

v. 3

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Herbal Medicine for Respiratory Conditions

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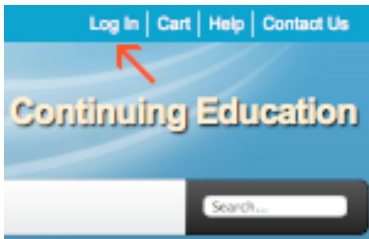
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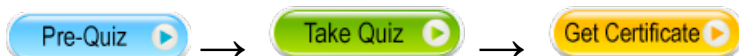


Table of Contents

THE METAL ELEMENT AND QI MOVEMENT..... 5

- 1. WIND COLD ATTACKS THE LUNG. 6
- 2. WIND HEAT ATTACKS THE LUNG..... 6
- 3. DRY HEAT ATTACKS THE LUNG..... 6
- 4. COLD PHLEGM STAGNATION IN THE LUNG. 6
- 5. HOT PHLEGM STAGNATION IN THE LUNG. 6
- 6. LIVER COUNTERACTS THE LUNG..... 6
- 7. LUNG QI OR YANG DEFICIENCY. 6
- 8. LUNG YIN DEFICIENCY..... 6
- 9. LUNG QI STAGNATION ASTHMA AND COUGH. 6

LIGHT-WEIGHT PHYSICAL CHARACTERISTICS OF HERBS..... 6

LUNG DIFFERENTIAL DIAGNOSIS AND HERBAL MEDICINE 8

1. WIND COLD ATTACKS THE LUNG. 8

MODIFICATIONS: 9

- 1.1. WITH MUCOUS IN LUNG OR NASAL REGION: 9
- 1.2. WITH YELLOW MUCOUS: 10
- 1.3. WITH TICKLE OR SORE THROAT:..... 10
- 1.4. WITH COLD AIR COUGH: 11
- 1.5. WITH ASTHMA:..... 11
- 1.6. WITH QI AND YANG DEFICIENCY:..... 11
- 1.7. WITH YIN DEFICIENCY: 12

2. WIND HEAT ATTACKS THE LUNG..... 13

- 2.1 DRY COUGH: 14
- 2.2. COUGHING BLOOD:..... 15
- 2.3 YELLOW MUCOUS: 15
- 2.4 HEAT SORE THROAT: 16
- 2.5 FEVER: 16

3. DRYNESS ATTACKS THE LUNG..... 18

- A. DRY HEAT ON THE TAI YANG SURFACE:..... 18
- B. DRY HEAT ENTERS THE TAI YIN LUNG AND YANG MING STOMACH..... 19
- 3.1 DRY THROAT AND LUNG: 19
- 3.2 STICKY MUCOUS: 20
- 3.3 YELLOW HOT-TYPE MUCOUS:..... 21
- 3.4 COUGHING BLOOD:..... 21
- 3.5 ITCHING THROAT WITH DRY WIND:..... 22

4. COLD PHLEGM STAGNATION IN THE LUNG 23

- 4.1 YELLOW PHLEGM: 24
- 4.2 COUGH 24
- 4.3 SPLEEN QI DEFICIENCY: 25

5. HOT PHLEGM STAGNATION IN THE LUNG..... 26

5.1 EXCESS YELLOW HOT PHLEGM: 26

5.2. EXCESS WATER IN THE LUNG: 27

5.3 FEVER: 28

6. LIVER (WOOD) FIRE BURNS THE LUNG (METAL): 29

6.1 COUGH WITH BLOOD: 30

6.2 STICKY YELLOW PHLEGM WITH DRY THROAT: 31

6.3 EXCESS YELLOW HOT PHLEGM: 31

6.4 WHITE PHLEGM: 32

6.5. EXCESS LIVER FIRE: 32

7. LUNG QI OR YANG DEFICIENCY: 33

7.1 WITH SPLEEN QI DEFICIENCY WITH DAMPNES OR PHLEGM IN THE LUNG: 34

7.2 WITH KIDNEY YANG DEFICIENCY: 35

7.3 EXCESS WHITE MUCOUS: 35

7. 4 EXCESS COUGH: 36

7.5 YELLOW MUCOUS: 36

8. LUNG YIN DEFICIENCY: 37

8.1 DRY COUGH: 38

8.2 STICKY MUCOUS: 38

8.3 COUGHING BLOOD:..... 39

8.4 KIDNEY YIN DEFICIENCY: 39

8.5 LUNG QI DEFICIENCY: 40

9. LUNG QI STAGNATION ASTHMA AND COUGH: 41

9.1 EXCESS QI AND MUCOUS STAGNATION: 42

9.2 EXCESS YELLOW HOT PHLEGM: 42

9.3 EXCESS COUGH: 43

9.4 LUNG AND SPLEEN QI DEFICIENCY:..... 44

9.5 WITH KIDNEY YANG DEFICIENCY: 44

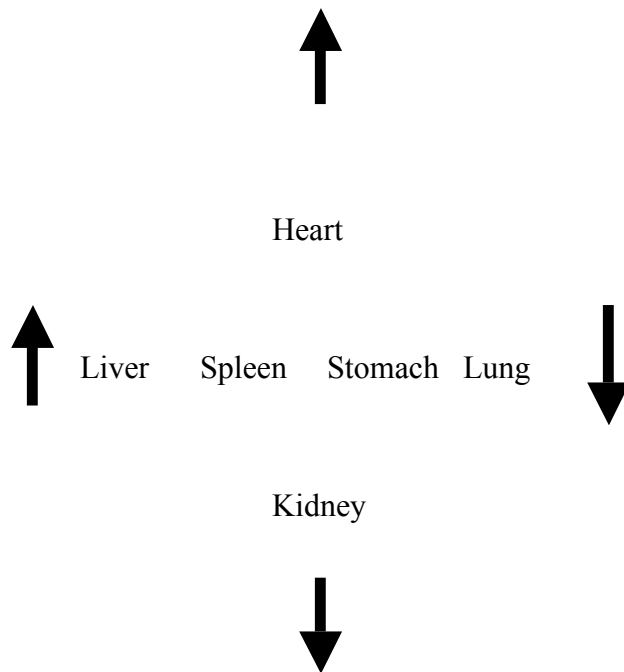
REVIEW EXERCISES FOR PERSONAL ENRICHMENT..... 45

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The Metal Element and Qi Movement

The Lung belongs to the metal element and the season of autumn. It has a strong and stubborn character: it must have what it needs, nothing more or less. The Lungs must be open, descend the Qi, and they must be clear. Excess wind, cold, mucous, or Qi rising causes coughing, shortness of breath and asthma. The Lung Qi direction is downward and it opens.

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



9 COMMON CAUSES OF LUNG DYSFUNCTION

1. Wind cold attacks the Lung.
2. Wind heat attacks the Lung.
3. Dry heat attacks the Lung.
4. Cold phlegm stagnation in the Lung.
5. Hot phlegm stagnation in the Lung.
6. Liver counteracts the Lung.
7. Lung Qi or Yang deficiency.
8. Lung Yin deficiency.
9. Lung Qi stagnation asthma and cough.

Light-Weight Physical Characteristics of Herbs

The physical characteristic of an herb being light-weight is often related to the function and action of the herb. The light-weight characteristic of an herb can often indicate that the herb has a floating quality meaning that it tends to direct the action of the herb to the upper part of the body (upper jiao) and help to open the Lung Qi. The floating quality also indicates that the herb treats a more surface level of an illness. An herb that is physically light in weight often tends to act quickly, less deeply, less strongly, and does not have a lasting effect compared with similar herbs. This characteristic is often used to differentiate the functions of paired herbs. Having the quality of treating the surface level of an illness often makes a light-weight herb appropriate for releasing the surface (diaphoresis to expel wind attack) at the beginning stages of an illness.

Examples:

Bo He is light-weight, acrid, clears heat throat irritations and smoothes Liver Qi. In this regard, **Bo He** acts quickly, releases the surface, and has a mild function. These are all

properties of a light-weight herb.

Chuan Bei Mu, **Pi Pa Ye** and **Kuan Dong Hua** stop coughing and also moisten the throat and Lung. **Chuan Bei Mu** is the strongest to moisten the Lung to stop a dry cough. **Pi Pa Ye** is light-weight, moistens a dry throat, stops a mild cough and clears Lung and Stomach heat. **Kuan Dong Hua** has strong stop coughing function. In this case, **Chuan Bei Mu** more strongly moistens the Lung and **Kuan Dong Hua** strongly stops coughing. **Pi Pa Ye**, which is light-weight, has these properties but not at the same level of strength. Essentially, **Pi Pa Ye** is light-weight (meaning that it acts quickly more than it has stable long-lasting effects) to clear Lung heat.

Yu Xing Cao is light-weight and therefore treats hot phlegm in the beginning stages of onset and is also effective if the hot phlegm is not very thick. **Yu Xing Cao** and **Sang Bai Pi** clear hot phlegm, clear heat toxins and promote urination. **Yu Xing Cao** is lighter-weight and therefore clears hot phlegm on a lighter level. **Sang Bai Pi** has a heavier weight and treats hot phlegm on a deeper level and also has a mild function to stop coughing.

Light-weight herbs tend to have a moving function. **Sang Ye** and **Ju Hua** release wind heat and clear Lung and Liver heat. **Sang Ye** is stronger to clear heat and release the surface and emphasizes clearing the Lung heat. **Sang Ye** has a stronger moving function meaning that it acts more quickly than **Ju Hua** but does not last as long. **Ju Hua** has less of a moving function meaning that it is slower to act but lasts longer. **Ju Hua** more strongly clears Liver heat. As paired herbs, **Ju Hua** backs up the initial action of **Sang Ye** and the two herbs function together synergistically to act quickly and have a lasting result.

☛ **Xian He Cao** and **Zi Zhu Cao** are astringent and stop bleeding. **Xian He Cao** is lighter weight and has a mild strengthen the Qi function. **Zi Zhu Cao** is heavier weight. Combined with **Xian He Cao**, the herbs synergistically stop bleeding both on the lighter and deeper level for fast acting and lasting results.

Lung Differential Diagnosis and Herbal Medicine

1. Wind cold attacks the Lung.

Type 1:

Wind cold common cold attack.

Syndrome: Chills and fever, no sweat, cough, asthma, body ache, thin white coating tongue, floating and tight pulse.

Formula: Ma Huang Tang

Type 2:

Excess wind invasion cough without common cold.

Syndrome:

Inhalation of cold air or allergic pathogen causes cough, shortness breath, itching throat, chills, low grade fever, clear mucous, running nose, slightly red tongue with moist white coating, floating and tight pulse.

Formula: Zhi Sou San

Type 1 and 2 combined:

Treatment Principle for Type 1 and Type 2 when both syndrome indications are present:

Expels wind and open the Lung Qi.

Formula:

Ma Huang Tang and Zhi Sou San modification:

Ma Huang	Herba Ephedrae	3-9g
Xing Ren	Pruni Armeniacae, Semen	3-12g
Gui Zhi	Ramulus Cinnamomi Cassiae	3-12g

Gan Cao	Radix Glycyrrhiza Uralensis	3-6g
Jing Jie	Schizonepetae Tenuifollae, Herba Seu Flos	3-12g
Jie Geng	Radix Platycodon Grandiflora	3-12g
Bai Qian	Radix et Rhizome Cynanche Baiqian	3-12g
Bai Bu	Radix Stemonea	3-12g
Zi Wan	Asteris Tatarici, Radix	3-12g
Chen Pi	Pericarpium Citri Reticulata	3-6g

☛ **Ma Huang, Xing Ren** and **Jie Geng** are open Lung Qi, stop coughing and release the surface. **Ma Huang** and **Xing Ren** stop asthma. **Ma Huang** is stronger to open Lung Qi to expel external wind and stop asthma. **Xing Ren** can moisten the intestine. **Jie Geng** clears a sore throat and assists other herbs to the upper part of the body.

☛ **Gui Zhi** and **Jing Jie** release the surface and expel external wind cold. **Gui Zhi** warms channels and harmonizes Ying and Wei. **Jing Jie** emphasizes expelling external wind.

☛ **Bai Qian, Bai Bu** and **Zi Wan** stop cough. **Bai Qian** has a moving function in the Lung to stop cough. **Bai Bu** stops different stages of coughing and moistens the Lung. **Zi Wan** can expel phlegm and stop coughing.

