing pain in his right lower abdomen for two weeks since he ran after eating. There was a lump the size of a cup on his right lower abdomen and he found that straightening his right leg was impossible. He had chills and a fever that increased in severity in the afternoon. His tongue was red with a yellow coat and his pulses were wiry and rapid.

Diagnosis: Intestinal Damp-Heat-Toxin.

Treatment Plan: Eliminate Damp-Heat-Toxin and clear the Yang Ming organ excess.

Formula: Modified Da Huang Mu Dan Pi Tang and Wu Wei Xiao Du Yin.

Da Huang (Radix Et Rhizoma Rhei) 6g

Mang Xiao (Mirabilitum) 12g

Da Huang and Mang Xiao purge and clear the Yang Ming organ excess.

Da Huang is stronger, clears Heat-Toxin and promotes Blood circulation.

Mang Xiao dissolves the hardened stool.

Mu Dan Pi (Cortex Moutan Radicis) 12g

Sheng Di Huang (Radix Rehmanniae Glutinosae) 30g

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

Chi Shao (Radix Paeoniae Rubrae) 12g

Dan Shen (Radix Salviae Miltiorrhizae) 12g

Chi Shao and Dan Shen cool Heat and promote Blood circulation. Chi Shao penetrates while Dan Shen promotes small blood vessel circulation and calms the Heart.

Bai Jiang Cao (Patriniae Herba cum Radice) 30g

Pu Gong Ying (Herba Taraxaci Mongolici cum Radice) 15g

Huang Qin (Radix Scutellariae Baicalensis) 12g

Zi Hua Di Ding (Herba cum Viola Radice Yedoensis) 15g

Jin Yin Hua (Flos Lonicerae Japonicae) 15g

Lian Qiao (Fructus Forsythia Suspensa) 15g

These herbs eliminate Heat-Toxins. Bai Jiang Cao promotes Blood circulation. Pu Gong Ying and Lian Qiao dissolve Phlegm nodules. Huang Qin is heavy, sinking deeper to clear Damp-Heat. Zi Hua Di Ding promotes Blood circulation and cools the Blood Heat. Jin Yin Hua and Lian Qiao clear the Heat-Toxins on the surface.

Chai Hu (Radix Bupleuri) 3g

Chai Hu spreads the Liver Qi and lifts the Qi up.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g

Gan Cao harmonizes the ingredients of formula.

Resolution:

After he took one bag, he had mild diarrhea three times. After this, the lump in his abdomen shrunk by half and his temperature was back to normal. The Da Huang and Mang Xiao were taken out and he continued using the rest of formula for ten days. The pain and swelling in his right lower abdomen resolved completely.

96. Excess boil on the calf.

A seventy-year-old male had a boil on his calf and felt fatigued. The round boil was one inch in diameter and it had opened without exuding any pus for one week. He had a red face and a red dark tongue. His pulses were full, rapid and strong in the Stomach position, and deep in the Kidney positions.

Diagnosis: Excess Damp-Heat-Toxin in the Blood with underlying Kidney Yin deficiency.

Treatment Plan: To encourage the Toxin to the surface, eliminate Damp-Heat-Toxin, and cool the Heat in the Blood.

Formula: Xian Fang Huo Ming Yin modification.

Huang Qi (Radix Astragalus Membranaceus) 15g
Huang Qi lifts Qi and encourages the Damp-Heat-Toxins to the surface.

Ru Xiang (Gummi Olibanum) 3g
Bai Zhi (Radix Angelicae Dahuricae) 9g
Ru Xiang and Bai Zhi warm and encourage the Heat-Toxins to the surface. Ru Xiang promotes circulation while Bai Zhi dries Phlegm.

Tian Hua Fen (Radix Trichosanthis Kirilowii) 12g
Jin Yin Hua (Flos Lonicerae Japonicae) 15g
Lian Qiao (Fructus Forsythia Suspensa) 12g
All the herbs above clear Heat-Toxin. Tian Hua Fen eliminates Hot Phlegm and moistens Dryness. Jin Yin Hua and Lian Qiao relieve the surface. Jin Yin Hua is light and moves more quickly. Lian Qiao also dissolves Hot Phlegm nodules.

Chi Shao (Radix Paeoniae Rubra) 12g
Chi Shao circulates and cools the Blood.

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

Resolution:

After he took three bags, the pus gradually came out. Huang Qi, Ru Xiang, and Bai Zhi were taken out from the above formula. **Pu Gong Ying** (Herba Taraxaci Mongolici cum Radice) 15g, **Zi Hua Di Ding** (Herba cum Viola Radice Yedoensis) 15g, **Bai Hua She She Cao** (Herba Hedyotis Diffusae) 15g, and **Chuan Xin Lian** (Andrographis Paniculata) 30g were added to clear the Damp-Heat-Toxins while **Xi Yang Shen** (Radix Panacis Quinque Folii) 12g was added to support the Qi and fluids in expelling the pus and healing the boil. After seven days, he had recovered. He was then prescribed a Liu Wei Di Huang Wan modification for ten more days.

97. Excess Yin boil between C7 and T1.

A forty-year-old female had a boil on her neck between C7 and T1 with swelling up to the vertex and down to the mid back. It was as hard as a rock and dark red in color. The edge of the boil had remained undefined for about a month. Her tongue was purple and her pulses were wiry, rapid in the Stomach and deep in the Kidney.

Diagnosis: *Excess Yin boil on the Du channel. Damp-Heat-Toxin.*

Treatment plan: *To encourage the Qi and Blood to push Toxin to surface by strengthening the Qi and Blood to fight Damp-Heat.*

Formula: *Xian Fang Huo Ming Yin modification.*

Huang Qi (Radix Astragalus Membranaceus) 12g

Huang Qi strengthens and lifts up the Qi to encourage the Toxin to the surface.

Dang Gui (Radix Angelicae Sinensis) 12g

Chuan Xiong (Radix Ligustici Chuanxiong) 9g

Ru Xiang (Gummi Olibanum) 10g

Mo Yao (Myrrha) 6g

All the herbs above promote circulation of the Blood and encourage the Toxins to the surface. Dang Gui also nourishes the Blood. Chuan Xiong promotes the Qi circulation in the Blood while Dang Gui motivates circulation from the Blood level. Ru Xiang and Mo Yao promote healing and stop bleeding. Although Ru Xiang is stronger at breaking up the Blood Stasis, Mo Yao remains active longer.

Bai Zhi (Radix Angelicae Dahuricae) 10g

Fang Feng (Radix Ledebouriella Divaricatae) 6g

Bai Zhi and Fang Feng ventilate the surface to encourage the Toxin to the surface. Bai Zhi dries Phlegm while Fang Feng is stronger at penetrating through the stagnation.

Rou Gui (Cortex Cinnamomi Cassiae) 3g

Pao Jiang (Toasted Rhizoma Zingiberis Officinalis Recens) 6g

Rou Gui and Pao Jiang warm Kidney and Spleen Yang to encourage Toxins to the surface. Rou Gui warms the channels and the surface, and also guides Fire back to Kidney. Pao Jiang remains in active longer and is stronger at warming the Kidney and Spleen Yang.

Jin Yin Hua (Flos Lonicerae Japonicae) 12g

Qing Hao (Herba Artemisiae Annuae) 12g

Jin Yin Hua and Qing Hao clear Heat-Toxins and release the surface. Jin Yin Hua flows to the surface and clears Damp-Heat. Qing Hao smooths the Shao Yang and draws Heat-Toxins from the interior to the surface.

Fu Ling (Sclerotium Poriae Cocos) 12g

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 12g

Fu Ling and Bai Zhu benefit the Spleen and Stomach. Fu Ling drains Dampness while Bai Zhu warms and dries the Spleen and Stomach.

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

Zhi Gan Cao has a sweet flavor to harmonize the ingredients of the formula.

Resolution:

After she took seven bags over the course of seven days, her boil slowly swelled up and developed sharp edges, redness and pain. It was then cut open, and two bowls of pus came out. After the pus drained, she felt much better. Dang Gui, Bai Zhi, Chuan Xiong, Rou Gui, Pao Jiang, and Qing Hao were then taken out of the formula, and **Huang Qin** (Radix Scutellariae Baicalensis) 12g, **Zhi Zi** (Fructus Gardeniae Jasminoidis) 12g, **Mu Dan Pi** (Cortex Moutan Radicis) 12g, **Chi Shao** (Radix Paeoniae Rubra) 9g and **Xuan Shen** (Radix Scrophulariae Ningpoensis) 12g were added to clear the Heat-Toxins. After thirteen days, she was well.

98. Yang boil between C7 and T1.

An eighty-seven-year-old female had been suffering from a boil on her neck between C7 and T1 for two weeks. The boil was 3 inches in circumference, and after being cut open, pus drained out. She had a low-grade fever, and she was craving cold water. Her tongue was red with a moist yellow coating. Her pulse was full in the Lung and Stomach positions.

Diagnosis: *Damp-Heat Yang boil.*

Treatment Plan: *Clear Damp-Heat and Yang Ming excess.*

Formula: *Tiao Wei Cheng Qi Tang and Yin Qiao San modification.*

Topical use: *Qing Dai.*

Qing Dai mixed with water to form a paste and applied topically to the boil.

Internal Formula:

Da Huang (Radix Et Rhizoma Rhei) 15g

Mang Xiao (Mirabilitum) 6g

Da Huang and Mang Xiao purge and clear Damp-Heat-Toxins. Da Huang is stronger at purging, clearing Heat-Toxins and promoting Blood circulation. Mang Xiao dissolves nodules and hardened stool.

Jin Yin Hua (Flos Lonicerae Japonicae) 15g

Lian Qiao (Fructus Forsythia Suspensa) 12g

Huang Lian (Rhizoma Coptidis) 6g

Zhi Zi (Fructus Gardeniae Jasminoidis) 9g

Tian Hua Fen (Radix Trichosanthis Kirilowii) 12g

These five herbs clear Heat-Toxins. Jin Yin Hua and Lian Qiao release the surface to clear Heat-Toxin. Jin Yin Hua circulates faster and Liao Qiao dissolves Hot Phlegm nodules. Huang Lian is powerful and dense, sinking more deeply to clear Heat-Toxins and sedate Heart Fire. Zhi Zi clears San Jiao Damp-Heat and the Heat in the Blood. Tian Hua Fen dissolves Hot Phlegm nodules and moistens Dryness.

Sheng Di Huang (Radix Rehmanniae Glutinosae) 15g

Mu Dan Pi (Cortex Moutan Radicis) 12g

Sheng Di Huang and Mu Dan Pi cool Blood Heat. Sheng Di Huang nourishes the Blood, Yin and fluid. Mu Dan Pi promotes the circulation of the Blood.

Jiao Ci (Spina Gleditsiae) 6g

Jiao Ci clears Heat-Toxin and penetrates through the Damp-Heat.

Fang Feng (Radix Ledebouriella Divaricatae) 12g

Bai Zhi (Radix Angelicae Dahuricae) 6g

Fang Feng and Bai Zhi release the surface to encourage the Toxins to the exterior. Fang Feng moves with more power while Bai Zhi dries Phlegm.

Ru Xiang (Gummi Olibanum) 6g

Ru Xiang penetrates through the Damp-Heat and Blood Stasis while promoting Blood circulation to encourage the Toxins to the surface.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g

Gan Cao harmonizes the ingredients in the formula.

