

The Healthcare Medicine Institute presents

Herbal Insights:
Tonify Blood
Si Wu Tang

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

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Si Wu Tang applications for clinical practice

Si Wu Tang (Four Substance Decoction) originally came from Jiao Ai Tang, which was listed in the *Jin Gui Yao Lue* (*Essentials from the Golden Cabinet*) during the Han dynasty. In the *Tai Ping Hui Min He Ji Ju Fang*, Jiao Ai Tang was modified — Gan Cao, E Jiao and Ai Ye were removed— to become Si Wu Tang. Si Wu Tang is the base formula for nourishing blood and promoting blood circulation.

Ingredients:

Shu Di Huang	Radix Rehmanniae Glutinosae	3-30 grams
Dang Gui	Radix Angelica Sinesis	3-12 grams
Bai Shao	Radix Peoniae Lactiflorae	3-12 grams
Chuan Xiong	Radix Ligustici Chuanxiong	3-9 grams

The chief ingredient is **Shu Di Huang** (Radix Rehmanniae Glutinosae) which tonifies blood and Yin.

The assistants are **Dang Gui** (Radix Angelica Sinesis) and **Bai Shao** (Radix Peoniae Lactiflorae). **Dang Gui** (Radix Angelica Sinesis) nourishes blood, promotes blood circulation, and moves the blood in the blood level, which means it is stronger to move the blood than Chuan Xiong. **Bai Shao** (Radix Peoniae Lactiflorae) tonifies blood, harmonizes the Ying and Wei, harmonizes the ingredients of the formula, astringes the Yin, and stabilizes the Yang.

The adjunct is **Chuan Xiong** (Radix Ligustici Chuanxiong), which promotes blood circulation and moves the Qi in the blood. Since Chuan Xiong moves the Qi in the blood level, while Dang Gui moves the blood in the blood level, Dang Gui has a stronger function to move blood.

Explanation of formula:

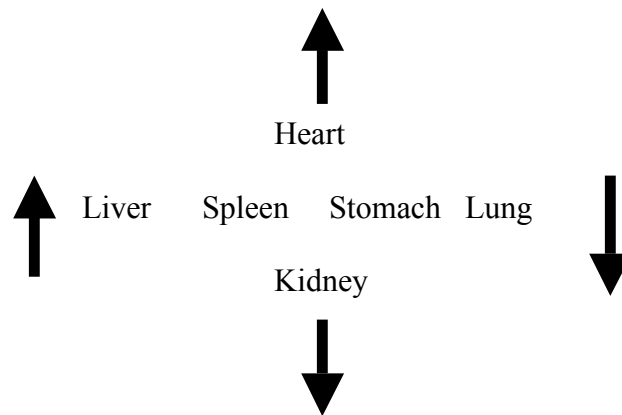
Shu Di Huang is strong to tonify blood and Yin, but it is sticky, and therefore may upset the Stomach and Spleen. **Dang Gui** and **Chuan Xiong** are warm and acrid to promote blood circulation, and therefore reduce the side effects of the stickiness of **Shu Di Huang**.

Dang Gui and **Chuan Xiong** promote blood circulation. **Dang Gui** moves the blood in the blood level to promote blood circulation; it is used for late menstruation or no menstruation, blood deficiency, and poor blood circulation. **Chuan Xiong** works on a lighter level in the blood to promote the Qi flow of the blood; it is used for vertex headache, frostbite, and poor blood circulation in the extremities. **Chuan Xiong** has a male character that moves faster and goes away faster, while **Dang Gui** has a female character that moves slower, but can stay longer. When Dang Gui and Chuan Xiong are combined, they promote blood circulation of the Qi and blood in the blood level. **Chuan**

Xiong is the only herb in this formula that does not directly tonify the blood; instead, by promoting blood circulation, it allows the organs to create blood by themselves. **Shu Di Huang**, **Dang Gui** and **Bai Shao** give blood and Yin to the body, while **Chuan Xiong** promotes blood circulation to enable the organs to create blood.

Bai Shao tonifies the blood in the Ying level. When compared with **Dang Gui** (which tonifies the blood in the blood level), **Bai Shao** tonifies blood more easily. Bai Shao can also harmonize the Ying and Wei, and relax and smooth the Qi between the surface and interior to thereby regulate the Qi and blood flow. Bai Shao can also anchor the Yang, which reduces the heat created by the warm nature of Dang Gui and Chuan Xiong.

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



Chuan Xiong and **Dang Gui** lift the Heart and Liver Qi up to promote Qi and Blood flow. **Shu Di Huang** and **Bai Shao** stabilize the Liver, Heart and Kidney to tonify the blood and Jing.

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

- **Dang Gui** and **Chuan Xiong** are warm and acrid. They tend to move up and help the flow of blood.
- **Shu Di Huang** and **Bai Shao** are stabilizing and move down.

These up and down functions balance the Yin and Yang of the formula and the hot and cold condition of the patient. Adjustments can be made to the formula to balance its hot and cold nature. For example, if a patient has Yin and blood deficiency with empty-heat signs due to menopause syndrome, you may need to decrease the dosage of **Dang Gui**

and **Chuang Xiong** and increase the dosage of **Shu Di Huang** and **Bai Shao**. If the patient has blood stagnation, you may need to decrease the dosage of **Shu Di Huang** and **Bai Shao** and increase the dosage of **Dang Gui** and **Chuang Xiong**.

Caution: This formula promotes blood circulation. Use caution if the patient is taking strong blood thinning medication. If patient has high blood pressure, be careful with the dosage of **Dang Gui** and **Chuan Xiong**.

8 Sections of Si Wu Tang Modifications

- (1) Clinical use of Si Wu Tang for menstrual disorders with blood stagnation
- (2) Injury with blood stagnation, or wind damp Bi pain with blood stagnation
- (3) Dry skin with blood deficiency or stagnation.
- (4) Night blindness
- (5) Central retinitis
- (6) Red nose with blood stagnation and heat signs
- (7) Low sperm count or swelling of the testicle
- (8) Chest pain with Qi and blood stagnation

1. Clinical use of Si Wu Tang for menstrual disorders with blood stagnation

1.1 Late menstruation with blood deficiency:

Patient has late menstruation, light blood flow, light color of blood, fatigue, blurred vision, dizziness or light-headedness, pale face and tongue, and an empty and weak pulse.

This syndrome of blood deficiency indicates that there is not enough blood supply to the body. The empty pulse means that the blood is thinner—for example, imagine how different a plastic pipe feels when air, water, or mud are flowing through it. Thinking of the blood vessels as a pipe, they feel differently depending on the flow of blood and Qi

Rx:

Shu Di Huang	Radix Rehmanniae Glutinosae	3-30 grams
Dang Gui	Radix Angelica Sinesis	3-12 grams
Bai Shao	Radix Peoniae Lactiflorae	3-12 grams
Chuan Xiong	Radix Ligustici Chuanxiong	3-9 grams
Gan Cao	Radix Glycyrrhizae Uralensis	3-6 grams

Shu Di Huang, Dang Gui and **Bai Shao** tonify blood, **Chuan Xiong** promotes blood circulation, and **Gan Cao** harmonizes the ingredients of the formula.

Modifications:

● **With blood deficiency:**

Blood deficiency. Strengthen the blood.	He Shou Wu (Radix Polygoni Multiflori) Gou Qi Zi (Fructus Lycii) Huang Jing (Rhizoma Polygonati)
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☛ **He Shou Wu** and **Gou Qi Zi** tonify the blood in the light level; they easily tonify the blood, and are easy on the digestion and the Middle Jiao. **He Shou Wu's** emphasis is to tonify the Kidney Jing. **Gou Qi Zi's** emphasis is to tonify the Liver blood.

☛ **Huang Jing** tonifies the blood and Qi; it is stronger to tonify blood but milder to strengthen the Qi.