☛ **Chen Pi** regulates the Spleen and Lung Qi and dissolves phlegm.

☛ **Gan Cao** harmonizes the ingredients in the formula and clears the heat to relieve a sore throat.

Modifications:

The following sections (1.1 through 1.7) present modifications for Ma Huang Tang, Zhi Sou San, and the Ma Huang Tang / Zhi Sou San combination as previously mentioned. Use the base formula as indicated by differential diagnosis and add the modifications as covered in 1.1 through 1.7.

1.1. With mucous in Lung or nasal region:

Dries and drains the mucous.	Ban Xia Rhizoma Pinelliae Ternatae	3-12g
	Fu Ling Sclerotium Poriae Coccoa	3-30g
	Ju Hong Pars Rubra Epicarpium Citri Erythrocarpae	3-6g
	Xin Yi Hua Magnolia Liliflora	3-12g
	Bai Zhi Radix Angelicae Dahuricae	3-12g
	Chuan Xiong Radix Angelicae Dahuricae	3-12g

☛ **Ban Xia, Xin Yi Hua, Bai Zhi and Chuan Xiong** dry phlegm. **Ban Xia** is the strongest to dry all the phlegm in the Lung and sinus region and descends the Stomach and Lung Qi. **Xin Yi Hua** reduces phlegm in the sinus area and expels wind allergy. **Bai Zhi** is acrid and warm to dry the phlegm in the sinus and has a strong moving function to dry and regulate the phlegm in the body. **Chuan Xiong** is acrid and warm, promotes blood circulation and dries phlegm in the Upper body (Upper Jiao).

☛ **Fu Ling** promotes urination and drains the dampness.

☛ **Ju Hong** emphasizes regulating Lung Qi and dries phlegm.

1.2. With yellow mucous:

Clear yellow phlegm:	Huang Qin	Radix Scutellariae Baicalensis	3-15g
	Yu Xing Cao	Herba cum Radice Houttuyniae Cordate	3-30g
	Sang Bai Pi	Mori Albae Radicis, Cortex	3-30g
	Gua Lou Pi	Pericarpium Trichosanthis	3-12g
	Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-12g

☛ **Huang Qin, Gua Lou Pi and Zhe Bei Mu** clear hot yellow phlegm. **Huang Qin** is very stable to clear hot phlegm. **Gua Lou Pi** has a moving function to clear sticky mucous. **Zhe Bei Mu** stops cough, moistens dryness, and dissolves nodules.

☛ **Yu Xing Cao and Sang Bai Pi** clear hot phlegm and promote urination. **Yu Xing Cao** is stronger to clear hot phlegm than the Sang Bai Pi. **Sang Bai Pi** is strong to promote urination and stop cough.

1.3. With tickle or sore throat:

Expels wind and phlegm:	Fang Feng	Radix Ledebouriellae Diaricatae	3-12g
	Xuan Shen	Radix Scrophulariae Ningpoensis	3-12g
	Tian Hua Fen	Radix Trichosanthis Kirilowii	3-12g
	Jiang Can	Bombyx Batryticatus	3-12g

☛ **Fang Feng** expels wind to stop itching throat. Compared to the Jing Jie in the Zhi Suo San, Jing Jie is stronger to expel external wind. Fang Feng has a mild moistening quality, stops internal wind, and expels wind damp Bi pain.

☛ **Xuan Shen and Tian Hua Fen** clear heat toxins, moistens dryness, and dissolve nodules. **Xuan Shen** emphasizes reducing dryness. **Tian Hua Fen** emphasizes clearing heat toxins and hot phlegm.

1.4. With cold air cough:

Warms the Lung:	Sheng Jiang	Zingiberis Officinalis Recens, Rhizoma	3-12g
	Gan Jiang	Rhizoma Zingiberis Officinalis Recens	3-12g
	Gui Zhi	Ramulus Cinnamomi Cassiae	3-12g
	Wu Wei Zi	Fructus Schizandrae Chinensis	3-12g

☛ **Sheng Jiang** and **Gan Jiang** warm the Lung, Stomach, Spleen and Kidneys and expels cold. **Sheng Jiang** has stronger acrid and warm function to move and warm the Lung and release the surface. **Gan Jiang** is less acrid than Sheng Jiang but it has a longer-lasting function to warm the Lung.

☛ **Gui Zhi** warms the Lung and channels and releases the external wind and harmonizes the Ying and Wei.

☛ **Wu Wei Zi** calms the Lung and Heart and is astringent to stop cough.

1.5. With asthma:

Stop asthma:	Xi Xin	Herba cum Radice Asari	1-3g
Combination with Ma Huang Tang	Wu Wei Zi	Fructus Schizandrae Chinensis	3-12g

☛ **Xi Xin** warms the Lung and opens the Lung Qi to stop asthma. (Caution: do not exceed 3g dosage) *Check Federal and State laws to see if this herb may be used in your country.*

☛ **Wu Wei Zi** astringents the Lung and calm the mind to stop asthma.

1.6. With Qi and Yang deficiency:

Strengthen the Qi and Yang:	Ren Shen	Radix Ginseng	3-12g
	Huang Qi	Radix Astragali Membranaceus	3-15g
	Yin Yang Huo	Herba Epimedii	3-12g
	Bu Gu Zhi	Fructus Psoraleae Corylifoliae	3-12g
	He Tao Ren	Semen Juglandis Regiae	3-15g
	Lu Rong	Cornu Cervi Parvum	3-9g
	Dong Chong Xia Cao	Cordyceps Sinensis	3-9g

☛ **Ren Shen** and **Huang Qi** strengthen Qi. **Ren Shen** strengthens the Spleen. **Huang Qi** emphasizes raising the Qi up.

☛ **Yin Yang Huo**, **Bu Gu Zhi**, **He Tao Ren** and **Lu Rong** warm the Kidney and Lung Yang. **Yin Yang Huo** has a better moving function to warm the Lung and Kidney Qi. **Bu Gu Zhi** has stronger warming function and warms the Spleen Yang. **He Tao Ren** mildly warms the Kidney

and Lung and moistens the intestines. **Lu Rong** is the strongest to warm the Kidney and Lung Yang. It also lubricates Kidney Jing and strengthens the Qi.

☛ **Dong Chong Xia Cao** strengthens Kidney and Lung Yang and Yin.

1.7. With Yin deficiency:

Moistens the dryness and lubricates the Yin:	Chuan Bei Mu	Bulbus Fritillariae Cirrhosae	3-12g
	Pi Pa Ye	Eriobotryae Japonicae, Folium	3-12g
	Kuan Dong Hua	Tussilaginis Farfarea, Flos	3-12g
	Di Gu Pi	Cortex Lycii Radicis	3-12g
	Mu Dan Pi	Cortex Moutan Radicis	3-12g
	Bai Wei	Radix Cynanchi Baiwei	3-12g
	Sheng Di Huang	Radix Rehmanniae Glutinosae	3-30g
	Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	3-12g

☛ **Chuan Bei Mu**, **Pi Pa Ye** and **Kuan Dong Hua** moisten the Yin and stop coughing. **Chuan Bei Mu** is the strongest to moisten the Lung Yin. **Pi Pa Ye** is light weight, emphasizes to go to the surface level to moisten the dryness and clear Lung and Stomach heat. **Kuan Dong Hua** emphasizes stop coughing and expels phlegm.

☛ **Di Gu Pi**, **Mu Dan Pi** and **Bai Wei** eliminate empty (deficiency, Xu) heat. **Di Gu Pi** emphasizes eliminate steaming bone syndromes and Lung heat. **Mu Dan Pi** cools the blood and promotes blood circulation. **Bai Wei** emphasizes eliminating the higher temperature due to heat mildly promotes urination.

☛ **Sheng Di Huang** and **Zhi Mu** moisten the Yin and eliminate empty heat. **Sheng Di Huang** nourishes Yin, fluid, Jing and cools in the blood level. **Zhi Mu** moistens fluids and more strongly eliminates heat than Sheng Di Huang. **Zhi Mu** eliminates heat in the Qi and blood level.

2. Wind heat attacks the Lung

Indication:

Excess wind heat attacks the Lung.

Syndromes:

Fever stronger than chills, cough, shortness breath, sweating, sticky mucous or yellow mucous, thirst, sore throat, red tongue with thin yellow coating, floating and rapid pulse.

Formula:

Sang Ju Yin and Yin Qiao San modification:

Sang Ye	Folium Mori Albae	3-12g
Ju Hua	Flos Chrysanthemi Morifolli	3-12g
Xing Ren	Pruni Armeniaca, Semen	3-9g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Lian Qiao	Fructus Forsythiae Suspensae	3-12g
Bo He	Mentha Haplocalyx	3-6g
Lu Gen	Rhizoma Phragmitis Communis	3-30g
Gan Cao	Radix Glycyrrhizae Uralensis	3-6g
Jin Yin Hua	Flos Lonicerae Japonicae	3-15g
Niu Bang Zi	Fructus Arctii Lappae	3-12g
Jing Jie	Schizonepetae Tenuifoliae, Herba Seu Flos	3-12g
Dan Dou Chi	Semen Sojae Prepaeratum	3-12g
Dan Zhu Ye	Herba Lophatheri Gracilis	3-15g

☛ **Sang Ye** and **Ju Hua** release wind heat and clear Lung and Liver heat. **Sang Ye** is stronger to clear heat and release the surface and emphasizes clearing the Lung heat. **Sang Ye** has a stronger moving function meaning that it acts more quickly than **Ju Hua** but does not last as long. **Ju Hua** has less of a moving function meaning that it is slower to act but lasts longer. **Ju Hua** more strongly clears Liver heat. As paired herbs, **Ju Hua** backs up the initial action of **Sang Ye** and the two herbs function together synergistically to act quickly and have a lasting result.

☛ **Jin Yin Hua** and **Lian Qiao** clear heat toxins and release the surface. **Jin Yin Hua** is stronger to release the surface. **Lian Qiao** is stronger to clear heat toxins and dissolve nodules. As paired herbs, **Jin Yin Hua** has a stronger moving function in that it acts more quickly on the affected regions whereas **Lian Qiao** lasts longer and has more of a stabilizing function. In this way, **Lian Qiao** backs up the initial action of **Jin Yin Hua** and the two herbs function together synergistically to act quickly and have a lasting result.

☛ **Xing Ren** and **Jie Geng** open the Lung Qi to stop coughing. **Xing Ren** emphasizes stopping asthma and moistens the intestines. **Jie Geng** clears the throat and carries the function of the herb to the upper part of the body (upper jiao).

☛ **Bo He** and **Niu Bang Zi** clear heat for the treatment of sore throat. **Bo He** is acrid and light weight. It reduces the irritation of the sore throat and smoothes Liver Qi. **Niu Bang Zi** is stronger to clear heat toxins from the sore throat.

☛ **Lu Gen** and **Dan Zhu Ye** promote urination and clear heat or damp heat in the Lung. **Lu Gen** moistens the throat and clears a sore throat due to heat. **Dan Zhu Ye** drains the Heart fire to prevent heat toxins from stagnating in the Heart.

☛ **Jing Jie** and **Dan Dou Chi** release the surface. **Jing Jie** is stronger to release the surface. **Dan Dou Chi** mildly releases the surface and does not cause excess sweating that could damage Yin. **Dan Dou Chi** reduces irritability by clearing heat in the Heart.

2.1 Dry cough:

Moistens the dryness, clear heat and stops cough.	Chuan Bei Mu	Bulbus Fritillariae Cirrhosae	3-12g
	Kuan Dong Hua	Tussilaginis Farfarea, Flos	3-12g
	Pi Pa Ye	Eriobotryae Japonica, Folium	3-12g
	Dong Gua Ren	Semen Benincasae Hispidae	3-30g
	Bai Mao Gen	Rhizoma Imperatae Cylindrica	3-30g
	Tian Hua Fen	Radix Trichosanthis Kirilowii	3-12g
	Xuan Shen	Radix Scrophulariae Ningpoensis	3-15g
	Mai Men Dong	Tuber Ophiopogonis Japonici	3-12g
	(Bei) Sha Shen	Radix Adenophorae seu Glehniae	3-12g
	Sheng Di Huang	Radix Rehmanniae Glutinosae	3-30g

☛ **Chuan Bei Mu**, **Kuan Dong Hua** and **Pi Pa Ye** moisten the Lung and stop coughing. **Chuan Bei Mu** emphasizes stopping a dry cough and treats a sticky yellow phlegm type of cough. **Kuan Dong Hua** expels phlegm and stops coughs. **Pi Pa Ye** is light weight, stops mild dry coughs, and clears Lung and Stomach heat.

