

The Healthcare Medicine Institute presents

Chinese Medicine Pediatrics and Gynecology

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Chinese Medicine Pediatrics and Gynecology

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

Pediatrics: Cases 56 to 72

(Cases 1-55 appear in other courses by Prof. Liao)

56. Newborn with Middle Jiao Damp-Heat.

An eight-day-old newborn boy presented with a low-grade fever, no appetite, and a red face. It was reported that he was crying incessantly and that he had not produced a bowel movement in some time. He had a strong reaction to anyone touching his abdomen and there was a purple coloring to the blood vessel on his index finger.

Diagnosis: Damp-Heat in the Middle Jiao.

Treatment Plan: Clear Damp-Heat from the Middle Jiao.

Formula: Tiao Wei Cheng Qi Tang modification.

Da Huang (Radix Et Rhizoma Rhei) 1g

Da Huang purges, clears Heat-Toxin and promotes circulation of the Blood.

Jin Yin Hua (Flos Lonicerae Japonicae) 6g

Huang Lian (Rhizoma Coptis) 1g

Jin Yin Hua and Huang Lian treat Damp-Heat from the Middle Jiao. Jin Yin Hua is milder and lighter, tending to rise to the surface level to

release Wind-Heat. Huang Lian drains Fire and Toxicity, and eliminates Heart-Fire.

Lian Qiao (Fructus Forsythia Suspensa) 3g

Lian Qiao releases Wind-Heat, clears Heat-Toxins and disperses clumps.

Mu Dan Pi (Cortex Moutan Radicis) 3g

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

Sheng Di Huang (Radix Rehmanniae Glutinosae) 3g

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

Gan Cao (Radix Glycyrrhizae Uralensis) 1g

Gan Cao harmonizes the ingredients in the formula. It also moderates spasms and pain while clearing Heat and Fire-Toxin.

Preparation and resolution:

Using one cup of water to start, this formula was boiled down to 1/4 cup. He was first given 1/8 cup, and three hours later another 1/8 cup. After the herbs were administered and took effect, the baby had black diarrhea, his fever disappeared, and his appetite became strong again.

57. Spleen and Kidney Yang vacuity.

A one-year-old patient presented with abdominal pain and fullness, cold hands and feet, a pale face and green lips, and a red blood vessel in his index finger. He cried continuously with a weak voice. He was also vomiting and passing pale-colored stool.

Diagnosis: Spleen and Kidney Yang deficiency.

Treatment Plan: Warm the Spleen and Kidney Yang.

Formula: Li Zhong Wan modification.

Pao Jiang (Toasted Zingiberis Officinalis Recens) 2g

Rou Gui (Cortex Cinnamomi Cassiae) 3g

Pao Jiang and Rou Gui warm the Kidney Yang and the interior of the body. Pao Jiang effectively warms the Middle Jiao and remains active longer. Rou Gui tends to move faster and returns Kidney Yang back to its source.

Dang Shen (Radix Codonopsis Pilosulae) 6g

Fu Ling (Sclerotium Poriae Cocos) 6g

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 6g

Gan Cao (Radix Glycyrrhizae Uralensis) 1g

These four herbs are Si Jun Zi Tang and are utilized to strengthen the Spleen. Dang Shen strengthens the Spleen Qi. Fu Ling promotes urination to drain Dampness. Bai Zhu is warm and dries the Spleen. Drying the Spleen allows the Spleen to function more efficiently. Gan Cao harmonizes the ingredients of the formula and strengthens the Qi.

Bai Bian Dong (Semen Dolichoris Lablab) 6g

Yi Yi Ren (Semen Coicis Lachryma-jobi) 6g

Bai Bian Dou and Yi Yi Ren are mild and stable, draining Dampness to benefit the Spleen. Bai Bian Dou stays active longer, while Yi Yi Ren treats the lighter levels of the body.

Sha Ren (Fructus Amomi) 3g

Sha Ren is aromatic and transforms Dampness.

Preparation and Resolution:

Using one cup of water initially, this formula was boiled down to ½ cup. He drank ¼ cup each time, two times per day. After he took the herbs for one day, he had more energy and more power in his voice. He also stopped vomiting and crying, and his hands and feet became warm. He was administered three more bags within three days. At that point, all the symptoms had gone.

58. Newborn with congenital Kidney Deficiency and Spleen Qi vacuity.

A one-month-old boy presented with a yellow face, emaciation, cold hands and feet, and a low appetite. He cried with a weak voice.

Diagnosis: *Spleen and Kidney Yang deficiency.*

Treatment Plan: *Strengthen the Spleen and Stomach to rescue the Kidney.*

Formula: *Si Jun Zi Tang and Bao He Wan modification.*

Dang Shen (Radix Codonopsis Pilosulae) 5g

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 3g

Dang Shen and Bai Zhu benefit the Spleen. Dang Shen strengthens the Spleen while Bai Zhu dries the Spleen environment thereby strengthening the Spleen Qi.

Shen Qu (Massa Fermentata) 3g

Gu Ya (Setaria Fructus Germinatus) 3g

Shen Qu and Gu Ya reduce Food Stagnation and stimulate the appetite. Shen Qu penetrates blockages to strongly eliminate Food Stagnation, while Gu Ya smooths the Liver Qi.

Preparation and Resolution:

Starting with one cup of water, this formula was boiled down to 1/8 cup. He was given a drop each time every two to three hours for one day. Afterwards, he had a stronger appetite, warmer hands and feet, and was no longer crying.

59. Wind-Cold attack.

A two-year-old girl suffered from cough, tidal fever, poor appetite, excessive sweating, and nasal obstruction. She clung to her mother's chest and had a reddish coloration to the blood vessel on her index finger.

Diagnosis: Wind-Cold attack.

Treatment Plan: Warm the channels and expel Wind-Cold.

Formula: Gui Zhi Tang modification.

Gui Zhi (Ramulus Cinnamomi Cassiae) 3g

Bai Shao (Radix Paeoniae Lactiflorae) 3g

Gui Zhi and Bai Shao are paired, creating the base of Gui Zhi Tang. Gui Zhi is spicy, warming the channels and releasing Wind-Cold and Phlegm. Bai Shao stabilizes the Yang, harmonizes Ying and Wei, and balances Gui Zhi's tendency to push too much to the surface.

Da Zao (Fructus Zizyphi Jujubae) 3g

Da Zao has a sweet flavor that harmonizes the actions of Gui Zhi, balancing the formula while nourishing the Blood and Jing.

Preparation and Resolution:

Using one cup of water, this formula was boiled down to ½ cup. She was administered ¼ cup two times per day. The next day, her fever broke and her temperature went back to normal. She continued taking two more bags over the course of two days. After finishing these two bags of herbs, she recovered completely.

60. Excess Heat creates Internal Wind.

A one-year-old girl had a clenched jaw. She was drooling and staring towards a fixed position. Her fingers were tightly curled and she had shortness of breath, a red face, high fever, and dark urine. She had been

taking **Qiang Huo** (Rhizoma et Radix Notopterygii), **Ma Huang** (Herba Ephedrae), and **Fang Feng** (Radix Ledebouriellae Divaricatae) without any effect. In fact, her symptoms worsened. Her pulses were floating, full and rapid, and her tongue was red and dry.

Diagnosis: Excess Heat with Internal Wind.

Treatment Plan: Eliminate the Heat in the Blood and extinguish Internal Wind.

Formula: Xi Jiao Di Huang Tang modification.

Shui Niu Jiao (Cornu Bubali) 10g

Ling Yang Jiao (Cornu Saigae Tataricae) 10g

Shui Niu Jiao and Ling Yang Jiao cool the Heat in the Blood. Shui Niu Jiao remains active longer. Ling Yang Jiao stops Internal Wind caused by Heat.

Long Dan Cao (Radix Gentianae Longdancao) 3g

Huang Lian (Rhizoma Coptidis) 3g

Long Dan Cao and Huang Lian eliminate excess Damp-Heat-Toxin. Long Dan Cao clears Liver and Gallbladder Damp-Heat. Huang Lian eliminates Middle Jiao Damp-Heat and calms Heart Fire.

Sheng Di Huang (Radix Rehmanniae Glutinosae) 9g

Mu Dan Pi (Cortex Moutan Radicis) 6g

Yin Chai Hu (Stellaria Dichotoma) 6g

All the herbs above cool the Heat in the Blood. Sheng Di Huang nourishes the Blood, Yin, and Jing. Mu Dan Pi promotes circulation. Yin Chai Hu eliminates steaming bone syndrome and flows into the lighter levels.

Bai Shao (Radix Paeoniae Lactiflorae) 9g

Gou Teng (Ramulus Uncariae cum Uncis) 6g

Bai Ji Li (Fructus Tribuli Terrestris) 6g

All the herbs above calm the Liver. Bai Shao relaxes the muscles, stabilizes the Liver Yang, harmonizes the Ying and Wei, and nourishes the Yin. Gou Teng and Bai Ji Li stop Internal Wind spasms. Gou Teng is

stronger and flows into deeper levels. Bai Ji Li tends to flow to the surface.

Da Huang (Radix Et Rhizoma Rhei) 6g

Da Huang purges, clears Damp-Heat-Toxin, and promotes circulation of the Blood.

Preparation and Resolution:

Using four cups of water, this formula was boiled down to ½ cup. She was told to drink it slowly through half of the day. She had diarrhea twice, after which her jaw and muscles released. Her eyes and temperature returned to normal. Then Da Huang was taken out of the formula and she continued taking the herbal formula for three days. After finishing the herbs, she fully recovered.

62. Chronic Spleen Qi deficiency and Internal Wind.

A two-year-old girl was suffering from chronic diarrhea, fatigue, shortness of breath, excessive sweating, and cold hands and feet. She developed spasms and muscular weakness. Both eyes were locked in an upward stare and she had diarrhea about thirty times per day. Her jaws were tight, her tongue was scalloped with a moist coating, and her pulses were wiry in the Liver position, while weak and slippery in the Spleen and Kidney.

Diagnosis: Spleen Qi deficiency with Internal Wind.

Treatment Plan: Warm and strengthen the Spleen, eliminate Internal Wind, stop diarrhea, and support the Liver and tendons.

Formula: Jin Gui Shen Qi Wan and Si Shen Wan modification.

Dang Shen (Radix Codonopsis Pilosulae) 12g

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 15g

Dang Shen and Bai Zhu benefit the Spleen Qi. Dang Shen strengthens the Spleen Qi, while Bai Zhu is warm, dries the Spleen and strengthens the surface.

Fu Zi (Rad Lateralis Aconiti Carmichaeli) 3g

Rou Gui (Cortex Cinnamomi Cassiae) 3g

Pao Jiang (toasted Rhizoma Zingiberis Officinalis Recens) 5g

All the herbs above warm the Kidney Yang. Fu Zi rescues the Kidney Yang and stops Kidney and Spleen Yang deficiency diarrhea. (Fu Zi was boiled for one hour to eliminate the toxicity and this was confirmed with the patient before they used it.) Rou Gui flows faster and it guides the Fire back to Kidney. Pao Jiao warms the Kidney and Spleen Yang to stop diarrhea, and assists Fu Zi in rescuing the Kidney Yang.

Rou Dou Kou (Semen Myristicae Frangrantis) 3g

Bu Gu Zhi (Fructus Psoraleae Corylifoliae) 9g

Rou Dou Kou and Bu Gu Zhi warm and dry Dampness in the Kidney and Spleen. Rou Dou Kou regulates Spleen Qi, breaking up Qi Stagnation. Bu Gu Zhi powerfully warms the Kidney and Spleen Yang to stop early morning diarrhea.