Resolution:

After she took one bag, she had diarrhea twice, the fever went down to normal and she was no longer in pain. She continued this formula

without Da Huang and Mang Xiao for seven days, and her boil gradually healed.

99. Using thread to tie off a polyp.

A fifty-three-year-old male had a polyp on his neck the size of a walnut. He had no pain, but it did itch and sometimes he caused it to bleed from scratching. He was overweight, his tongue had a white coating, and his pulse was slippery in the Spleen position.

Diagnosis: *Phlegm tumor.*

Treatment plan: *Tie a thread around the polyp and utilize herbal medicine to reduce the irritation and Phlegm nodule.*

Formula: *Wei Wei Xiao Du Yin medication.*

Jin Yin Hua (Flos Lonicerae Japonicae) 15g

Lian Qiao (Fructus Forsythia Suspensa) 15g

Pu Gong Ying (Herba Taraxaci Mongolici cum Radice) 15g

Zi Hua Di Ding (Herba cum Radice Viola Yedoensis) 12g

Ye Ju Hua (Flos Chrysanthemi Indici) 12g

Although all of the herbs above clear Heat-Toxin, Jin Yin Hua, Ye Ju Hua and Lian Qiao tend to flow more effectively to the surface level. While Jin Yin Hua is faster than Lian Qiao, Lian Qiao also clears Hot Phlegm nodules. Pu Gong Ying also dissolves Hot Phlegm nodules and additionally promotes Blood circulation. Zhi Hua Di Ding cools Blood Heat.

Xuan Shen (Radix Scrophulariae Ningpoensis) 12g

Mu Dan Pi (Cortex Moutan Radicis) 12g

Xuan Shen and Mu Dan Pi cool Blood Heat. Xuan Shen clears Heat-Toxins and dissolves Hot Phlegm nodules while moistening Dryness. Mu Dan Pi promotes Blood circulation.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g

Gan Cao harmonizes the ingredients of the formula.

Preparation and resolution:

A thread was used to tie off the bottom of the polyp between the skin and the tumor and a new thread was added every day for seven days. The fatty polyp gradually turned black and shrunk. The skin around the polyp was red. He was given the herbal formula outlined above at a dosage of one bag per day for five days. The redness of his skin resolved after eight days and his polyp disappeared.

100. Open Yin boil due to cold weather.

A seventy-year-old female was exposed to a cold snowstorm. Afterwards, she developed an open sore on her right jaw that had been present for two months. There was white mucous in the boil and she experienced severe pain at night. She was thin and her tongue was pale with a white coating and teeth marks. She had a floating and weak Lung pulse with weak Kidney pulses.

Diagnosis: Qi and Yang deficiency Yin boil.

Treatment Plan: Strengthen Qi and Yang, smooth Liver and Gallbladder Qi, and resolve boil.

Formula: Ba Zhen Tang modification.

Dang Shen (Radix Codonopsis Pilosulae) 15g

Fu Ling (Sclerotium Poriae Cocos) 15g

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 12g

Gan Cao (Radix Glycyrrhizae Uralensis) 6g

This is Si Jun Zi Tang used as a team of herbs to strengthen the Spleen Qi. Dang Shen tonifies the Spleen and Fu Ling drains Dampness. Bai Zhu warms and dries Dampness while Gan Cao harmonizes the ingredients in the formula.

Jin Yin Hua (Flos Lonicerae Japonicae) 12g

Lian Qiao (Fructus Forsythia Suspensa) 9g

The quick flowing action of Jin Yin Hua coupled with Liao Qiao's ability to clear Phlegm nodules make Jin Yin Hua and Liao Qiao a good pair to release the surface and dissolve the boil.

Chi Shao (Radix Paeoniae Rubra) 6g

Yan Hu Suo (Rhizoma Corydalis Yanhusuo) 9g

Chi Shao and Yan Hu Suo promote Blood circulation with Chi Shao cooling the Blood and Yan Hu Suo stopping pain.

Chai Hu (Radix Bupleuri) 3g

Bai Shao (Radix Paeoniae Lactiflorae) 6g

Chai Hu and Bai Shao smooth the Liver and Gallbladder Qi. Chai Hu spreads the Qi, lifting the Qi from the interior to the exterior, from the lower to the upper. Bai Shao stabilizes the Liver Qi and harmonizes the Ying and Wei.

Jie Geng (Radix Platycodi Grandiflori) 12g

Jie Geng opens the Lung Qi to stop cough, releases the surface and carries the herb to the upper body.

Resolution:

After she took this formula for seven days, the open sore contained no more mucous. After **E Jiao** (Gelatinum Corii Asini) 12g and **Shu Di Huang** (Radix Rehmanniae Glutinosae Conquitae) 15g were added to the formula for one month, her open boil gradually closed up.

101. Ancient breast cancer treatment.

After she had experienced extreme stress, a thirty-year-old female developed a round lump on her left breast. Within two months, it grew from the size of a walnut to the size of a baseball. It was hard and painful. Her tongue was red and she had a wiry rapid pulse.

Diagnosis: Qi and Blood and Phlegm-Heat-Toxin stagnation.

Treatment Plan: To promote Qi and Blood circulation and eliminate Phlegm-Heat-Toxin.

Fire needle technique treatment and resolution:

Using a fire needle technique, the needle was heated until red and was then inserted through the breast cancer lump at a rate of three insertions each time, once every ten days. After five times over fifty days in combination with about forty bags of the formula below, her tumor disappeared.

Formula: Tao Hong Si Wu Tang modification.

Dang Gui (Radix Angelicae Sinensis) 15g

Chuan Xiong (Radix Ligustici Chuanxiong) 12g

Chuan Shan Jia (Squamo Manis Pentadactylae) 6g

Hong Hua (Flos Carthami Tinctorii) 6g

Ru Xiang (Gummi Olibanum) 10g

Xiang Fu (Rhizoma Cyperi Rotundi) 12g

All the herbs above promote Blood circulation. Dang Gui nourishes the Blood. Chuan Xiong promotes Qi flow in the Blood and tends flow into the surface level. Chuan Shan Jia penetrates powerfully through Blood Stasis. Hong Hua breaks up congealed Blood. Ru Xiang breaks up Blood Stasis and stops bleeding. Xiang Fu promotes Qi and Blood circulation and stops pain.

Gou Lou Pi (Pericarpium Trichosanthis) 12g

Bai Jie Zi (Semen Sinapis Albae) 6g

Zao Jiao Ci (Spina Gleditsiae Sinensis) 6g

Qing Pi (Pericarpium Citri Reticulatae Viride) 10g

Ban Xia (Rhizoma Pinelliae Ternatae) 10g

Bai Zhi (Radix Angelicae Dahuricae) 12g

These herbs all eliminate Phlegm. Bai Jie Zi is acrid and warm to penetrate through Phlegm stagnation. Zao Jiao Ci clears Heat-Toxins while Gou Lou Pi clears Phlegm-Heat. Qing Pi breaks up Qi and Phlegm

stagnation. Ban Xiao dries Phlegm and descends the Stomach Qi. Bai Zhi dries Phlegm and most effectively treats the surface and upper body.

Chai Hu (Radix Bupleuri) 12g

Yu Jin (Tuber Curcumae) 6g

Bai Shao (Radix Paeoniae Lactiflorae) 12g

All the herbs above regulate Liver and Gallbladder Qi. Chai Hu spreads and lifts Liver Qi. Yu Jin cools Heat, promotes Blood circulation, and reduces irritability. Bai Shao stabilizes the Liver and harmonizes the Ying and Wei.

Mu Dan Pi (Cortex Moutan Radicis) 12g

Mu Dan Pi circulates and cools the Heat in the Blood.

Fang Feng (Radix Ledebouriellae Divaricatae) 10g

Fang Feng encourages the Toxins to the surface as it relieves the exterior.

Tian Hua Fen (Radix Trichosanthis Kirilowii) 6g

Tian Hua Fen dissolves Phlegm-Heat, clears Heat-Toxins and moistens Dryness.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g

Gan Cao harmonizes the ingredients of formula.

Headaches: Cases 102 to 107

102. Head swelling and pain treated incorrectly with expel Wind-Cold herbs instead of utilizing an eliminate Heat-Toxin formula.

A thirty-year-old female patient was suffering from severe headaches. Her head had swelled up like a ball and the Western diagnosis was inflammation of the brain. She had three injections per day without effect, and when a TCM doctor prescribed **Qiang Huo** (Rhizoma et Radix Notopterygii), **Gao Ben** (Rhizoma et Radix Ligustici), **Xi Xin** (Herba Cum Radice Asari), **Jing Jie** (Herba Seu Flos Schizonepetae Tenuifolia), and **Fang Feng** (Radix Ledebouriellae Divaricata), her headaches got even worse. Her eyes were red and swollen, her tongue was puffy and red, and her pulses were rapid in the Heart and Liver, while floating in the Lung.

Diagnosis: *Internal Liver-Heat Excess.*

Treatment Plan: *Clear Internal Liver-Heat Excess.*

Formula: *Long Dan Xie Gan Tang modification.*

Long Dan Cao (Radix Gentianae Longdancao) 10g

Huang Qin (Radix Scutellariae Baicalensis) 12g

Hu Huang Lian (Rhizoma Picrorrhizae) 12g

Long Dan Cao clears Liver and Gallbladder Damp-Heat. Huang Qin clears Upper Jiao and Gallbladder Damp-Heat. Hu Huang Lian eliminates empty Heat.

Sheng Di Huang (Radix Rehmanniae Glutinosae) 30g

Mu Dan Pi (Cortex Moutan Radicis) 24g

Xuan Shen (Radix Scrophulariae Ningpoensis) 30g

All the herbs above cool the Blood Heat. Sheng Di Huang nourishes the Blood, Jing and Yin. Mu Dan Pi promotes Blood circulation, while Xuan Shen clears Heat-Toxins and dissolves nodules.

Ju Hua (Flos Chrysanthemum Morifolium) 60g

Jin Yin Hua (Flos Lonicerae Japonicae) 30g

Lian Qiao (Fructus Forsythia Suspensa) 30g

These herbs clear Wind-Heat. Ju Hua clears the Liver and Heat affecting the eyes. Jin Yin Hua and Lian Qiao treat to the upper body and the surface. Jin Yin Hua flows faster and Lian Qiao dissolves Hot Phlegm.

Jing Jie (Herba Seu Flos Schizonepetae Tenuifolia) 9g

Bo He (Mentha Haplocalyx) 15g

Jing Jie and Bo He expels Wind attacking at the upper body and surface. Jing Jie expels Wind-Cold and causes sweat. Bo He expels Wind-Heat and clears Heat-Toxins and irritability.

Bai Shao (Radix Paeoniae Lactiflorae) 30g

Bai Shao harmonizes the Yin and Wei and stabilizes the Liver Yang.

Fu Ling (Sclerotium Poriae Cocos) 15g

Fu Ling promotes urination to drain Dampness.

Jie Geng (Radix Platycodi Grandiflori) 15g

Jie Geng opens the Lung to stop cough and release the surface, relieves the throat, and carries the herbs to the surface.

Gan Cao (Radix Glycyrrhizae Uralensis) 10g

Gan Cao harmonizes the ingredients of the formula, moderates Fire and Toxins, and reduces the acute headache pain.

Resolution:

After she took one bag, her eyes and headache were about 30% improved. After she continued this herbal formula for ten days, her head swelling was 90% reduced and her headache was gone.