☛ **Dong Gua Ren** and **Bai Mao Gen** clear Lung Heat and promote urination. **Dong Gua Ren** emphasizes clearing Lung and stomach heat and expelling hot phlegm. **Bai Mao Gen** emphasizes moistening the dry sore throat and stopping bleeding.

☛ **Tian Hua Fen**, **Xuan Shen**, **Mai Men Dong**, **Sha Shen** and **Xuan Shen** moisten the dry throat and Lung. **Tian Hua Fen** is stronger to clear hot phlegm toxins and dissolves nodules. **Xuan Shen**'s emphasis is to moisten the dry throat and Lung, cool the heat in the blood level, clear heat toxins and dissolves nodules. **Mai Men Dong** clears dry sore throats, calms the Heart and clears Stomach heat. **Sha Shen** has a strong moistening quality to eliminate the dry throat

and Lung. **Sheng Di Huang** can moisten Yin, fluid and blood. It also cools heat in the blood level.

2.2. Coughing blood:

Cool the heat, stop bleeding.	Ce Bai Ye	Cacumen Biotae Orientalis	3-12g
	Bai Mao Gen	Rhizoma Imperatae Cylindrica	3-30g
	Xian He Cao	Herba Agrimony Pilosae	3-30g
	Xi Yang Shen	Radix Panacis Quincquefolii	3-12g

☛ **Ce Bai Ye**, **Bai Mao Gen** and **Xian He Cao** cool the blood and stop bleeding. **Ce Bi Ye** emphasizes cooling the blood and stopping bleeding. **Bai Mao Gen** clears heat in the Lung and Stomach, moistens the dryness, promotes urination, and stops bleeding. **Xian He Cao** has a neutral temperature, emphasizes its astringent quality, and stops bleeding.

☛ **Xi Yang Shen** cools the heat, moistens the Yin, strengthens the Qi and stops Lung hemorrhaging.

2.3 Yellow mucous:

Clear hot phlegm.	Huang Qin	Radix Scutellariae Baicalensis	3-30g
	Sang Bai Pi	Mori Albae Radicis, Cortex	3-30g
	Yu Xing Cao	Herba cum Radice Houttuyniae Cordate	3-30g
	Tian Hua Fen	Radix Trichosanthis Kirilowii	3-12g
	Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-12g
	Gua Lou Pi	Pericarpium Trichosanthis	3-15g
	Fu Hai Shi	Pumice	3-12g
	Hai Ge Ke	Concha Cyclinae Sinensis	3-15g

☛ **Huang Qin** is often used to eliminate hot phlegm in the Upper Jiao.

☛ **Sang Bai Pi** and **Yu Xing Cao** clear hot phlegm and promote urination. **Sang Bai Pi** is heavier weight, clears hot phlegm on a deeper level and has a mild function to stop coughing and asthma. **Yu Xing Cao** is lighter weight and is combined with Sang Bai Pi to clear hot phlegm in the exterior and interior level.

☛ **Tian Hua Fen** and **Gua Lou Pi** clear hot phlegm. **Tian Hua Fen** can moisten the dryness. It is often used for dry heat toxins in the throat and dry cough with sticky yellow mucous. **Gua Lou Pi** breaks phlegm stagnation by moving the Lung Qi. **Gua Lou Pi** has a function to regulate Qi to dissolve phlegm in the Lung. Comparing Gua Lou Pi with Gua Lou Ren, Gua Lou Ren has a moisten the Lung and dissolve phlegm function.

☛ **Zhe Bei Mu** clears hot phlegm and stop cough and dissolve hot phlegm nodules.

☛ **Fu Hai Shi** and **Hai Ge Ke** expel sticky hot phlegm. **Fu Hai Shi** is stronger to scratch the sticky yellow phlegm. **Hai Ge Ke** is smooth the sticky phlegm to expectorate.

2.4 Heat sore throat:

Clear heat toxins and moisten the throat.	Niu Bang Zi	Fructus Arctii Lappae	3-12g
	Tian Hua Fen	Radix Trichosanthis Kirilowii	3-12g
	Tu Niu Xi	Radix Achyranthis	3-30g
	Gang Mei Gen	Ilex Asprella Champ	3-30g
	Mai Men Dong	Tuber Ophiopogonis Japonici	3-12g
	(Bei) Sha Shen	Radiix Adenophorae Seu Glehniae	3-12g
	Xuan Shen	Radix Scrophulariae Ningpoensis	3-12g
	Sheng Di Huang	Radix Rehmanniae Glutinosae	3-30g
	Bai Ma Gen	Rhizoma Imperatae Cylindrica	3-30g
	Lu Gen	Rhizoma Phragmitis Communis	3-30g

☛ **Niu Bang Zi**, **Tian Hua Fen**, **Tu Niu Xi** and **Gang Mei Gen** clear heat toxin sore throats. **Niu Bang Zi** releases the surface and moistens the intestines. **Tian Hua Fen** moistens the dryness, reduces hot phlegm and dissolves hot phlegm nodules. **Tu Niu Xi** and **Gang Mei Gen** clear heat toxin sore throats, promote blood circulation and are often used as paired herbs in southern China during hot and humid weather conditions.

☛ **Mai Men Dong**, **Sha Shen**, **Xuan Shen** and **Sheng Di Huang** moisten the Yin and dryness. **Mai Men Dong**, **Sha Shen** and **Xuan Shen** moisten Yin fluid to eliminate dry throat. **Mai Men Dong** clears Lung and Stomach heat and calms the Heart. **Sha Shen** lubricates the dryness and clears Stomach and Lung heat. **Xuan Shen** clears heat toxins, cools the heat in the blood and dissolves hot phlegm nodules. **Sheng Di Huang** lubricates Yin fluid, blood and Kidney Jing and cools the heat in the blood.

☛ **Bai Mao Gen** and **Lu Gen** promote urination, moisten dry throat and clear Lung and Stomach heat. **Bai Mao Gen** stops bleeding. **Lu Gen** emphasizes draining the damp heat in the Upper Jiao (upper part of the body).

2.5 Fever:

Clear heat and reduce fever.	Shi Gao	gypsum	3-60g
	Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	3-12g
	Mu Dan Pi	Cortex Moutan Radicis	3-12g
	Bai Wei	Radix Cynanchi Baiwei	3-12g

☛ **Shi Gao** and **Zhi Mu** cool Yangming and Qi level heat. (Note: Yangming Stage Heat is part of the Six Stages theory and Qi Level Heat is part of the Wen Bing Four Level theory. Classic symptoms are typically big pulse, big sweating, high fever, and big thirst.) **Shi Gao** emphasizes

eliminating excess heat. **Zhi Mu** nourishes the dryness and can be used to eliminate excess (replete) and deficiency (empty, vacuous) heat.

☛ **Mu Dan Pi** and **Bai Wei** eliminate deficiency heat and cool the heat in the blood level. **Mu Dan Pi** mildly invigorates blood circulation and cools the heat. **Bai Wei** cools acute or chronic deficiency heat and mildly promotes urination.

3. Dryness attacks the Lung

A. Dry heat on the Tai Yang surface:

Syndromes:

Dry air, dry cough, dry nose, and throat, sticky mucous or sticky yellow mucous with blood, chill, low grade fever, red and dry tongue with dry yellow coating, floating and small and rapid pulse.

RX:

Sang Xin Tang

Sang Ye	Folium Mori Albae	3-12g
Dan Dou Chi	Semen Sojae Prepaeratum	3-12g
Xing Ren	Pruni Armeniacae, Semen	3-12g
Sha Shen	Radix Adenophorae Seu Glehniae	3-12g
Li Pi	Fructus Pyri	3-12g
Zhi Zi Pi	Fructus Gardeniae Jasminoidis (use the skin part)	3-12g
Chuan Bei Mu	Bulbus Fritillariae Cirrhosae	3-12g

☛ **Sang Ye** and **Dan Dou Chi** release surface. **Sang Ye** is stronger to release surface and clear Lung and Liver heat. **Dan Dou Chi** reduces Heart fire irritability.

☛ **Xing Ren** and **Chuan Bei Mu** moisten the Lung and stop cough. **Xing Ren** opens the Lung Qi to stop asthma, expels surface heat pathogens and mildly moistens the intestines. **Chuan Bei Mu** is the strongest to moisten the dry Lung, expel hot phlegm and dissolve nodules.

☛ **Sha Shen** and **Li Pi** moisten the dry Lung and throat. **Sha Shen** is heavier weight to moisten a deeper level of the Lung and throat. **Li Pi** moistens the dryness on the surface level. As paired herbs, they moisten the exterior and interior levels.

☛ **Zhi Zi Pi** is skin of Shan Zhi Zi. It is light weight which emphasizes its function to clear heat from the surface. **Zhi Zi Pi** cools the San Jiao heat (Triple Burner heat), heat in the blood, damp heat, and reduces Heart fire irritability.

B. Dry heat enters the Tai Yin Lung and Yang Ming Stomach

Syndromes:

Fever, dry cough, shortness breath, fatigue, nose bleed or coughing blood, sore throat, fullness of the chest, fatigue, thirst, red and dry tongue, full and rapid pulse.

RX:

Qing Zao Jiu Fei Tang

Sang Ye	Folium Mori Albae	3-12g
Shi Gao	Gypsum	3-60g
Mai Men Dong	Tuber Ophiopogonis Japonici	3-12g
Hei Zhi Ma	Semen Sesami Indici	3-15g
E Jiao	Gelatinum Corii Asini	3-60g
Xing Ren	Pruni Armeniacae, Semen	3-12g
Pi Pa Ye	Eriobotryae Japonica, Folium	3-12g
Ren Shen	Radix Ginseng	3-12g
Gan Cao	Radix Glycyrrhizae Uralensis	3-6g

☛ **Sang Ye** releases the surface and clears Lung and Liver heat.

☛ **Shi Gao** eliminates Yangming and Qi level heat and also eliminates Tai Yang surface level heat.

☛ **Mai Men Dong**, **Hei Zhi Ma** and **E Jiao** moisten the dryness and reduce heat. **Mai Men Dong** moistens and clears heat of the Lung and Stomach and calms the Heart. **He Zhi Ma** moistens Kidney and Lung Yin and moistens the intestine. **E Jiao** nourishes blood and stops bleeding.

☛ **Xing Ren** and **Pi Pa Ye** moisten the Lung and stop cough. **Xing Ren** opens the Lung, stops asthma, and expels surface heat. **Pi Pa Ye** is light-weight (meaning that it acts quickly more than it has stable long-lasting effects) to clear Lung heat.

☛ **Ren Shen** strengthens Qi and moistens the dryness.

☛ **Gan Cao** harmonizes ingredients of formula and clears heat in the throat.

3.1 Dry throat and Lung:

Moisten throat and clear heat.	Tian Hua Fen	Radix Trichosanthis Kirilowii	3-12g
	Xuan Shen	Radix Scrophulariae Ningpoensis	3-12g
	Sheng Di Huang	Radix Rehmanniae Glutinosae	3-30g

	Bai Mao Gen	Rhizoma Imperatae Cylindrica	3-30g
	Sha Shen	Radix Adenophorae Seu Glehniae	3-12g
	Mai Men Dong	Tuber Ophiopogonis Japonici	3-15g
	Bo He	Mentha Haplocalyx	3-6g
	Chuan Bei Mu	Bulbus Fritillariae Cirrhosae	3-6g
	Pi Pa Ye	Eriobotryae Japonicae, Folium	3-12g
	Kuan Dong Hua	Tussilaginis Farfarea, Flos	3-12g

☛ **Tian Hua Fen** and **Xuan Shen** moisten dryness of the throat, clear heat toxins and dissolve nodules. **Tian Hua Fen** clears hot phlegm; the clear heat toxins function is stronger than of **Xuan Shen**. **Xuan Shen** has a stronger moistening function and cools heat in the blood level.

☛ **Sheng Di Huang** moistens fluids, Yin and blood and also cools heat in the blood level.