Bai Shao (Radix Paeoniae Lactiflorae) 15g

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

Gan Cao (Radix Glycyrrhizae Uralensis) 3g

Gan Cao harmonizes the ingredients in the formula.

Preparation and Resolution:

Using six cups of water, the above ingredients were boiled for 1 ½ hours down to 1 cup. She drank a little bit at a time for a day, and after that she took two bags for two days. At that point, her diarrhea had completely stopped and her eyes were moving freely. After taking three bags over the course of three more days, her symptoms were alleviated.

63. Cold Phlegm with Qi and Yang deficiency.

A three-year-old girl traveling during the cold weather of February developed chills, fever, poor appetite and a cough with abdominal pain that continued into May. She was skinny and was coughing up white Phlegm. She had a bright white, puffy, and scalloped tongue. Her pulses were floating and slippery in the Lung position, while deep, slippery and weak in the Spleen and Kidney positions.

Diagnosis: *Lung, Spleen and Kidney Qi and Yang deficiency with Cold Phlegm.*

Treatment Plan: *To warm the Lung, Spleen and Kidney and expel Cold Phlegm.*

Formula: *Li Zhong Wan, Gui Zhi Tang and Er Chen Tang modification.*

Rou Gui (Cortex Cinnamomi Cassiae) 3g

Gui Zhi (Ramulus Cinnamomi Cassiae) 9g

Rou Gui and Gui Zhi warm the channels and induce sweating. Rou Gui tends flows into the deeper levels and guides Kidney Fire back to the source. Gui Zhi releases the surface and flows into the lighter levels.

Dang Shen (Radix Codonopsis Pilosulae) 9g

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 12g

Gan Jiang (Rhizoma Zingiberis Officinalis) 15g

All the herbs above strengthen the Spleen Qi. Bai Zhu and Gan Jiang are warm and dry the Dampness in the Middle Jiao. Bai Zhu dries the Spleen to strengthen the Spleen Qi. Gan Jiang also warms the Kidney Yang.

Chen Pi (Pericarpium Citri Reticulatae) 3g

Ban Xia (Rhizoma Pinelliae Ternatae) 6

Sha Ren (Fructus Amomi) 5g

These three herbs regulate Middle Jiao Qi. Chen Pi is milder in its actions of regulating the Spleen and Stomach Qi and drying Dampness. Ban Xia is the strongest for drying Dampness and descending the Stomach Qi. Sha Ren penetrates aromatically to chase the Dampness.

Fu Ling (Sclerotium Poriae Cocos) 12g

Fu Ling drains Dampness and balances the water in the body.

Bu Gu Zhi (Fructus Psoraleae Corylifoliae) 9g

Ding Xiang (Flos Caryophylli) 3g

Bai Ji Tian (Radix Morindae Officinalis) 9g

All of the herbs above warm the interior. Bu Gu Zhi warms the Kidney and Spleen Yang to stop diarrhea. Ding Xiang dries the Middle Jiao and descends the Stomach Qi. Bai Ji Tian warms Kidney Yang and expels Wind-Damp-Bi pain.

Bai Jie Zi (Semen Sinapsis Albae) 12g

Fu Hai Shi (Pumice) 9g

Bai Jie Zi and Fu Hai Shi dissolve Phlegm. Bai Jie Zi penetrates deep into the Phlegm to dry it up. Fu Hai Shi scrapes out the sticky Phlegm.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g

Gan Cao harmonizes the ingredients in the formula.

Preparation and Resolution:

Using four cups of water, the ingredients above were boiled down to two cups. She was administered 1/8 cup each time and she finished two cups in a day. The Phlegm was then easier to cough out and her abdominal pain had lessened. She continued to take the seven bags over the course of seven days. At this point, her syndrome had nearly resolved. The formula was then changed to Liu Jun Zi Tang for the following two weeks.

64. Food Stagnation.

A two-year-old boy came from a poor family and his eating patterns were very erratic. He ate at irregular times and would overeat or not eat at all. His primary problem was having difficulty digesting food. He then developed chills, fever, fatigue, constipation and an enlarged abdomen. His tongue was slightly purple and dry, and his pulses were all deep.

Diagnosis: *Food Stagnation and Yang Ming organ excess.*

Treatment Plan: *Purge the Yang Ming and reduce Food Stagnation to open the Middle Jiao.*

Formula: *Da Cheng Qi Tang and Zeng Ye Tang modification.*

Da Huang (Radix Et Rhizoma Rhei) 9g

Mang Xiao (Mirabilitum) 9g

While Da Huang and Mang Xiao are both purgatives, Da Huang is stronger, also clearing Heat-Toxins and promoting circulation of the Blood. However, Mang Xiao also dissolves hardened stools.

Zhi Shi (Fructus Immaturus Citri Aurantii) 9g

Hou Po (Cortex Magnoliae Officinalis) 9g

Zhi Shi and Hou Po break up Qi Stagnation and descend the Qi. Zhi Shi is stronger in its action of breaking up Qi Stagnation and descending the Qi, and Hou Po also dissolves Phlegm.

Dang Shen (Radix Codonopsis Pilosulae) 9g

Dang Shen strengthens the Spleen Qi.

Fu Ling (Sclerotium Poriae Cocos) 12g

Fu Ling promotes urination and balances the water in the body.

San Leng (Rhizoma Sparganii Stoloniferi) 6g

Bie Jia (Carapax Amydae Sinensis) 10g

Sang Leng and Bie Jia eliminate enlarged masses. Sang Leng is stronger at breaking up congealed masses, while Bie Jia dissolves masses and promotes Blood circulation.

Lai Fu Zi (Semen Raphani Sativi) 12g

Shen Qu (Massa Fermentata) 12g

Lai Fu Zi and Shen Qu dissolve Food Stagnation. Lai Fu Zi descends the Stomach Qi and dissolves Phlegm. Shen Qu is aromatic to penetrate through the Food Stagnation.

Gan Cao (Radix Glycyrrhizae Uralensis) 1g

Gan Cao harmonizes ingredients in the formula.

Preparation and Resolution:

He took one bag of this herbal formula in the morning without effect by the afternoon, so **Xuan Shen** (Radix Scrophulariae Ningpoensis) 12g and **Sheng Di Huang** (Radix Rehmanniae Glutinosae) 30g were added to nourish fluids and clear Heat. He took another bag that day and subsequently began having bowel movements by that night, but the stool was very dry and fibrous. Because it was stagnating at the anus, his mother had to help scratch the stool out. After passing the stagnant stool, his health slowly started improving and he felt better a few days later.

65. Tetanus.

A four-old-boy was injured and his skin was broken. One week later, he developed a tight jaw, difficulty in talking, and opisthotonos. His pulse was wiry and floating.

Diagnosis: Tetanus from Internal Toxins and Wind.

Treatment Plan: Extinguish Internal Wind and clear Toxins.

External Formula: Yu Zhen San modification.

Wu Gong (Scolopendra Subspinipes) one piece
Wu Gong stops spasms and clears Toxins.

She Xiang (Secretio Moschus) 0.3g
She Xiang opens orifices and promotes Blood circulation.

Ai Ye (Folium Artemisiae Argyi) 3g
Ai Ye warms the interior and stops bleeding.

Qiang Huo (Rhizoma et Radix Notopterygii) 6g
Fang Feng (Radix Ledebouriellae Divaricatae) 6g
Qiang Huo and Fang Feng expel Wind-Damp-Bi pain. Qiang Huo is very aromatic and acrid to warm and dry the Dampness. Fang Feng stops Internal Wind and spasms.

Jing Jie (Herba Seu Flos Schizonepetae) 6g
Jing Jie releases the exterior to guide Toxins to the surface.

Tian Ma (Rhizoma Gastrodiae Elatae) 6g
Tian Ma extinguishes Internal Wind and stops spasms.

Dang Gui (Radix Angelicae Sinensis) 6g
Dang Gui circulates and nourishes the Blood.

The ingredients were powdered and mixed with cooking oil to make a paste. It was then applied topically on the open area between ten and twenty times per day.

Internal formula:

Wu Gong (Scolopendra Subspinipes) 2 pieces
Quan Xie (Buthus Martensii) 2 pieces
Wu Gong and Quan Xie stop spasms. Their toxicity is utilized to treat the Toxin. Wu Gong has a stronger ability to stop spasms while Quan Xie works on a lighter level to stop pain.

Bai Zhi (Radix Angelicae Dahuricae) 6g

Qiang Huo (Rhizoma et Radix Notopterygii) 6g

Bai Zhi and Qiang Huo dry Dampness. Bai Zhi has a stronger moving function to chase the Dampness while Qiang Huo remains active longer.

Qin Jiao (Radix Gentianae Qinjiao) 6g

Qin Jiao expels Wind-Damp-Bi pain and eliminates Empty Heat.

Tian Ma (Rhizoma Gastrodiae Elatae) 5g

Fang Feng (Radix Ledebouriella Divaricatae) 6g

Tian Ma and Fang Feng stop Internal Wind spasm. Tian Ma is stronger at stopping spasms, while Fang Feng also expels Wind-Damp to stop pain.

Dang Gui (Radix Angelicae Sinensis) 3g

Dang Gui promotes circulation, nourishes the Blood and is utilized in this particular formula to guide the herbs throughout the body.

Huang Qi (Radix Astragalus Membranaceus) 10g

Huang Qi pushes the Qi to surface to release the Toxins.

Sheng Di Huang (Radix Rehmanniae Glutinosae) 10g

Sheng Di Huang cools Blood Heat and nourishes Dryness to stop Internal Wind spasm.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g

Gan Cao harmonizes the ingredients of the formula.

Preparation and Resolution:

After he took one bag per day for seven days, he improved and no longer suffered from tetanus.

66. Lymph infection.

A 6-month-old boy was incessantly crying. He had a poor appetite, fever, and multiple red bumps the size of mung beans on the dorsum of his hands and lower legs. His index finger blood vessel was purple.

Diagnosis: Excess Heat-Toxins in the Wei and Blood levels.

Treatment Plan: Eliminate Heat-Toxins from the Wei and Blood levels.

Formula: Qing Ying Tang modification.

Jin Yin Hua (Flos Lonicerae Japonicae) 6g

Lian Qiao (Fructus Forsythia Suspensa) 6g

Jin Yin Hua and Lian Qiao clear Heat-Toxin and release the surface. Jin Yin Hua is lightweight and flows more quickly, rising to the surface to clear Damp-Heat. Lian Qiao is denser and drops to a deeper level, clearing Heat-Toxins and dissolving Hot Phlegm nodules.

Zi Cao (Radix Arnebiae seu Lithospermi) 3g

Xuan Shen (Radix Scrophulariae Ningpoensis) 3g

Zhi Mu (Rhizoma Anemarrhenae Asphodeloides) 3g

Sheng Di Huang (Radix Rehmanniae Glutinosae) 5g

All the herbs above cool Blood Heat. Zi Cao clears the skin rash. Xuan Shen, Zhi Mu and Sheng Di Huang generate fluids and moisten Dryness. Xuan Shen clears Heat-Toxins. Zhi Mu cools the Qi level heat. Sheng Di Huang nourishes the Blood and Jing.