103. Acute glaucoma and misused warm herbs.

A 60-year-old male patient complained of headache, nausea, and vision loss in both eyes. The ophthalmologist diagnosed him was glaucoma and they treated him without effect. When he was given **Qiang Huo** (Rhizoma et Radix Notopterygii), **Fang Feng** (Radix Ledebouriellae Divaricata), **Jing Jie** (Herba Seu Flos Schizonepetae Tenuifolia), and **Tian Ma** (Rhizoma Gastrodiae Elatae), the headache worsened. His tongue was red and dry, and his pulses were full and rapid.

Diagnosis: Excess Liver-Heat.

Treatment Plan: Eliminate Liver-Heat excess.

Formula: Long Dan Xie Gan Tang modification.

Long Dan Cao (Radix Gentianae Longdancao) 6g

Hu Huang Lian (Rhizoma Picrorrhizae) 6g

Che Qian Zi (Semen Plantaginis) 9g

Long Dan Cao, Hu Huang Lian and Che Qian Zi eliminate Liver-Heat.

Long Dan Cao has a specialized effect of sedating Liver and Gallbladder Damp-Heat. Hu Huang Lian clears Empty Heat. Che Qian Zi drains Liver and Gallbladder Damp-Heat.

Sheng Di Huang (Radix Rehmanniae Glutinosae) 15g

Xuan Shen (Radix Scrophulariae Ningpoensis) 60g

Mai Men Dong (Tuber Ophiopogonis Japonici) 30g

Mu Dan Pi (Cortex Moutan Radicis) 12g

All the herbs above cool the Heat in the Blood. Sheng Di Huang nourishes the Blood, Yin, fluids and Jing. Xuan Shen clears Heat-Toxins and dissolves Phlegm nodules. Mai Men Dong moistens the Yin and calms the Heart. Mu Dan Pi promotes Blood circulation.

Bai Shao (Radix Paeoniae Lactiflorae) 15g

Bai Ju Hua (Flos Chrysanthemi Morifolli Albae) 90g

Bai Shao and Bai Ju Hua stabilize the Liver. Bai Shao harmonizes the Ying and Wei and smooths the Liver Qi. Bai Ju Hua sedates Liver and Lung Heat and releases the surface.

Xin Yi Hua (Magnolia Liliflora) 6g

Xin Yi Hua releases the surface and clears nasal obstruction.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g

Gan Cao harmonizes the ingredients of the formula.

Resolution:

After he took three bags over the course of three days, his headache was gone and his vision was 60% improved. He utilized a Qi Ju Di Huang Wan modification for 6 months and his glaucoma improved by 80%.

104. A 5-7 a.m. Liver headache.

Thirty-four-year old female had severe headaches at 5-7 a.m. every morning. When she used **Gui Zhi** (Ramulus Cinnamomi Cassiae), Qiang Huo (Rhizoma et Radix Notopterygii), and **Gao Ben** (Rhizoma et Radix Ligustici), she experienced increased sweating and pain. Her tongue was red on the sides and her Liver pulses were wiry and full.

Diagnosis: *Liver Yang excess headache.*

Treatment Plan: *To regulate Liver and calm the Liver yang.*

Formula: *Xiao Chai Hu Tang modification.*

Chai Hu (Radix Bupleuri) 9g

Bai Shao (Radix Paeoniae Lactiflorae) 15g

Qing Pi (Pericarpium Citri Reticulatae Viride) 12g

Xiang Fu (Rhizoma Cyperi Rotundi) 9g

All the herbs above regulate Liver Qi. Chai Hu spreads and lifts the Liver Qi to open constraint. Bai Shao stabilizes and calms the Liver Yang and harmonizes the Ying and Wei. Qing Pi breaks up Qi Stagnation and stops pain. Xiang Fu promotes circulation and stops pain.

Ban Xia (Rhizoma Pinelliae Preparatum) 6g

Ban Xia dries Phlegm and descends Stomach Qi downward.

Long Dan Cao (Radix Gentianae Longdancao) 10g

Hu Huang Lian (Rhizoma Picrorrhizae) 12g

Zhi Zi (Fructus Gardeniae Jasminoidis) 10g

All the herbs above clear Liver and Gallbladder Damp-Heat. Long Dan Cao is most adept at clearing Liver and Gallbladder Damp-Heat. Hu Huang Lian eliminates Heat arising from deficiency. Zhi Zi clears San Jiao Damp-Heat, cools the Blood Heat, and reduces irritability.

Mu Dan Pi (Cortex Moutan Radicis) 10g

Sheng Di Huang (Radix Rehmanniae Glutinosae) 15g

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

Dang Gui (Radix Angelicae Sinensis) 3g

Dang Gui circulates and nourishes the Blood.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g

Gan Cao harmonizes the ingredients of the formula.

Resolution:

After she drank one cup of this herb tea at 4 a.m. every morning for three days, her headache was almost gone. She continued using the same formula for three more days, and the syndrome resolved completely.

105. Deficiency headache.

A forty-five-year old male had severe headaches for months. He tried many methods without effect. He had a pale tongue with teeth marks. In the Lung and Spleen positions, his pulses were weak and small, and they were slow and deep in the Kidney.

Diagnosis: Qi, Yang and Blood deficiency headache.

Treatment Plan: Strengthen Qi, Yang, and Blood.

Formula: Shi Quan Da Bu Tang and Bu Zhong Yi Qi Tang modification.

Dang Shen (Radix Codonopsis Pilosulae) 15g

Huang Qi (Radix Astragalus Membranaceus) 12g

Dang Shen and Huang Qi strengthen the Spleen Qi. Dang Shen increases the power of the Middle Jiao Spleen Qi. Huang Qi lifts the Qi up and out to the surface.

Pao Jiang (Toasted Rhizoma Zingiberis Officinalis) 6g

Rou Gui (Cortex Cinnamomi Cassiae) 10g

Pao Jiang and Rou Gui warm the Kidney and Spleen Yang. Pao Jiang tends to remain active longer and it also stops diarrhea. Rou Gui tends to flow faster to the warm the channel and guide Fire back to the Kidney.

Bai Zhi (Radix Angelicae Dahuricae) 6g

Chuan Xiong (Radix Ligustici Chuanxiong) 9g

Bai Zhi and Chuan Xiong warm and strongly penetrate through stagnation. While they both flow upward to the surface, Bai Zhi dries Phlegm and Chuan Xiong promotes circulation.

Dang Gui (Radix Angelicae Sinensis) 12g

Bai Shao (Radix Paeoniae Lactiflorae) 12g

Shu Di Huang (Radix Rehmanniae Glutinosae Conquिताe) 15g

All the herbs above nourish Blood. Dang Gui warms and promotes Blood circulation. Bai Shao calms the Liver Yang and harmonizes the Ying and Wei. Shu Di Huang is very dense to nourish the Jing and Yin.

Chai Hu (Radix Bupleuri) 6g

Sheng Ma (Rhizoma Cimicifugae) 6g

Chai Hu and Sheng Ma lift the Qi up to carry the herbs to the upper body. While Sheng Ma is stronger at raising the Qi than Chai Hu, Chai Hu also spreads and regulates Liver and Gallbladder Qi.

Chen Pi (Pericarpium Citri Reticulatae) 3g
Chen Pi regulates Spleen Qi and dries Dampness.

Zhi Gan Cao (Honey-Fried Radix Glycyrrhizae Uralensis) 6g
Zhi Gan Cao harmonizes the ingredients of formula and reduces the acute headache symptoms.

Resolution:

After he took five bags of herbs for five days, his headaches were gone.

106. Wind-Cold headache mistreated with expel Wind-Heat method.

An eighty-three-year-old male had a stroke and severe headache. He had been using **Huang Qin** (Radix Scutellariae Baicalensis), **Huang Lian** (Rhizoma Coptidis), **Zhi Shi** (Fructus Gardeniae Jasminoidis) and **Huang Bai** (Cortex Phellodendri) without effect. He had a dark red tongue and his pulses were floating and tight in the Heart and Lung positions.

Diagnosis: *Wind-Cold headache.*

Treatment Plan: *Expel Wind-Cold and warm the interior.*

Formula: *Chuan Xiong Cha Tiao San modification.*

Chuan Xiong (Radix Ligustici Chuanxiong) 10g
Chuan Xiong warms, promotes Blood circulation and tends to rise.

Qiang Huo (Rhizoma Et Radix Notopterygii) 10g

Du Huo (Angelica Pubescens) 12g

Qiang Huo and Du Huo expel Wind-Damp-Bi pain. Qiang Huo tends to move faster and affects the upper body. Du Huo tends to go deeper to treat the lower body.

Fang Feng (Radix Ledebouriellae Divaricata) 10g

Jing Jie (Herba Schizonepetae) 6g

Bai Zhi (Radix Angelicae Dahuricae) 10g

Xi Xin (Herba Cum Radice Asari) 1g

Xin Yi Hua (Magnolia Liliflora) 6g

These herbs above all release the surface. Fang Feng stops Wind-Damp-Bi pain and relieves internal Wind. Jing Jie flows quickly to cause sweating. Bai Zhi dries Dampness. Xi Xin warms and stops pain. Xin Yi Hua circulates even faster than Bai Zhi and also dries Phlegm.

Mang Jing Zi (Fructus Viticis) 12g

Ma Jing Zi clears Heat and expels exterior Wind-Heat.

Sheng Jiang (Rhizoma Zingiberis Recens) 12g

Sheng Jiang warms the Middle Jiao and releases the surface to cause sweating.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g

Gan Cao harmonizes the ingredients of formula.

Resolution:

After he took seven bags for seven days, his headache was gone.

107. Topical use for Cold headache.

A fifty-year-old female patient had severe headaches in the winter, especially with cold weather and on windy days. She had been using different kinds of herbal formulas without remarkable effect. She had a pale tongue and her pulses were floating and tight in the Lung.

Diagnosis: Wind-Cold headache.

Treatment Plan: Expel Wind-Cold and warm the head.

Formula: Can Sha formula.

Can Sha (Bombycis Faeces) one bowl
Can Sha clears turbidity and expels Wind.

Fang Feng (Radix Ledebouriellae Divaricata) 12g

Xin Yi Hua (Magnolia Liliflora) 10g

Sheng Jiang (Rhizoma Zingiberis Recens) 30g

Cong Bai (Allium Pstulosum) 30 pieces

All of the herbs above release and warm the surface. Fang Feng expels Wind-Damp-Bi pain and stops Internal Wind. Xin Yi Hua dries Phlegm. Sheng Jiang and Cong Bai penetrate through Cold. Sheng Jiang warms the Middle Jiao and cause sweating. Cong Bai harmonizes the Yang and opens the orifices.

Fu Zi (Radix Aconiti Lateralis Preparata) 10g

Fu Zi warms and rescues devastated Kidney and Spleen Yang, and expels Wind-Damp-Bi pain.

Tian Ma (Rhizoma Gastrodiae Elatae) 10g

Tian Ma stops internal Wind and headache.

Preparation and Resolution:

The ingredients were dry-fried and separated into two bags. Three times a day, the patient placed the warm bag of herbs on her neck and moved the other one around to follow the location of her pain until she emitted sweat from her head. She was told to avoid to the wind.

After she used this for five days, her headaches stopped. When winter came the following year, she was still symptom-free.

Review Exercises

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

A patient has headaches at 5-7am daily. The diagnosis is Liver Yang excess. What herbs are appropriate?

- a. Qing Pi
- b. Xiang Fu
- c. Both A and B

What formula is appropriate for a Wind-Cold headache?