● **With late menstruation cause by blood stagnation:**

Late menstruation with blood stagnation. Promote blood circulation and menstruation.	Wang Bu Liu Xing (Semen Vaccariae Segetalis) Lu Lu Tong (Fructus Liquidambaris Taiwaniana) Xiang Fu (Rhizome Cyperi Rotunda)
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☛ **Wang Bu Liu Xing** and **Lu Lu Tong** push the Qi and blood to make them flow and keep them from stopping. Wang Bu Liu Xing is stronger and heavier to improve the flow of the Qi and blood. Lu Lu Tong easily improves the flow of the Qi and blood and is faster moving than Wang Bu Liu Xing.

☛ **Xiang Fu** promotes blood and Qi circulation, aids menstruation, and stops pain.

● **With Qi deficiency:**

Qi deficiency. Strengthen Spleen Qi.	Huang Qi (Radix Astragali Membranaceus) Dang Shen (Radix Codonopsis Pilosulae) Ren Shen (Radix Ginseng)
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☛ **Huang Qi** and **Ren Shen** or **Dang Shen** strengthen the Qi. Huang Qi's emphasis is to push the Qi up, push the Qi from the interior to the exterior, and promote healing. Ren Shen and Dang Shen's emphasis is to strengthen the Middle Jiao Qi to make the Qi strong enough so that it can extend from the Middle throughout the body.

● **With bloated abdomen due to Qi stagnation:**

Bloated abdomen. Regulate Spleen and Stomach Qi and dry the dampness.	Shen Qu (Massa Fermentata) Chen Pi (Pericarpium Citri Reticulatae) Bai Zhu (Rhizoma Atractylodis Macrocephalae) Shan Zha (Fructus Crataegi)
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☛ **Shen Qu** and **Shan Zha** reduce food stagnation. Shen Qu's emphasis is to improve the flow of the Qi to eliminate chronic food stagnation with Qi stagnation. Shan Zha's emphasis is to break up the food stagnation and promote blood circulation.

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

☛ **Chen Pi** regulates Qi and dries dampness.

● **With Liver Qi stagnation:**

Irritability due to Liver Qi stagnation. Regulate and calm Liver Qi.	Chai Hu (Radix Bupleuri) Yu Jin (Tuber Curcumae) Gou Teng (Ramulus cum Uncis Uncariae) Tian Ma (Rhizoma Gastrodiae Elatae) Bo He (Mentha Haplocalyx)
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☛ **Chai Hu** smooths Liver Qi, spreads the Liver Qi, and raises the Qi up.

☛ **Bo He** smooths the Liver Qi on the light level. When compared to Chai Hu, Chai Hu's emphasis is to break the Qi stagnation, while Bo He's emphasis is to aromatically spread the Qi.

☛ **Yu Jin** cools Liver heat, promotes blood circulation, and reduces irritability.

☛ **Gou Teng** and **Tian Ma** stop internal wind to stabilize the Qi. They are used to stop headache, spasms and irritability. Tian Ma is stronger than Gou Teng. Gou Teng has a mild function to release the surface.

● **With Yang deficiency:**

Yang deficiency with cold syndromes. Warm the Liver and Kindey Yang.	Wu Zhu Yu (Fructus Evodiae Rutacarpae) Xiao Hui Xiang (Fructus Foeniculi Vulgaris) Gan Jiang (Rhizoma Zingiberis Officinalis) Sheng Jiang (Zingiberis Officinalis)
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	Recens, Rhizoma)
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☛ **Wu Zhu Yu** and **Xiao Hui Xiang** warm the Liver and Kidney channels, smooth the Qi, and stop pain. Wu Zhu Yu's emphasis is to stabilize the Qi. Xiao Hui Xiang's emphasis is to aromatically spread the Liver Qi and stop pain.

☛ **Gan Jiang** and **Sheng Jiang** are warm and acrid to regulate and expel cold in order to promote the flow of Qi. Gan Jiang is less moving and more stabilizing to warm and expel cold from the Kidney. Sheng Jiang is stronger to move and spread the Qi flow to stop pain.

1.2 PMS and painful menstruation with blood stagnation:

Headache, pain in the lower abdomen and lower back, tension on the breasts, blood clots, irritability, purple tongue, and a wiry and slippery pulse.

Purple tongue and blood clots indicate blood stagnation, which cause pain and irritability. A wiry pulse indicates pain and Qi and blood stagnation; a slippery pulse indicates Kidney Jing is active “as PMS, menstruation or pregnant of hormonal acting”

Rx:

Tao Hong Si Wu Tang

Tao Ren	Semen Persicae	3-12 grams
Hong Hua	Flos Carthami Tinctorii	3-9 grams
Shu Di Huang	Radix Rehmanniae Glutinosae	3-30 grams
Dang Gui	Radix Angelica Sinesis	3-12 grams
Bai Shao	Radix Peoniae Lactiflorae	3-12 grams
Chuan Xiong	Radix Ligustici Chuanxiong	3-9 grams
Gan Cao	Radix Glycyrrhizae Uralensis	3-6 grams

Tao Ren and **Hong Hua** promote blood circulation and break up congealed blood and bruises. Their emphasis is for congealed blood or bruises due to blood stagnation. **Dang Gui's** emphasis is to promote blood circulation in the blood of blood level and tonify blood, while **Chuan Xiong** promotes blood circulation in the Qi of blood level. **Shu Di Huang** and **Bai Shao** tonify blood and harmonize the moving function of the formula.

Modifications:

● **With Liver Qi stagnation irritability:**

Liver Qi stagnation irritability. Regulate and calm the Liver Qi.	Chai Hu (Radix Bupleuri) Yu Jin (Tuber Curcumae) Chi Shao (Radix Paeoniae Rubrae) Gou Teng (Ramulus cum Uncis Uncariae) Tian Ma (Rhizoma Gastrodiae Elatae) Long Gu (Os Draconis) Mu Li (Concha Ostreae) Suan Zao Ren (Semen Zizyphi Spinosae)
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☛ **Chai Hu** regulates the Liver Qi to assist the blood circulation and raise the Qi up. It's emphasis is to regulate and open, for example to treat depression. If the patient has hypertension, then the dosage should be lowered to 3-6 grams.

☛ **Yu Jin** has a cooling temperature. It regulates the Liver Qi, opens the orifices, cools the blood and promotes blood circulation. It is used for a patient that has Liver heat, blood stagnation, stubbornness and irritability.

☛ **Long Gu** and **Mu Li** calm the spirit and Liver Yang. Long Gu's emphasis is to calm the Heart Yang and it has an astringent function to stop the leaking of blood and Jing. Mu Li's emphasis is to calm the Liver Yang down.

☛ **Gou Teng** and **Tian Ma** stop internal wind. **Gou Teng** and **Tian Ma** are paired herbs. **Gou Teng** is male in character and is therefore faster acting and moves to the surface but is weaker in stopping internal wind than **Tian Ma**. **Tian Ma** is slower and stronger to stop internal wind and maintains effects longer than **Gou Teng**.

☛ **Chi Shao** cools the blood and promotes blood circulation. It is used for blood stagnation with heat signs.

☛ **Suan Zao Ren** calms the Heart and tonifies Liver blood. It is used for Liver Qi stagnation and blood deficiency causing insomnia. It helps with insomnia that occurs with PMS or during menstruation, or when the patient wakes up early in the morning and cannot get back to sleep. This is because Liver Qi stagnation relates to the Shao Yang, which is between the Tai Yang and Yang Ming, just as there is stagnation between waking and sleeping, going or stopping, and yes or no.

● **Excess pain with Qi and blood stagnation:**

Excess pain cause by Qi and blood stagnation. Promote Qi and blood circulation and stop pain.	Wu Ling Zhi (Excrem. Trogopteri seu Pteromi) Yan Hu Suo (Rhizome Corydalis Yanhusuo) Gao Ben (Rhizoma et radix Ligustici) San Qi (Radix Notoginseng)
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☛ **Wu Ling Zhi** promotes blood circulation and stops pain. Its emphasis is pain with blood stagnation.