Chi Shao (Radix Paeoniae Rubra) 3g

Ru Xiang (Gummi Olibanum) 3g

Chi Shao and Ru Xiang promote circulation of the Blood. Chi Shao cools Blood Heat. Ru Xiang penetrates through congealed Blood and stops bleeding.

Jing Jie (Herba Seu Flos Schizonepetae) 3g

Fang Feng (Radix Ledebouriellae Divaricatae) 3g

Jing Jie and Fang Feng relieve the surface to encourage Heat-Toxins to rise to the surface. Jing Jie is stronger at releasing the surface. Fang Feng expels Wind-Damp-Bi pain and stops Internal Wind.

Gan Cao (Radix Glycyrrhizae Uralensis) 1g
Gan Cao harmonizes the ingredients of the formula.

Preparation and Resolution:

Using two cups of water, the ingredients above were boiled down to ½ cup. He was given a little bit to drink every three hours. He was prescribed one bag per day for five days. After the fifth day, his fever and red bumps were gone.

67. Malaria.

A twelve-year-old girl had chronic malaria with alternating chills and fever in the afternoon. There was a lump in the upper left quadrant of her abdomen. Her abdomen was enlarged and there were blood vessels visible on the skin. She was given a formula to break up Blood Stasis and Food Stagnation without any result. She was skinny and her face was yellow and puffy. She had a scalloped tongue and her pulses were deep, wiry and weak.

Diagnosis: *Shao Yang Damp-Heat and Qi deficiency.*

Treatment Plan: *Stop malaria, Clear Shao Yang Damp-Heat and strengthen the Spleen and Blood.*

Formula: *Chang Shan Da Zao Tang modification.*

Chang Shan (Radix Dichorae Febrifugae) 30g
Chang Shan stops malaria and clears Damp-Heat.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 60g
Bai Zhu is warm and dries Damp in the Middle Jiao.

Zhi Gan Cao (Honey-Fried Radix Glycyrrhizae Uralensis) 15g

Hong Zao (Fructus Zizyphi Jujubae) 300g

Zhi Gan Cao and Hong Zao reduce acute symptoms and harmonize the ingredients of the formula. Zhi Gan Cao strengthens the Qi. Hong Zao nourishes the Blood and Jing.

Preparation and Resolution:

All the ingredients were covered with water and boiled down to two cups. She drank ½ cup four times per day, and took out the Hong Zao and to eat throughout the day. After she took three bags for three days, her clump, abdominal edema and alternating chills and fever were gone.

68. Phlegm misting the Heart orifice.

After a seven-year-old boy went to a funeral service, he vomited and had diarrhea. His fingers turned green and he was delirious. Although he was treated with Huo Xiang Zheng Qi San and acupuncture, it had no effect. His tongue was slightly purple with a thick, greasy, and yellow coating, and his pulses were wiry and hesitant.

Diagnosis: *Phlegm misting the Heart orifice.*

Treatment Plan: *Aromatically transform Phlegm to open the Heart orifice.*

Formula: *Shen Xiang modification.*

She Xiang (Secretio Moschus) 0.3g

An Xi Xiang (Benzoinum) 3g

She Xiang and An Xi Xiang penetrate through the Phlegm to open the orifices. She Xiang promotes Blood circulation. An Xi Xiang is aromatic to transform Dampness.

Mu Xiang (Radix Aucklandiae Lappae) 3g

Cang Zhu (Rhizoma Atractylodis) 6g

Bai Zhi (Radix Angelicae Dahuricae) 9g

Ding Xiang (Flos Caryophylli) 3g

All the herbs above are warm to dry Phlegm and Dampness. Mu Xiang and Cang Zhu aromatically transform Phlegm. Mu Xiang tends to go into the deeper layer, while Cang Zhu flows to the surface to expel Wind-Damp-Bi pain. Bai Zhi is spicy to release the surface, and Ding Xiang warms the Spleen, Stomach and Kidney, guiding the Qi downward.

Preparation and Resolution:

All the ingredients were powdered and held over a candle flame, then blown into the child's face many times. One hour later, he strongly sneezed many times, and vomited sticky Phlegm. After that point, he had had no more delirium and his mind was clear. Following that, he sipped the Huo Xiang Zheng Qi San formula for one day and completely recovered.

69. Yin boils.

Following a fever, a six-month-old boy developed boils covering his entire body. They were accompanied by a foul odor and were more severe on his head and face. He had a low appetite, puffy face, cold hands and feet, and he cried with a weak voice. For two weeks, he had been taking antibiotic herbal medicines to clear Toxic-Heat without effect.

Diagnosis: *Qi and Yang deficiency.*

Treatment Plan: *Strengthen the Qi and Yang.*

Formula: *Yang He Tang modification.*

Huang Qi (Radix Astragalus Membranaceus) 9g

Dang Shen (Radix Codonopsis Pilosulae) 9g

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 3g

All the herbs above strengthen the Spleen. Huang Qi lifts and strengthens the Spleen Qi to encourage the boils to surface. Dang Shen strengthens the Spleen and the Middle Jiao Qi. Bai Zhu warms and dries the Dampness in the Middle Jiao and stabilizes the surface.

Pao Jiang (toasted Rhizoma Zingiberis Officinalis Recens) 6g

Bu Gu Zhi (Fructus Psoraleae Corylifoliae) 3g

Rou Gui (Cortex Cinnamomi Cassiae) 1g

Pao Jiang, Bu Gu Zhi and Rou Gui warm the Kidney and Spleen Yang. Pao Jiang and Bu Gu Zhi stop morning diarrhea caused by Kidney and Spleen Yang deficiency. Pao Jiang tends to flow to the surface and Bu Gu Zhi, with its greater density, sinks to warm the Kidney Yang. Rou Gui guides the Kidney Fire back to source and warms the channels.

Dang Gui (Radix Angelicae Sinensis) 6g

Dang Gui circulates and nourishes the Blood to encourage the boils to the surface.

Bai Jie Zi (Semen Sinapsis Albae) 6g

Bai Jie Zi is acrid and penetrates through the Phlegm Stagnation.

Shu Di Huang (Radix Rehmanniae Glutinosae Conquिताe) 9g

Shu Di Huang cools the Blood while nourishing the Blood, Jing and Yin.

Bai Shao (Radix Paeoniae Lactiflorae) 3g

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

Gan Cao (Radix Glycyrrhizae Uralensis) 1g

Gan Cao harmonizes the ingredients of the formula.

Preparation and Resolution:

After he took seven bags for seven days, his boils gradually healed over the course of two weeks.

70. Enlarged organ due to Qi and Blood Stagnation.

A two-year-old boy had a mass in the Liver region. He had prominent blood vessels on the skin of his abdomen, and a low-grade fever in the afternoon. His appetite was low and he was very skinny. He was given herbal medicine to break up masses without effect. His tongue had marks from his teeth, and his pulses were wiry and slippery in the Spleen and Liver positions.

Diagnosis: *Qi and Blood Stagnation and Spleen Qi deficiency.*

Treatment Plan: *Break up Qi and Blood Stagnation while supporting the Spleen.*

Formula: *Zhi Zhu Wan modification.*

Zhi Shi (Fructus Immaturus Citri Aurantii) 15g
Zhi Shi breaks up Qi Stagnation and guides the Qi downward.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 15g
Bai Zhu warms the Spleen and Middle Jiao to strengthen the Qi.

Chuan Shan Jia (Squamo Manis Pentadactylae) 15g
Chuan Shan Jia breaks up the Qi and Blood Stagnation of the enlarged Liver and Spleen while also nourishing the Yin.

Preparation and Resolution:

The ingredients above were powdered, fried and mixed up with food. He took 10g, three times per day, gradually increasing to 30g, three times per day. Over a period of three months, he passed some blood and pus in his stool. After about six months, no mass could be found.

71. Yang chicken pox transformed into Yin pox.

A seven-year-old girl had chicken pox for two weeks during the winter. Her whole body was covered with dark and white pox that contained no pus. The pox marks seemed deeply connected to her muscles and were not itchy. She was given herbal medicine to clear Toxic-Heat, expel Wind and stop itching without effect. In fact, the herbs may have worsened the condition. She had cold hands and feet and a bright white puffy tongue. Her pulses were floating and weak in the Lung and weak in the Kidney and Spleen positions.

Diagnosis: *Qi and Yang deficiency with inability to encourage pox out to the exterior.*

Treatment Plan: *Strengthen the Qi and Yang to express and heal pox.*

Formula: *Bu Zhong Yi Qi Tang modification.*

Huang Qi (Radix Astragalus Membranaceus) 15g

Dang Shen (Radix Codonopsis Pilosulae) 12g

Huang Qi and Dang Shen strengthen the Qi to encourage the pox to the surface. Huang Qi's function emphasizes lifting the Qi up. Dang Shen strengthens Spleen Qi of the Middle Jiao.

Shu Di Huang (Radix Rehmanniae Glutinosae Conquatae) 15g

Shu Di Huang nourishes the Blood, Jing and Yin.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 12g

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

Shan Yao (Radix Dioscoreae Oppositae) 12g

Shan Yao astringes the Spleen and the Kidneys, preventing the leakage of Spleen and Kidney Qi.

Fu Ling (Sclerotium Poriae Cocos) 12g

Fu Ling drains in the Middle Jiao to dry the Spleen.

Rou Gui (Cortex Cinnamomi Cassiae) 3g

Rou Gui warms the Kidney, guides the Fire back to the source, and warms the channels.

Chuan Xiong (Radix Ligustici Chuanxiong) 6g

Chuan Xiong promotes the circulation of the Qi of the Blood to encourage the boil to surface.

Dang Gui (Radix Angelicae Sinensis) 6g

Dang Gui promotes Blood circulation and nourishes the Blood.

Hong Zao (Fructus Zizyphi Jujubae) 12g**Sheng Jiang** (Rhizoma Zingiberis Officinalis Recens) 12g

Hong Zao and Sheng Jiang harmonize the ingredients of the formula.

Hong Zao is sweet and nourishes the Blood while Sheng Jiang is acrid to encourage the ingredients to flow.

Preparation and Resolution:

After she took one bag for a day, she complained of itching, and the pox developed thick fluid. She was encouraged to eat protein, especially eggs, fish, chicken and duck to encourage the pox to full bloom. She took a second bag the next day and discovered that the fluid inside her pox became yellow and dry. She ceased itching, slept better, and her appetite became strong. She was told to continue the herbal formula for three more days, at which point her pox had scabbed over. They then gradually disappeared.

72. Excess Damp-Heat chicken pox.

A twenty-year-old male had dark-colored chicken pox for five days. He had strong thirst, a fever, bad breath, and a craving for cold water. He was also suffering from constipation, and his urination was scanty and yellow. There was a red bump on the tip of his tongue and a dry yellow coating. His pulses were floating and rapid in the Lung and full in the Spleen and Stomach positions.

Diagnosis: Excess Damp-Heat-Toxin.

Treatment Plan: Eliminate the Damp-Heat-Toxin.

Formula: Wu Wei Xiao Du Yin modification.

Jin Yin Hua (Flos Lonicerae Japonicae) 15g

Lian Qiao (Fructus Forsythiae Suspensae) 12g

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

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

All the herbs above clear Heat-Toxins. Jin Yin Hua and Lian Qiao release the surface. Jin Yin Hua flows more powerfully to the surface and clears Middle Jiao Damp-Heat. Lian Qiao sinks deeper to clear Heat-Toxins and dissolve Hot Phlegm nodules. Zi Hua Di Ding cools Blood Heat while Pu Gong Ying clears Phlegm-Heat.