- a. Yin Qiao San
- b. Chuan Xiong Cha Tia San
- c. Gan Mao Ling

Review Exercise Answers

A patient has headaches at 5-7am daily. The diagnosis is Liver Yang excess. What herbs are appropriate?

- a. Qing Pi
- b. Xiang Fu
- c. Both A and B

answer: c

What formula is appropriate for a Wind-Cold headache?

- a. Yin Qiao San
- b. Chuan Xiong Cha Tia San
- c. Gan Mao Ling

answer: b

Pain: Cases 108 to 113

108. Yin deficiency leg pain.

For two months, a twenty-year-old female felt severe heat and pain in her legs that always began somewhere between 4 and 5 in the afternoon and lasted throughout the night until the following morning. Her tongue was red on the sides and she had a full and rapid Liver pulse.

Diagnosis: *Kidney Yin deficiency Heat rushing to the surface, damaging Blood and fluids, and inhibiting circulation.*

Treatment Plan: *Lubricate Kidney Yin, circulate Qi and Blood, and cool Heat.*

Formula: *Zhi Bai Di Huang Wang modification.*

Shu Di Huang (Radix Rehmanniae Glutinosae Conquिताe) 30g

Shan Yao (Radix Dioscoreae Oppositae) 30g

Shan Zhu Yu (Fructus Corni Officinalis) 12g

These are the three herbs from Liu Wei Di Huang Wang for strengthening. Shu Di Huang nourishes the Liver Blood, Jing and Yin. Shan Yao astringes and nourishes the Spleen. Shan Zhu Yu astringes and nourishes the Kidney.

Mu Dan Pi (Cortex Moutan Radicis) 12g

Ze Xie (Rhizoma Alismatis) 10g

Fu Ling (Sclerotium Poriae Cocos) 15g

These are the three sedating herbs from Liu Wei Di Huang Wan. Mu Dan Pi cools and promotes Blood circulation to prevent Shu Di Huang from stagnating the Spleen. Ze Xie promotes urination and sedates Heat to prevent Shan Zhu Yu from stagnating the Kidney. Fu Ling drains Dampness to prevent Shan Yao from being too sticky for the Spleen.

Huang Bai (Cortex Phellodendri) 10g

Zhi Mu (Rhizoma Anemarrhenae Asphodeloides) 12g

Xuan Shen (Radix Scrophulariae Ningpoensis) 18g

Gui Ban (Plastrum Testudinis) 12g

Sheng Di Huang (Radix Rehmanniae Glutinosae) 15g

All of these herbs cool Heat in the Blood. Huang Bai eliminates Kidney Yin deficiency Heat. Zhi Mu eliminates Qi and deficiency Heat. Xuan Shen clears Heat-Toxins and dissolves Hot Phlegm nodules. Gui Ban strengthens the Yin and bones. Sheng Di Huang nourishes the Blood, Jing and Yin.

Xia Ku Cao (Spica Prunellae Vulgaris) 12g

Xiao Ku Cao flows to the surface to clear Liver and Lung Heat.

Dang Gui (Radix Angelicae Sinensis) 12g

Ru Xiang (Gummi Olibanum) 10g

Dang Gui and Ru Xiang promote circulation. Dang Gui nourishes the Blood. Ru Xiang stops bleeding and penetrates through the bone.

Bai Shao (Radix Paeoniae Lactiflora) 15g

Bai Shao stabilizes Liver Yang and harmonizes the Ying and Wei.

Resolution:

After she took eight bags over an eight-day period, the sensation of hot pain disappeared.

109. Pain arising from Liver Qi Stagnation and Dampness.

A forty-nine-year-old male complained that for the past four years, his body had a dull, achy, numb, and a heavy sensation. The feeling was most severe on his back, especially when he felt angry. He also felt foggy-headed and had a dark red tongue with a greasy yellow coating. His pulses were wiry in the Liver position and slippery in the Spleen.

Diagnosis: Excess Liver Qi attacking the Spleen causing Dampness.

Treatment Plan: Regulate the Liver, rescue the Spleen Qi and drain Damp.

Formula: Si Ni San, Er Miao San and Zhu Ling Tang modification.

Chai Hu (Radix Bupleuri) 12g

Bai Shao (Radix Paeoniae Lactiflora) 18g

Qing Pi (Pericarpium Citri Reticulatae Viride) 10g

All the herbs above regulate Liver Qi. Chai Hu spreads and raises the Liver Qi. Bai Shao stabilizes the Liver Qi. Qing Pi breaks up Qi Stagnation and stops pain.

Xiang Fu (Rhizoma Cyperi Rotundi) 12g

Chi Shao (Radix Paeoniae Rubra) 12g

Xiang Fu and Chi Shao promote circulation. Xiang Fu stops pain. Chi Shao cools the Heat in the Blood.

Long Dan Cao (Radix Gentianae Longdancao) 6g

Huang Lian (Rhizoma Coptidis) 6g

Zhi Zi (Fructus Gardeniae Jasminoidis) 10g

Huang Bai (Cortex Phellodendri) 10g

The herbs listed above clear Damp-Heat. Long Dan Cao clears Liver and Gallbladder Damp-Heat. Huang Lian clears Middle Jiao Damp-Heat and sedates Heart Fire. Zhi Zi clears San Jiao Damp-Heat and reduces irritability. Huang Bai clears Damp-Heat from the Lower Jiao.

Fu Ling (Sclerotium Poriae Cocos) 15g

Ze Xie (Rhizoma Alismatis) 10g

Fu Ling and Ze Xie promote urination to drain Dampness. Fu Ling balances the water in the body. Ze Xie sedates Kidney Fire.

Cang Zhu (Rhizoma Atractylodis) 12g

Cang Zhu dries Dampness, releases the surface, and expels Wind-Damp-Bi pain.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g

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

Preparation and Resolution:

After boiling the herbal tea, wine was added to circulate and guide the herbs in the formula to the channels. He took one bag a day for three weeks and then the numbness and pain was gone.

110. Back pain caused by the excessive drinking of alcohol and recent withdrawal.

A fifty-year-old male suffered from lower back pain for a long time, and he had tried many different kinds of treatment without effect. He has been drinking alcohol every night for years. Recently, he was drinking less. However, his back pain had become worse. His tongue was slightly purple and puffy with a thick white coating, and his pulses were deep and thick in the Kidney positions.

Diagnosis: Damp-Heat-Toxins in the lower back.

Treatment Plan: Clear up the Toxic-Damp-Heat addiction.

Formula: Relieve hangover formula.

Zhi Shi (Fructus Immaturus Citri Aurantii) 60g

Shen Qu (Massa Fermentata) 20g

Zhi Shi and Shen Qu reduce stagnation in the Middle Jiao. Zhi Shi breaks up the Qi Stagnation and descends the Qi. Shen Qu eliminates Food Stagnation and bloating.

Ge Gen (Radix Puerariae) 30g

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 60g

Shan Yao (Radix Dioscoreae Oppositae) 30g

Ge Gen, Bai Zhu and Shan Yao strengthen the Spleen Qi and stop diarrhea. Ge Gen raises the Spleen Qi and relaxes the blood vessels and

muscles. Bai Zhu warms and dries the Spleen Qi. Shan Yao astringes the Spleen Qi.

Fu Ling (Sclerotium Poriae Cocos) 60g

Bai Bian Dou (Semen Dolichoris Lablab) 30g

Yi Yi Ren (Semen Coicis Lachryma-jobi) 30g

Ze Xie (Rhizoma Alismatis) 18g

Hua Shi (Talcum) 30g

These herbs promote urination to drain the Dampness. Fu Ling harmonizes the water balance in the body. Bai Bian Dou and Yi Yi Ren drain the Dampness slowly and gently. Bai Bian Dou also strengthens the Spleen. Yi Yi Ren is more powerful at draining Dampness. Ze Xie sedates the Kidney Fire. Hua Shi cools Stomach Heat and Summer Heat.

Huang Lian (Rhizoma Coptidis) 30g

Huang Bai (Cortex Phellodendri) 15g

Long Dan Cao (Radix Gentianae Longdancao) 12

Huang Lian, Huang Bai and Long Dan Cao eliminate Damp-Heat. Huang Lian eliminates Upper Jiao and Gallbladder Damp-Heat. Huang Bai eliminates Lower Jiao and Kidney Damp-Heat. Long Dan Cao eliminates Liver and Gallbladder Damp-Heat.

Sheng Ma (Rhizoma Cimicifugae) 18g

Chai Hu (Radix Bupleuri) 15g

Sheng Ma and Chai Hu raise the Qi up. Sheng Ma is stronger at pushing the Qi from the lower to the upper body, and from the interior to the exterior. Chai Hu also spreads the Liver Qi.

Preparation and Resolution:

All the ingredients were powdered, toasted, and he was prescribed 15 grams was twice daily, once between 7 and 9am and again between 7 and 9pm. After he took the formula for two months, his pain slowly decreased and he stopped drinking. After three months, he still was not drinking and had no pain.

111. Liver and Kidney deficiency-Bi pain.

A sixty-year-old male farmer had suffered from numbness and pain in his lower back and legs for 6 months. He reported that he felt fatigued as well. His tongue was dark with teeth marks and his pulse was deep, weak and slow in the Kidney and Spleen positions.

Diagnosis: *Liver and Kidney Qi and Blood deficiency-Bi pain.*

Treatment Plan: *To nourish the Liver, Kidney, and Blood while promoting circulation of the Blood.*

Formula: *Liu Wei Di Huang Wan and Ba Zhen Tang modification.*

Shu Di Huang (Radix Rehmanniae Glutinosae Conquिताe) 15g

Shan Yao (Radix Dioscoreae Oppositae) 15g

Shan Zhu Yu (Fructus Corni Officinalis) 12g

Mu Dan Pi (Cortex Moutan Radicis) 12g

Ze Xie (Alismatis Rhizoma) 9g

Fu Ling (Sclerotium Poriae Cocos) 12g

This is Liu Wei Di Huang Wan. Shu Di Huang nourishes the Liver Blood and Kidney Jing and is balanced with Mu Dan Pi as it cools and moves the Blood to prevent Shu Di Huang from being too excessively cloying for the Liver and Kidney. Shan Yao is astringent and strengthens the Spleen while Fu Ling promotes urination to prevent Shan Yao from being too sticky for the Spleen. Shan Zhu Yu strengthens and astringes the Kidney, Liver and Spleen while Ze Xie promotes urination to prevent Shan Zhu Yu from being too stagnating for the Kidney.

Huang Qi (Radix Astragalus Membranaceus) 12g

Dang Shen (Radix Codonopsis Pilosulae) 12g

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

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 12g

Bai Zhu warms and dries the Middle Jiao Spleen Qi to strengthen the Spleen Qi.

Qian Shi (Semen Euryales Ferocis) 12g
Qian Shi astringes the Spleen and stops diarrhea.

Chuan Xiong (Radix Ligustici Chuanxiong) 9g
Dang Gui (Radix Angelicae Sinensis) 12g
Chuan Xiong and Dang Gui promote circulation. Chuan Xiong promotes the circulation of the Qi in the Blood. Dang Gui circulates on the Blood level and nourishes the Blood.

Wu Wei Zi (Fructus Schisandrae Chinensis) 6g
Wu Wei Zi astringes the Liver and Heart while also nourishing the Yin.

Bai Ji Tian (Radix Morindae Officinalis) 12g
Bai Ji Tian strengthens the Liver and Kidney, and expels Wind-Damp-Bi pain.