☛ **Yan Hu Suo** stops pain to treat general Qi and blood stagnation.

☛ **San Qi** and **Pu Huang** promote blood circulation, and stop pain and bleeding. San Qi's emphasis is to reduce inflammation and pain, while Pu Huang's emphasis is to stop bleeding.

● **Excess blood clots with blood stagnation:**

<p>Blood stagnation with clots. Promotes blood circulation and break up congeal blood.</p>	<p>Wang Bu Liu Xing (Semen Vaccariae Segetalis) Lu Lu Tong (Fructus Liquidambaris Taiwanianae) Xiang Fu (Rhizome Cyperi Rotunda) Xu Duan (Radix Dipsaci Asperi) Dan Shen (Radix Salviae Miltiorrhizae) San Qi (Radix Notoginseng) Pu Huang (Pollen Typhae) E Zhu (Rhizoma Circuma Ezhu) San Leng (Rhizoma Sparganii Stoloniferi)</p>
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☛ **Wang Bu Liu Xing** and **Lu Lu Tong** push the Qi and blood flow, and prevent them from stopping. Wang Bu Liu Xing is stronger than Lu Lu Tong.

☛ **Xiang Fu** promotes blood circulation and menstruation, stops pain, and regulates Liver Qi. Its emphasis is to regulate Qi and blood and stop pain.

☛ **Xu Duan** tonifies the Liver and Kidney and promotes blood circulation, and it has a mild function to stop bleeding. Its emphasis is to tonify the Liver and Kidney and promote blood circulation.

☛ **Dan Shen** cools the blood, calms the Heart, and promotes blood circulation. Its emphasis is to promote blood circulation in the small blood vessels.

☛ **San Qi** and **Pu Huang** promote blood circulation, stop pain and stop bleeding. San Qi's emphasis is to reduce inflammation and pain, while Pu Huang's emphasis is to stop bleeding. They are used for heavy blood flow with blood clots. During the menstruation, it is important to keep the menstrual flow moving, while at the same time to reduce blood clots and stop pain. San Qi and Pu Huang are effective during menstruation to improve the flow of blood in order to reduce the stagnation of the blood clots and thereby balance the blood flow and stop bleeding.

☛ **E Zhu** and **San Leng** break up congealed blood and masses. Their emphasis is to break up the mass of blood clots or stagnation. E Zhu moves the blood of the blood, while San Leng moves the Qi of blood.

● **With cold and Kidney and Liver Yang deficiency:**

Cold with Kidney and Liver Yang deficiency. Warms the Kidney and Liver and expels cold.	Xiao Hui Xiang (Fructus Foeniculi Vulgaris) Wu Zhu Yu (Fructus Evodiae Rutaecarpae) Gan Jiang (Rhizoma Zingiberis Officinalis) Wu Yao (Radix Linderae Strychnifoliae)
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☛ **Xiao Hui Xiang** and **Wu Zhu Yu** warm the Liver and Kidney channels and organs. Xiao Hui Xiang's emphasis is for the genital and groin regions. Wu Zhu Yu's emphasis is for the Liver and Middle Jiao and descending the Stomach Qi downward.

☛ **Gan Jiang** warms the Middle Jiao and Kidney in order to warm the lower abdomen and uterus.

☛ **Wu Yao** warms the Kidney and uterus, and has an astringent function to balance the stop and go.

1.3 Excess or abnormal menstrual bleeding with blood stagnation:

Patient has a heavy menstrual flow, spotting between the menstrual cycles, or menopause with excess bleeding, with a purple tongue or blood clots.

Rx:

Jiao Ai Si Wu Tang

Ai Ye	Folium Artemisiae Argyi	3-9 grams
E Jiao	Gelatinum Corii Asini	3-12 grams
Shu Di Huang	Radix Rehmanniae Glutinosae	3-30 grams
Dang Gui	Radix Angelica Sinesis	3-12 grams
Bai Shao	Radix Peoniae Lactiflorae	3-12 grams
Chuan Xiong	Radix Ligustici Chuanxiong	3-9 grams

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

☛ **Ai Ye** stops bleeding and warms the Kidney Yang.

- ☛ **Bai Shao** stabilizes the Liver Yang and harmonizes the Ying and Wei.
- ☛ **Shu Di Huang** tonifies the blood to slow or harmonize the function of the formula.
- ☛ **Dang Gui** and **Chuan Xiong** promote blood circulation. **Dang Gui** nourishes blood and moves the blood of the blood whereas **Chuan Xiong** moves the Qi of the blood. Be careful in using these herbs in cases without blood stagnation: either reduce their dosage or remove them from the formula.

Modifications:

• **Excess bleeding due to Spleen Qi deficiency and prolapse:**

Excess bleeding due to Spleen Qi deficiency and prolapsed. Strengthen and raise Spleen Qi.	Huang Qi (Radix Astragali Membranaceus) Ren Shen (Radix Ginseng Radix Ginseng) Bai Zhu (Rhizoma Atractylodis Macrocephalae)
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- ☛ **Huang Qi** emphasizes to raises the Spleen Qi up to hold the blood in the blood vessels.
- ☛ **Ren Shen** emphasizes strengthen the Spleen and Middle Jiao Qi, which the Middle Jiao Spleen Qi to control the blood in the blood vessels in order to stop bleeding.
- ☛ **Bai Zhu** dries the Spleen Qi, which strengthens the Spleen Qi so that it can control the blood in the blood vessels and stop bleeding.

• **Bleding due to Kidney and Liver Yang deficiency:**

Bleeding due to Kidney and Liver Yang deficiency. Warm the Kidney and Liver Yang.	Xiao Hui Xiang (Fructus Foeniculi Vulgaris) Wu Zhu Yu (Fructus Evodiae Rutaecarpae) Gan Jiang (Rhizoma Zingiberis Officinalis) Wu Yao (Radis Linderae Strychnifoliae)
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- ☛ **Xiao Hui Xiang** and **Wu Zhu Yu** warm the Liver and Kidney channels and organs. Xiao Hui Xiang's emphasis is on the genital and groin regions. Wu Zhu Yu's emphasis is for the Liver and Middle Jiao and descending the Stomach Qi downward.
- ☛ **Gan Jiang** warms the Middle Jiao and Kidney in order to warm the lower abdomen and uterus.

☛ **Wu Yao** warms the Kidney and uterus and has an astringent function to balance the stop and go.

● **Bleeding due to Kidney Yin deficiency with empty heat sign.**

Bleeding due to Yin deficiency with heat sign. Lubricates Kidney Yin and cool the heat.	Gui Ban (Plastrum testudinis) Di Gu Pi (Cortex Lycii Radicis) Bai Wei (Radix Cynanchi Atrati) Mu Dan Pi (Cortex Moutan Radicis) Ce Ba Ye (Cacumen Biotae Orientalis)
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☛ **Gui Ban** can stabilize the Yin and stop excess uterine bleeding.

☛ **Di Gu Pi** and **Bai Wei** cool the heat in the blood. Di Gu Pi's emphasis is to treat steaming bone syndromes, while Bai Wei's emphasis is to eliminate empty heat.

☛ **Mu Dan Pi** cools the heat in the blood and promotes blood circulation; its cool blood function is stronger than its promote blood circulation function.

☛ **Ce Bai Ye** stops bleeding and cools heat.

● **Excess bleeding**

Excess bleeding. Stop bleeding.	Xian He Cao (Herba Agrimony Pilosae) Zi Zhu Cao (Folium Callicarpae Formosanae) Bai Ji (Rhizoma Bletillae Striatae) Di Yu (Radix Sanguisorbae Officinalis) Qian Cao Gen (Radix Rubiae Cordifoliae) San Qi (Radix Notoginseng) Pu Huang (Pollen Typhae) E Jiao (Gelatinum Corii Asini) Lu Jiao Jiao (Cornu Cervi Gelatinum)
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☛ **Xian He Cao** and **Zi Zhu Cao** are astringent to stop bleeding. Xian He Cao has a lighter weight to use for bleeding. It has a faster action and a milder function to stop bleeding. Zi Zhu Cao has a heavier weight which gives it a slower and deeper quality to stop bleeding.