Huang Qin (Radix Scutellariae Baicalensis) 12g

Zhi Zi (Fructus Gardeniae Jasminoides) 10g

Huang Qin and Zhi Zi eliminate Damp-Heat. Huang Qin clears Upper Jiao and Gallbladder Damp-Heat. Zhi Zi clears San Jiao Damp-Heat, and cools and circulates the Blood.

Zi Cao (Radix Arnebiae seu Lithospermi) 12g

Xuan Shan (Radix Scrophulariae Ningpoensis) 12g

Zhi Mu (Rhizoma Anemarrhenae Asphodeloides) 12g

Mu Dan Pi (Cortex Moutan Radicis) 12g

All the herbs above cool Heat in the Blood. Zi Cao cools the skin. Xuan Shen and Zhi Mu moisten Dryness. Xuan Shen clears Heat-Toxin. Zhi Mu eliminates Qi level heat. Mu Dan Pi promotes circulation.

Jie Geng (Radix Platycodi Grandiflori) 12g

Jing Jie (Herba Seu Flos Schizonepetae) 6g

Jie Geng and Jing Jie release the surface. Jie Geng opens the Lung Qi to encourage the Toxin to the surface. Jing Jie flows quickly to the surface and promotes sweating.

Da Huang (Radix Et Rhizoma Rhei) 10g

Da Huang purges the Damp-Heat constipation in the Yang Ming organs, promotes circulation and clears Heat-Toxin.

After he took the formula in the morning, his symptoms remained the same. He drank another bag in the evening and had a bowel movement the next morning. After the bowel movement, his fever reduced. The pox became red with white pus inside which indicated a transformation from excess Heat into Yin. A modified Ba Zhen Tang was prescribed to encourage the Damp-Heat pox to the exterior.

Dang Shen (Radix Codonopsis Pilosulae) 12g

Fu Ling (Sclerotium Poriae Cocos) 10g

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 9g

Gan Cao (Radix Glycyrrhizae Uralensis) 3g

Above is Si Jun Zi Tang. Dang Shen strengthens Spleen Qi. Fu Ling drains the Dampness in the Middle Jiao. Bai Zhu warms and dries the Dampness. Gan Cao strengthens the Spleen and harmonizes the functions of the ingredients, while also clearing Heat and eliminating Toxins.

Chen Pi (Pericarpium Citri Reticulatae) 6g

Chen Pi regulates Qi and dries Dampness.

Bai Shao (Radix Paeoniae Lactiflorae) 12g

Bai Shao nourishes the Yin and Blood and harmonizes the Ying and Wei.

Chuan Xiong (Radix Ligustici Chuanxiong) 6g

Dang Gui (Radix Angelicae Sinensis) 3g

Chuan Xiong and Dang Gui promote Blood circulation. Chuan Xiong promotes Qi circulation in the Blood. Dang Gui promotes the Blood circulation of Blood and nourishes the Blood.

Zi Hua Di Ding (Herba cum Radice Violae) 9g

Zi Huang Di Ding clears Heat-Toxin and cools the Blood.

Chai Hu (Radix Bupleuri) 3g

Zi Su Ye (Folium Perillae Frutescentis) 6g

Jie Geng (Radix Platycodi Grandiflori) 12g

All the herbs above relieve the surface to encourage the Toxin to the surface. Chai Hu also regulates and spreads the Liver Qi while Zi Su Ye calms the Stomach Qi and the Middle Jiao. Jie Geng opens the Lung to ventilate the Toxin to the surface.

Preparation and Resolution:

After took three bags for six days, the chicken pox resolved.

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.

What are appropriate herbs for a one month old boy with a yellow face, emaciation, low appetite and cold hands and feet?

- a. Dang Shen and Bai Zhu
- b. Shen Qu and Gu Ya
- c. Both A and B

A eight day old child has a low grade fever, no appetite and a red face. He has constipation and reacts to people touching his abdomen. The blood vessel index finger color is purple. What are appropriate herbs?

- a. Da Huang and Jin Yin Hua
- b. Mu Dan Pi and Sheng Di Huang
- c. Both A and B

Review Exercise Answers

What are appropriate herbs for a one month old boy with a yellow face, emaciation, low appetite and cold hands and feet?

- a. Dang Shen and Bai Zhu
- b. Shen Qu and Gu Ya
- c. Both A and B

answer: c

A eight day old child has a low grade fever, no appetite and a red face. He has constipation and reacts to people touching his abdomen. The blood vessel index finger color is purple. What are appropriate herbs?

- a. Da Huang and Jin Yin Hua
- b. Mu Dan Pi and Sheng Di Huang
- c. Both A and B

answer: c

Gynecology: Cases 73 to 91

73. Menorrhagia and fainting.

A forty-year-old woman was under excessive stress and often felt angry. After not having a period for five months, her menses suddenly came with an extremely heavy flow with many clots. She suffered fainting spells and coldness of her entire body. She exhibited a pale face and she tended to let her mouth hang open. She had a pale tongue and her pulses were empty and weak.

Diagnosis: *Qi and Yang prolapse due to extreme Blood deficiency.*

Treatment Plan: *To raise the Spleen Qi and Kidney Yang and nourish the Blood.*

Formula: *Bu Zhong Yi Qi Tang modification.*

Acupuncture treatment:

CV 17 was stimulated until her Spirit returned.

Herbal treatment:

Huang Qi (Radix Astragalus Membranaceus) 30g

Dang Shen (Radix Codonopsis Pilosulae) 30g

Huang Qi and Dang Shen strengthen Qi. Huang Qi powerfully raises the Spleen Qi to stop bleeding. It also wakes the Spirit. Dang Shen is more effective in strengthening the Spleen and Middle Jiao Qi, helping the Spleen to control the Blood.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 30g

Bai Zhu warms and dries the Dampness in the Spleen to strengthen the Spleen Qi.

Pao Jiang (Rhizoma Zingiberis Officinalis Praeparata) 12g

Rou Gui (Cortex Cinnamomi Cassiae) 3g

Pao Jiang and Rou Gui warm the Kidney and Spleen Yang. Pao Jiang warms the Spleen and Kidney to stop diarrhea. Rou Gui guides the Fire back the Kidney and warms the channels.

Bai Shao (Radix Paeoniae Lactiflorae) 12g

Shu Di Huang (Radix Rehmanniae Glutinosae Conquिताe) 15g

Bai Shao and Shu Di Huang nourish the Blood. Bai Shao smooths the Liver and harmonizes the Ying and Wei. Shu Di Huang is dense and deeply nourishing to the Blood, Jing and Yin.

Shan Zhu Yu (Fructus Corni Officinalis) 12g

Shan Zhu Yu nourishes the Yin, retains the essence, assists the Yang, stabilizes the menses, and is astringent to stop the leakage of the Kidney and Spleen.

Zhi Gan Cao (Honey-Fried Radix Glycyrrhizae Uralensis) 9g

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

Preparation and Resolution:

After being needled with strong stimulation at CV 17, she was more awake. She took one bag of herbs in ½ a day, and her energy gradually improved. Her tongue and face had better color and the menstrual flow had decreased. She continued five bags for five days, and her bleeding fully stopped. She was then given Bu Zhong Yi Qi Tang and Xiao Yao San for later care.

74. Amenorrhea caused by Qi and Blood Stasis (misdiagnosed and prescribed astringent herbs).

A thirty-four-year old female had no menstruation for two months. She was working hard in the cold weather, and developed chills and fever. She suddenly began bleeding excessively and passing clots. After she fainted a few times, she was given an herbal formula to stop bleeding. The flow slowed, but she still complained of lower abdominal pain, low appetite, chills, and fever. Her fever rose at night when she suffered from delirium. Her lower abdomen was painful to the touch, her tongue was reddish-purple, and she had a wiry, deep pulse in the Liver position.

Diagnosis: *Qi and Blood Stagnation with Heat in the Blood.*

Treatment plan: *Break up the Blood Stasis and cool Heat at the Blood level.*

Formula: *Tao Hong Si Wu Tang modification.*

Tao Ren (Semen Persicae) 12g

Hong Hua (Flos Carthami Tinctorii) 6g

Tao Ren and Hong Hua break up congealed Blood and promote Blood circulation. Tao Ren moistens Dryness and maintains a presence in the Blood longer. Hong Hua moves and breaks up Blood Stasis.

Dang Gui Wei (Radix Angelicae Sinensis) 15g

Chuan Xiong (Radix Ligustici Chuanxiong) 10g

Chi Shao (Radix Paeoniae Rubrae) 12g

All the herbs above promote Blood circulation. Dang Gui Wei nourishes the Blood. Chuan Xiong moves the Qi of the Blood and flows to the surface. Chi Shao cools the Heat in the Blood.

San Leng (Rhizoma Sparganii Stoloniferi) 6g

E Zhu (Rhizoma Curcuma Ezhu) 6g

San Leng and E Zhu break up masses. San Leng breaks up the Qi of Blood. E Zhu breaks up the Blood of Blood.

Mu Dan Pi (Cortex Moutan Radicis) 12g

Zhi Zi (Fructus Gardeniae Jasminoidis) 6g

Mu Dan Pi and Zhi Zi cool the Heat in the Blood. Mu Dan Pi promotes Blood circulation. Zhi Zi clears San Jiao Damp-Heat and eliminates irritability caused by Heart Fire.

Wu Ling Zhi (Excrementum Trogopteroni seu Pteromi) 9g

Pu Huang (Pollen Typhae) 12g

Wu Ling Zhi and Pu Huang stop bleeding and promote Blood circulation and stop pain. Wu Ling Zhi breaks up congealed Blood. Pu Huang promotes healing.

Xiang Fu (Rhizoma Cyperi Rotundi) 12g

Xiang Fu promotes Blood and Qi circulation to promote menstruation and stop pain.

Sheng Di Huang (Radix Rehmanniae Glutinosae) 12g

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

Gan Cao (Radix Glycyrrhizae Uralensis) 3g

Gan Cao harmonizes the ingredients of the formula.

Preparation and Resolution:

After she took one bag of this herbal tea in the morning, she bled out two bowel movement-sized blood clots and her bleeding slowed down. Her fever dropped to normal and she was no longer irritable. She continued two bags for two more days, and she passed a few more small blood clots. By third day, her symptoms were completely gone.

75. A heavy dosage of Huang Qi saves the life of a woman with a hemorrhage at the end of her labor.

A twenty-year-old female at the end of labor started having excessive bleeding that wouldn't stop. She had cold hands and feet, a pale face, and no strength. Her tongue was pale, and she had an extremely empty pulse.

Diagnosis: *Qi devastated due the hemorrhage.*

Treatment plan: *Rescue the Qi and Yang, and raise the Spleen Qi to stop bleeding.*

Formula: *Huang Qi alone.*

Huang Qi (Radix Astragalus Membranaceus) 300g
Huang Qi lifts the Spleen Qi to stop bleeding and assist the Yang.

Preparation and Resolution:

Using five bowls of water, the Huang Qi was boiled on a strong fire down to one bowl. She was instructed to sip as much as she could, and after one hour, her hemorrhage had slowed about 60% and her face was less pale. After she was given 300 more grams of Huang Qi prepared the same way, her bleeding had almost stopped. For continued care, she was given Shi Quan Da Bu Tang for ten days.