Zhi Gan Cao (Honey-Fried Radix Glycyrrhizae Uralensis) 6g.
Zhi Gan Cao harmonizes the ingredients of the formula.

Resolution:

After he took fourteen bags over two weeks, he no longer complained of numbness or pain in his lower back or legs.

112. Liver Qi Stagnation causes Qi and Blood Stasis with Kidney Yin deficiency-Bi pain.

A fifty-two-year old female had severe muscle and tendon spasms and pain throughout her whole body. Whenever she was emotional or crying, her pain and spasms worsened. Her tongue was red on the sides with a purple body. Her pulses were wiry, rapid and strong in the Liver and Kidney positions.

Diagnosis: Liver Qi Stagnation with Liver and Kidney Yin deficiency-Bi pain.

Treatment Plan: Smooth Liver Qi, nourish Liver and Kidney Yin.

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

Shu Di Huang (Radix Rehmanniae Glutinosae Conquिताe) 24g

Shan Zhu Yu (Fructus Corni Officinalis) 10g

Shan Yao (Radix Dioscoreae Oppositae) 12g

The herbs above are the three strengthening herbs in Liu Wei Di Huang Wan. Shu Di Huang nourishes the Liver Blood and Kidney Jing. Shan Zhu Yu astringes the Liver and Kidney. Shan Yao strengthens the Spleen.

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

Bai Shao (Paeoniae Radix Lactiflora) 15g

Xiang Fu (Rhizoma Cyperi Rotundi) 12g

All the herbs above regulate Liver Qi. Chai Hu is fried with wine (Jiu Chao Chai Hu) to speed the rate at which Chai Hu spreads the Liver Qi. Bai Shao stabilizes the Liver Yang and harmonizes the Ying and Wei. Xiang Fu promotes circulation and stops pain.

Long Dan Cao (Radix Gentianae Longdancao) 6g

Hu Huang Lian (Rhizoma Picrorrhizae) 6g

Long Dan Cao and Hu Huang Lian eliminate Damp-Heat. Long Dan Cao acts on the Liver and Gallbladder. Hu Huang Lian acts on the Middle Jiao and cools the heat in the Blood Heat.

Mu Dan Pi (Cortex Moutan Radicis) 10g

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

Ze Xie (Alismatis Rhizoma) 10g

Ze Xie promotes urination and sedates Kidney Fire.

Resolution:

After she took two bags over the course of two days, her symptoms improved by about 20%. After continuing with twenty more bags over a twenty-day period, she reported that she no longer experienced pain or spasms, even with occasional anger.

113. Increased pain after labor misdiagnosed.

A twenty-year-old female felt achy throughout her body. Her tongue was pale and her pulses were deep and weak.

First Diagnosis: Qi and Blood deficiency.

Treatment Plan: Strengthen Qi and Blood.

Formula: Shi Quan Da Bu Tang.

Dang Shen (Radix Codonopsis Pilosulae) 12g

Huang Qi (Radix Astragalus Membranaceus) 12g

Dang Shen strengthens the Middle Jiao Spleen Qi while Huang Qi raises the Spleen Qi.

Rou Gui (Cortex Cinnamomi Cassiae) 3g

Rou Gui warms the Kidney, the Spleen, and the channels, while guiding Fire back to Kidney.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 12g

Fu Ling (Sclerotium Poriae Cocos) 15g

Bai Zhu and Fu Ling strengthen the Spleen. Bai Zhu warms and dries the Spleen, and Fu Ling drains Dampness from the Spleen.

Chuan Xiong (Radix Ligustici Chuanxiong) 9g

Dang Gui (Radix Angelicae Sinensis) 15g

Shu Di Huang (Radix Rehmanniae Glutinosae Conquिताe) 15g

Bai Shao (Radix Paeoniae Lactiflorae) 12g

This is Su Wu Tang. Chuan Xiong promotes circulation to encourage the organs to create Blood. Dang Gui promotes circulation and nourishes the Blood. Shu Di Huang is the strongest for the nourishment of the Blood, Jing and Yin. Bai Shao smooths and stabilizes the Liver, nourishes the Blood and harmonizes the Ying and Wei.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g

Gan Cao harmonizes the ingredients of the formula.

First resolution:

After she took one bag, she reported no difference. The dosage was increased, but her pain only increased at night, especially in the groin and lower abdomen. She also complained of fullness in the chest. Her tongue changed to purple and her pulses became wiry, weak and floating in the Liver position.

Second Diagnosis: Qi and Blood Stagnation.***Treatment Plan: Promote Qi and Blood circulation.******Formula: Shi Xiao San modification.***

Pu Huang (Pollen Typhae) 30g

Wu Ling Zhi (Excrem. Trogopteroi seu Pteromi) 12g

Yan Hu Suo (Rhizoma Corydalis Yanhusuo) 12g

All the herbs above promote circulation of the Blood and stop pain. Pu Huang can also stop bleeding. Wu Ling Zhi mostly moves the Blood while Yuan Hu Suo is best at stopping pain.

Preparation and resolution:

All the ingredients were ground into a fine powder and mixed with warm wine to form a mud-like consistency. She swallowed it with water. After she took this muddy formula one time, her uterus drained out seven blood clots the size of a peach, and her lower abdominal pain improved by 50%. Continuing the same formula for two days, her pain then ceased.

Jaundice: Cases 114 to 118

114. Chronic jaundice from Spleen Qi deficiency.

A seventeen-year-old male patient had Yin Huang chronic jaundice for a year. He was skinny with dark yellow eyes, a dark face and a quiet voice. He used **Yin Chen Hao** (Herba Artemisiae Yinchenhao), **Zhi Zi** (Fructus Gardeniae Jasminoidis), and **Huang Bai** (Cortex Phellodendri) to clear Damp-Heat in the Gallbladder and promote urination but the symptoms worsened. He had teeth marks on his tongue and his pulses were deep and weak in Spleen position.

Diagnosis: *Yin jaundice from Spleen Qi deficiency.*

Treatment Plan: *Strengthen the Spleen Qi and Yang, drain Dampness, and circulate the Qi.*

Formula: *Shen Ling Bai Zhu San modification.*

Dang Shen (Radix Codonopsis Pilosulae) 9g

Fu Ling (Sclerotium Poriae Cocos) 12g

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 12g

Gan Cao (Radix Glycyrrhizae Uralensis) 6g

This is Si Jun Zi Tang. Dang Shen strengthens the Spleen Qi. Fu Ling drains Dampness. Bai Zhu warms and dries the Spleen. Gan Cao harmonizes the formula.

Shan Yao (Radix Dioscoreae Oppositae) 12g

Qian Shi (Semen Euryales Ferocis) 12g

Shan Yao and Qian Shi astringe the Spleen and stop diarrhea. Shan Yao tends to be stronger at strengthening the Spleen Qi while Qian Shi drains the Dampness that hinders the Spleen.

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

Bai Bian Dou (Semen Dolichoris Lablab) 12g

Yi Yi Ren and Bai Bian Dou leach Dampness to dry the Spleen. Yi Yi Ren is stronger at draining the Dampness while Bai Ben Dou strengthens and stabilizes the Spleen.

Pao Jiang (Toasted Zingiberis Officinalis) 9g

Rou Gui (Cortex Cinnamomi Cassiae) 9g

Pao Jiang and Rou Gui warm and dry the Spleen. Pao Jiang has a focused action on warming the Spleen, Stomach and Kidney. Rou Gui warms the Kidney and channels but also guides the Fire back to the Kidney.

Chen Pi (Pericarpium Citri Reticulatae) 10g

Chen Pi regulates Spleen and Stomach Qi and dries the Dampness in the Middle Jiao.

Sheng Ma (Cimicifugae Rhizoma) 6g

Chai Hu (Radix Bupleuri) 9g

While both herbs lift the Qi, Sheng Ma is stronger at raising the Qi, while Chai Hu also spreads the Liver Qi.

Shu Di Huang (Radix Rehmanniae Glutinosae Conquatae) 9g

Shu Di Huang nourishes the Blood, Jing and Yin.

Resolution:

After he took five bags, his eye discoloration improved by 40%. He continued eight more bags over a course of eight days. His jaundice resolved and his face became red instead of dark.

115. Excess Yang Huang jaundice.

A twenty-year-old male had an extremely yellowish coloration to his skin and eyes. He reported that his body felt heavy and he complained of a low appetite and fatigue. His tongue was puffy with a moist thick

yellow coat and his pulses were deep, rapid and slippery in the Spleen position.

Diagnosis: *Excess Damp-Heat Yang Huang.*

Treatment Plan: *Clear Yang Huang and drain the Damp-Heat.*

Formula: *Yin Chen Hao Tang modification.*

Yin Chen Hao (Herba Artemisiae Yinchenhao) 15g

Zhi Zi (Fructus Gardeniae Jasminoidis) 12g

Huang Bai (Cortex Phellodendri) 10g

Yin Chen Hao, Zhi Zi, and Huang Bai drain Damp-Heat. Yin Chen Hao eliminates Liver and Gallbladder Damp-Heat jaundice. Zhi Zi clears San Jiao Damp-Heat, promotes circulation and reduces irritability. Huang Bai sedates the Kidney and Lower Jiao Damp-Heat.

Hua Shi (Talcum) 12g

Fu Ling (Sclerotium Poriae Cocos) 30g

Ze Xie (Alismatis Rhizoma) 10g

All the herbs above promote urination. Hua Shi eliminates Summer-Heat. Fu Ling balances the water in the body. Ze Xie sedates Kidney excess Damp-Heat and Empty Heat.

Bing Lang (Semen Arecae Catechu) 10g

Bing Lang regulates Qi and promotes urination.

Cang Zhu (Rhizoma Atractylodis) 6g

Cang Zhu warms and dries Dampness and expels Wind-Damp-Bi pain.

Shen Qu (Massa Fermenta) 10g

Shen Qu reduces Food Stagnation to smooth the Liver.

Resolution:

After he took four bags over four days, his jaundice was gone.

116. Chronic jaundice due to excessive sexual activity and underlying Kidney Yin deficiency.

A nineteen-year-old young man had chronic jaundice for years, but he still exhausted himself with excessive sexual activity. He had used hundreds of bags of herbs to clear Damp-Heat jaundice that promoted urination without effect. He felt fatigued and had a dry red tongue with teeth marks. His pulses were deep and weak in the Kidney positions.

Diagnosis: *Chronic Damp-Heat jaundice with Kidney Yin and Qi deficiency.*

Treatment Plan: *Drain the Damp-Heat and nourish the Kidney Yin.*

Formula: *Liu Wei Di Huang Wan modification.*

Shu Di Huang (Radix Rehmanniae Glutinosae Conquिताe) 12g

Shan Yao (Radix Dioscoreae Oppositae) 15g

Shan Zhu Yu (Fructus Corni Officinalis) 12g

Mu Dan Pi (Cortex Moutan Radicis) 12g

Fu Ling (Sclerotium Poriae Cocos) 10g

Ze Xie (Alismatis Rhizoma) 10g

This is Liu Wei Di Huang Wan. Shu Di Huang nourishes the Liver Blood and Kidney Jing deficiency arising from Damp-Heat stagnation injuring the Blood, Yin, and Jing. Mu Dan Pi is used to cool the Blood and promote circulation to prevent Shu Di Huang from being too excessive for the Liver. Shan Zhu Yu nourishes and astringes the Kidneys, and works in conjunction with Ze Xie to promote urination to prevent the stagnation of the Liver and Kidneys. Shan Yao astringes and strengthens the Spleen, and is paired with Fu Ling to drain Dampness and prevent Spleen stagnation.