☛ **Bai Ji** is astringent to stop bleeding and promote healing.

☛ **Di Yu** and **Qian Cao Gen** cool blood and stop bleeding, Qian Cao Gen can promote blood circulation.

☛ **San Qi** and **Pu Huang** promote blood circulation, stop bleeding, and stop pain. They are used for bleeding caused by blood stagnation. **San Qi** works on a deeper level of the blood. **Pu Huang** works on a lighter level of the blood.

☛ **E Jiao** and **Lu Jiao Jiao** stop bleeding. **E Jiao** emphasizes nourishing the blood. **Lu Jiao Jiao** strengthens the Yang.

● **Bleeding due to Kidney Yang deficiency:**

Bleeding due to Kidney Yang deficiency. Warms Kidney Yang.	Shan Zhu Yu (Fructus corni Officinalis) Xu Duan (Radix Dipsaci Asperi)
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☛ **Shan Zhu Yu** tonifies the Kidney and Liver and astringes the Kidney Jing.

☛ **Xu Duan** tonifies the Kidney Yang and promotes blood circulation.

● **Bleeding due to blood stagnation:**

Bleeding due to blood stagnation. Promotes blood circulation and stop bleeding.	Xu Duan (Radix Dipsaci Asperi) Wang Bu Liu Xing (Semen Vaccariae Segetalis) Lu Lu Tong (Fructus Liquidambaris Taiwaniana) Xiang Fu () San Qi (Radix Notoginseng) Pu Huang (Pollen Typhae)
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☛ **Xu Duan** tonifies the Kidney Yang and promotes blood circulation.

☛ **Lu Lu Tong** and **Wang Bu Liu Xin** promote blood circulation and break through blood stagnation. Wang Bu Liu Xin is stronger than Lu Lu Tong

☛ **San Qi** and **Pu Huang** promote blood circulation, stop bleeding, and stop pain. They are used for bleeding caused by blood stagnation. **San Qi** works on a deeper level of the blood. **Pu Huang** works on a lighter level of the blood.

2. Injury with blood stagnation, or wind damp Bi pain with blood stagnation.

After the injury, there is fixed pain, bruising, swelling, and spasms, a purple tongue or purple dots on the tongue and a wiry pulse.

Rx:

Tao Hong Si Wu Tang

Tao Ren	Semen Persicae	3-12 grams
Hong Hua	Flos Carthami Tinctorii	3-9 grams
Shu Di Huang	Radix Rehmanniae Glutinosae	3-12 grams
Dang Gui	Radix Angelica Sinesis	3-12 grams
Chi Shao	Radix Paeoniae Rubrae	3-12 grams
Chuan Xiong	Radix Ligustici Chuanxiong	3-9 grams

The base formula Si Wu Tang promotes blood circulation and tonifies the blood.

Tao Ren and **Hong Hua** promote blood circulation and break up congealed blood. When comparing Hong Hua and Tao Ren, Hong Hua is stronger to break up congealed blood, and it has a faster moving function, while Tao Ren has a slower moving function, but it can remain in the blood level longer and moisten the intestines.

Modifications:

•Head, neck and shoulder injury:

Head, neck or shoulder injury. Promote blood circulation and relax the Upper body.	<p>Qiang Huo (Rhizoma Et Radix Notopterygii)</p> <p>Gao Ben (Rhizoma Et Radix Ligustici)</p> <p>Bai Zhi (Rhizoma Atractylodis Macrocephalae)</p> <p>Chai Hu (Radix Bupleuri)</p> <p>Gui Zhi (Ramulus Cinnamomi Cassiae)</p> <p>Ge Gen (Radix Puerariae)</p>
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☛ **Qiang Huo** and **Gao Ben** expel wind damp Bi pain and guides the herbs to the upper body. Qiang Huo's emphasis is to expel wind damp Bi pain and stop Tai Yang Urination Bladder headaches, shoulder, occipital and vertex headaches. Gao Gen's emphasis is to stop headaches and Shao Yin Kidney vertex headaches.

☛ **Bai Zhi** dries mucus, opens the nasal passages, and stops Yang Ming Urination Bladder frontal headaches.

☛ **Chai Hu** smoothes the Shao Yang Gallbladder, stops Shao Yang temple headaches, and raises the Yang Qi up.

☛ **Gui Zhi** is acrid to go to the surface and upper body; it warms the channels and harmonizes the Wei and Ying.

☛ **Ge Gen** relaxes the Tai Yang Urination Bladder muscles, and stops the muscle pain in the shoulder and neck.

• **Rib and chest injury:**

Rib and chest injury. Regulate Qi and blood in the rib and chest.	Chai Hu (Radix Bupleuri) Xiang Fu (Rhizome Cyperi Rotunda) Wu Ling Zhi (Excrem. Trogopteri Seu Pteromi) Pu Huang (Pollen Typhae) Yu Jin (Tuber Curcumae)
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☛ **Chai Hu**, **Xiang Fu** and **Yu Jin** smooth Liver Qi and guide the herbs to the hypochondriac region. Chai Hu smoothes Qi in the Qi level, Xiang Fu smoothes Qi in the blood level, and Yu Jin smoothes Qi and blood, opens the orifices and cools the blood.

☛ **Wu Ling Zhi** and **Pu Huang** promote blood circulation and stop pain. Wu Ling Zhi's emphasis is to stop pain due to blood stagnation. Pu Huang stops bleeding.

3. Dry skin with blood deficiency or stagnation

Dry and itching skin with pale skin and tongue and an empty pulse indicate blood deficiency. Dry and itching skin with a slightly purple tongue and a wiry pulse indicate Qi and blood deficiency. If the patient has dry and red skin, a red tongue, and a rapid and floating pulse, it indicates heat.

Rx:

Si Wu Tang

Shu Di Huang	Radix Rehmanniae Glutinosae	3-30 grams
Dang Gui	Radix Angelica Sinesis	3-12 grams
Bai Shao	Radix Peoniae Lactiflorae	3-12 grams
Chuan Xiong	Radix Ligustici Chuanxiong	3-9 grams

Si Wu Tang tonifies blood and promotes blood circulation.

Shu Di Huang or **Sheng Di Huang** tonify blood to nourish the skin. Shu Di Huang's emphasis is to tonify the blood to treat blood deficiency for dry skin. Sheng Di Huang's emphasis is to cool heat in the blood to benefit the skin.

Dang Gui promotes blood circulation and tonifies the blood to nourish the skin.

Bai Shao calms the Yang, harmonizes Wei and Ying, and relaxes the Liver to calm and harmonize the skin.

Chuan Xiong promotes blood circulation to expel wind and stop itching, and supplies blood to nourish the skin.

Modifications:

•Dry and red skin with blood deficiency:

Dry and red skin with blood deficiency. Nourishes the blood and moisten the dryness.	He Shou Wu (Radix Polygoni Multiflori) Dan Shen (Radix Salviae Miltiorrhizae) Sang Shen Zi (Fructus Mori Albae) Ji Xue Teng (Radix et Caulis Jixueteng) Gou Qi Zi (Fructus Lycii)
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☛ **He Shou Wu** tonifies blood and clears skin heat.

☛ **Dan Shen** promotes blood circulation to help the organs create blood, and calms Heart fire to cool the heat in the skin.

☛ **Sang Shen Zi**, **Ji Xue Teng** and **Gou Qi Zi** tonify the blood and are easy on the Spleen. Sang Shen Zi cools heat and tonifies the blood of the Jing. Its tonify blood function is stronger than Ji Xue Teng's function. Ji Xue Teng expels wind damp Bi pain and promotes Qi and blood flow in the channels, skin, muscles and joints to stop hives and itching. Gou Qi Zi's emphasis is to tonify the Liver blood in order to nourish the skin.