76. Excessive anger leading to heavy menstrual bleeding subsequently leaking the Qi.

A thirty-year-old female had a terrible argument with her husband and after four months, she had yet to menstruate. Her menstruation came with a heavy flow with about twenty plum-sized blood clots, vertigo, and lightheadedness with a feeling as if she would faint. She had a pale face and tongue, and a wiry and empty Liver pulse.

Diagnosis: Qi and Blood Stasis with Qi and Blood deficiency.

Treatment plan: Strengthen the Spleen Qi, circulate the Liver Qi, and nourish and invigorate the Blood.

Formula: Dang Gui Bu Xue Tang modification.

Huang Qi (Radix Astragalus Membranaceus) 180g

Dang Gui (Radix Angelicae Sinensis) 30g

Huang Qi and Dang Gui are the main herbs from Dang Gui Bu Xue Tang. These herbs strengthen the Qi to create Blood. Huang Qi lifts the Spleen Qi to stop excessive bleeding and strengthens both the Qi and the Yang. Dang Gui nourishes the Blood and promotes circulation to break up the clots.

Bai Shao (Radix Paeoniae Lactiflorae) 12g

Tian Ma (Rhizoma Gastrodiae Elatae) 12g

Bai Shao and Tian Ma calm the Liver. Bai Shao stabilizes the Liver Yang and harmonizes the Ying and Wei. Tian Ma stops vertigo caused by Wind.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g

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

Preparation and Resolution:

Using five bowls water the herbs were boiled down to two bowls in about ½ hour. She was instructed to sip the two bowls of tea within three hours, after which her vertigo and fainting feeling had improved by 90%. After that, she took three bags of herbs over the course of three days and her vertigo and bleeding stopped completely. She was then given a Si Ni San and Si Wu Tang modification for continuing care.

77. Chronic Spleen and Kidney Yang deficiency leukorrhea.

A sixty-year-old female complained of white thick vaginal discharge with pain in her groin and lower abdomen. She also had a low appetite, fatigue, and a low-grade fever in the afternoon. She has been using clear Damp-Heat herbal medicine for long period of time without effect. Her tongue was puffy with teeth marks, and her pulses were slippery in Spleen and Stomach positions, while deep and weak in the Kidneys.

Diagnosis: Spleen and Kidney Yang deficiency with damp leukorrhea.

Treatment Plan: To warm and strengthen the Qi and Yang of the Spleen and Kidney, eliminating Phlegm and Dampness in the Lower Jiao.

Formula: Wan Dai Tang modification.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 60g

Bai Zhu is warming to dry the dampness in the Spleen and the Lower Jiao.

Shan Yao (Radix Dioscoreae Oppositae) 30

Qian Shi (Semen Euryales Ferocis) 30g

Shan Yao and Qian Shi both astringe the Spleen Qi. Shan Yao tends to be more strengthening while Qian Shi tends to be more astringent.

Fu Ling (Sclerotium Poriae Cocos) 15g

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

Fu Ling and Yi Yi Ren drain the Dampness from the Middle Jiao. Fu Ling promotes urination and balances the water in the body. Yi Yi Ren penetrates through the Phlegm.

Pao Jiang (Toasted Rhizoma Zingiberis Officinalis Recens) 15g

Bu Gu Zhi (Fructus Psoraleae Corylifolia) 12g

Pao Jiang and Bu Gu Zhi warm the Kidney and Spleen Yang to stop diarrhea. Pao Jiang tends to stronger moving and can stop nausea. Bu Gu Zhi stops Kidney and Spleen Yang deficiency morning diarrhea.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g

Gan Cao harmonizes the ingredients of the formula.

Resolution:

After she took seven bags of herbs for seven days, her afternoon fever was resolved, and her discharge was about 50% improved. She continued the formula for one month, and the leukorrhea stopped.

78. Excess Liver and weak Spleen causing irregular menstruation.

A twenty-year-old female had stress about family relations, causing her menses to gradually become irregular. She had chills, fever and excess type abdominal pain three days before her menstruation. When her menses began, it lasted eight days. The blood was dark with clots, her tongue was purple, and she had a wiry Liver pulse and a weak and slippery Spleen pulse.

Diagnosis: *Qi and Blood Stagnation, Spleen Qi deficiency.*

Treatment Plan: *Invigorate the Liver Qi and Blood, and strengthen the Spleen Qi.*

Formula: *Xiao Chai Hu Tang and Si Wu Tang modification.*

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

Chai Hu regulates and spreads Liver Qi. It is fried with wine to increase the moving function.

Ban Xia (Rhizoma Pinelliae Ternatae) 9g

Chen Pi (Pericarpium Citri Reticulatae) 3g

Ban Xia and Chen Pi regulate Spleen and Stomach Qi and dry Dampness. Ban Xia has a heavy density that can dry Dampness and descend the Stomach Qi. Chen Pi regulates and dries Dampness in the surface level.

Dang Shen (Radix Codonopsis Pilosulae) 12g

Fu Ling (Sclerotium Poriae Cocos) 15g

Dang Shen and Fu Ling strengthen the Spleen. Dang Shen tonifies the Spleen. Fu Ling drains Dampness to dry the Spleen so it can work more efficiently.

Dang Gui (Radix Angelicae Sinensis) 10g

Chuan Xiong (Radix Ligustici Chuanxiong) 3g

Dang Gui and Chuan Xiong promote Blood circulation. Dang Gui moves the *Blood* of Blood (actually pushes the Blood), and nourishes the Blood. Chuan Xiong moves the *Qi* of Blood (moves Qi to move Blood) and flows to the surface and upper body.

Sheng Di Huang (Radix Rehmanniae Glutinosae) 15g

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

Xiang Fu (Rhizoma Cyperi Rotundi) 12g

Xiang Fu promotes Qi and Blood circulation to promote menstruation while concurrently stopping pain.

Gui Zhi (Ramulus Cinnamomi Cassiae) 12g

Gui Zhi warms the Ying and Wei, and also warms the channels.

Sheng Jiang (Rhizoma Zingiberis Officinalis Recens) 12g

Da Zao (Fructus Zizyphi Jujubae) 9g

Sheng Jiang and Da Zao harmonize the ingredients of formula. Sheng Jiang is acrid and warm to encourage the ingredients to move to the

surface. It also releases surface and stops nausea. Da Zao is sweet to ease the formula's function and to nourish Blood and Jing.

Resolution:

After she took one bag of this herbal formula for three days, her symptoms had improved by 90%. She was instructed to continue with the same herbal formula, and to take it before and during the menstruation for three months.

79. Spleen and Kidney Yang deficiency causing Amenorrhea.

Twenty-seven-year-old female had diarrhea two to three times per day for years. She was skinny with a yellow complexion and she suffered from fatigue. She menstruated only every three to five months. She was given herbal medicine to break up Blood Stasis, yet her syndrome remained the same. Her pulses were small, wiry and rapid in the Liver position, but empty and weak in Spleen and Kidney.

Diagnosis: Spleen and Kidney Yang deficiency with Blood vacuity.

Treatment Plan: Warm and strengthen the Kidney and Spleen Yang to encourage menstruation.

Formula: You Gui Yin and Li Zhong Tang modification.

Shan Zhu Yu (Fructus Corni Officinalis) 12g

Wu Wei Zi (Fructus Schisandrae Chinensis) 6g

Shan Zhu Yu and Wu Wei Zi astringe the Kidney. Shan Zhu Yu nourishes the Kidney and Liver Yin. Wu Wei Zi calms the Liver and Heart and stops chronic Spleen Qi deficiency diarrhea.

Rou Gui (Cortex Cinnamomi Cassiae) 9g

Rou Gui guides the Fire back to the Kidney and warms the channels.

Dang Shen (Radix Codonopsis Pilosulae) 15g

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 15g

Pao Jiang (Toasted Rhizoma Zingiberis Officinalis Recens) 15g

Gan Cao (Radix Glycyrrhizae Uralensis) 3g

This is Li Zhong Tang to warm and strengthen the Spleen. Dang Shen strengthens the Spleen Qi. Bai Zhu and Pao Jiang warm and dry the Middle Jiao to strengthen the Spleen Qi. Bai Zhu is more dense, has a slower drying action and remains in the Blood longer. Pao Jiang has a faster moving action and warms the Kidney. Gan Cao harmonizes their actions and strengthens the Spleen Qi.

Bu Gu Zhi (Fructus Psoraleae Corylifolia) 12g

Shan Yao (Radix Dioscoreae Oppositae) 15g

Sha Ren (Fructus Amomie) 9g

Bu Gu Zhi, Shan Yao and Sha Ren stop diarrhea. Bu Gu Zhi warms the Spleen and Kidney Yang to stop early morning diarrhea caused by Kidney and Spleen Yang deficiency. Shan Yao is astringent to stop Spleen and Kidney Qi deficiency diarrhea. Sha Shen warms the Stomach and aromatically transforms dampness to stop diarrhea.

Qian Shi (Semen Euralyes Ferocis) 15g

Qian Shi Astringes the Spleen and Kidney to stop leaking.

Dang Gui (Radix Angelicae Sinensis) 12g

Dang Gui promotes circulation and nourishes the Blood.

Resolution:

After she took seven bags for seven days, her diarrhea stopped. She continued using the formula for two more weeks. After this course of herbal treatment, her menses began on time and she no longer suffered from fatigue.

80. Damp-Heat Leukorrhea with Spleen Qi deficiency.

A forty-year-old female had white or yellow vaginal discharge for years that was accompanied by fatigue, foggy headedness, and occasional loose stools. She had scallops on her tongue and her pulses were wiry in the Liver, while weak and slippery in Spleen and Kidney.

Diagnosis: *Spleen Qi deficiency and Lower Jiao Damp-Heat.*

Treatment Plan: *Strengthen Spleen Qi and eliminate Damp-Heat.*

Formula: *Wan Dai Tang modification.*

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 30g

Fu Ling (Sclerotium Poriae Cocos) 30g

Bai Zhu and Fu Ling work as a pair to strengthen the Spleen Qi. Bai Zhu aids the Spleen's function by drying Dampness while Fu Ling does so by draining Damp.

Shan Yao (Radix Dioscoreae Oppositae) 30g

Qian Shi (Semen Euryales Ferocis) 15g

Shan Yao and Qian Shi astringe the Spleen Qi to stop leukorrhea. Shan Yao also nourishes the Spleen.

Bai Guo (Semen Ginkgo Bilobae) 12g

Huang Bai (Cortex Phellodendri) 12g

Huang Lian (Rhizoma Coptidis) 6g

All the herbs above clear Damp-Heat. Bai Guo astringes the Spleen and Kidney. Huang Bai specifically works to eliminate Lower Jiao Damp-Heat. Huang Lian clears Heat-Toxin and Heart Fire.

Shu Di Huang (Radix Rehmanniae Glutinosae Conquिताe) 12g

Shu Di Huang nourishes the Blood, Jing, Yin, and cools the Blood Heat.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g

Gan Cao harmonizes the ingredients of the formula.

Resolution:

After she took this formula for one month, her discharge was eliminated.

81. Menstruation flows upward and out through the nose.

A forty-two-year-old female who often played soccer had not had her menstruation for five months. She had been under more stress, which had caused her to be more emotional. She suddenly started having chills and a fever that were more severe at night. She also had pain in the groin region and continuous bleeding from the nose for five days. She had a red and cracked tongue, a wiry Liver pulse and small and rapid Kidney pulse.