Rou Gui (Cortex Cinnamomi Cassiae) 6g

Ba Ji Tian (Radix Morindae Officinalis) 12g

Rou Gui and Ba Ji Tian warm the Kidney. Rou Gui warms the channels and guides the fire back to the source. Ba Ji Tian expels Wind-Damp-Bi pain.

Wu Wei Zi (Fructus Schisandrae Chinensis) 6g

Wu Wei Zi nourishes and astringes the Liver and Kidney while also calming the mind.

Qian Shi (Semen Euralyses Ferocis) 15g

Qian Shi leaches Dampness and strengthens the Spleen.

Gou Qi Zi (Fructus Lycii) 12g

Gou Qi Zi nourishes the Liver Blood.

Niu Xi (Radix Achyranthis Bidentatae) 15g

Niu Xi guides the flow of the Blood downwards, treating Wind-Damp-Bi pain and strengthening the Liver and Kidneys.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g

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

Resolution:

After he took thirty bags over a month long period, he recovered from jaundice.

117. Jaundice during the pregnancy.

A thirty-year-old female was five months pregnant and she had contracted acute Yang jaundice. She used **Yin Chen Hao** (Herba Artemisiae Yinchenhao), **Zhi Zi** (Fructus Gardeniae Jasminoidis), **Huang Qin** (Radix Scutellariae Baicalensis), **Huang Bai** (Cortex Phellodendri), **Bing Lang** (Semen Arecae Catechu), **Zhi Shi** (Fructus Immaturus Citri Aurantii), and **Hua Shi** (Talcum) for six days. The jaundice improved by 50%, but she developed a low appetite and her

fetus became restless. Her tongue was scalloped with a yellow greasy coating and her pulses were weak and small.

Diagnosis: Damp-Heat jaundice with Kidney and Spleen Qi deficiency.

Treatment Plan: Clear Damp-Heat in the Liver and Gallbladder, and strengthen the Spleen and Kidney.

Formula: Yin Chen Hao Tang modification.

Yin Chen Hao (Herba Artemisiae Yinchenhao) 6g

Zhi Zi (Fructus Gardeniae Jasminoidis) 6g

Yin Chen Hao and Zhi Zi clear Liver and Gallbladder Damp-Heat. Yin Chen Hao is especially good at clearing Damp-Heat jaundice. Zhi Zi clears San Jiao Damp-Heat, cools the Heat in the Blood, and promotes circulation.

Fu Ling (Sclerotium Poriae Cocos) 15g

Yi Yi Ren (Semen Coicis Lachryma-jobi) 10g

Fu Ling and Yi Yi Ren drain Dampness from the Middle Jiao. Fu Ling balances the water in the body and strongly promotes urination. Yi Yi Ren leaches out the Dampness.

Shan Yao (Radix Dioscoreae Oppositae) 12g

Shan Yao astringes and strengthens the Spleen.

Chen Pi (Pericarpium Citri Reticulatae) 10g

Chen Pi regulates Qi and dries Dampness.

Bai Shao (Radix Paeoniae Lactiflorae) 12g

Bai Shao smooths the Liver, stabilizes Liver Yang, and harmonizes the Ying and Wei.

Xu Duan (Radix Dipsaci Asperi) 10g

Du Zhong (Cortex Eucommiae Ulmoidis) 10g

Xu Duan and Du Zhong warm the Kidney Yang, expel Wind-Damp-Bi pain and calm the fetus. Xu Duan also invigorates the Blood. Du Zhong strengthens the Liver and Kidney.

Xi Yang Shen (Radix Panacis Quinquefolii) 12g
Xi Yang Shen cools heat and strengthens the Qi.

Resolution:

After she took eight bags over a period of eight days, her jaundice was gone and her fetus was calm.

118. Jaundice caused by worms.

A seven-year-old boy had jaundice with abdominal pain. He had been using herbal medicine to treat jaundice without effect. His father was asked when his son experienced the most pain, and he explained that it was worse when his son was hungry and less painful after he had eaten. When asked if there were any lumps in his abdomen when the boy had the attacks of pain, his father said that there was a long lump along his upper abdomen. His tongue was dark, and his Liver pulse was wiry and small.

Diagnosis: *Worm jaundice.*

Treatment Plan: *Expel roundworms.*

Formula: *Hua Chong Wan modification.*

Shi Jun Zi (Fructus Quisqualis Indica) 6g
Lei Wan (Omphalia Lampidescens fungus) 12g
Bing Lang (Semen Arecae Catechu) 6g
Fei Zi (Semen Torreyae) 6g
Ku Lian Gen Pi (Cortex Meliae Radicis) 6g

All of these herbs eliminate roundworms. Shi Jun Zi strengthens the Spleen Qi. Lei Wan clears Damp-Heat and breaks up stagnation. Bing Lang regulates Qi and promotes urination. Fei Zi moistens the intestines and unblocks the bowels. Ku Lian Gen Pi regulates Qi and is the most toxic. Extreme care must be taken with the dosage.

Bai Wei (Radix Cynanchi Baiwei) 6g
Bai Wei cools Blood Heat and clears Damp-Heat.

Huang Qin (Radix Scutellariae Baicalensis) 6g
Huang Qi clears Damp-Heat in the Upper Jiao and Gallbladder.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 15g
Bai Zhu warms and dries the Spleen.

Gan Cao (Radix Glycyrrhizae Uralensis) 10g
Gan Cao harmonizes the ingredients in the formula.

Preparation and resolution:

Each bag was covered with three cups of water and then boiled down to one cup. After he drank the first ½ cup in the morning, he had severe abdominal pain by noon. A few hours later, about fifty roundworms came out. He took another ½ cup again in the evening. The next morning, twenty more roundworms came out. Three days later, he took one bag and ten roundworms came out. Six days after, he took a bag without any effect. After that point, his jaundice and abdominal pain were gone.

Rebellious Qi: Cases 119 to 125

119. Severe hiccups from Yang Ming excess.

A thirty-four-year male had continuous hiccups for twenty days that made it difficult for him to eat. He had constipation. He used **Shi Di** (Diospyros Kaki Calyx), **Huo Xiang** (Herba Agastaches seu Pogostemi), and **Ban Xia** (Pinelliae Rhizoma Preparatum) without any effect. His Stomach and Spleen pulses were deep and strong.

Diagnosis: *Excess stagnating in Yang Ming Stomach.*

Treatment Plan: *Purge the Yang Ming excess and harmonize the Stomach.*

Formula: *Xiao Cheng Qi Tang modification.*

Da Huang (Radix Et Rhizoma Rhei) 18g

Zhi Shi (Fructus Immaturus Citri Aurantii) 12g

Da Huang purges the intestines while Zhi Shi breaks up Qi Stagnation and has a descending action to assist Da Huang in clearing the Yang Ming excess.

Shan Zha (Fructus Crataegi) 12g

Shen Qu (Massa Fermentata) 15g

Mai Ya (Fructus Hordei Vulgaris Germinatus) 12g

All the herbs above reduce Food Stagnation. Shan Zha promotes circulation of the Blood. Shen Qu is acrid to penetrate through the Food Stagnation. Mai Ya regulates Liver and Spleen Qi.

Resolution:

He took one bag of this herbal medicine in the morning and he still had not had a bowel movement by the afternoon, so the Da Huang dosage was increased to 30g. He took one more bag and he had two bowel

movements in the early morning. After finishing those two bags of herbs, his hiccups stopped.

120. Liver attacking the Spleen causing hiccups.

A seventeen-year-old female had unrelenting hiccups for three months that worsened when she suffered from PMS. She took about twenty bags of an herbal formula prescribed to stop hiccups without any effect. Her tongue was dark red on the sides. Her pulses were wiry in the Liver and weak in the Spleen positions.

Diagnosis: *Liver attacking the Spleen.*

Treatment Plan: *Sedate the Liver excess and descend the Stomach Qi.*

Formula: *Si Ni San modification.*

Chai Hu (Radix Bupleuri) 9g

Xiang Fu (Rhizoma Cyperi Rotundi) 12g

Yu Jin (Radix Curcumae) 12g

Qing Pi (Pericarpium Citri Reticulatae Viride) 10g

These four herbs regulate Liver Qi. Chai Hu spreads the Liver Qi while Xiang Fu promotes circulation and stops pain. Yu Jin promotes circulation, cools the Blood and reduces irritability. Qing Pi breaks up Qi Stagnation and stops pain.

Long Dan Cao (Radix Gentianae Longdancao) 6g

Hu Huang Lian (Rhizoma Picrorhizae) 6g

Zhi Zi (Fructus Gardeniae Jasminoidis) 10g

All the herbs above eliminate Liver Heat and Damp-Heat. Long Dan Cao eliminates Liver and Gallbladder Damp-Heat. Hu Huang Lian cools the Heat in the Blood. Zhi Zi clears San Jiao Heat and Damp-Heat, promotes circulation, cools the Heat in the Blood.

Zhi Shi (Fructus Immaturus Citri Aurantii) 10g

Ban Xia (Pinelliae Rhizoma Preparatum) 9g

Zhi Shi breaks up the Qi Stagnation and guides it downwards. Ban Xia warms the Spleen, descends the Stomach Qi, and dries Dampness.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g

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

Resolution:

She took three bags of herbs over the course of three days and her hiccups completely stopped.

121. Anger during menstruation causes hiccups and nosebleed.

A twenty-year-old female who was very angry started having hiccups once per second during her menstruation. Suddenly her uterus bleeding stopped. She began bleeding excessively from her nose for five days straight while having unrelenting hiccups. After her menses, she became thin, weak and fatigued, and she had lost her appetite. She took Mu Xiang Shu Qi Wan without effect. Her tongue was red with a peeled coating, and her pulses were deep, small, wiry and rapid in the Liver and Kidney positions.

Diagnosis: *Liver, Kidney and Stomach Qi rebelling. Qi and Blood Stagnation. Kidney and Liver Yin deficiency with Empty Heat.*

Treatment Plan: *Nourish the Yin, clear Empty Heat, mobilize Qi and Blood, and redirect the Stomach, Kidney and Liver Qi.*

Formula: *Liu Wei Di Huang Wan and Si Wu Tang modification.*

Sheng Di Huang (Radix Rehmanniae Glutinosae) 15g

Mu Dan Pi (Cortex Moutan Radicis) 12g

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

Bai Shao (Radix Paeoniae Lactiflorae) 15g

Bai Shao stabilizes Liver Qi and Yang, nourishes the Blood, and harmonizes the Ying and Wei.

Dang Gui Wei (Radix Angelicae Sinensis Tail) 12g

Chuan Xiong (Radix Ligustici Chuanxiong) 3g

San Leng (Rhizoma Sparganii Stoloniferi) 6g

E Zhu (Rhizoma Curcumae Ezhu) 6g

Xiang Fu (Rhizoma Cyperi Rotundi) 12g

Niu Xi (Radix Achyranthis Bidentatae) 12g

All the herbs above promote Blood circulation. Chuan Xiong promotes Qi circulation in the Blood, while Dang Gui mobilizes the Blood via the Blood. Sang Leng and E Zhu break up congealed masses. San Leng moves the Qi of Blood and E Zhu moves the Blood of Blood. Xiang Fu stops pain and promotes menstruation. Niu Xi descends the Blood, expels Wind-Damp-Bi pain, and strengthens the Liver and Kidney.