● **Itching and dry skin due to Yin deficiency and Wind:**

<p>Itching and dry skin due to Yin deficiency and Wind. Nourishes the Yin and stop wind.</p>	<p>Chan Tui (Periosticum Cicadae) He Zhi Ma (Semen Sesami Indici) Bai Ji Li (Fructus Tribuli Terrestris) Dan Shen (Radix Salviae Miltiorrhizae) Chi Shao (Radix Paeoniae Rubrae) Sha Shen (Radis Adenophorae seu Glehniae) Mai Men Dong (Tuber Ophiopogonis Japonici) Shi Hu (Herba Dendrobii)</p>
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☛ **Chan Tui** and **Bai Ji Li** expel external and internal wind to reduce itching skin. Chan Tui is stronger to stop internal and external wind and to reduce skin irritation than Bai Ji Li, while Bai Ji Li works on the light or easier level to stop skin irritation.

☛ **Dan Shen** and **Chi Shao** cool the heat in the blood and promote blood circulation to reduce heat and nourish the blood. Dan Shen's emphasis is to calm the mind and promote blood circulation in the small blood vessels. Chi Shao is better to cool heat.

☛ **Sha Shen** and **Mai Men Dong** nourish the Yin and fluids. Sha Shen's emphasis is to moisten the Lung and the skin. Mai Men Dong calms the Heart and nourishes the Stomach and Lung to nourish the skin.

☛ **Shi Hu** cools Stomach heat and nourishes the skin. Its cooling function is stronger than that of Sha Shen and Mai Men Dong.

● **Red and dry skin with excess heat or empty heat:**

<p>Red and dry skin with heat. Eliminate excess or empty heat.</p>	<p>Qin Jiao (Radix Gentianae Qinjiao) Chan Tui (Periosticum Cicadae) Zhi Mu (Rhizoma Anemarrhenae Asphodeloidis) Shi Gao (Gypsum)</p>
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	Ku Shen (Radix Sophorae flavescens) Bai Xian Pi (Cortex Dictamni Dasycarpi Radicis)
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☛ **Qin Jiao** cools the empty heat in the blood and expels wind dampness to cool the skin and stop itching skin.

☛ **Chan Tui** cools heat and stops external and internal wind to stop itching and red skin.

☛ **Shi Gao** and **Zhi Mu** cool the heat in the Qi and blood levels. Shi Gao's emphasis is to sedate the Qi level heat while Zhi Mu reduces Qi and blood level heat and moistens the skin.

☛ **Ku Shen** and **Bai Xian Pi** strongly sedate heat and reduce damp heat in the skin. Ku Shen's action to reduce damp heat and heat is stronger than that of Bai Xian Pi.

4. Night blindness

Rx:

Si Wu Tang

Si Wu Tang tonifies the Liver blood and promotes blood circulation to support the eyes.

Shu Di Huang	Radix Rehmanniae Glutinosae	3-30 grams
Dang Gui	Radix Angelica Sinesis	3-12 grams
Bai Shao	Radix Peoniae Lactiflorae	3-12 grams
Chuan Xiong	Radix Ligustici Chuanxiong	3-9 grams

Modifications:

•Night blindness due to Yin and blood deficiency.

Night blindness due to Blood or Yin deficiency. Nourishes the Yin and Blood.	Gou Qi Zi (Fructus Lycii) Cang Zhu (Rhizoma Atractylodis) Ye Ming Sha (Excrementum Vespertilionis Murini) Niu Zhen Zi (Fructus Ligustri Lucidi) Huang Jing (Rhizoma Polygonati)
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☛ **Gou Qi Zi's** emphasis is to tonify the Liver blood in order to benefit the eyes.

☛ **Cang Zhu** and **Ye Ming Sha** nourish the Liver Yin to benefit the eyes. **Ye Ming Sha** is stronger than **Cang Zhu**.

☛ **Niu Zhen Zi** nourishes the Yin and cools heat to treat the eyes.

☛ **Huang Jing** tonifies the blood and Qi to strengthen the eyes.

5. Central retinitis

Patient has a history of using his eyes a lot and complains that there is a dark spot in the center of his visual field which usually happens on one eye. He has a slightly purple tongue and a wiry and slippery pulse.

Rx:

Si Wu Tang

Si Wu Tang tonifies the blood and promotes blood circulation in order to nourish the blood and move the blood to the eyes.

Shu Di Huang	Radix Rehmanniae Glutinosae	3-30 grams
Dang Gui	Radix Angelica Sinesis	3-12 grams
Bai Shao	Radix Peoniae Lactiflorae	3-12 grams
Chuan Xiong	Radix Ligustici Chuanxiong	3-9 grams

Modifications:

•Central retinitis due to blood stagnation:

Central retinitis due to blood stagnation. Promotes blood circulation.	Dan Shen (Radix Salviae Miltiorrhizae) Chi Shao (Radix Paeoniae Rubrae) San Qi (Radix Notoginseng) Huai Niu Xi (Radix Achyranthis Bidentatae) Hong Hua (Flos Carthami Tinctorii)
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☛ **Dan Shen** and **Chi Shao** promote blood circulation. Dan Shen's emphasis is moving the flow of blood in the small blood vessels while Chi Shao's emphasis is to cool the heat in the blood.

☛ **San Qi's** emphasis is to promote blood circulation, stop hemorrhaging, and reduce swelling.

☛ **Huai Niu Xi** promotes blood circulation and urination and descends blood downward to reduce tension in the eyes.

☛ **Hong Hua** promotes blood circulation and breaks up congealed blood.

●**Central retinitis due to Heat and yang rising up:**

Heat signs and Yang rising up. Cool the heat from the eyes and Liver and the blood.	Jue Ming Zi (Semen Cassiae) Ju Hua (Flos Chrysanthemi Morifolli) Huang Qin (Radix Scutellariae Baicalensis) Chi Shao (Radix Paeoniae Rubrae) Mu Dan Pi (Cortex Moutan Radicis) Lian Qiao (Fructus Forsythiae suspensae) Sang Ye (Folium Mori Albae) Xia Ku Cao (Spica Prunellae Vulagris) Tian Ma (Rhizoma Gastrodiae Elatae) Gou Teng (Ramulus Cum Uncis Uncariae)
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☛ **Jue Ming Zi** cools Liver heat and descends Liver Yang to reduce tension in the eyes.

☛ **Ju Hua** expels external and internal wind-heat from the eyes.

☛ **Huang Qin** expels Liver and Gallbladder damp heat to clear heat in the eyes.

☛ **Chi Shao** and **Mu Dan Pi** cool the blood and promote blood circulation. Chi Shao is stronger to promote blood circulation than Mu Dan Pi while Mu Dan Pi is stronger to cool the blood.

☛ **Lian Qiao**, **Sang Ye** and **Xia Ku Cao** expel external wind heat and clear Liver heat. Lian Qiao is stronger to clear heat and resolve hot nodules than Sang Ye and Xia Ku Cao. Sang Ye and Xia Ku Cao are stronger to expel external wind than Lian Qiao. Sang Ye's emphasis is to expel external wind heat and Xia Ku Cao's emphasis is to clear internal Liver heat.

☛ **Tian Ma** and **Gou Teng** stop internal wind to stabilize the Liver and calm the eyes. When the internal wind flows it makes the fire stronger, and then the fire will create stronger wind. Tian Ma has a stronger function than Gou Teng, while Gou Teng has a mild function to expel external wind.

●**Central retinitis due to dampness:**

Dampness of inflammation behind the eyes. Promotes urination and leach out dampness.	Fu Ling (Sclerotium Poriae Cocoa) Zhu Ling (Sclerotium Polypori Unbellati) Gui Zhi (Ramulus Cinnamomi Cassiae) Che Qian Zi (Semen Plantaginis)
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☛ **Fu Ling** and **Zhu Ling** promote urination and drain the dampness from the eyes. Fu Ling can harmonize the water balance in the eyes while Zhu Ling is stronger to promote urination than Fu Ling.