Diagnosis: Kidney Yin deficiency and Empty Heat flashing to the surface and upper body.

Treatment plan: Lubricate the Kidney Yin and cool Heat. Stop bleeding from the nose.

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

Mu Dan Pi (Cortex Moutan Radicis) 12g

Sheng Di Huang (Radix Rehmanniae Glutinosae) 15g

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

Bai Mao Gen (Rhizoma Imperatae Cylindrica) 12g

Qian Cao Gen (Radix Rubiae Cordifolia) 12g

Bai Mao Gen and Qian Cao Gen cool Blood Heat and stop bleeding. Bai Mao Gen promotes urination and cools the upper body. Qian Cao Gen flows into the Blood level.

Yu Jin (Tuber Curcumae) 12g

Bai Shao (Radix Paeoniae Lactiflorae) 12g

Yu Jin and Bai Shao regulate the Liver Qi. Yu Jin cools the Heat, promotes Blood circulation and opens the orifices. Bai Shao smooths the Liver, stabilizes the Yang, and harmonizes the Ying and Wei.

Yan Hu Suo (Rhizoma Corydalis Yanhusuo) 12g

Yuan Hu Suo stops pain and promotes Blood and Qi circulation.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g

Gan Cao harmonizes the ingredients of the formula.

Resolution:

After she took one bag of the herbal formula, her nosebleed was 50% improved. After her third bag, the bleeding from her nose had fully stopped. Her next menstruation came on time with no further nose bleeding.

82. Postpartum deficiency with Qi and Blood Stagnation.

The day after her labor, a twenty-seven-year old female had to return to arduous work. At work, she suddenly became faint and began experiencing severe abdominal pains that were accompanied by chills and a fever. At that point, her postpartum bleeding stopped. Her face was dark and her tongue was purple with teeth marks. Her pulse was wiry in the Liver position, and weak in the Kidney.

Diagnosis: Qi deficiency with Qi and Blood Stasis.

Treatment Plan: Strengthen Qi and break up Qi and Blood Stasis.

Formula: Ba Zhen Tang modification.

Dang Shen (Radix Codonopsis Pilosulae) 15g

Fu Ling (Sclerotium Poriae Cocos) 15g

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 10g

Gan Cao (Radix Glycyrrhizae Uralensis) 9g

This is Si Jun Zi Tang, which strengthens the Spleen Qi to control the Blood. Dang Shen directly strengthens the Spleen Qi. Fu Ling drains pathogenic Dampness and Bai Zhu dries the Spleen to aid its efficiency. Gan Cao harmonizes the functions of the formula's ingredients while also strengthening the Spleen.

Gui Zhi (Ramulus Cinnamomi Cassiae) 10g

Gui Zhi warms the channels, encouraging Qi and Blood to the surface while harmonizing the Ying and Wei.

Gan Jiang (Rhizoma Zingiberis Officinalis) 12g

Gan Jiang warms the Kidney and Spleen to promote the flow of Yang and Qi.

San Leng (Rhizoma Sparganii Stoloniferi) 12g

E Zhu (Rhizoma Curcumae Ezhu) 12g

Hong Hua (Flos Carthami Tinctorii) 9g

Tao Ren (Semen Persicae) 12g

All the herbs above promote Blood circulation and break up congealed Blood. San Leng and E Zhu break up masses. San Leng breaks up stagnation at the Qi level of the Blood. E Zhu breaks up the Blood stagnation at the Blood level of Blood. Hong Hua and Tao Ren break up hematomas. Hong Hua moves quickly to move the Blood, while Tao Ren moistens Dryness and remains active longer.

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

Hong Teng (Caulis Sargentodoxae) 12g

Pu Gong Ying and Hong Teng clear Heat-Toxins. Pu Gong Ying dissolves Phlegm-Heat. Hong Teng cools and circulates Blood.

Resolution:

After she took one bag, her post-delivery bleeding returned and the chills and fever resolved. After that, San Leng, E Zhu, Hong Hua and Tao Ren were removed from the formula. After finishing a course of treatment at a dosage of one bag per day for five days, she recovered completely.

83. Heavy dosage of Chai Hu used for extreme emotional shock.

A seventeen-year-old girl suffered from severe emotional shock. She was experiencing extreme anger and a sharp pain in the rib region. She vomited blood three to four times a night. She was given herbs to stop pain and bleeding without effect. She had a purple tongue, a deep, wiry and strong Liver pulse, and a slippery and weak Spleen pulse.

Diagnosis: Liver Qi attacking the chest.

Treatment Plan: Break up Liver Qi stagnation and relieve the chest.

Formula: Xiao Chai Hu Tang modification.

Jiu Chao (Fried with wine) Chai Hu (Radix Bupleuri) 240g

Jiu Chao (Fried with wine) Bai Shao (Radix Paeoniae Lactiflorae) 60g

Jiu Chao (Fried with wine) Xiang Fu (Rhizoma Cyperi Rotundi) 12g

Yu Jin (Tuber Curcumae) 12g

All the herbs above regulate Liver Qi. Jiu Chao Chai Hu is fried with wine to increase its warming and circulating functions to regulate and spread the Liver Qi. Jiu Chao Bai Shao smooths the Liver and stabilizes the Liver Qi. Jiu Chao Xiang Fu regulates Liver Qi, Blood and menstruation while also stopping pain. Yu Jin cools the Liver, opens the orifices and promotes circulation.

Wu Mei (Fructus Pruni Mume) 9g

Wu Mei is sour tasting to astringe the Liver Qi and guide the herbs to the Liver.

Jiang Chao (Fried with ginger) Ban Xiao () 9g

Jiang Chao is used to increase Qi flow, descend Stomach Qi. The frying also increases the warming function. Ban Xia warms the Middle Jiao and descends the Stomach Qi downward.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g

Gan Cao harmonizes the ingredients of the formula.

Resolution:

After she took one bag of herbs, she stopped vomiting blood and her rib pain decreased. After she took three bags over three days, her mind was cleared. She was then prescribed Chai Hu Long Gu Mu Li Tang for one more month.

84. Restless fetus and threatened miscarriage due to deficient Spleen Qi.

A thirty-four-year-old female was five months pregnant and the fetus was restless. She was experiencing fatigue and slight spotting with loose stool three to four times per day. After using cooling herbs, she experienced increased diarrhea, heavier spotting, and an actual worsening of the fetus' restlessness. Her tongue was scalloped and she has a slippery Liver pulse with weak Spleen and Stomach pulses.

Diagnosis: *Spleen Qi deficiency.*

Treatment Plan: *Strengthen and raise the Spleen Qi.*

Formula: *Bu Zhong Yi Qi Tang modification.*

Huang Qi (Radix Astragalus Membranaceus) 15g
Huang Qi raises the Spleen Qi up to stop bleeding.

Dang Shen (Radix Codonopsis Pilosulae) 15g

Fu Ling (Sclerotium Poriae Cocos) 15g

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 15g

Zhi Gan Cao (Honey-Fried Radix Glycyrrhizae Uralensis) 9g

This is Si Jun Zi Tang to benefit the Spleen Qi. Dang Shen strengthens the Spleen Qi. Bai Zhu dries the Dampness in the Middle Jiao. Fu Ling drains the Dampness from the Middle Jiao. Zhi Gan Cao has a sweet taste to harmonize the ingredients of the formula and strengthen the Spleen Qi.

Bai Shao (Radix Paeoniae Lactiflorae) 12g

Wu Wei Zi (Fructus Schisandrae Chinensis) 9

Bai Shao and Wu Wei Zi calm the Liver to stabilize the fetus. Bai Shao stabilizes the Liver Yang and harmonizes the Ying and Wei. Wu Wei Zi calms the Heart and astringes the Kidney and Spleen.

Rou Gui (Cortex Cinnamomi Cassiae) 3g

Pao Jiang (Toasted Rhizoma Zingiberis Officinalis Recens) 15g

Rou Gui and Pao Jiang warm and dry the Spleen and Kidney. Rou Gui guides the Kidney Fire back to its source and warms the channels. Pao Jiang remains active longer to dry Dampness in the Middle Jiao.

Sha Ren (Fructus Amomi) 6g

Huo Xiang (Herba Agastaches seu Pogostemi) 12g

Sha Ren and Huo Xiang aromatically transform Dampness in the Middle Jiao. Sha Ren calms the fetus and descends the Stomach Qi downward. Huo Xiang tends to flow to the surface level, releasing the surface of the body.

Du Zhong (Cortex Eucommiae Ulmoidis) 12g

Du Zhong calms the fetus and strengthens the Kidney and Liver.

Sheng Ma (Rhizoma Cimicifugae) 6g

Sheng Ma lifts the Qi up to assist Huang Qi to stop bleeding and stabilize the fetus.

Resolution:

After she took one bag, the fetus was calmed and the spotting stopped. Her loose stools decreased in frequency, occurring twice instead of three to four times per day. After continuing the same formula for two weeks, the diarrhea and spotting resolved, the fetus remained calm, and she reported that she was feeling much stronger.

85. Slippery and rapid Liver and Kidney pulses are a sign of pregnancy.

A thirty-year-old female is four months pregnant. Because she was misdiagnosed with late menstruation, she had been using a formula to break up Blood Stasis for ten days. She then experienced a dropping feeling in her uterus, dizziness, and low appetite. Her tongue was scalloped and her Kidney and Liver pulses were slippery and rapid.

Diagnosis: *Spleen and Kidney Qi deficiency.*

Treatment Plan: *To strengthen the Spleen and Kidney Qi.*

Formula: *Bu Zhong Yi Qi Tang modification*

Huang Qi (Radix Astragalus Membranaceus) 15g

Dang Shen (Radix Codonopsis Pilosulae) 12g

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

Fu Ling (Sclerotium Poriae Cocos) 15g

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 15g

Fu Ling drains Dampness and Bai Zhu dries Dampness to concurrently benefit the Spleen Qi.

Sheng Ma (Rhizoma Cimicifugae) 6g

Chai Hu (Radix Bupleuri) 3g

Sheng Ma and Chai Hu both raise the Spleen Qi. While Sheng Ma is stronger at raising the Qi, Chai Hu also spreads the Liver Qi.

Shu Di Huang (Radix Rehmanniae Glutinosae Conquिताe) 15g

Shu Di Huang nourishes the Blood, Jing and Yin.

Du Zhong (Cortex Eucommiae Ulmoidis) 12g

Du Zhong strengthens the Liver and Kidney and expels Wind-Damp-Bi pain.

Da Zao (Fructus Zizyphi Jujubae) 12g

Da Zao nourishes the Blood and Jing and has a sweet taste to harmonize the extreme pushing character of the other ingredients.

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

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

Resolution:

After she took one bag, the dizziness and dropping feeling in her lower abdomen stopped. She continued taking the same formula for one week and went on to have a smooth labor, delivering a healthy baby girl.

86. Prolapsed uterus after labor.

A forty-year-old female had to push extremely hard during her labor. Her uterus remained prolapsed for two weeks afterwards. Although she had had no pain or itching, she was feeling fatigued. Her tongue was scalloped and pale, and her complexion was also pallid. Her pulse was weak and floating in the Lung and Spleen positions, while empty in the Liver.

Diagnosis: *Spleen and Kidney Qi deficiency.*

Treatment Plan: *Strengthen raise the Spleen and Kidney Qi.*

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

Huang Qi (Radix Astragalus Membranaceus) 15g
Huang Qi raises the Spleen and Kidney Qi to rectify the prolapse.