☛ **Bai Mao Gen** cools the heat in the throat, Lung and Stomach. **Bai Mao Gen** stops nose bleeding (epistaxis) and promotes urination to drain dampness.

☛ **(Bei) Sha Shen** and **Mai Men Dong** lubricate fluid and moisten the dryness in the throat. **Sha Shen** emphasizes moistening the Lung and throat. **Mai Men Dong** calms the Heart.

☛ **Bo He** is light-weight, acrid, clears heat throat irritations and smoothes Liver Qi.

☛ **Chuan Bei Mu**, **Pi Pa Ye** and **Kuan Dong Hua** stop coughing and also moisten the throat and Lung. **Chuan Bei Mu** is the strongest to moisten the Lung to stop dry cough. **Pi Pa Ye** is light-weight, moistens a dry throat, stops a mild cough and clears Lung and Stomach heat. **Kuan Dong Hua** has a strong stop coughing function.

3.2 Sticky mucous:

Clear heat, moisten dryness and expels phlegm.	Tian Hua Fen	Radix Trichosanthis Kirilowii	3-12g
	Xuan Shen	Radix Scrophulariae Ningpoensis	3-12g
	Bai Mao Gen	Rhizoma Imperatae Cylindrica	3-30g
	Gua Lou Ren	Semen Trichosanthis	3-12g
	Hai Ge Ke	Concha Cyclinae Sinensis	3-15g
	Fu Hai Shi	Pumice	3-12g

☛ **Tian Hua Fen** and **Xuan Shen** moisten dryness, clear heat toxins and dissolve nodules. **Tian Hua Fen** clears hot phlegm, moistens the dryness and dissolves hot phlegm nodules. Due to the moistening property of the herbs, the hot sticky phlegm is more easily dislodged and expectorated. **Xuan Shen** moistens the dryness facilitating the expectoration of phlegm, cools the heat in the blood and dissolves hot phlegm nodules.

☛ **Bai Mao Gen** moistens the throat to expel phlegm and promotes urination to drain the damp heat out of the body.

☛ **Gua Lou Ren** clears hot phlegm and moistens the throat and Lung.

☛ **Hai Ge Ke** and **Fu Hai Shi** scratch hot phlegm out. ‘Scratch the phlegm out’ refers to the ability of the herbs to strongly expectorate sticky phlegm. **Hai Ge Ke** has a moistening function to dislodge and expel phlegm. **Fu Hai Shi** has stronger function to scratch phlegm out than **Hai Ge Ke**.

3.3 Yellow hot-type mucous:

Clear hot phlegm.	Huang Qin	Radix Scutellariae Baicalensis	3-15g
	Yu Xing Cao	Herba cum Radice Houttuyniae Cordate	3-30g
	Sang Bai Pi	Mori Albae Radicis, Cortex	3-30g
	Gua Lou Pi	Pericarpium Trichosanthis	3-15g
	Gua Lou Ren	Semen Trichosanthis	3-12g
	Jie Geng	Radix Platycodi Grandiflori	3-12g
	Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-12g

☛ **Huang Qin** has a strong and stable function to clear hot phlegm in the Upper Jiao. The term stable refers to the ability of the herb to have lasting results.

☛ **Yu Xing Cao** and **Sang Bai Pi** clear hot phlegm, clear heat toxins and promote urination. **Yu Xing Cao** is lighter-weight therefore clears hot phlegm on a lighter level. **Sang Bai Pi** has a heavier weight and therefore stops coughing on a deeper level and has a mild function to stop coughing and asthma.

☛ **Gua Lou Pi** and **Gua Lou Ren** clear hot phlegm. **Gua Lou Pi** is lighter weight and emphasizes moving to expel hot phlegm in the Lung. The moving function of the light-weight herb indicates that the herb functions to act quickly by regulating and clearing hot phlegm. **Gua Lou Ren** emphasizes moistening the dryness to expel hot phlegm.

☛ **Jie Gen** and **Zhe Bei Mu** expel hot phlegm and stop coughing. **Jie Geng** is milder, opens the Lung Qi, moistens the throat and Lung and assists other herbs to the upper part of the body (upper jiao). **Zhe Bei Mu** stops coughing and dissolves hot phlegm nodules.

3.4 Coughing blood:

Cools the heat and stop bleeding.	Ce Bai Ye	Cacumen Biotae Orientalis	3-12g
	Xian He Cao	Herba Agrimony Pilosae	3-30g
	Zi Zhu Cao	Folium Callicarpae	3-15g
	E Jiao	Gelatinum Corii Asini	3-30g
	Han Lian Cao	Herba Ecliptae Prostratae	3-12g
	Di Gu Pi	Cortex Lycii Radicis	3-12g
	Xi Yang Shen	Radix Panacis Quincquefolii	3-12g
	(Bei) Sha Shen	Radix Adenophorae seu Glehniae	3-12g

	Mai Men Dong	Tuber Ophiopogonis Japonici	3-12g
	Shi Hu	Herba Dendrobii	3-12g

☛ **Ce Bei Ye** cools blood and stops coughing of blood.

☛ **Xian He Cao** and **Zi Zhu Cao** are astringent and stop bleeding. **Xian He Cao** is lighter weight and has a mild strengthen the Qi function. **Zi Zhu Cao** is heavier weight. Combined with **Xian He Cao**, the herbs synergistically stop bleeding both on the lighter and deeper level for fast acting and lasting results.

☛ **Han Lian Cao** and **Di Gu Pi** cool the blood and stop bleeding. **Han Lian Cao** emphasizes lubricating the Yin. **Di Gu Pi** emphasizes to eliminate empty (deficiency, vacuity) heat.

☛ **Xi Yang Shen** strengthens the Qi, moistens the dryness and cools the heat to stop bleeding.

☛ **E Jiao** stops bleeding and nourishes the blood.

☛ **(Bei) Sha Shen**, **Mai Men Dong**, and **Shi Hu** moisten fluids to stop bleeding. **Sha Shen** has a strong moistening quality to lubricate the Lung Yin. **Mai Men Dong** calms the Heart to eliminate irritability. **Shi Hu** emphasizes clearing Lung and Stomach heat to stop bleeding.

3.5 Itching throat with dry wind:

	Jing Jie	Schizonepetae Tenuifoliae, Herba Seu Flos	3-12g
	Jie Geng	Radix Platycodi Grandiflori	3-12g
	Sha Shen	Radix Adenophorae Seu Glehniae	3-12g
	Mai Men Dong	Tuber Ophiopogonis Japonici	3-12g
	Tian Hua Fen	Radix Trichosanthis Kirilowii	3-12g
	Xuan Shen	Radix Scrophulariae Ningpoensis	3-12g

☛ **Jing Jie** expels wind in the throat to stop itching throat.

☛ **Jie Gen** opens the Lung Qi to expels wind in the throat and stop cough.

☛ **Mai Men Dong**, **Tian Hua Fen** and **Xuan Shen** moisten the dryness to stop an itching throat. **Mai Men Dong** lubricates Yin fluids to moisten the throat. **Tian Hua Fen** emphasizes clearing heat toxins and dissolving the hot phlegm to stop the itching throat. **Xuan Shen** cools the heat to stop the itching throat.

4. Cold phlegm stagnation in the Lung

Syndrome:

Cough, white mucous, excess phlegm, fullness of the chest, nausea, loose stool, fatigue, puffy tongue with grease white coating, slippery and wiry pulse.

RX:

Er Chen Tang and San Zi Yang Qing Tang

Ban Xia	Rhizoma Pinelliae Ternatae	3-12g
Chen Pi	Pericarpium Citri Reticulatae	3-6g
Fu Ling	Sclerotium Poriae Cocco	3-30g
Gan Cao	Radix Glycyrrhizae Uralensis	3-6g
Bai Jie Zi	Semen Sinapsis Albae	3-15g
Su Zi	Perillae Frutescentis, Fructus	3-12g
Lai Fu Zi	Semen Raphani Sativi	3-15g

- ☛ **Ban Xia** dries phlegm, descends the Qi downwards and dissolves phlegm nodules.
- ☛ **Chen Pi** regulates Qi and dries dampness. Combined with Ban Xia to dry the phlegm, **Ban Xia** is stronger to dry dampness and **Chen Pi** is stronger to regulate Qi.
- ☛ **Fu Ling** promotes urination and harmonizes the water balance in the body.
- ☛ **Gan Cao** has a sweet taste which harmonizes the herbs in the formula.
- ☛ **Bai Jie Zi**, **Su Zi** and **Lai Fu Zi** dry phlegm. **Bai Jie Zi** dries phlegm and has strong penetrate function to everywhere in the body. **Su Zi** has stop cough function. **Lai Fu Zi** dissolves food stagnation and descends stomach Qi down.

Er Chen Tang Formula Note:

Er Chen Tang is a basic formula to dry phlegm: Ban Xia, Chen Pi, Fu Ling, Gan Cao. It is a very effective classical combination formula: Ban Xia dries dampness, Chen Pi regulates Qi, Fu Ling drains dampness, Gan Cao balances the function of herbs in the formula.

4.1 Yellow phlegm:

Clear hot yellow phlegm.	Huang Qin	Radix Scutellariae Baicalensis	3-30g
	Yu Xing Cao	Herba cum Radice Houttuyniae Cordate	3-30g
	Sang Bai Pi	Mori Albae Radicis, Cortex	3-30g
	Gua Lou Pi	Pericarpium Trichosanthis	3-12g
	Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-12g
	Jie Geng	Radix Platycodi Grandiflori	3-12g

☛ **Huang Qin** and **Yu Xing Cao** clear hot phlegm. **Huang Qin** emphasizes clearing hot phlegm on a deeper level compared with **Yu Xing Cao**. **Yu Xing Cao** promotes urination to drain dampness.

☛ **Sang Bai Pi** clears hot phlegm and promotes urination to lead the hot phlegm out and mildly stop coughing.

☛ **Gua Lou Pi** clears hot phlegm and dissolves and penetrates through sticky phlegm and nodules.

☛ **Zhe Bei Mu** and **Jie Geng** stop coughing and clear hot phlegm. **Zhe Bei Mu** is stronger to clear hot phlegm than **Jie Geng** and dissolves phlegm nodules. **Jie Geng** opens the Lung Qi and spreads the other herbs to upper (upper jiao) and surface of body.

4.2 Cough

Stop cough.	Bai Qian	Radix et Rhizome Cynanchi Baiqian	3-15g
	Kuan Dong Hua	Tussilaginis Farfarea, Flos	3-12g
	Zi Wan	Asteris Tatarici, Radix	3-12g
	Xing Ren	Pruni Armeniaca, Semen	3-12g
	Jie Geng	Radix Platycodi Grandiflori	3-12g
	Wu Wei Zi	Fructus Schizandrae Chinensis	3-9g

☛ **Bai Qian** is acrid and penetrates through the Lung to stop coughing and dissolve phlegm in the Lung.

☛ **Kuan Dong Hua** and **Zi Wan** stop coughing and expel phlegm. **Kuan Dong Hua** emphasizes stopping the cough and it also mildly moistens the Lung. **Zi Wan's** expel the phlegm function is stronger than that of **Kuan Dong Hua**.

☛ **Xing Ren** and **Jie Geng** open the Lung Qi and stop coughing. **Xing Ren** stops asthma and moistens the Lung, throat and intestine. **Jie Geng** cools the throat and carries other herbs to upper part of the body (upper jiao).

☛ **Wu Wei Zi's** astringent quality stops coughing and it also calms the spirit.

4.3 Spleen Qi deficiency:

Strengthen Spleen Qi and dry dampness	Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-12g
	Cang Zhu	Rhizoma Atractylodis	3-9g
	Gan Jiang	Rhizoma Zingiberis Officinalis	3-12g
	Dang Shen	Radix Codonopsis Pilosulae	3-12g
	Huang Qi	Radix Astragali Membranaceus	3-15g
	Pei Lan	Herba Eupatorii Fortunei	3-12g
	Shan Yao	Radix Dioscoreae Oppositae	3-30g
	Qian Shi	Semen Erythraei	3-30g

☛ **Bai Zhu** and **Cang Zhu** dry the Middle Jiao (middle burner) and benefit the Spleen. **Bai Zhu** is stable and therefore has a lasting effect to dry the Spleen. **Cang Zhu** has a stronger moving quality for drying the Spleen and therefore its action takes effect more quickly and it releases the surface. The moving quality is related to its quick action and the ability to move to the surface.