Zhi Zi (Fructus Gardeniae Jasminoidis) 10g

Long Dan Cao (Radix Gentianae Longdancao) 6g

Although Long Dan Cao is stronger at clearing Liver and Gallbladder Damp-Heat and Heat, Zhi Zi also clears San Jiao Damp-Heat and Heat, promotes circulation, lessens irritability, and cools Blood Heat.

Qian Cao (Radix Rubiae) 10g

Pu Huang (Pollen Typhae) 12g

Qian Cao and Pu Huang promote Blood circulation and stop bleeding. Qian Cao cools Blood Heat. Pu Huang is more powerful at stopping bleeding.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g

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

Resolution:

After she took two bags of this herbal formula, her nose stopped bleeding, her hiccups ceased occurring, and she began to eat.

122. Hiccups with a floating and full Lung pulse.

A fifty-year-old female had hiccups for one month. She has used different kinds of herbal medicine without effect. She had a red-tipped tongue, and a floating, full and strong Lung pulse.

Diagnosis: Lung Qi ascending while pushing the Stomach Qi upwards.

Treatment Plan: Sedate the rebellious Lung and to redirect the Stomach Qi.

Formula: Xie Bai San modification.

Sang Bai Pi (Cortex Mori Albae Radicis) 15g

Ting Li Zi (Semen Descurainiae seu Lepidii) 12g

Sang Bai Pi and Ting Li Zi both promote urination and descend the Lung Qi. Sang Bai Pi clears Damp-Heat in the Lung and stops cough. Ting Li Zi is stronger at promoting urination.

Su Zi (Fructus Perillae Frutescentis) 15g

Jie Geng (Radix Platycodi Grandiflori) 12g

Su Zi and Jie Geng stop cough. Su Zi also dissolves Phlegm while Jie Geng opens the Lung Qi.

Mai Men Dong (Tuber Ophiopogonis Japonici) 15g

Xuan Shen (Radix Scrophulariae Ningpoensis) 10g

Mai Men Dong and Xuan Shen nourish Dryness and cool Heat. Mai Men Dong nourishes the Stomach, Lung and Heart. Xuan Shen cools Blood Heat and dissolves Hot Phlegm nodules.

Huang Qin (Radix Scutellariae Baicalensis) 10g

Zhi Zi (Fructus Gardeniae Jasminoidis) 10g

Huang Qin and Zhi Zi eliminate Damp-Heat. Huang Qin clears Damp-Heat in the Lungs. Zhi Zi clears San Jiao Damp-Heat, cools Heat in the

Blood, promotes Blood circulation, and guides other herbs to the San Jiao.

Fu Hai Shi (Pumice) 12g
Fu Hai Shi dissolves sticky Hot Phlegm.

Resolution:

After she took two bags of the above herbal formula over a two-day period, her hiccups were gone.

123. Hiccups from Cold-Phlegm obstruction of the Middle Jiao.

A seventy-year-old male had hiccups for two weeks. He had been treated for Stomach Cold, Yin deficiency and Stomach Qi ascending without effect. His tongue was slightly purple with a moist white coating, and his pulses were deep, slippery and floating in the Spleen and Stomach positions.

Diagnosis: *Cold-Phlegm stagnated in the Middle Jiao.*

Treatment Plan: *Dry the Phlegm and warm the Middle Jiao.*

Formula: *Li Zhong Tang and San Zi Yang Qing Tang modification.*

Pao Jiang (Toasted Rhizoma Zingberis Officinalis Recens) 10g
Bai Zhu (Rhizoma Atractylodis Macrocephalae) 10g
Pao Jiang and Bai Zhu warm and dry Phlegm in the Middle Jiao. Pao Jiang warms the Kidney and has a faster action. Bai Zhu stabilizes and is active longer.

Bai Jie Zi (Semen Sinapis Albae) 12g
Lai Fu Zi (Semen Raphani Sativi) 10g

Bai Jie Zi and Lai Fu Zi dissolve Phlegm. Bai Jie Zi penetrates through the stagnant Phlegm. Lai Fu Zi sends the Stomach Qi downward.

Ding Xiang (Flos Caryophylli) 6g

Zhi Shi (Fructus Immaturus Citri Aurantii) 12g

Ding Xiang and Zhi Shi cause Stomach Qi to descend. Ding Xiang warms the Stomach.

Jin Meng Shi (Micae Lapis Aureus) 6g

Jin Meng Shi scrapes sticky Phlegm and moves the Stomach and Lung Qi downward.

Resolution:

He took one bag of this herbal formula in the morning but felt no different in the evening. He took one more bag again that evening and his hiccups were about 50% improved by midnight. After he finished two more bags, his symptoms were gone.

124. Hiccups with Cold in the Middle Jiao.

A six-year-old boy had hiccups for two weeks and difficulty eating. He used herbal medicine to reduce Food Stagnation with no effect. His pulses were deep and slow in the Lung and Stomach positions.

Diagnosis: *Cold Stagnation in the Stomach and Lung.*

Treatment Plan: *Warm the Stomach and Lung and clear stagnation.*

Formula: *Ding Xiang Shi Di Tang modification.*

Ding Xiang (Flos Caryophylli) 3g

Shi Di (Diospyros Kaki Calyx) 3g

This is Ding Xiang Shi Di Tang. Ding Xiang and Shi Di both send Stomach Qi downward. Ding Xiang warms the Stomach and causes the Stomach

Qi to descend at a deep level. Shi Di sends the Stomach Qi on a more superficial level.

Pao Jiang (Toasted Rhizoma Zingiberis Officinalis) 6g

Ban Xia (Rhizoma Pinelliae Ternatae) 6g

Pao Jiang and Ban Xia send Stomach Qi down and warm the Stomach. Pao Jiang is strongly warming and also affects the Kidney. Ban Xia is strongly drying and also dissolves Phlegm.

Ju Hong (Citri Erythrocarpae Pars Rubra Epicarpium) 6g

Mu Xiang (Radix Aucklandiae Lappae) 2g

Chen Pi (Pericarpium Citri Reticulatae) 2g

All the herbs above regulate Qi. Ju Hong dissolves Phlegm, Mu Xiang penetrates through stagnant Phlegm, and Chen Pi dries Phlegm in the Middle Jiao.

Zhi Ma Huang (Honey-fried Herba Ephedrae) 3g

Zhi Ma Huang opens the Lung Qi and warms the Lung.

Resolution:

After he took two bags of this formula over two days, his hiccups were gone.

125. Kidney Yin and Yang deficiency hiccups.

A seventy-year-old male had various chronic maladies, and he had been experiencing unrelenting hiccups for a few days. He also suffered from fatigue and shortness of breath. His tongue had teeth marks, and his pulses were deep and weak, especially in the Kidney position.

Diagnosis: *Yin and Yang deficiency with Empty Heat rising up. Deficient Yang unable to grasp the Yin.*

Treatment Plan: *Strengthen Yin and Yang, help Yang grasp the Yin, and clear Empty Heat.*

Formula: Jin Gui Shen Qi Wang modification.

Pao Jiang (Toasted Rhizoma Zingiberis Officinalis) 6g

Rou Gui (Cortex Cinnamomi Cassiae) 6g

Both Pao Jiang and Rou Gui warm the Kidney and Spleen. Pao Jiang tends to warm the Spleen and Kidney and remains active longer. Rou Gui warms the channels and guides the Fire back to its source.

Shu Di Huang (Radix Rehmanniae Glutinosae Conquatae) 15g

Shan Yao (Radix Dioscoreae Oppositae) 12g

Shan Zhu Yu (Fructus Corni Officinalis) 10g

Fu Ling (Sclerotium Poriae Cocos) 12g

Mu Dan Pi (Cortex Moutan Radicis) 12g

These are the chief ingredients of Liu Wei Di Huang Wan. Shu Di Huang nourishes the Blood and is balanced by Mu Dan Pi. Mu Dan Pi's moving and cooling function prevents Shu Di Huang from stagnating the Liver and Spleen. Shan Yao astringes the Spleen and is balanced by the Damp draining action of Fu Ling, which prevents stagnation of the Spleen and Middle Jiao. Shan Zhu Yu astringes the Kidney and Liver and prevents Ze Xie from too strongly promoting urination.

Ba Ji Tian (Radix Morindae Officinalis) 12g

Ba Ji Tian warms the Kidney Yang and expels Wind-Damp-Bi pain.

Niu Xi (Radix Achyranthis Bidentatae) 10g

Niu Xi guides the Blood to flow downward, promotes urination, strengthens the Liver and Kidney, and expels Wind-Damp-Bi pain.

Resolution:

After he took three bags of herbs over a course of three days, his hiccups disappeared and he had no more shortness of breath or fatigue.

Insomnia: Cases 126 to 127

126. Liver Fire and Qi Stagnation insomnia.

A forty-seven-year-old female had insomnia for a year. Recently, she had experienced increased stress and anger. This made it difficult for her to fall and stay asleep. She took **Huang Lian** (Rhizoma Coptidis), **Shui Niu Jiao** (Cornu Bubali), **Zhu Ye** (Folium Bambusae), **Shi Gao** (Gypsum Fibrosum), and **Deng Xin Cao** (Medulla Junci Effusi) to sedate Heart Fire without effect. Her tongue was red on the sides, and her pulses were wiry, rapid, and full in the Liver position.

Diagnosis: *Liver Qi and Fire blazing upwards to disturb the Heart.*

Treatment Plan: *Eliminate the Liver Fire and Qi Stagnation to calm the Heart.*

Formula: *Long Dan Xie Gan Tang modification.*

Long Dan Cao (Radix Gentianae Longdancao) 6g

Hu Huang Lian (Rhizoma Picrorrhizae) 10g

Zhi Zi (Fructus Gardeniae Jasminoidis) 12g

These three herbs sedate Liver Fire and clear Damp-Heat. Long Dan Cao has a powerful focused action to clear Liver and Gallbladder Damp-Heat and Heat. Hu Huang Lian eliminates Middle Jiao Damp-Heat and cools the Blood Heat. Zhi Zi eliminates San Jiao Damp-Heat, reduces irritability, and moves and cools the Blood.

Bai Shao (Radix Paeoniae Lactiflorae) 30g

Mu Dan Pi (Cortex Moutan Radicis) 15g

Bai Shao stabilizes the Liver Yang and harmonizes the Ying and Wei. Mu Dan Pi cools the Blood Heat and promotes circulation.

Qing Pi (Pericarpium Citri Reticulatae Viride) 12g

Xiang Fu (Rhizoma Cyperi Rotundi) 12g

Chai Hu (Radix Bupleuri) 3g

All the herbs above regulate Liver Qi. Qing Pi breaks up Qi Stagnation and stops pain. Xiang Fu promotes circulation and stops pain. Chai Hu spreads the Liver Qi.

Long Gu (Os Draconis) 30g

Long Gu settles the Heart and the Liver Yang.

Dang Gui (Radix Angelicae Sinensis) 3g

Dang Gui nourishes and circulates the Blood.

Resolution:

She took this formula about one hour before retiring for the night. After consuming two bags over the course of two nights, her insomnia was 90% improved.

127. Insomnia resulting from Kidney Yang not supporting Heart Yin.

A seventy-eight-year-old female had insomnia for months. She had been using herbs to nourish Kidney Yin with no effect. Her tongue displayed the bright white puffy look of Yang deficiency, and her pulses were weak, small, and deep in the Kidney position.