Dang Shen (Radix Codonopsis Pilosulae) 12g
Bai Zhu (Rhizoma Atractylodis Macrocephalae) 12g
Fu Ling (Sclerotium Poriae Cocos) 12g
Zhi Gan Cao (Honey-Fried Radix Glycyrrhizae Uralensis) 6g
This is Si Jun Zi Tang to support the Spleen and assist the Huang Qi in lifting the uterus. Dang Shen strengthens the Spleen Qi. Bai Zhu dries and Fu Ling drains the Dampness to increase the efficiency of the Spleen Qi.

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 the Blood. Dang Gui promotes circulation. Bai Shao smooths and stabilizes the Liver Yang and harmonizes the Ying and Wei. Shu Di Huang nourishes the Yin, Blood and Jing.

Sheng Ma (Rhizoma Cimicifugae) 3g
Chai Hu (Radix Bupleuri) 6g
Sheng Ma and Chai Hu both raise the Qi. Sheng Ma has a stronger ascending action, while Chai Hu spreads the Liver Qi as well.

Shan Zhu Yu (Fructus Corni Officinalis) 12g
Wu Bei Zi (Galla Rhus Chinensis) 12g
Shan Zhu Yu and Wu Bei Zi both astringe the Kidney. Shan Zhu Yu nourishes the Kidney and Liver. Wu Bei Zi is a stronger astringent.

Sheng Jiang (Rhizoma Zingiberis Officinalis Recens) 12g
Sheng Jiang is acrid and warm to encourage the ingredients to flow. It also warms and descends the Stomach Qi.

Resolution:

After she took seven bags for seven days, her uterus returned to its proper position. The color in her face returned and the marks on her tongue disappeared.

87. Excessive diarrhea after labor.

A twenty-nine-year-old female had severe diarrhea after labor. It occurred roughly ten times per day for four months. She was very skinny with a yellow complexion, pale lips and tongue, fatigue, and a quiet voice. All pulses are weak and small.

Diagnosis: *Spleen and Kidney Yang deficiency.*

Treatment Plan: *Strengthen Spleen and Kidney Yang.*

Formula: *Fu Zi Li Zhong Tang modification.*

Fu Zi (Rad Lateralis Aconiti Carmichaeli) 6g

Rou Gui (Cortex Cinnamomi Cassiae) 9g

Gan Jiang (Toasted Rhizoma Zingberis Officinalis) 15g

All the herbs above warm the Kidney and Spleen Yang. Fu Zi warms and rescues the Spleen and Kidney to stop diarrhea. Fu Zi is the strongest one in this group, and it has to be boiled for one hour to reduce its toxicity. This was confirmed with the patient before they used it. Rou Gui guides the Fire back to its source and warms the channels. Gan Jiang assists the Fu Zi in warming the Spleen and Kidney Yang to stop diarrhea. Gan Jiang moves more quickly while Fu Zi remains active in the longer.

Dang Shen (Radix Codonopsis Pilosulae) 15g

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 30g

Fu Ling (Sclerotium Poriae Cocos) 15g

Dang Shen, Bai Zhu and Fu Ling strengthen the Spleen to stop diarrhea. Dang Shen strengthens the Spleen Qi. Bai Zhu warms the Spleen and Fu Ling drains Dampness.

Chi Shi Zhi (Radix Paeoniae Rubrae) 30g

Chi Shi Zhi warms the Spleen and stops diarrhea and intestinal bleeding.

Shan Yao (Radix Dioscoreae Oppositae) 30g

Qian Shi (Semen Euryales Ferocis) 30g

Wu Wei Zi (Fructus Schisandrae Chinensis) 10g

All the herbs above astringe the Spleen to stop diarrhea and can be used for chronic or acute Spleen Qi deficiency diarrhea. Shan Yao benefits Spleen Yin. Qian Shi benefits the Spleen Qi while reducing deficiency diarrhea. Wu Wei Zi smooths the Liver and Spleen Qi and calms the mind.

Rou Dou Kou (Semen Myristicae Frangrantis) 6g

Rou Dou Kou warms and regulates Spleen Qi and stops diarrhea.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g

Gan Cao harmonizes the ingredients of the formula.

Resolution:

After she took seven bags for seven days, her diarrhea gradually slowed down to twice per day. After continuing seven bags over the course of another week, her diarrhea totally stopped.

88. Hiccapping treated by sedating the son (Metal Lung).

A twenty-year-old female had hiccups every three minutes. Using herbs for three months to descend the Stomach Qi and strengthen the Spleen Qi had no effect. Her tongue had a red tip and a moist coating. She had a deep Lung pulse and weak Stomach and Spleen pulses.

Diagnosis: Lung excess attacks the Stomach causing Phlegm and Qi Stagnation in the midst of the Stomach Qi deficiency.

Treatment plan: Eliminate excess Lung Qi. Descend Stomach Qi and Phlegm downward.

Formula: Su Zi Jiang Qi Tang modification.

Su Zi (Fructus Perillae Frutescentis) 15g

Lai Fu Zi (Semen Raphani Sativi) 30g

Bai Jie Zi (Semen Sinapis) 12g

All the herbs above dissolve Phlegm. Su Zi descends the Lung Qi downward. Lai Fu Zi reduces Food Stagnation. Bai Jie Zi penetrates through the Phlegm.

Xing Ren (Semen Pruni Armeniacae) 6g

Jie Geng (Radix Platycodi Grandiflori) 12g

Xing Ren and Jie Geng open the Lung Qi and stop cough. Xing Ren moistens Dryness. Jie Geng clears the throat.

Sang Bai Pi (Cortex Mori Albae Radicis) 12g

Sang Bai Pi clears Lung Damp-Heat, promotes urination and stops cough.

Zhi Shi (Fructus Immaturus Citri Aurantii) 10g

Zhi Shi breaks up Qi Stagnation and sends it downward.

Ban Xia (Rhizoma Pinelliae Ternatae) 6g

Fu Hai Shi (Pumice) 9g

Ban Xia and Fu Hai Shi dissolve Phlegm. Ban Xia eliminates Phlegm and descends the Stomach Qi. Fu Hai Shi scrapes the Phlegm away.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g

Gan Cao harmonizes the ingredients of formula.

Resolution:

After she took five bags, her hiccups finally ceased.

89. Purge Yang Ming to treat severe Plum Pit-Qi Stagnation in the throat.

A fifty-year-old female had a strong sensation that a plum pit was stuck in her throat and the feeling could not be relieved by swallowing. She had a sour taste in her mouth and a feeling that there was Qi from the lower abdomen rushing up to the throat. She had been spitting up about one cup of mucus per day. She was skinny with a low appetite and her tongue was puffy and dark. Her pulses were floating and full in the Lung, and deep and strong in the Stomach.

Diagnosis: *Excess Yang Ming Qi rushing up to the throat.*

Treatment Plan: *Purge Yang Ming to clear the throat.*

Formula: *Da Cheng Qi Tang.*

Da Huang (Radix Et Rhizoma Rhei) 12g

Da Huang purges Yang Ming excess, clears Toxic-Heat, and promotes Blood circulation.

Mang Xiao (Mirabilitum) 12g

Mang Xiao purges and dissolves hard stools.

Zhi Shi (Fructus Immaturus Citri Aurantii) 12g

Hou Po (Cortex Magnoliae Officinalis) 12g

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

Resolution:

After she took one bag, she has had two bowel movements with many tiny pieces of stool. She continued one more bag and developed loose stool, but the throat fullness resolved and the chest syndrome was gone. She was then given Ban Xia Hou Po Tang for further treatment.

90. Frequent Miscarriage.

A twenty-year-old female was three months pregnant. She previously had four miscarriages in one year. Her tongue was slightly scalloped and her pulses were weak and deep in the Liver and Kidney positions.

Diagnosis: *Kidney and Liver deficiency.*

Treatment Plan: *Strengthen Kidney and Liver Qi and tonify the Jing.*

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

Shu Di Huang (Radix Rehmanniae Glutinosae Conquatae) 15g

Shan Yao (Radix Dioscoreae Oppositae) 15g

Shan Zhu Yu (Fructus Corni Officinalis) 12g

All the herbs are ingredients in Liu Wei Di Huang Wan, which were chosen to nourish the Kidney, Spleen and Liver. Shu Di Huang nourishes the Blood, Jing and Yin. Shan Yao also astringes the Spleen, which helps to hold the pregnancy. Shan Zhu Yu astringes the Kidney and nourishes the Kidney and Liver Yin.

Dang Shen (Radix Codonopsis Pilosulae) 12g

Fu Ling (Sclerotium Poriae Cocos) 12g

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 15g

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

This is Si Jun Zi Tang to strengthen the Spleen Qi. Dang Shen strengthens the Spleen Qi. Fu Ling drains and Bai Zhu dries the Spleen and the Middle Jiao. Zhi Gan Cao harmonizes the action of ingredients.

Sha Ren (Fructus Amomi) 12g

Sha Ren warms and regulates the Middle Jiao.

Du Zhong (Cortex Eucommiae Ulmoidis) 12g

Du Zhong warms and strengthens the Kidney and Liver and calms the fetus.

Ze Xie (Rhizoma Alismatis Orientalis) 6g

Ze Xie promotes urination and sedates Kidney Fire.

Resolution:

She took the herbal tea twice per day throughout her pregnancy until her due date, subsequently giving birth to a healthy boy.

91. Severe vomiting after eating.

A seventy-five-year-old female regularly vomited food after eating. She has been using herbs to regulate Qi and the Stomach for months without help. Her tongue was dark purple and her pulses in the Lung and Stomach positions were full and rapid.

Diagnosis: *Yang Ming excess.*

Treatment Plan: *Sedate the excess Yang Ming.*

Formual: *Tiao Wei Cheng Qi Tang modification.*

Da Huang (Radix Et Rhizoma Rhei) 12g

Mang Xiao (Mirabilitum) 12g

Da Huang and Mang Xiao purge Yang Ming excess and cause diarrhea. Da Huang is stronger at purging, clearing Heat-Toxin and promoting Blood circulation. Mang Xiao dissolves the hard stool.

Tao Ren (Semen Persicae) 12g

Tao Ren moistens the intestine and promotes Blood circulation.

Huai Niu Xi (Radix Achyranthis Bidentatae) 12g

Huai Niu Xi descends the Blood flow downwards, expelling Wind-Damp-Bi pain, and strengthening the Liver and Kidney.

Feng Mi (Apis Mellifera L./ Honey) 30g

Feng Mi moistens the intestines, reduces acute nausea, and balances the function of the ingredients in the formula.

Resolution:

After she took one bag, she evacuated three walnut-sized and twenty marble-sized hard stools, and her vomiting syndrome subsided.

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.

If a woman suffering from exhaustion after childbirth has excessive bleeding, what herb helps to resolve this condition?

- a. Huang Qi
- b. Yan Hu Suo
- c. Yu Jin

What herb helps to resolve severe emotional shock characterized by Liver Qi attacking the chest?

- a. Jin Yin Hua
- b. Lian Qiao
- c. Chai Hu

For excessive diarrhea after childbirth due to Spleen and Kidney Yang deficiency...