☛ **Gan Jiang** warms to dry the Middle Jiao.

☛ **Dang Shen** and **Huang Qi** strengthen the Spleen Qi. **Dang Shen** emphasizes strengthening the Middle Jiao Qi. **Huang Qi** emphasizes raising the Spleen Qi upwards.

☛ **Pei Lan** is light-weight and aromatic to dry the dampness in the Middle Jiao and reduces a metallic taste in the mouth.

☛ **Shan Yao** and **Qian Shi** astringent the Spleen to stop diarrhea, dampness and phlegm. **Shan Yao** emphasizes astringing the Spleen on a deeper level than **Qian Shi**. **Qian Shi** also astringes the Kidney.

5. Hot phlegm stagnation in the Lung

Syndromes:

Cough with yellow mucous, shortness of breath, excess phlegm in the lung, bitter taste in the mouth, fever, constipation, chest pain, red tongue with yellow coating, slippery and rapid pulse.

RX:

Qing Qi Hua Tan Wan modified with Wei Jin Tang

Dan Nan Xing	Rhizoma Arisaematis	3-9g
Ban Xia	Rhizoma Pinelliae Ternatae	3-9g
Huang Qin	Radix Scutellariae Baicalensis	3-15g
Gua Lou Ren	Pericarpium Trichosanthis	3-12g
Ju Hong	Pars Rubra Epicarpium Citri Erythrocarpae	3-9g
Fu Ling	Sclerotium Poriae Cocco	3-15g
Zhi Shi	Fructus Immaturus citrii Aurantii	3-12g
Xing Ren	Pruni Armeniacae, Semen	3-12g

☛ **Dan Nan Xing** and **Ban Xia** dry the phlegm and dissolve phlegm nodules. **Dan Nan Xing** emphasizes eliminating hot phlegm. **Ban Xia** dries cold phlegm.

☛ **Huang Qin** dries hot phlegm in the Upper Jiao.

☛ **Gua Lou Ren** eliminates hot phlegm and moistens dryness in the Lung and intestine.

☛ **Ju Hong** dries cold phlegm and regulates Lung and Spleen Qi.

☛ **Fu Ling** promotes urination, drains dampness and harmonizes the water balance in the body.

☛ **Xing Ren** opens Lung Qi, stops coughing and asthma; and moistens dryness of the Lung and intestine.

5.1 Excess yellow hot phlegm:

Clear yellow hot phlegm.	Huang Qin	Radix Scutellariae Baicalensis	3-30g
	Yu Xing Cao	Herba cum Radice Houttuyniae Cordate	3-30g
	Sang Bai Pi	Mori Albae Radicis, Cortex	3-30g
	Bai Jian Cao	Herba cum Radice Patriniae	3-30g
	Gua Lou Pi	Pericarpium Trichosanthis	3-15g
	Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-12g
	Jin Yin Hua	Flos Lonicerae Japonicae	3-30g

	Lian Qiao	Fructus Forsythiae Suspensae	3-12g
	Pu Gong Yin	Herba Taraxaci Mongolici cum Radice	3-12g
	Zi Hua Di Ding	Herba Violae Cum Radice	3-15g
	Ye Ju Hua	Flos Chrysanthemi Indici	3-15g
	Bai Hua She She Cao	Herba Oldenlandiae Diffusae	3-30g
	Ku Shen	Radix Sophorae Flavescentis	3-12g

☛ **Huang Qin** strongly eliminates hot phlegm in the Upper Jiao.

☛ **Yu Xing Cao** and **Sang Bai Pi** eliminate hot phlegm in the Upper Jiao and promote urination. **Yu Xing Cao** is light-weight and therefore clears hot phlegm on a lighter level and is commonly used for the beginning stages. **Sang Bai Pi** clears Lung heat and stops coughing.

☛ **Bai Jian Cao** eliminates Lung heat and abscesses and also promotes blood circulation.

☛ **Gua Lou Pi** and **Zhe Bei Mu** clear hot phlegm in the Lung and dissolve phlegm nodules. **Gua Lou Pi** penetrates through the Lung to eliminate hot phlegm. **Zhe Bei Mu** stops coughing.

☛ **Jin Yin Hua** and **Lian Qiao** clear heat toxins and release the surface. **Jin Yin Hua** clears heat toxins on a lighter level and more strongly releases the surface. **Lian Qiao** is stronger to clear heat toxins and for dissolving hot phlegm nodules.

☛ **Pu Gong Yin**, **Zi Hua Di Ding**, **Ye Ju Hua**, **Bai Hua She She Cao** and **Ku Shen** clear heat toxins. **Pu Gong Yin**, **Zi Hua Di Ding** and **Ye Ju Hua** clear heat toxins on a lighter level. **Pu Gong Yin** dissolves hot phlegm nodules. **Zi Hua Di Ding** cools the blood and mildly promotes blood circulation. **Ye Ju Hua** emphasizes clearing heat toxins on the surface. **Bai Hua She She Cao** strongly clears heat toxins and has anti-cancer properties. **Ku Shen** clears hot phlegm in the Lung and skin.

5.2. Excess water in the Lung:

Eliminate water.	Ban Xia	Rhizoma Pinelliae Ternatae	3-12g
	Gan Jiang	Rhizoma Zingiberis Officinalis	3-12g
	Ju Hong	Pars Rubra Epicarpium Citri Erythrocarpae	3-9g
	Sang Bai Pi	Mori Albae Radicis, Cortex	3-30g
	Ting Li Zi	Semen Tinglizi	3-30g
	Fu Ling	Sclerotium Poriae Coccinea	3-30g
	Dan Zhu Ye	Herba Lophatheri Gracilis	3-15g
	Dong Gua Ren	Semen Benincasae Hispidae	3-30g
	Lu Gen	Rhizoma Phragmitis Communis	3-30g

☛ **Ban Xia** dries phlegm and dissolves phlegm nodules.

☛ **Gan Jiang** warms the Lung and dries phlegm.

☛ **Ju Hong** regulates Lung and Spleen Qi and dries phlegm.

☛ **Sang Bai Pi**, **Ting Li Zi**, **Fu Ling**, **Dan Zhu Ye**, **Dong Gua Ren** and **Lu Gen** promote urination and drain dampness in the Lung. **Sang Bai Pi** clears hot phlegm and stops coughing. **Ting Li Zi** is a strong diuretic and penetrates the Lung to drain the water from the Lung. **Fu Ling** emphasis is to harmonize water balance and it mildly promotes urination. **Dan Zhu Ye** calms and sedates the heat from the Heart and Lung. **Dong Gua Ren** reduces Lung abscesses and clears Stomach heat. **Lu Gen** moistens the dryness and reduces Lung abscesses.

5.3 Fever:

Clear heat.	Shi Gao	gypsum	3-60g
	Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	3-12g
	Hua Shi	Talcum	3-30g
	Mu Dan Pi	Cortex Moutan Radicis	3-12g
	Bai Wei	Radix Cynanchi Baiwei	3-12g
	Qing Hao	Herba Artemisia Annuae	3-9g

☛ **Shi Gao** and **Zhi Mu** reduce Lung and Qi level heat. **Shi Gao** has a stronger cooling the heat function. **Zhi Mu** can moisten the dryness and clears both excess heat and deficiency (empty, vacuity) heat.

☛ **Hua Shi** clears heat and promotes urination to drain the heat from the body.

☛ **Mu Dan Pi** and **Bai Wei** cool the heat in the blood level. **Mu Dan Pi** promotes blood circulation. **Bai Wei's** emphasis is to cool the heat and mildly promote urination. **Bai Wei** cools Ying (nutritive) level heat and treats both deficiency and excess heat. **Bai Wei** cools the body temperature from Yin deficiency fevers and steaming bone sensations.

☛ **Qing Hao** cools the heat, encourages the heat to the surface and eliminate dampness in the Middle Jiao.

6. Liver (wood) fire burns the Lung (metal):

Syndromes:

Stress, irritability, anger, excess anger causing cough with blood, cough, shortness breath, fullness in the chest and hypochondriac region, red tip and side of tongue with dry coating, wiry and floating pulse.

RX:

Ke Xue Fan and Zhen Gan Xi Fang Tang

Qing Dai	Folium Daqingye	3-9g
Zhi Zi	Fructus Gardeniae Jasminoidis	3-12g
Gua Lou Ren	Semen Trichosanthis	3-12g
Hai Ge Ke	Concha Cyclinae Sinensis	3-12g
He Zi	Fructus Terminaliae Chebulae	3-12g
Mu Li	Concha Ostrae	3-60g
Long Gu	Os Draconis	3-60g
Gui Ban	Plastrum testudinis	3-60g
Bai Shao	Radix Peoniae Lactiflorae	3-12g
Dai Zhe Shi	Haematitum	3-30g
Niu Xi	Radix Achyranthis Bidentatae	3-12g
Xuan Shen	Radix Scrophulariae Ningpoensis	3-12g
Tian Men Dong	Tuber Asparagi cochinchinensis	3-12g
Chuan Lian Zi	Fructus Meliae Toosendan	3-9g
Mai Ya	Fructus Hordei Vulgaris	3-12g
Yin Chen Hao	Herba Artemisiae Yinchenhao	3-30g
Gan Cao	Radix Glycyrrhizae Uralensis	3-6g

☛ **Qing Dai** is light-weight, clears heat, and clears heat toxins in the Lung. It does not need to be cooked, add directly into the decoction.

☛ **Zhi Zi** clears San Jiao (triple burner) heat and damp heat. It cools and promotes blood circulation and eliminates irritability. It often used to guide herbs to the San Jiao to clear heat.

☛ **Guo Lou Ren** and **Hai Ge Ke** clear hot phlegm. **Gua Lou Ren** is used for moistening the dry Lung and intestine. **Hai Ge Ke** expels and smoothes the phlegm from the Lung.

☛ **He Zi** clears heat in the Lung and throat and astringes coughing.

☛ **Mu Li, Long Gu, Gui Ban, Dai Zhe Shi** and **Bai Shao** descend Liver Yang. **Mu Li**'s emphasis is to descend Liver Yang and dissolve phlegm nodules. **Long Gu**'s emphasis is to descend Heart Yang and astringe the Lung and Kidney. **Gui Ban**'s emphasis is to lubricate the Yin and stop bleeding. **Dai Zhe Shi** cools the heat and descends Stomach Qi. **Bai Shao** smoothes Liver Qi, astringes Yin, and harmonizes Ying Qi and Wei.

☛ **Niu Xi** descends blood and promotes blood circulation and urination to stabilize the Lung.

☛ **Xuan Shen** and **Tian Men Dong** lubricate Yin, moisten the Lung and throat, and clear heat. **Xuan Shen** emphasizes clearing heat toxins and dissolving phlegm nodules. **Tian Men Dong**'s emphasis is to cool Lung and Kidney Yin.

☛ **Chuan Lian Zi** regulates Liver Qi and sedates Liver heat.

☛ **Mai Ya** smoothes Liver Qi and reduces food stagnation in the Middle Jiao.

☛ **Yin Chen Hao** clears damp heat in the Gall bladder and Liver.

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

6.1 Cough with blood:

Clear Liver and Lung heat and stop bleeding	Ce Bai Ye	Cacumen Biotae Orientalis	3-12g
	Xian He Cao	Herba Agrimony Pilosae	3-30g
	Zi Zhu Cao	Folium Callicarpae	3-30g
	Bai Mao Gen	Rhizoma Imperatae Cylindrica	3-30g
	Di Yu	Radix Sanguisorbae Officinalis	3-12g
	Huang Qin	Radix Scutellariae Baicalensis	3-12g
	E Jiao	Gelatinum Corii Asini	3-30g

☛ **Ce Bai Ye** cools the blood and stops bleeding.

☛ **Xian He Cao** and **Zi Zhu Cao** astringe to stop bleeding. **Xian He Cao** is lighter weight and functions on a lighter level than **Zi Zhu Cao**.

☛ **Bai Mao Gen, Di Yu** and **Huang Qin** clear heat and stop bleeding. **Bai Mao Gen**'s emphasis is treating Upper Jiao heat and bleeding and it also promotes urination to drain the heat from the body. **Di Yu**'s emphasis is to cool the blood to stop bleeding and functions on a deeper level of the blood than **Bai Mao Gen**. **Huang Qin** clears damp heat in the Lung to stop bleeding.