Diagnosis: *Kidney Yang deficiency cannot support Heart Yin.*

Treatment Plan: *Strengthen the Kidney Yang and nourish the Heart Yin.*

Formula: *Jin Gui Shen Qi Wang modification.*

Pao Jiang (Toasted Rhizoma Zingiberis Officinalis) 12g

Rou Gui (Cortex Cinnamomi Cassiae) 3g

Pao Jiang and Rou Gui warm the Kidney Yang. Pao Jiang remains active longer and has a focused action of warming the Spleen and Kidney Yang. Rou Gui warms the channels and guides the Fire back to Kidney.

Shan Zhu Yu (Fructus Corni Officinalis) 10g

Shan Yao (Radix Dioscoreae Oppositae) 15g

Shu Di Huang (Radix Rehmanniae Glutinosae) 12g

These are Liu Wei Di Huang Wan's strengthening ingredients. Shan Zhu Yu astringes the Kidney and Liver. Shan Yao astringes and nourishes the Spleen. Shu Di Huang nourishes the Blood, Jing and Yin.

Ze Xie (Rhizoma Alismatis Orientalis) 3g

Ze Xie sedates the Kidney Fire and promotes urination.

Ba Ji Tian (Radix Morindae Officinalis) 10g

Bu Gu Zhi (Fructus Psoraleae Corylifolia) 10g

Ba Ji Tian and Bu Gu Zhi strengthen the Kidney Yang. Bai Ji Tian expels Wind-Damp-Bi pain. Bu Gu Zhi strengthens the Kidney and Spleen Yang.

Gou Qi Zi (Fructus Lycii) 10g

Gou Qi Zi nourishes the Liver Yin and Blood.

Niu Xi (Radix Achyranthis Bidentatae) 10g

Niu Xi moves Blood downwards, expels Wind-Damp-Bi pain, and promotes urination, all while strengthening the Liver and Kidneys.

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

Zhi Gan Cao harmonizes the actions of the ingredients in the formula.

Resolution:

She drank tea from one bag of herbs one hour before going to sleep, and she reported that she slept better. She took another bag the next night and slept through the night.

Review Exercise

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

Pulses that are small, deep, and weak in the Kidney position when insomnia is present indicate...

- a. Kidney Yang cannot support Heart Yin
- b. Heart Yin cannot support Kidney Yang
- c. Liver Qi cannot support Kidney Yin

Review Exercise Answer

Pulses that are small, deep, and weak in the Kidney position when insomnia is present indicate...

- a. Kidney Yang cannot support Heart Yin
- b. Heart Yin cannot support Kidney Yang
- c. Liver Qi cannot support Kidney Yin

answer: a

Fear: Cases 128 to 129

128. Heart and Kidney disharmony causing fear.

A forty-three-year-old female patient felt easily afraid. Any sound or excitement was too much stimulation for her. She perspired quite easily, and suffered from palpitations and a low appetite. For three months, she used a combination of **Huan Lian** (Rhizoma Coptidis) to sedate Heart Fire, **Long Gu** (Os Draconis) to settle the spirit, and **Ban Xia** (Rhizoma Pinelliae) to clear Phlegm without effect. Her tongue was red with a white coating. Her pulses were floating, rapid, and weak in Heart, and weak and small in the Kidney.

Diagnosis: *Kidney Yin not properly nourishing the Heart Fire.*

Treatment Plan: *Strengthen the Kidney Yin and moisten the Heart Fire.*

Formula: *Liu Wei Di Huang Wan modification.*

Shan Zhu Yu (Fructus Corni Officinalis) 12g

Sheng Di Huang (Radix Rehmanniae Glutinosae) 30g

Shan Yao (Radix Dioscoreae Oppositae) 12g

Fu Ling (Sclerotium Poriae Cocos) 12g

Mu Dan Pi (Cortex Moutan Radicis) 12g

Ze Xie (Rhizoma Alismatis Orientalitis) 9g

This is Liu Wei Di Huang Wan. Shan Zhu Yu astringes the Kidney and Liver. Ze Xie promotes urination and sedates the Kidney Fire. When paired together, they balance each other. Sheng Di Huang nourishes the Blood, Jing and Yin. Mu Dan Pi cools Blood Heat and promotes circulation. Shan Yao astringes the Spleen, and Fu Ling promotes urination. When paired together these functions are balanced.

Shi Chang Pu (Rhizoma Acori Graminei) 12g

Yuan Zhi (Radix Polygalae Tenuifoliae) 12g

Shi Chang Pu and Yuan Zhi dissolve Phlegm and open the orifices. Shi Chang Pu is stronger to penetrate through the Phlegm obstructing the orifices. Yuan Zhi calms the Heart.

Xuan Shen (Radix Scrophulariae Ningpoensis) 9g

Xuan Shen cools Blood Heat and nourishes Dryness.

Resolution:

After she took ten bags of herbs, her fear and palpitations were gone.

129. Sudden fright damages the confidence of Kidney.

A three-year-old boy saw two dogs fighting each other, and one dog knocked him down. After that, he developed a fever that became severe at night, constant crying, and a need to be hugged all the time. He was treated with **Gou Teng** (Ramulus Uncariae cum Uncis), **Bo He** (Mentha Haplocalyx), and acupuncture to expel Internal Wind without effect. His vision was dull and he had a dark complexion. His pulses were floating, weak, small, and rapid in the Heart and Kidney positions.

Diagnosis: *Fear damaging the Heart, Gallbladder, and Kidney.*

Treatment plan: *Settle the Heart, Gallbladder, and Kidney.*

Formula: *Liu Wei Di Huang Wan and An Shen Bu Xin Tang modification.*

Shu Di Huang (Radix Rehmanniae Glutinosae Conquिताe) 10g

Shan Yao (Radix Dioscoreae Oppositae) 10g

Shan Zhu Yu (Fructus Corni Officinalis) 6g

These are three herbs from Liu Wei Di Huang Wan for strengthening the body. Shu Di Huang nourishes the Blood, Jing and Yin. Shan Yao

nourishes and astringes the Spleen. Shan Zhu Yu astringes the Kidney and Liver.

Fu Shen (Sclerotium Poriae Cocos Pararadicis) 6g

Yuan Zhi (Radix Polygalae Tenuifoliae) 6g

Tian Zhu Huang (Concretio Silicea Bambusae) 3g

All of the herbs above calm the Heart. Fu Shen also drains Dampness. Yuan Zhi dissolves Phlegm in the Heart orifice. Tian Zhu Huang is the strongest and it penetrates through Phlegm misting the Heart.

Bai Shao (Radix Paeoniae Lactiflorae) 6g

Wu Wei Zi (Fructus Schisandrae Chinensis) 3g

Suan Zao Ren (Semen Zizyphi Spinosa) 6g

All the herbs above nourish and calm the Liver and Heart. Bai Shao stabilizes the Liver and Heart, and harmonizes the Ying and Wei. Wu Wei Zi nourishes the Liver and Kidney. Suan Zao Ren is the strongest in its ability to calm the Spirit.

Long Gu (Os Draconis) 10g

Long Gu settles the Heart and Liver.

Huan Lian (Rhizoma Coptidis) 3g

Huan Lian sedates Heart Fire.

Resolution:

After he took three bags, his symptoms were gone.

Review Exercises

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

Shan Zhu Yu...

- a. astringes the Kidney
- b. purges the Large Intestine
- c. clears heat toxins and warms the interior

Fu Shen, as special type of Fu Ling, ...

- a. drains dampness
- b. calms the Heart
- c. Both A and B

Review Exercise Answers

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

Shan Zhu Yu...

- a. astringes the Kidney
- b. purges the Large Intestine
- c. clears heat toxins and warms the interior

answer: a

Fu Shen, as special type of Fu Ling, ...

- a. drains dampness
- b. calms the Heart
- c. Both A and B

answer: c

Nocturnal Emissions: Case 130

130. Nocturnal emissions caused by Heart and Kidney disharmony.

A nineteen-year-old male had nocturnal emissions every night for three months. He had a skinny body, shortness of breath, steaming bone syndrome, tidal low-grade fever, a poor appetite, and a propensity to sweat easily. He had been using many astringent Kidney herbs without effect. His tongue was red and dry, and his pulses were small, rapid, and empty in the Heart, but full in the Liver position.

Diagnosis: Heart and Kidney Yin deficiency with Empty Fire blazing, and Liver Qi Stagnation.

Treatment Plan: Calm the Heart, nourish the Heart and Kidney Yin, sedate Fire, and soothe the Liver.

Formula: Zhi Bai Di Huang Wan modification.

Zhi Mu (Rhizoma Anemarrhenae Asphodeloides) 12g

Huang Bai (Cortex Phellodendri) 6g

Zhi Mu and Huang Bai sedate Kidney Fire. Zhi Mu moistens Dryness while Huang Bai more powerfully clears the Heat.

Shu Di Huang (Radix Rehmanniae Glutinosae Conquिताe) 30g

Shan Yao (Radix Dioscoreae Oppositae) 24g

Shan Zhu Yu (Fructus Corni Officinalis) 9g

Fu Ling (Sclerotium Poriae Cocos) 15g

Ze Xie (Rhizoma Alismatis Orientalis) 6g

Mu Dan Pi (Cortex Moutan Radicis) 9g

This is Liu Wei Di Huang Wan. Shu Di Huang, which nourishes the Kidney Yin, Jing and Blood, is paired with Mu Dan Pi, which circulates and cools the Blood. One herb nourishes and the other invigorates to

create balance. Shan Yao astringes the Spleen and is paired with Fu Ling. Fu Ling promotes urination, which moderates Shan Yao's astringent quality. Ze Xie promotes urination to balance Shan Zhu Yu's astringent function.

Yuan Zhi (Radix Polygalae Tenuifoliae) 6g

Fu Shen (Sclerotium Poriae Cocos Pararadicis) 9g

Shi Chang Pu (Rhizoma Acori Graminei) 9g

All of the herbs above dissolve Phlegm misting the Heart. Yuan Zhi calms the Heart. Fu Shen promotes urination to drain the Phlegm. Shi Chang Pu penetrates through the Phlegm.

Suan Zao Ren (Semen Zizyphi Spinosae) 9g

Suan Zao Ren nourishes and calms the Heart and Liver.

Long Gu (Os Draconis) 12g

Long Gu settles the Heart and Liver and astringes the Kidney.

Huang Lian (Rhizoma Coptidis) 3g

Huang Lian eliminates Heart Fire.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g

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

Resolution:

He took two bags of this formula for four days and had nocturnal emissions twice. He continued taking four bags over the following four days and had one instance of nocturnal emissions. His symptoms disappeared after taking the formula for two weeks.

You have successfully downloaded the course material. Please remember to **SAVE** this document (if your browser has not done this already). The **SAVE** option is usually located in the **FILE** menu of your web browser or mouse to the bottom of your browser screen for a save option. To save on an iPhone, tap on the screen then tap on "Open in iBooks."

Quizzes, Certificates of Completion, Downloads

To take quizzes, get certificates, and download courses at www.healthcmi.com :

- Log In (if not already logged in) and enter your username and password



- After Log In, a yellow menu appears on the right called "Courses, Tests, Certificates" (pictured below)



- Click on "Acupuncture Courses"
- Follow the links. Courses can be downloaded to multiple locations, quizzes can be taken (and re-taken if needed) and certificates of completion can be saved and printed.

Note: First, select the blue Pre-Quiz button (many states now require the pre-quiz). Next, it changes to the green Take Quiz button. This changes to a gold Get Certificate button once you have passed the quiz.