- a. use a modified version of Fu Zi Li Zhong Tang with Fu Zi, Rou Gui, Gan Jiang, Dang Shen, Bai Zhu, Fu Ling, Chi Shi Zhi, Shan Yao, Qian Shi, Wu Wei Zi, Rou Dou Kou, Gan Cao.
- b. use a modified version of Yin Qiao San with Jin Yin Hua, Lian Qiao, Niu Bang Zi, and Dan Zhu Ye.
- c. Neither A or B

Review Exercise Answers

If a woman suffering from exhaustion after childbirth has excessive bleeding, what herb helps to resolve this condition?

- a. Huang Qi
 - b. Yan Hu Suo
 - c. Yu Jin
- a

What herb helps to resolve severe emotional shock characterized by Liver Qi attacking the chest?

- a. Jin Yin Hua
 - b. Lian Qiao
 - c. Chai Hu
- c

For excessive diarrhea after childbirth due to Spleen and Kidney Yang deficiency...

- a. use a modified version of Fu Zi Li Zhong Tang with Fu Zi, Rou Gui, Gan Jiang, Dang Shen, Bai Zhu, Fu Ling, Chi Shi Zhi, Shan Yao, Qian Shi, Wu Wei Zi, Rou Dou Kou, Gan Cao.
 - b. use a modified version of Yin Qiao San with Jin Yin Hua, Lian Qiao, Niu Bang Zi, and Dan Zhu Ye.
 - c. Neither A or B
- a

Boils: Cases 92 to 101

92. Yin boils with the primary strategy being to strengthen the Yang.

A twenty-eight-year old man had a boil on his back that was one foot long and 10 inches wide. The edge of the boil was unclear and had been light in color for a few months. He was suffering from pain and fatigue and had tried using red flower tincture topically without effect. His tongue was scalloped and his pulses were weak and rapid in the Liver and Kidney.

Diagnosis: *Yin boil.*

Treatment Plan: *Warm and encourage the Yang Qi to express the boil.*

Formula: *Yang He Tang and Shi Quan Da Bu Tang modification.*

Dang Shen (Radix Codonopsis Pilosulae) 12g

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 12g

Fu Ling (Sclerotium Poriae Cocos) 15g

Gan Cao (Radix Glycyrrhizae Uralensis) 6g

These four herbs create Si Jun Zi Tang and they work together to strengthen the Spleen Qi. Dang Shen strengthens the Spleen Qi. Bai Zhu warms and dries the Dampness, Fu Ling promotes urination to drain the Dampness, and Gan Cao harmonizes the action of ingredients.

Huang Qi (Radix Astragalus Membranaceus) 15g

Huang Qi raises the Spleen Qi and brings the boil to the surface.

Chen Pi (Pericarpium Citri Reticulatae) 6g

Chen Pi regulates the Qi and dries Dampness.

Shu Di Huang (Radix Rehmanniae Glutinosae Conquिताe) 15g

Dang Gui (Radix Angelicae Sinensis) 12g

Chuan Xiong (Radix Ligustici Chuanxiong) 9g

Bai Shao (Radix Paeoniae Lactiflorae) 12g

All the herbs above constitute Si Wu Tang to nourish the Blood. Shu Di Huang is strong and remains in the Blood longer to nourish the Yin and Jing. Dang Gui promotes circulation of the Blood. Chuan Xiong promotes Qi flow in the Blood. Bai Shao stabilizes the Liver Yang and harmonizes the Yin and Wei.

Gan Jiang (Rhizoma Zingiberis Officinalis) 15g

Bai Zhi (Radix Angelicae Dahuricae) 10g

Gan Jiang and Bai Zhi warm the body internally and encourage the Yin boil to the surface. Gan Jiang warms the Kidney and Spleen Yang. Bai Zhi is stronger at encouraging the boil to the surface and drying the Phlegm.

Ru Xiang (Gummi Olibanum) 6g

Mo Yao (Commiphora Myrrha) 6g

Wang Bu Liu Xing (Semen Vaccariae Segetalis) 12g

All the herbs above promote Blood circulation and stop pain. Ru Xiang and Mo Yao stop bleeding. Ru Xiang is a stronger Blood mover. Mo Yao is stable and remains in the Blood longer. Wang Bu Liu Xing breaks through masses.

Jin Yin Hua (Flos Lonicerae Japonicae) 15g

Lian Qiao (Fructus Forsythia Suspensa) 15g

Jin Yin Hua and Lian Qiao clear Heat-Toxin and release the surface. Jin Yin Hua tends to be stronger at releasing the surface. Lian Qiao clears Phlegm-Heat nodules.

Resolution:

After he took ten bags over ten days, his fatigue was about 90% improved. His boil slowly grew red and swollen. He continued five more bags over five days, after which his boil was fully raised and red. It was lanced and many cups of pus drained out. After this, he had a big feeling of release. He was then given a modification of Si Jun Zi Tang and Wu Wei Xiao Du Yin for one month, at which time he had fully recovered.

93. Severe mumps.

A nineteen-year-old female had mumps covering her left jaw. They were red and hard. Suffering from severe chills and fever, she was also nauseous. At night, she became delirious. Her tongue had red bumps on the tip, and she had a floating and rapid Lung pulse with wiry and rapid Liver and Kidney pulses.

Diagnosis: *Wind-Damp-Heat-Toxin invading the Shao Yang channel, Yang Ming organ, and Wei and Ying levels.*

Treatment Plan: *To eliminate excess Wind-Damp-Heat Toxin in the Shao Yang channel, Yang Ming organ, and the Wei and Ying levels.*

Formula: *Xi Jiao Di Huang Wang, Tiao Wei Cheng Qi Tang and Wu Wei Xiao Du Yin modification.*

Shu Niu Jiao (Corni Bibali) 30g

Sheng Di Huang (Radix Rehmanniae Glutinosae) 30g

Shu Niu Jiao and Sheng Di Huang cool the Heat in the Blood. Shu Niu Jiao is stronger at cooling Blood Heat. Sheng Di Huang also nourishes the Blood and Yin.

Chi Shao (Radix Paeoniae Rubrae) 12g

Mu Dan Pi (Cortex Moutan Radicis) 12g

Chi Shao and Mu Dan Pi cool and circulate the Blood. Chi Shao is stronger at moving the Blood, while Mu Dan Pi is stronger at cooling the Heat in the Blood.

Jin Yin Hua (Flos Lonicerae Japonicae) 30g

Lian Qiao (Fructus Forsythia Suspensa) 15g

Jin Yin Hua and Liao Qiao clear the Heat-Toxin and release the surface. Jin Yin Hua is stronger at relieving the surface, while Liao Qiao also clears Phlegm-Heat nodules.

Long Dan Cao (Radix Gentianae Longdancao) 9g

Zhi Zi (Fructus Gardeniae Jasminoidis) 9g

Huang Qin (Radix Scutellariae Baicalensis) 12g

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

Zi Huang Di Ding (Herba Violae cum Radice) 15g

All the herbs eliminate Heat-Toxin. Long Dan Cao, Zhi Zi and Huang Qin eliminate Liver and Gallbladder Damp-Heat-Toxin. Long Dan Cao is the strongest one to eliminate Liver and Gallbladder Damp-Heat-Toxin. Zhi Zi clears San Jiao Damp-Heat and cools the Heat in the Blood. Huang Qin clears Upper Jiao Damp-Heat. Pu Gong Ying and Zi Huang Di Ding tend to flow to the surface level to clear skin Damp-Heat-Toxin. Pu Gong Ying dissolves Phlegm-Heat nodules. Zi Huang Di Ding cools the Heat in the Blood.

Da Huang (Radix Et Rhizoma Rhei) 15g

Mang Xiao (Mirabilitum) 12g

Da Huang and Mang Xiao purge Yang Ming excess. Da Huang is stronger at purging and clearing the Heat-Toxin and at promoting Blood circulation. Mang Xiao dissolves hard stool.

Di Yu (Radix Sanguisorbae Officinalis) 12g

Di Yu cools the Blood Heat and stops bleeding.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g

Gan Cao harmonizes the ingredients of formula.

Resolution:

After she took one bag of this formula, she had a small bowel movement in the morning. She utilized a new bag in the afternoon, which caused loose stools and a lowering of her fever. She did not experience delirium that night. The next day, she used one more bag of the same formula and it gave her diarrhea twice. The mumps were then 70% smaller, so the Da Huang and Mang Xiao were taken out of the formula. After she continued this formula for four more days, she recovered.

94. Excess Yang boil.

A thirty-year-old female had a hard boil on her lower right leg in the Stomach 36 region that was the size of a teacup. She was crying constantly due to the severe pain from the boil. Her tongue was red and her Stomach pulse was full and strong.

Diagnosis: *Excess Yang boil.*

Treatment plan: *Eliminate the Damp-Heat-Toxin and Yang Ming excess.*

Topically: *Qing Dai*

First, the boil was cut open, and dark blood and pus was drained from it. It was kept open, and Qing Dai was mixed with water to form a paste that was then applied topically.

Internal Formula: *Wu Wei Xiao Du Yin and Tiao Wei Cheng Qi Tang modification*

Jin Yin Hua (Flos Lonicerae Japonicae) 15g

Lian Qiao (Fructus Forsythia Suspensa) 12g

Huang Lian (Rhizoma Coptidis) 10g

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

Zi Hua Di Ding (Herba Violaecum Radice) 15g

All the herbs above eliminate Heat-Toxin. While Jin Yin Hua and Lian Qiao both act on the surface, Jin Yin Hua flows faster than Lian Qiao. However, Lian Qiao also dissolves nodules from Phlegm-Heat. Huang Lian's greater density allows it to penetrate more deeply to clear Damp-Heat-Toxins. When compared with Jin Yin Hua and Lian Qiao, Pu Gong Ying and Zi Huang Di Ding go into the deeper levels. Pu Gong Ying dissolves Hot Phlegm nodules and Zi Hua Di Ding clears Heat in the Blood.

Sheng Di Huang (Radix Rehmanniae Glutinosae) 30g

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

Tian Hua Fen (Radix Trichosanthis Kirilowii) 12g

Tian Hua Fen clears Heat-Toxins, nourishes fluids, and dissolves Hot Phlegm nodules.

Fu Ling (Sclerotium Poriae Cocos) 15g

Fu Ling promotes urination and balances the water in the body.

Chi Shao (Radix Paeoniae Rubrae) 12g

Hong Hua (Flos Carthami Tinctorii) 3g

Ru Xiang (Gummi Olibanum) 6g

All the herbs above promote circulation of the Blood. Chi Shao cools the Heat in the Blood. Hong Hua breaks up Blood Stasis. Ru Xiang stops bleeding and penetrates through the Qi and Blood Stagnation.

Fang Feng (Radix Ledebouriella Divaricata) 6g

Fang Feng relieves the surface and encourages the pus to the surface.

Da Huang (Radix Et Rhizoma Rhei) 15g

Mang Xiao (Mirabilitum) 9g

Da Huang and Mang Xiao purge the bowel movement and eliminate Yang Ming excess. Da Huang is stronger at purging and clearing the Heat-Toxin and at promoting Blood circulation. Mang Xiao dissolve hardened dry stool.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g

Gan Cao harmonizes the ingredients of the formula.

Resolution:

After she took one bag, she had diarrhea three times and her right lower leg swelling and pain reduced by 60%. When she continued with one bag the next day, she had diarrhea four more times and her boil drained dark blood without pus. Her acute pain and swelling was gone. After she continued taking the above formula without Da Huang and Mang Xiao for nine days, she recovered.

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