☛ **E Jiao** stops bleeding and nourishes the blood.

6.2 Sticky yellow phlegm with dry throat:

Clear the heat and expels hot phlegm.	Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-12g
	Chuan Bei Mu	Bulbus Fritillariae Cirrhosae	3-12g
	Tian Hua Fen	Radix Trichosanthis Kirilowii	3-12g
	Xuan Shen	Radix scrophulariae Ningpoensis	3-12g
	Hai Ge Ke	Concha Cyclinae Sinensis	3-15g
	Fu Hai Shi	Pumice	3-12g
	Sha Shen	Radix Adenophorae seu Glehniae	3-12g
	Mai Men Dong	Tuber Ophiopogonis Japonici	3-12g
	Bai Mao Gen	Rhizoma Imperatae Cylindrica	3-30g
	Lu Gen	Rhizoma Phragmitis Communis	3-30g

☛ **Zhe Bei Mu** and **Chuan Bei Mu** stop coughing, lubricate Yin and dissolve hot phlegm. **Zhe Bei Mu** strongly clears hot phlegm is more often used for acute syndromes than Chuan Bei Mu. **Chuan Bei Mu's** moistening function is stronger and it is more often used for dry cough or chronic cough.

☛ **Tian Hua Fen** and **Xuan Shen** clear heat and moisten the dryness in the Lung and throat. **Tian Hua Fen** emphasizes clearing heat toxins and hot phlegm and nodules. **Xuan Shen's** emphasis is to cool the heat and moisten dryness.

☛ **Hai Ge Ke** and **Fu Hai Shi** expectorate phlegm from the Lung. **Hai Ge Ke** emphasizes smoothing the phlegm from the Lung. The smoothing function expectorates sticky and dry phlegm. **Fu Hai Shi's** emphasis is to scratch phlegm from the Lung. The scratch the phlegm function refers to an expectorant quality which is very stable (lasting effects) and is used for very stubborn phlegm.

☛ **Sha Shen**, **Mai Men Dong**, **Bai Mao Gen** and **Lu Gen** moisten Yin and dryness in the Lung and throat. **Sha Shen** and **Mai Men Dong** moisten the dry Lung and throat. **Sha Shen** is stronger to moisten the dryness than Mai Men Dong. **Mai Men Dong** calms the Heart. **Bai Mao Gen** and **Lu Gen** clear Lung and Stomach heat and promote urination. **Bai Mao Gen** stops bleeding. **Lu Gen** clears Lung hot phlegm or abscesses.

6.3 Excess yellow hot phlegm:

Clear yellow hot phlegm.	Huang Qin	Radix Scutellariae Baicalensis	3-30g
	Yu Xing Cao	Herba cum Radice Houttuyniae Cordate	3-30g
	Sang Bai Pi	Mori Albae Radicis, Cortex	3-30g
	Bai Jiang Cao	Herba cum Radice Patriniae	3-30g
	Gua Lou Pi	Pericarpium Trichosanthis	3-15g
	Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-12g
	Jin Yin Hua	Flos Lonicerae Japonicae	3-30g
	Lian Qiao	Fructus Forsythiae Suspensae	3-12g
	Pu Gong Ying	Herba Taraxaci Mongolici cum Radice	3-12g
	Zi Hua Di Ding	Herba Violae Cum Radice	3-15g
	Ye Ju Hua	Flos Chrysanthemi Indici	3-15g

	Bai Hua She She Cao Herba Oldenlandiae Diffusae	3-30g
	Ku Shen Radix Sophorae Flavescentis	3-12g

☛ **Huang Qin** strongly to eliminates hot phlegm in the Upper Jiao.

☛ **Yu Xing Cao** and **Sang Bai Pi** eliminate hot phlegm in the Upper Jiao and promote urination. **Yu Xing Cao** is light-weight, clears hot phlegm on a lighter level, and is commonly used for the beginning stages of illness. **Sang Bai Pi** clears Lung heat and stops coughing.

☛ **Bai Jiang Cao** clears Lung heat, eliminates Lung abscesses and promotes blood circulation.

☛ **Gua Lou Pi** and **Zhe Bei Mu** clear hot phlegm in the Lung and dissolve nodules. **Gua Lou Pi** penetrates the Lung to eliminate hot phlegm. **Zhe Bei Mu** stops coughing.

☛ **Jin Yin Hua** and **Lian Qiao** clear heat toxins in the Lung and releases the surface. **Jin Yin Hua** clears heat toxins on a lighter level and is stronger to release surface. **Lian Qiao** is stronger to clear heat toxins and dissolves hot phlegm nodules.

☛ **Pu Gong Ying**, **Zi Hua Di Ding**, **Ye Ju Hua**, **Bai Hua She She Cao** and **Ku Shen** clear heat toxins in the Lung. **Pu Gong Ying**, **Zi Hua Di Ding** and **Ye Ju Hua** clear heat toxins on a light level. **Pu Gong Ying** dissolves hot phlegm nodules. **Zi Hua Di Ding** cools the blood and mildly promotes blood circulation. **Ye Ju Hua**'s emphasis is to release the surface. **Bai Hua She She Cao** strongly clears heat toxins and has anti-cancer property. **Ku Shen** clears hot phlegm in the Lung and skin.

6.4 White phlegm:

Dry cold phlegm.	Dan Nan Xing	Rhizoma Arisaematis	3-9g
	Ju Hong	Pars Rubra Epicarpium Citri Erythrocarpae	3-6g
	Fu Ling	Sclerotium Poriae Coccinea	3-30g
	Zhu Ling	Sclerotium Polypori Umbellati	3-15g

☛ **Dan Nan Xing** clears heat and dissolves hot phlegm.

☛ **Ju Hong** regulates Lung and Spleen Qi and dries dampness.

☛ **Fu Ling** and **Zhu Ling** promote urination to drain the phlegm in the Lung. **Fu Ling** is milder than **Zhu Ling** and harmonizes the water balance in the body. **Zhu Ling** clears heat.

6.5. Excess Liver fire:

Eliminate Liver fire	Chai Hu	Radix Bupleuri	3-6g
	Qing Hao	Herba Artemisia Annuae	3-6g
	Huang Qin	Radix Scutellariae Baicalensis	3-15g

	Zhu Ru	Caulis Bambusae In Taeniis	3-12g
	Long Dan Cao	Radix Gentianae Longdancao	3-12g
	Che Qian Zi	Semen Plantaginis	3-12g
	Chi Shao	Radix Paeoniae Rubrae	3-12g
	Mu Dan Pi	Cortex Moutan Radicis	3-12g
	Sha Shen	Radix Adenophorae Seu Glehniae	3-12g
	Mai Men Dong	Tuber Ophiopogonis Japonici	3-12g
	Tian Men Dong	Tuber Asparagi cochinchinensis	3-12g
	Shi Hu	Herba Dendrobii	3-12g
	Sheng Di Huang	Radix Rehmanniae Glutinosae	3-30g

☛ **Chai Hu** regulates Liver Qi and clears Liver heat.

☛ **Qing Hao** encourages heat to surface to release it and clears Liver and Gallbladder heat.

☛ **Huang Qin** and **Zhu Ru** clear damp heat in the Gallbladder and Liver. **Huang Qin** is stronger to clear heat. **Zhu Ru** dissolves hot phlegm and clears hot phlegm emotional conditions.

☛ **Long Dan Cao** and **Che Qian Zi** clear excess Liver heat and damp heat. **Long Dan Cao** is stronger to clear Liver and Gallbladder heat and heat toxin. **Che Qian Zi** promotes urination to let heat out.

☛ **Chi Shao** and **Mu Dan Pi** cool the heat in the Liver and blood. **Chi Shao** more strongly promotes blood circulation. **Mu Dan Pi** more strongly cools the blood.

☛ **Sha Shen**, **Mai Men Dong**, **Tian Men Dong** and **Shi Hu** lubricate Yin and cool the heat. **Sha Shen** emphasis is its moistening quality. **Mai Men Dong** moistens the dryness and calms the Heart. **Tian Men Dong** moistens and emphasizes cooling the heat and enters the Kidney meridian. **Shi Hu** nourishes Yin and clears heat. It is not sticky and can therefore be used with patients with dampness.

☛ **Sheng Di Huang** lubricates Yin, Jing and blood and also cools heat in the blood.

7. Lung Qi or Yang deficiency:

Syndrome:

Cough, chronic cough, elderly patients, shortness of breath, clear mucous, fatigue, sweat easily, aversion to wind, low voice, teeth-marked tongue with white coating, floating and weak pulse.

RX:

Bu Zhong Yi Qi Tang and Zhi Sou San modification:

Huang Qi	Radix Astragali Membranaceus	3-15g
Ren Shen	Radix Ginseng	3-12g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-12g
Zhi Gan Cao	Honey-Fried Radix Glycyrrhizae Uralensis	3-6g
Chen Pi	Pericarpium Citri Reticulatae	3-6g
Sheng Ma	Rhizoma Cimicifugae	3-9g
Chai Hu	Radix Bupleuri	3-6g
Dang Gui	Radix Angelicae Sinensis	3-12g
Zi Wan	Asteris Tararici, Radix	3-12g
Bai Bu	Radix Stmonae	3-12g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Bai Qian	Radix et Rhizome Cynanchi Baiqian	3-12g
Jing Jie	Schizonpetae Tenuifollae, Herba Seu Flos	3-12g

☛ **Huang Qi** and **Ren Shen** strengthen Spleen Qi. **Huang Qi** emphasizes raising the Spleen Qi. **Ren Shen** emphasizes strengthening the Middle Jiao Qi.

☛ **Bai Zhu** dries the dampness in the Middle Jiao to strengthen the Spleen Qi.

☛ **Zhi Gan Cao** is sweet to strengthen the Spleen Qi and harmonizes the ingredients in the formula.

☛ **Chen Pi** regulates Qi and dries dampness in the Middle Jiao.

☛ **Sheng Ma** and **Chai Hu** raise the Qi upwards. **Sheng Ma** is stronger to raise the Qi upwards than **Chai Hu**. **Chai Hu** regulates Liver Qi and smoothes the left and right motion of Qi. It is stronger to clear heat than **Sheng Ma**.

☛ **Zi Wan**, **Bai Bu**, **Jie Geng** and **Bai Qian** stop coughing. **Zi Wan** stops coughing and expels and dissolves phlegm. **Bai Bu** stops different kinds of coughing and moistens the Lung. **Jie Geng** opens the Lung Qi to stop coughing, clears sore throats, and transports herbs to Upper Jiao. **Bai Qian** has a penetrating function in the Lung to stop coughing.

☛ **Jing Jie** releases surface to expel wind pathogens and stops itching of the throat and Lung irritation.

7.1 With Spleen Qi deficiency with dampness or phlegm in the Lung:

Strengthen Spleen Qi	Sha Ren	Fructus Amomie	3-12g
	Ban Xia	Rhizoma Pinelliae Ternatae	3-9g
	Mu Xiang	Radix Aucklandia Lappae	3-6g
	Pei Lan	Herba Eupatorii Fortunei	3-12g
	Huo Xiang	Herba Agastaches Seu Pogostemi	3-12g

☛ **Sha Ren** regulates Qi and dries phlegm in the Spleen, Stomach and Lung.

☛ **Ban Xia** has a strong function to dry phlegm in the Lung, Spleen and Stomach.

☛ **Mu Xiang** regulates Qi and dries phlegm in the Spleen, Stomach and Lung. Often, it is added during the last 10 minutes of the decoction process.

☛ **Pei Lan** and **Huo Xiang** dry the dampness in the Spleen, Stomach and Lung. **Pei Lan** is lighter weight to dry the dampness (function on a lighter level) and is especially used for a metallic taste in the mouth. **Huo Xiang** goes to a deeper level to dry dampness and releases the surface for wind dampness attack of the ‘stomach flu’.