- ☛ **Gui Zhi** warms the channels and harmonizes the Wei and Ying of the eyes.
- ☛ **Che Qian Zi** promotes urination and drains damp heat from the Liver and Gallbladder.

6. Red nose with blood stagnation and heat signs

Red nose indicates that the blood vessels are showing up on the tip of the nose which is caused by heat in the blood or damp heat from the Stomach.

Rx:

Tao Hong Si Wu Tang

Tao Hong Si Wu Tang promotes blood circulation, expels blood stagnation, and nourishes the blood and Yin.

Tao Ren	Semen Persicae	3-12 grams
Hong Hua	Flos Carthami Tinctorii	3-9 grams
Shu Di Huang	Radix Rehmanniae Glutinosae	3-12 grams
Dang Gui	Radix Angelica Sinesis	3-12 grams
Chi Shao	Radix Paeoniae Rubrae	3-12 grams
Chuan Xiong	Radix Ligustici Chuanxiong	3-9 grams

Modifications:

● Red nose with blood stagnation:

Blood stagnation. Promotes blood circulation.	<p>Dan Shen (Radix Salviae Miltiorrhizae) Mu Dan Pi (Cortex Moutan Radicis) Huai Niu Xi (Radix Achyranthis Bidentatae) Yu Jin (Tuber Curcumae) Ru Xiang (Gummi Olibanum) Mo Yao (Myrrha)</p>
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☛ **Dan Shen** promotes blood circulation and also calms the Heart and improves the flow of blood in the small blood vessels.

☛ **Mu Dan Pi** cools the heat in the blood and promotes blood flow.

☛ **Huai Niu Xi** promotes blood circulation, descends blood down and promotes urination.

☛ **Yu Jin** promotes blood circulation, cool the heat and Liver and reduce irritability

☛ **Ru Xiang and Mo Yao** promote blood circulation and stop pain. The emphasis is to reduce swelling. Ru Xiang compare with Mo Yao, Ru Xiang is male, moving faster and less maintain in the blood, Mo Yao is lower, but long maintain in the blood.

● **Red nose with heat sign:**

<p>Red nose with heat from Stomach or blood level. Cools the heat in the Stomach or blood.</p>	<p>Mu Dan Pi (Cortex Moutan Radicis) Dan Shen (Radix Salviae Miltiorrhizae) Shui Niu Jiao (Corni Bibali) Shi Gao (Gypsum) Zhi Mu (Fructus Gardeniae Jasminoidis) Chan Tui (Periosticum Cicadae) Sang Ye (Folium Mori Albae) Ju Hua (Flos Chrysanthemi Morifolli) Man Jing Zi (Fructus Viticis)</p>
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☛ **Mu Dan Pi** and **Dan Shen** cool the heat in the blood and promote blood circulation. Mu Dan Pi's emphasis is to cool the blood; Dan Shen emphasis is to promote blood circulation and the small blood vessel.

☛ **Shui Niu Jiao** is strong to cool the heat in the blood.

☛ **Shi Gao** and **Zhi Mu** cool the heat in the Qi and blood level. Shi Gao is stronger to reduce the heat in the Qi level. Zhi Mu can moisten the Yin and cool the heat in the blood.

☛ **Chan Tui** can cool heat and reduce redness of the skin.

☛ **Sang Ye** and **Ju Hua** expel wind heat to reduce heat in the surface. Sang Ye is stronger to release surface and clear external wind than Ju Hua. Ju Hua's emphasis is to clear heat from the Liver.

☛ **Man Jing Zi** expels wind heat in the upper body.

● **Red nose due to stomach damp heat:**

<p>Damp heat in the Stomach. Clear the Stomach damp heat.</p>	<p>Yin Chen Hao (Artemisia Capillaris) Huang Qin (Radix Scutellariae Baicalensis) Chi Fu Ling (Sclerotum Poriae Cocos Rubrae) Bai Mao Gen (Rhizoma Imperatae Cylindrica) Zhu Ru (Caulis Bambusae in Taeniis) Pi Pa Ye (Eriobotryae Japonicae, Folium) Ku Shen (Radix Sophorae Flavescentis)</p>
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	Long Dan Cao (Radix Gentianae Longdancao)
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☛ **Yin Chen Hao** and **Huang Qin** clear damp heat in the Liver and Gallbladder. Yin Chen Hao's emphasis is to clear turbid damp heat while Huang Qin sedates Liver and Gallbladder fire.

☛ **Chi Fu Ling** and **Bai Mao Gen** promote urination and reduce Stomach heat. Chi Fu Ling's emphasis is to drain dampness while Bai Mao Gen's emphasis is to clear heat.

☛ **Zhu Ru** clears sticky hot phlegm in the Stomach and Gallbladder.

☛ **Pi Pa Ye** clears Stomach heat on the easier level.

☛ **Ku Shen** and **Long Dan Cao** are strong to clear damp heat. Ku Shen's emphasis is to clear damp heat in the skin. Long Dan Cao clears damp heat from the Liver and Gallbladder.

7. Low sperm count or swelling of the testicle

Low sperm count, lower back and leg weakness, tinnitus, or swelling or pain in the testicles, teeth marked tongue, wiry and weak pulse.

Rx:

Si Wu Tang

Si Wu Tang is used to promote blood circulation and tonify blood.

Shu Di Huang	Radix Rehmanniae Glutinosae	3-30 grams
Dang Gui	Radix Angelica Sinesis	3-12 grams
Bai Shao	Radix Peoniae Lactiflorae	3-12 grams
Chuan Xiong	Radix Ligustici Chuanxiong	3-9 grams

Modifications:

- Low sperm count due to blood and Kidney Jing deficiency:

Sperm count low due to Blood deficiency and Kidney Jing deficiency. Strengthen the blood and Jing.	Huang Jiang (Rhizoma Polygonati) He Shou Wu (Radix Polygoni Multiflori) Lu Rong (Cornu Cervi Parvum) Tu Si Zi (Semen Cuscutae Chinensis)
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☛ **Huang Jiang** and **He Shou Wu** tonify blood and Kidney Jing. Huang Jiang is strong and also tonifies the Qi. He Shou Wu is milder to tonify for chronic conditions.

☛ **Lu Rong** and **Tu Si Zi** tonify Kidney Yang and Jing. Lu Rong is stronger, while Tu Si Zi is milder.

- **Low sperm count due to Qi and Yang deficiency:**

Slow sperm due to Qi and Yang deficiency. Strengthen the Qi and Yang.	Lu Rong (Cornu Cervi Parvum) Gui Zhi (Ramulus Cinnamomi Cassiae) Ba Ji Tian (Rhizoma Bletillae Striatae) Yin Yang Huo (Herba Epimedii) Huang Qi (Radix Astragali membranaceus) Ren Shen (Radix Ginseng)
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☛ **Lu Rong** tonifies the Yang and Jing, and pushes the sperm to move.

☛ **Gui Zhi** warms the Kidney channel and harmonizes the Ying and Wei in the Kidney.

☛ **Ba Ji Tian** and **Yin Yang Huo** warm the Kidney Yang and have a moving function to push the sperm.

☛ **Huang Qi** and **Ren Shen** tonify the Qi. Huang Qi's emphasis is to push the Qi to make it flow, and **Ren Shen's** emphasis is to nourish the Spleen Qi in the Middle Jiao until it is full enough to supply the different organs, just like the center of an axle.