7.2 With Kidney Yang deficiency:

Strengthen Kidney Yang	Yin Yang Huo	Herba Epimedii	3-12g
	Lu Rong	Cornu Cervi Parvum	3-9g
	Hu Tao Ren	Semen Juglandis Regiae	3-15g
	Dong Chong Xia Cao	Cordyceps Sinensis	3-12g
	Ge Xie	Gecko	3-12g
	Bu Gu Zhi	Fructus Psoraleae Corylifoliae	3-12g

☛ **Yin Yang Huo** strengthens the Kidney Yang and has a strong moving function to assist the Lung and Kidney Yang.

☛ **Lu Rong** is the strongest to strengthen Kidney Yang and nourishes Kidney Jing and blood.

☛ **Hu Tao Ren** has mild function to strengthen the Kidney and Lung, stops mild chronic asthma and moistens the intestine.

☛ **Dong Chong Xia Cao** strengthens Kidney Yang and Yin and stops mild chronic asthma.

☛ **Ge Xie** warms the Kidney Yang, lubricates the Yin, and stops mild chronic asthma.

☛ **Bu Gu Zhi** is acrid and warm. It warms the Kidney and Lung Yang and also stops diarrhea.

7.3 Excess white mucous:

Clear cold phlegm	Ban Xia	Rhizoma Pinelliae Ternatae	3-9g
	Ju Hong	Pars Rubra Epicarpium Citri Erythrocarpae	3-6g
	Fu Ling	Sclerotium Poriae Coccinea	3-30g
	Bai Jie Zi	Semen Sinapis Albae	3-12g
	(Zi) Su Zi	Perillae Frutescentis, Fructus	3-12g
	Lai Fu Zi	Semen Raphani Sativi	3-12g

☛ **Ban Xia** dries dampness and phlegm in the Lung and Middle Jiao.

☛ **Ju Hong** regulates Qi and phlegm in the Lung.

☛ **Fu Ling** drains and harmonizes the water balance in the Lung and Spleen.

☛ **Bai Jie Zi, (Zi) Su Zi** and **Lai Fu Zi** dissolve phlegm. **Bai Jie Zi** has a strong penetrating function to clear phlegm in the Lung. **Su Zi** can stop cough or asthma. **Lai Fu Zi** descends stomach and Lung Qi and also dissolves food stagnation.

7.4 Excess cough:

Stop cough	Kuan Dong Hua	Tussilaginif Farfarea, Flos	3-12g
	Chuan Bei Mu	Bulbus Fritillariae Cirrhosae	3-12g
	Xing Ren	Pruni Armeniaca, Semen	3-12g

☛ **Kuan Dong Hua** stops coughing, expels phlegm and mildly functions to moisten Lung.

☛ **Chuan Bei Mu** stops coughing, moistens the Lung, and dissolves phlegm nodules.

☛ **Xing Ren** stops coughing and asthma, opens Lung Qi, and moisten the Lung and intestine.

7.5 Yellow mucous:

Clear yellow phlegm	Huang Qin	Radix Scutellariae Baicalensis	3-30g
	Sang Bai Pi	Mori Albae Radicis, Cortex	3-30g
	Yu Xing Cao	Herba cum Radice Houttuyniae Cordate	3-30g
	Gua Lou Pi	Pericarpium Trichosanthis	3-12g
	Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-12g

☛ **Huang Qin** dries hot phlegm in the Lung.

☛ **Sang Bai Pi** and **Yu Xing Cao** clear Lung heat and promote urination. **Sang Bai Pi** stops coughing at a deeper level to clear hot phlegm. **Yu Xing Cao** is lighter weight and clears a more surface level hot phlegm.

☛ **Gua Lou Pi** clears hot phlegm and has a penetrating function to dissolve hot phlegm.

☛ **Zhe Bei Mu** dissolves hot phlegm, stops coughs and dissolves nodules.

8. Lung Yin deficiency:

Syndromes:

Chronic cough, dry throat, dry or hacking cough, sticky mucous or yellow mucous, cough blood, red cheeks, hot flashes, night sweating, red tongue with dry coating, small and rapid pulse.

RX:

Sha Shen Mai Men Dong Tang and Be Mu Gua Lou San modification:

Sha Shen	Radix Adenophorae Seu Glehniae	3-12g
Mai Men Dong	Tuber Ophiopogonis Japonici	3-12g
Zhu Ru	Caulis Bambusae in Taeniis	3-15g
Tian Hua Fen	Radix Trichosanthis Kirilowii	3-12g
Sang Ye	Folium Mori Albae	3-12g
Bai Bian Dou	Semen Dolichoris Lablab	3-15g
Gan Cao	Radix Glycyrrhizae Uralensis	3-6g
Chuan Bei Mu	Bulbus Fritillariae Cirrhosae	3-12g
Guo Lou	Semen Trichosanthis	3-12g
Jie Geng	Radix Platycodi Grandiflori	3-12g
Chen Pi	Pericarpium Citri Reticulatae	3-6g
Fu Ling	Sclerotium Poriae Cocoa	3-30g

☛ **Sha Shen** and **Mai Men Dong** moisten the Lung Yin and fluid. **Sha Shen** is stronger to moisten the Yin fluid. **Mai Men Dong** calms the Heart.

☛ **Zhu Ru** and **Tian Hua Fen** dissolve hot phlegm. **Zhu Ru** emphasizes sedating heat and dissolving hot phlegm from the Stomach and Gallbladder. **Tian Hua Fen** is stronger to clear heat toxins and moistens the dryness of throat and Lung.

☛ **Sang Ye** clears Lung and Liver heat and releases the surface.

☛ **Bai Bian Dou** mildly leaches dampness from the Middle Jiao.

☛ **Gan Cao** harmonizes ingredients of the formula, moistens the throat and clears heat.

☛ **Chuan Bei Mu** stops coughing, moistens the Lung and dissolves hot phlegm and nodules.

☛ **Gua Lou** dissolves hot phlegm and moistens the Lung.

☛ **Jie Geng** opens the Lung Qi to stop cough, clear the heat from the throat and assists herbs to the Upper body (Upper Jiao).

☛ **Chen Pi** regulates Qi and dries dampness in the Lung and Middle Jiao.

☛ **Fu Ling** promotes urination and harmonizes the water balance in the body.

8.1 Dry cough:

Moisten Lung and stop cough.	Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-12g
	Pi Pa Ye	Eriobotryae Japonicae, Folium	3-12g
	Kuan Dong Hua	Tussilaginis Farfarea, Flos	3-12g
	Zi Wan	Asteris Tararici, Radix	3-12g
	Wu Wei Zi	Fructus Schizandrae Chinensis	3-9g
	Xuan Shen	Radix scrophulariae Ningpoensis	3-12g
	Bai Mao Gen	Rhizoma Imperatae Cylindrica	3-30g
	Sheng Di Huang	Radix Rehmanniae Glutinosae	3-30g

☛ **Zhe Bei Mu** stops coughing, moistens the dryness and dissolves phlegm nodules.

☛ **Wu Wei Zi** moistens the fluid in the Lung, calms the spirit and is astringent to stop coughing.

☛ **Xuan Shen**, **Bai Mao Gen** and **Sheng Di Huang** moisten the dryness. **Xuan Shen** clears heat in the blood, moistens the fluid in the throat and Lung and dissolves nodules. **Bai Mao Gen** clears Lung and Stomach heat, promotes urination to drain heat and stops bleeding. **Sheng Di Huang** lubricates blood, Yin and fluid and also cools the heat in the blood.

8.2 Sticky mucous:

Moisten the Lung Yin and dissolve phlegm	Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-12g
	Pi Pa Ye	Eriobotryae Japonicae, Folium	3-12g
	Huang Qin	Radix Scutellariae Baicalensis	3-15g
	Hai Ke Ge	Concha Cyclinae Sinensis	3-12g
	Fu Hai Shi	Pumice	3-12g
	Xuan Shen	Radix Scrophulariae Ningpoensis	3-12g
	Bai Mao Gen	Rhizoma Imperatae Cylindrica	3-30g
	Sheng Di Huang	Radix Rehmanniae Glutinosae	3-30g

☛ **Zhe Bei Mu** and **Pi Pa Ye** moisten the dryness and stop coughing. **Zhe Bei Mu** emphasizes stopping coughs and dissolving hot phlegm. **Pi Pa Ye** emphasizes moistening the dry throat and Lung and it also stops coughing on a lighter level.

☛ **Huang Qin** clears hot phlegm to reduce heat which lets the phlegm expectorate easily.

☛ **Hai Ke Ge** and **Fu Hai Shi** expel hot phlegm and dissolve hot phlegm nodules. **Hai Ke Ge** smoothes the phlegm to expectorate. **Fu Hai Shi** scratches the phlegm to expectorate.

☛ **Xuan Shen** and **Sheng Di Huang** cool heat in the blood and moisten the fluid. **Xuan Shen** is stronger to clear heat toxins and emphasizes lubricating fluid and dissolving nodules. **Sheng Di Huang** moistens the fluid, blood and Yin.

8.3 Coughing blood:

Cools the heat and stops bleeding.	Ce Bai Ye	Cacumen Biotae Orientalis	3-12g
	Xian He Cao	Herba Agrimony Pilosae	3-30g
	Zhi Zhu Cao	Folium Callicarpae	3-30g
	E Jiao	Gelatinum Corii Asini	3-30g
	Han Lian Cao	Herba Ecliptae Prostratae	3-12g
	Di Gu Pi	Cortex Lycii Radicis	3-12g
	Xi Yang Shen	Radix Panacis Quincquefolii	3-12g
	Bai Mao Gen	Rhizoma Imperatae Cylindrica	3-30g
	Huang Qin	Radix Scutellariae Baicalensis	3-15g

☛ **Ce Bei Ye** cools blood and stops coughing blood.

☛ **Xian He Cao** and **Zi Zhu Cao** astringe to stop bleeding. **Xian He Cao** is lighter weight and has a mild strengthen the Qi function. **Zi Zhu Cao** is heavier weight. Combine Zi Zhu Cao with Xian He Cao to stop bleeding on both the lighter and deeper levels.

☛ **Han Lian Cao** and **Di Gu Pi** cool the blood and heat to stop bleeding. **Han Lian Cao** emphasizes lubricating the Yin. **Di Gu Pi** emphasizes eliminating empty (deficiency) heat.

☛ **Xi Yang Shen** strengthens the Qi, moistens the dryness and cools the heat to stop bleeding.

☛ **E Jiao** stops bleeding and nourishes the blood.

☛ **Bai Mao Gen** stops bleeding, cools the heat in the Lung and Stomach and promotes urination.

☛ **Huang Qin** eliminates hot phlegm in the Lung and stops bleeding.

8.4 Kidney Yin deficiency:

Moisten the Kidney Yin and clear empty heat.	Sheng Di Huang	Radix Rehmanniae Glutinosae	3-30g
	Shan Zhu Yu	Fructus Corni Officinalis	3-12g
	Tu Si Zi	Semen Cuscutae Chinensis	3-12g
	Gui Ban	Plastrum Testudinis	3-30g
	Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	3-12g
	Mu Dan Pi	Cortex Moutan Radicis	3-12g
	Di Gu Pi	Cortex Lycii Radicis	3-12g
	Bai Wei	Radix Cynanchi Baiwei	3-12g
	Yin Chai Hu	Stellariae Dichotomae, Herba	3-12g

☛ **Sheng Di Huang** moistens the Yin, blood and Jing.

☛ **Shan Zhu Yu** astringes Kidney Jing and strengthens Yin and Yang.

☛ **Zhi Mu**, **Mu Dan Pi**, **Di Gu Pi**, **Bai Wei** and **Yin Chai Hu** eliminate empty heat. **Zhi Mu** moistens the dryness. **Mu Dan Pi** cools blood and promotes blood circulation. **Di Gu Pi** cools the empty heat in the Lung and especially treats steaming bone or skin syndromes. **Bai Wei** emphasizes reducing the heat and it mildly promotes urination. **Yin Chai Hu** reduces empty heat, treats steaming bone syndrome and Gan (nutritional impairment) disease with heat signs.

8.5 Lung Qi deficiency:

Strengthen Lung Qi.	Huang Qi	Radix Astragali Membranaceus	3-15g
	Ren Shen	Radix Ginseng	3-12g
	Dang Shen	Radix Codonopsis Pilosulae	3-15g
	Chai Hu	Radix Bupleuri	3-6g
	Sheng Ma	Rhizoma Cimicifugae	3-6g

☛ **Huang Qi**, **Ren Shen** and **Dang Shen** strengthen the Qi. **Huang Qi** emphasizes raising the Qi, encourages the Qi to the surface, promotes healing and mildly promotes urination. **Ren Shen** and **Dang Shen** strengthen the Middle Jiao Qi, mildly generate fluids and calm the mind. **Ren Shen** is stronger and is more often used for acute syndromes. **Dang Shen** is used for chronic or mild syndromes.