● **Swelling testicle due to Qi, Blood and phlegm stagnation:**

Swelling of testicles due to Qi and blood or phlegm stagnation. Dissolve the Qi, phlegm and blood stagnation.	<p>Chai Hu (Radix Bupleuri) Li Zhi He (Semen Lichi Chinensis) Ju He (Citrus Reticulate Blanco) Hai Zao (Herbs Sargassii) Hai Dai (Laminariae Thallus) Kun Bu (Thallus Algae) Hong Hua (Flos Carthami Tinctorii) Tao Ren (Semen Persicae) Yu Jin (Tuber Curcumae) Xiang Fu (Rhizome Cyperi Rotunda) Dan Shen (Radix Salviae Miltiorrhizae) Chi Shao (Radix Paeoniae Rubrae) San Leng (Rhizoma Sparganii Stoloniferi) E Zhu (Rhizoma Circuma Ezhu) Wang Bu Liu Xing (Semen Vaccariae Segetalis) Lu Lu Tong (Liquidambar Taiwaniana Hance)</p>
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☛ **Chai Hu, Li Zhi He, Ju He, Yu Jin** and **Xiang Fu** guide the herbs to the Liver channel. Chai Hu regulates and breaks up Qi stagnation. Li Zhi He and Ju He break up Qi and phlegm stagnation. Li Zhi He has a heavier weight to more strongly break up Qi and phlegm than Ju He. Ju He moves faster than Li Zhi He. Yu Jin promotes blood circulation, smoothes Liver Qi and cools heat. Xiang Fu promotes blood circulation and stops pain; it works on a deeper level of the blood than Ju He.

☛ **Hai Zao, Hai Dai** and **Kun Bu** dissolve phlegm stagnation. Hai Zao has a heavy weight to deeply and slowly reduce phlegm; Hai Dai is in the middle; and Kun Bu is easier and on the lighter level. As a team these three herbs dissolve phlegm on the three levels of heaven, human, and earth.

☛ **Tao Ren** and **Hong Hua** promote blood circulation and break up congealed blood. Tao Ren is an easy herb, but it stays in the blood longer and moistens the intestines.

☛ **Dan Shen** and **Chi Shao** promote blood circulation and cool the blood. Dan Shen is special to promote blood circulation in the small blood vessels. Chi Shao's emphasis is to cool the blood.

☛ **San Leng** and **E Zhu** promote blood circulation and break up masses of congealed blood. San Leng's emphasis is on the Qi of blood level, while E Zhu's emphasis is on the blood of blood level.

☛ **Wang Bu Liu Xing** and **Lu Lu Tong** break up blood and Qi stagnation, and move the Qi and blood so that it doesn't stop. Wang Bu Liu Xing has a stronger and deeper function, while Lu Lu Tong works on the Qi or light level of the blood.

8. Chest pain with Qi and blood stagnation:

Chest or hypochondriac (rib) pain, coronary artery disease, stress or fatigue, purple tongue, wiry pulse.

Rx:

Si Wu Tang

Si Wu Tang promotes blood circulation to stop chest pain.

Shu Di Huang	Radix Rehmanniae Glutinosae	3-30 grams
Dang Gui	Radix Angelica Sinesis	3-12 grams
Bai Shao	Radix Peoniae Lactiflorae	3-12 grams
Chuan Xiong	Radix Ligustici Chuanxiong	3-9 grams

Modifications:

● Chest pain or coronary artery diseases with blood stagnation:

Coronary artery disease with blood stagnation. Promotes Qi and blood circulation.	Dan Shen (Radix Paeoniae Rubrae) Yu Jin (Tuber Curcumae) Chi Shao (Radix Paeoniae Rubrae) Hong Hua (Flos Carthami Tinctorii) Tao Ren (Semen Persicae) Pu Huang (Pollen Typhae) Wu Ling Zhi (Excrem. Trogopteri seu Pteromi) Yan Hu Suo (Rhizome Corydalis Yanhusuo) Tan Xiang (Lignum Santali Albi) Xiang Fu (Rhizome Cyperi Rotunda)
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☛ **Dan Shen**, **Yu Jin** and **Chi Shao** promote blood circulation. Dan Shen's emphasis is to promote blood circulation in the small blood vessels and calm the Heart. Yu Jin smoothes the Liver and cools the blood. Chi Shao cools the heat in the blood.

☛ **Hong Hua** and **Tao Ren** promote blood circulation and break up congealed blood. Hong Hua is stronger than Tao Ren, while Tao Ren can remain in the blood longer and moisten the intestines.

☛ **Wu Ling Zhi** and **Yan Hu Suo** promote blood circulation and stop pain. Wu Ling Zhi's emphasis is to break up congealed blood while Yan Hu Suo regulates Qi and blood and stops pain.

☛ **Tan Xiang** and **Xiang Fu** promote blood circulation and regulate Qi. Tan Xiang's emphasis is to regulate the Qi to stop pain. Xiang Fu's emphasis is to promote blood circulation.

● **Chest pain or coronary artery disease with Qi stagnation:**

Chest pain with Qi stagnation. Regulate Qi and smooth Liver.	Chia Hu (Radix Bupleuri) Bai Shao (Radix Peoniae Lactiflorae) Yu Yin (Tuber Curcumae) Xiang Fu (Rhizome Cyperi Rotunda) Zhi Ke (Fructus Citri Aurantii) Qing Pi (Pericarpium Citri Reticulatae Veride) Tian Ma (Rhizoma Gastrodiae Elatae) Gou Teng (Ramulus cum Uncis Uncariae) Tan Xiang (Lignum Santali Albi)
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☛ **Chai Hu** smoothes the Chest and Liver Qi and mildly raises the Qi up to eliminate Qi stagnation in the Chest and depression.

☛ **Bai Shao** can calm the Liver and Yang to relax the Qi and astringe the Yin.

☛ **Yu Jin** smoothes the Qi and promotes blood circulation and reduces irritability.

☛ **Zhi Ke** and **Qing Pi** break up Qi stagnation and descend the Qi downwards. Zhi Ke emphasizes dissolve phlegm. Qing Pi emphasizes breaking the Qi.

☛ **Tian Ma** and **Gou Teng** stop internal Liver Wind and tremor to calm the Liver and tension in the chest. Tian Ma is stronger than the Gou Teng. Gou Teng tends to the surface and stronger moving function.

☛ **Tan Xiang** and **Xiang Fu** promote blood circulation and regulate Qi. Tan Xiang's emphasis is to regulate the Qi to stop pain. Xiang Fu's emphasis is to promote blood circulation.

● **Chest pain or coronary artery disease with Qi deficiency:**

Qi deficiency. Strengthen Qi.	Ren Shen (Radix Ginseng) Huang Qi (Radix Astragali Membranaceus) Chai Hu (Radix Bupleuri) Sheng Ma (Rhizoma Cimicifugae)
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Ge Gen (Radix Puerariae)

☛ **Ren Shen** and **Huang Qi** tonify the Qi. Ren Shen strengthens the Qi in the chest and Middle Jiao. Huang Qi's emphasis is to raise the Qi up, promote healing, and mildly promote urination.

☛ **Chai Hu**, **Sheng Ma** and **Ge Gen** raise the Qi up and clear heat. Chai Hu raises Qi, smoothes Liver Qi and is the strongest to clear heat. Sheng Ma is strongest to raise the Qi up. Ge Gen raises Spleen Qi up, stops diarrhea, relaxes the heart muscle, and generates fluids.

● **Chest pain or Coronary artery disease with Heart fire:**

Heart fire. Cool the Heart fire and blood.	Lian Zi Xin (Artemisia Capillaris) Huang Lian (Rhizoma Coptidis) Mu Dan Pi (Cortex Moutan Radicis) Shan Zhi Zi (Fructus Gardeniae Jasminoidis) Dan Shen (Radix Salviae Miltiorrhizae) Chi Shao (Radix Paeoniae Rubrae) Suan Zao Ren (Semen Zizyphi Spinosae) Bai Zi Ren (Semen Biotae Orientalis) Mai Men Dong (Tuber Ophiopogonis Japonici) Tian Men Dong (Tuber Asparagi cochinchinensis) Long Gu (Os Draconis) Mu Li (Concha Ostrae) Shi Jue Ming (Concha Haliotidis)
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☛ **Lian Zi Xin** and **Huang Lian** sedate Heart fire. Lian Zi Xin can astringe the Kidney Jing. It used to treat Heart and Kidney not communicating due to excess Heart fire burns out the Kidney water with syndromes of seminal emission, and it is light weight to sedate Heart fire on the lighter level compared to Huang Lian. Huang Lian is bitter taste to stronger to sedate excess Heart fire.