☛ **Chai Hu** and **Sheng Ma** raise the Qi upwards. **Chai Hu** regulates Liver Qi, smoothes the Qi left to right and harmonizes the shao yang. **Sheng Ma** is stronger to raise the Qi upwards.

9. Lung Qi stagnation asthma and cough:

Syndromes:

Cough, asthma, fullness of the chest, coughing with white mucous, edema, low appetite, loose stool, fatigue, puffy and teeth-marked tongue with moist coating and a weak, floating and slippery pulse.

RX:

Xiao Qing Long Tang

Ma Huang	Herba Ephedrae	3-9g
Xi Xin	Herba cum Radice Asari	1-3g
Wu Wei Zi	Fructus Schizandrae Chinensis	3-9g
Gan Jiang	Rhizoma Zingiberis Officinalis	3-12g
Gui Zhi	Ramulus Cinnamomi Cassiae	3-12g
Ban Xia	Rhizoma Pinelliae Ternatae	3-9g
Bai Shao	Radix Peoniae Lactiflorae	3-12g
Gan Cao	Radix Glycyrrhizae Uralensis	3-6g

☛ **Ma Huang** and **Xi Xin** are strong herbs that open the Lung Qi to stop asthma and coughing. **Ma Huang** emphasizes opening the Lung Qi to stop asthma, releasing the surface and mildly promoting urination. **Xi Xin** emphasizes warming the Lung to stop asthma and cough. Use **Xi Xin** with extreme caution if over a 3 gram dosage (see local and federal laws on permissibility in your country and state).

☛ **Wu Wei Zi** astringes Lung Qi to stop asthma and coughing and it also calms the spirit.

☛ **Gan Jiang** warms the Lung and Middle Jiao to expel cold.

☛ **Gui Zhi** warms the channels, releases the surface to benefit the Lung, and harmonizes Ying and Wei.

☛ **Ban Xia** dries phlegm and descends the Stomach and Lung Qi.

☛ **Gan Cao** has a sweet taste to harmonize the ingredients of the formula and slows acute syndromes.

9.1 Excess Qi and mucous stagnation:

Expel phlegm and regulate Qi.	Ju Hong	Pars Rubra Epicarpium Citri Erythrocarpae	3-6g
	Fu Ling	Sclerotium Poriae Coccinea	3-30g
	Zhu Ling	Sclerotium Polypori Umbellati	3-30g
	Sang Bai Pi	Mori Albae Radicis, Cortex	3-30g
	Ting Li Zi	Semen Tinglizii	3-12g
	Dan Nan Xing	Rhizoma Arisaematis (bile treated)	3-9g
	Zhi Ke	Fructus Citri Aurantii	3-12g
	Hou Po	Cortex Magnoliae Officinalis	3-12g
	Bai Dou Kou	Fructus Amomi Kravanh	3-12g

☛ **Ju Hong** regulates Qi and dries phlegm in the Lung and Middle Jiao.

☛ **Fu Ling** and **Zhu Ling** promote urination to drain dampness. **Fu Ling** is milder to promote urination and harmonizes the water balance in the body. **Zhu Ling** is stronger to promote urination and cooler than Fu Ling.

☛ **Sang Bai Pi** and **Ting Li Zi** promote urination. **Sang Bai Pi** stops coughing and clears Lung heat. **Ting Li Zi** is stronger to promote urination.

☛ **Dan Nan Xing** clears hot phlegm.

☛ **Zhi Ke** and **Hou Po** regulate and break Qi to help it descend properly. **Zhi Ke** emphasizes breaking the Qi stagnation, guiding the Lung Qi downwards and opens up the chest. **Hou Po** has a bitter taste and dries phlegm.

☛ **Bai Dou Kou** opens the chest and dries phlegm in the Lung and Middle Jiao.

9.2 Excess yellow hot phlegm:

Clear yellow hot phlegm.	Huang Qin	Radix Scutellariae Baicalensis	3-30g
	Yu Xing Cao	Herba cum Radice Houttuyniae Cordate	3-30g
	Sang Bai Pi	Mori Albae Radicis, Cortex	3-30g
	Dong Gua Ren	Semen Benincasae Hispidae	3-30g
	Bai Jian Cao	Herba cum Radice Patriniae	3-30g
	Gua Lou Pi	Pericarpium Trichosanthis	3-15g
	Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-12g
	Jin Yin Hua	Flos Lonicerae Japonicae	3-30g
	Lian Qiao	Fructus Forsythiae Suspensae	3-12g
	Pu Gong Ying	Herba Taraxaci Mongolici cum Radice	3-12g
	Zi Hua Di Ding	Herba Violae Cum Radice	3-15g
	Ye Ju Hua	Flos Chrysanthemi Indici	3-15g
	Bai Hua She She Cao	Herba Oldenlandiae Diffusae	3-30g
	Ku Shen	Radix Sophorae Flavescentis	3-12g

☛ **Huang Qin** strongly eliminates hot phlegm in the Upper Jiao.

☛ **Yu Xing Cao, Sang Bai Pi** and **Dong Gua Ren** eliminate hot phlegm in the Upper Jiao and promote urination. **Yu Xing Cao** is light-weight, clears hot phlegm on a lighter level and is commonly used for at the beginning stages of illness. **Sang Bai Pi** clears Lung heat and stops coughing. **Dong Gua Ren** emphasizes draining and promoting urination and also clears Lung and Stomach heat.

☛ **Bai Jiang Cao** clears heat toxins, expels pus and promotes blood circulation to clear hot phlegm in the Lung.

☛ **Gua Lou Pi** and **Zhe Bei Mu** clears hot phlegm in the Lung and dissolves hot phlegm nodules. **Gua Lou Pi** penetrates the Lung and eliminates hot phlegm. **Zhe Bei Mu** stops coughing.

☛ **Jin Yin Hua** and **Lian Qiao** clear heat toxins in the Lung and release the surface. **Jin Yin Hua** clears heat toxins on lighter level. **Lian Qiao** is strongly clears heat toxins and dissolves hot phlegm nodules. As commonly used paired herbs, they clear heat toxins on the lighter and deeper levels and synergistically function to enhance their effects.

☛ **Pu Gong Ying, Zi Hua Di Ding, Ye Ju Hua, Bai Hua She She Cao** and **Ku Shen** clear heat toxins. **Pu Gong Ying, Zi Hua Di Ding** and **Ye Ju Hua** clear heat toxins on a lighter level. **Pu Gong Ying** dissolves hot phlegm nodules. **Zi Hua Di Ding** cools the blood and mildly promotes blood circulation. **Ye Ju Hua**'s emphasis is to clear heat toxins by releasing the surface. **Bai Hua She She Cao** strongly clears heat toxins and has anti-cancer properties. **Ku Shen** clears hot phlegm in the Lung and clears damp heat conditions from the skin.

9.3 Excess cough:

Stop cough	Xing Ren	Pruni Armeniaca, Semen	3-12g
	Kuan Dong Hua	Tussilaginis Farfarea, Flos	3-12g
	Zi Wan	Asteris Tatarici, Radix	3-12g
	Bai Qian	Radix et Rhizome Cynanchi Baiqian	3-12g
	Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-12g

☛ **Xing Ren** stops asthma and coughing, moistens the intestine, and is commonly paired with **Ma Huang** to open the Lung Qi and stop asthma.

☛ **Kuan Dong Hua** and **Zi Wan** stop coughing and expel phlegm. **Kuan Dong Hua** emphasizes stopping coughing. **Zi Wan** emphasizes expelling phlegm.

☛ **Bai Qian** stops coughing and has a penetrating function in the Lung to stop coughing and to dissolve phlegm.

☛ **Zhe Bei Mu** stops coughing and dissolves hot phlegm and nodules.

9.4 Lung and Spleen Qi deficiency:

Strengthen the Lung and Spleen Qi	Huang Qi	Radix Astragali Membranaceus	3-15g
	Ren Shen	Radix Ginseng	3-12g
	Dang Shen	Radix Codonopsis Pilosulae	3-12g
	Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-12g
	Chai Hu	Radix Bupleuri	3-6g
	Sheng Ma	Rhizoma Cimicifugae	3-6g
	Ge Gen	Radix Puerariae	3-12g

☛ **Huang Qi**, **Ren Shen** and **Dang Shen** strengthen the Spleen and Lung Qi. **Huang Qi** emphasizes raising the Qi upwards, pushing the Qi to the surface, promoting healing and mildly promotes urination. **Ren Shen** and **Dang Shen** strengthen the Middle Jiao Qi. **Ren Shen** is stronger than the **Dang Shen** and is more often used for acute syndromes than **Dang Shen**. **Ren Shen** generates fluids, mildly calms the Heart and strengthens the Heart Qi. **Dang Shen** is milder than **Ren Shen** and it is more often used for chronic conditions.

☛ **Chai Hu**, **Sheng Ma** and **Ge Gen** raise Spleen Qi upwards. **Chai Hu** smoothes the Liver and Gallbladder Qi and can smooth the movement of Qi to the left and right. **Sheng Ma** is the strongest to raise the Qi upwards and to the surface. **Ge Gen** relaxes the muscles, generates fluids and stops diarrhea.

9.5 With Kidney Yang deficiency:

Strengthen Kidney Yang	Yin Yang Huo	Herba Epimedii	3-12g
	Lu Rong	Cornu Cervi Parvum	3-9g
	Hu Tao Ren	Semen Juglandis Regiae	3-12g
	Dong Chong Xia Cao	Cordyceps Sinensis	3-12g
	Ge Jie	Gecko	3-9g
	Bu Gu Zhi	Fructus Psoraleae Corylifoliae	3-12g

☛ **Yin Yang Huo** strengthens the Kidney Yang and has a strong moving function to assist the Lung and Kidney Yang.

☛ **Lu Rong** is the strongest to warm the Kidney Yang and nourishes the Kidney Jing and blood.

☛ **Hu Tao Ren** has a mild function to strengthen the Kidney and Lung, stop mild chronic asthma and moisten the intestine.

☛ **Dong Chong Xia Cao** strengthens Kidney Yang and Yin and stops mild chronic asthma.

☛ **Ge Xie** warms the Kidney Yang, lubricates the Yin and stops mild chronic asthma.

☛ **Bu Gu Zhi** is acrid, warms the Kidney and Lung Yang and stops diarrhea.

Review Exercises for Personal Enrichment

Answers on the Next Page (This is not the course quiz)

Herbal Medicine For Respiratory Conditions

1. Use Chen Pi to regulate the...
 - a. Spleen and Lung Qi
 - b. Lung and Heart Qi
 - c. Liver and Kidney Qi

2. Which herb most strongly dries phlegm?
 - a. Bai Zhi
 - b. Ban Xia
 - c. Xin Yi Hua

3. Yu Xing Cao clears hot phlegm and...
 - a. warms the interior
 - b. promotes urination
 - c. nourishes the Yin

4. Dong Gua Ren...
 - a. expels hot phlegm
 - b. clears Lung and Stomach heat
 - c. promotes urination
 - d. all of the above

Answers to Review Exercises

1. Use Chen Pi to regulate the...

- a. Spleen and Lung Qi
- b. Lung and Heart Qi
- c. Liver and Kidney Qi

answer: a

2. Which herb most strongly dries phlegm?

- a. Bai Zhi
- b. Ban Xia
- c. Xin Yi Hua

answer: b

3. Yu Xing Cao clears hot phlegm and...

- a. warms the interior
- b. promotes urination
- c. nourishes the Yin

answer: b

4. Dong Gua Ren...

- a. expels hot phlegm
- b. clears Lung and Stomach heat
- c. promotes urination
- d. all of the above

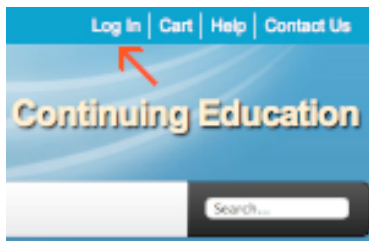
answer: d

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