☛ **Mu Dan Pi**, **Shan Zhi Zi**, **Dan Shen** and **Chi Shao** promote blood circulation and cool the heat in the blood. Mu Dan Pi and Shan Zhi Zi's emphasis is to cool the heat in the blood. Mu Dan Pi is stronger cool heat in the blood than Shan Zhi Zi. Shan Zhi Zi can clear damp heat and guide the herbs to the San Jiao (Triple Burner). Dan Shen and Chi Shao's emphasis is to promote blood circulation. Dan Shen reduces irritability and promotes blood circulation in the small blood vessels of the Heart. Chi Shao cools Heart fire.

☛ **Suan Zao Ren** and **Bai Zi Ren** nourish and calm the Heart. Suan Zao Ren's emphasis is to nourish the Liver to calm the Heart. Bai Zi Ren's emphasis is to nourish the Heart Yin.

☛ **Mai Men Dong** and **Tian Men Dong** nourish Yin and calm the Heart. Mai Men Dong's emphasis is to nourish the Heart Yin while Tian Men Dong's emphasis is to cool the Kidney fire in order to clear Heart fire.

☛ **Long Gu**, **Mu Li** and **Shi Jue Ming** settle the Heart and Liver Yang. Long Gu's emphasis is to settle Heart Yang. Mu Li and Shi Jue Ming's emphasis is to settle the Liver Yang to calm the Heart Yang.

● **Chest pain with high cholesterol:**

<p>Qi and phlegm stagnation (abnormal high LDL cholesterol). Dissolve Qi and phlegm stagnation. In this scenario, phlegm stagnation is in the form of LDL cholesterol.</p>	<p>Gua Lou (Semen Trichosanthis) Xie Bai (Bulbus Allii) Hai Zao (Herbs Sargassii) Hai Dai (Laminariae Thallus) Kun Bu (Thallus Algae) Shan Zha (Fructus Crateigi) Lai Fu Zi (Semen Raphani Sativi) Ze Xie (Rhizome Alismatis Orientalitis) Lu Dou (Semen Phaseoli Radiati) He Ye (Folium Nelumbinis Nuciferae) Ling Zhi (Ganoderma) Yin Chen Hao (Herba Artemisiae Yinchenhao) Ji Nei Jin (Endothelium Corneum Gigeruae Galli) Fu Ling (Sclerotium Poriae Cocoa) He Shou Wu (Radix Polygoni Multiflori) Jue Ming Zi (Semen Cassiae) Pu Huang (Pollen Typhae) Dan Shen (Radix Salviae Miltiorrhizae) E Zhu (Rhizoma Circuma Ezhu) Jiang Huang (Rhizoma Curcumae) Ren Shen (Radix Ginseng) Da Huang (Radix et Rhizoma Rhei) Chai Hu (Radix Bupleuri) Ge Gen (Radix Puerariae)</p>
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☛ **Gua Lou** and **Xie Bai** reduce phlegm in the chest and blood vessels and regulate the Qi in the Spleen. Gua Lou has a slower motion and heavier density to remove phlegm while Xie Bai is more strongly moving and warms the Yang.

☛ **Hai Zao**, **Kun Bu** and **Hai Dai** dissolve phlegm in the blood vessels. Hai Zao has the

heaviest density, second is Hai Dai and last is Kun Bu.

- ☛ **Shan Zha** promotes blood circulation and especially reduces meat stagnation to clean the blood vessels.
- ☛ **Lai Fu Zi** reduces food stagnation, phlegm in the Middle Jiao and chest, and descends the Stomach Qi downwards.
- ☛ **Ji Nei Jin** reduces any kind of food stagnation and cleans the blood vessels.
- ☛ **Ze Xie** promotes urination and drains damp heat to reduce excess phlegm in the chest, Liver, and Kidney.
- ☛ **Lu Dou** and **He Ye** clear summer heat. Lou Dou clears heat, while He Ye clears dampness in the Middle Jiao. Lou Dou emphasizes the treatment of heat signs and He Ye emphasizes the damp type of abnormally high LDL cholesterol.
- ☛ **Ling Zhi** mildly strengthens Qi and Jing to dissolve phlegm in the blood vessels.
- ☛ **Yin Chen Hao** clears Liver and Middle Jiao (burner) damp heat to dissolve phlegm stagnation in the blood vessels.
- ☛ **Fu Ling** promotes urination and harmonizes the water balance to dissolve the phlegm nodules in the blood vessels.
- ☛ **He Shou Wu** nourishes the blood and Jing and mildly moistens the intestines to lower the abnormally high LDL cholesterol.
- ☛ **Jue Ming Zi** clears Liver heat and descends the Liver Yang to lower the abnormally high LDL cholesterol.
- ☛ **Dan Shen** calms the Heart, cools, and promotes blood circulation to lower the abnormally high LDL cholesterol.
- ☛ **E Zhu** and **Jiang Huang** promote blood circulation to break up congealed blood nodules to stop chest pain and dissolve the Qi and blood stagnation abnormally high LDL cholesterol. **E Zhu** is strong to break up congealed blood masses. **Jiang Huang's** emphasis is for the Upper body and is faster moving than E Zhu.
- ☛ **Ren Shen** strengthens the Spleen Qi to circulate the Middle Jiao Qi flow to vanish stagnant phlegm in the blood vessels.
- ☛ **Da Huang** purges, clears heat, and promotes blood circulation to dissolve excess phlegm stagnation in the chest and blood vessels.

☛ **Chai Hu** smooths Liver Qi and harmonizes the Shao Yang GB channel to remove phlegm stagnation in the blood vessels.

☛ **Ge Gen** relaxes the Yang Ming muscles and raises the Spleen Qi to lower the abnormally high LDL cholesterol.

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

Herbal Insights: Si Wu Tang - Tonify Blood

1. For Si Wu Tang, if the patient has blood stagnation...
 - a. increase the dosage of Chuan Xiong
 - b. increase the dosage of Bai Zhi
 - c. increase the dosage of Ju Hua

2. For Si Wu Tang, if a patient has late menstruation with blood stagnation...
 - a. send to the hospital immediately
 - b. add Lu Lu Tong
 - c. add Xia Ku Cao

3. For Si Wu Tang, if a patient has a head, neck or shoulder injury...
 - a. discontinue use of herbs and apply moxa
 - b. add Qiang Huo and Gao Ben
 - c. remove Qiang Huo and Gao Ben

4. When using Si Wu Tang for patients with central retinitis due to blood stagnation add...
 - a. Dan Shen, Chi Shao
 - b. San Qi, Huai Niu Xi
 - c. Hong Hua
 - d. all of the above

Answers to Review Exercises

1. For Si Wu Tang, if the patient has blood stagnation...

- a. increase the dosage of Chuan Xiong
- b. increase the dosage of Bai Zhi
- c. increase the dosage of Ju Hua

answer: a

2. For Si Wu Tang, if a patient has late menstruation with blood stagnation...

- a. send to the hospital immediately
- b. add Lu Lu Tong
- c. add Xia Ku Cao

answer: b

3. For Si Wu Tang, if a patient has a head, neck or shoulder injury...

- a. discontinue use of herbs and apply moxa
- b. add Qiang Huo and Gao Ben
- c. remove Qiang Huo and Gao Ben

answer: b

4. When using Si Wu Tang for patients with central retinitis due to blood stagnation add...

- a. Dan Shen, Chi Shao
- b. San Qi, Huai Niu Xi
- c. Hong Hua
- d. all of the above

answer: d

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