

AROUSE POWER

Tu Si Zi *Semen Cuscutae chinensis*

Suo Yang *Herba Cynomorii songarici*

Yin Yang Huo *Herba Epimidii*

Gou Qi Zi *Fructus Lycii chinensis*

Wu Wei Zi *Fructus Schisandrae chinensis*

Dan Shen *Radix Salviae miltiorrhizae*

Yuan Zhi *Radix Polygalae tenuifoliae*

Lu Lu Tong *Fructus Liquidambaris taiwanianae*

Chuan Niu Xi *Radix Cyathulae officinalis*

Gui Zhi *Ramulus Cinnamomi cassiae*

Mu Dan Pi *Cortex Moutan radicis*

Huang Bo *Cortex Phellodendri*

She Chuang Zi *Fructus Cnidii monnieri*

Zhi Gan Cao *Radix Glycyrrhizae uralensis praeparata*

Pattern: Kidney-Yang deficiency, Heart-Qi deficiency, Damp-Heat in the Lower Burner.

Action: tonify Kidney-Yang, tonify Heart-Qi, stimulate the descending of Heart-Qi, drain Damp-Heat, calm the Mind.

Indications: impotence, premature ejaculation, decreased libido, decreased sexual function, frigidity, insomnia, depression, backache, urinary difficulty, dizziness, tinnitus.

Tongue: pale.

Pulse: Deep, Weak.

AROUSE POWER

IN A NUTSHELL: establish the communication between Heart and Kidneys in gynaecological problems and sexual problems of men and women. Tonify Kidney-Yang, promote the descending of Heart-Qi, resolve Damp-Heat in the Lower Burner, calm the Mind.



Pale, sticky-yellow coating on root



Pale, sticky coating on root



Pale, HE-crack, sticky-yellow coating on root

BEND BAMBOO

DANG GUI *Radix Angelicae sinensis* **CHUAN XIONG** *Radix Ligustici wallichii* **SHU DI HUANG** *Radix Rehmanniae glutinosae conquitae* **SANG JI SHENG** *Ramus Loranthe* **BAI SHAO** *Radix Paeoniae albae* **JU HUA** *Flos Chrysanthemi morifolii* **GOU TENG** *Ramulus Uncaria cum Uncis* **MAN JING ZI** *Fructus Viticis* **BAI JI LI** *Fructus Tribuli terrestris* **GOU QI ZI** *Fructus Lycii chinensis* **FU LING** *Sclerotium Poriae cocos* **ZHI GAN CAO** *Radix Glycyrrhizae uralensis praeparata*

Action: nourish Liver-Blood, subdue Liver-Yang, stop headaches.

Pattern: Liver-Blood deficiency causing Liver-Yang rising.

Indications: chronic headaches which occur sometimes along the Gall-Bladder channel and temples with a throbbing pain, and sometimes on the vertex with a dull ache, accompanied by nausea, dizziness and possibly vomiting. Other symptoms may include poor memory, tingling of limbs, blurred vision, dry hair and skin, scanty periods. Tongue: pale and thin. Pulse: choppy.

BEND BAMBOO

IN A NUTSHELL: chronic headaches from Liver-Yang rising occurring against a background of Liver-Blood deficiency especially in women.



Pale

BENEFIT THE SINEWS

Tao Ren *Semen Persicae*

Hong Hua *Flos Carthami tinctorii*

Chuan Xiong *Radix Ligustici Chuanxiong*

Dang Gui *Radix Angelicae sinensis*

Ru Xiang Gummi *Olibanum*

Ban Xia *Rhizoma Pinelliae ternatae*

Chen Pi *Pericarpium Citri reticulatae*

Gua Lou *Fructus Trichosanthis*

Xi Xian Cao *Herba Siegesbeckiae*

Hai Feng Teng *Caulis Piperis futokadsurae*

Wei Ling Xian *Radix Clematidis*

Du Zhong *Cortex Eucommiae ulmoidis*

Gou Qi Zi *Fructus Lycii chinensis*

Cang Zhu *Rhizoma Atractylodis lanceae*

Huang Bo *Cortex Phellodendri*

Shen Qu *Massa Fermentata Medicinalis*

Pattern: Blood stasis, Phlegm and Dampness in the joints, Kidney deficiency.

Action: Invigorate Blood, resolve Phlegm, expel Wind-Dampness, dry Dampness.

Indications: Chronic Painful Obstruction Syndrome, chronic joint pain with swelling of the joints and bone deformities, rigidity of joints, backache, dizziness, tinnitus, tiredness, lack of will-power, mental confusion, anxiety, mental restlessness.

Tongue: Pale, red or purple, swollen, sticky coating.

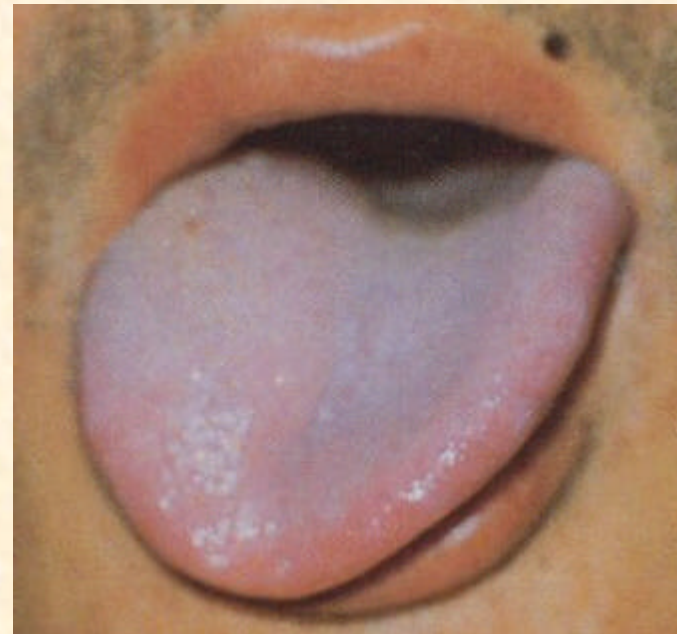
Pulse: Choppy or slightly slippery.

BENEFIT THE SINEWS

IN A NUTSHELL: chronic Bi syndrome with Phlegm, Dampness and Blood stasis in the joints and an underlying Kidney deficiency. Swollen joints, rigidity, severe pain.



**Purple sides, Swollen body,
sticky-yellow coating**



Slightly Purple, sticky coating

BREAK INTO A SMILE

CHAI HU *Radix Bupleuri*

BAI SHAO *Radix Paeoniae albae*

ZHI GAN CAO *Radix Glycyrrhizae uralensis praeparata*

ZHI KE *Fructus Citri aurantii*

CHEN PI *Pericarpium Citri reticulatae*

XIANG FU *Rhizoma Cyperi rotundi*

CHUAN XIONG *Radix Ligustici wallichii*

DAN SHEN *Radix Salviae miltiorrhizae*

TAI ZI SHEN *Radix Pseudostellariae*

YAN HU SUO *Rhizoma Corydalis yanhusuo*

SUAN ZAO REN *Semen Ziziphi spinosae*

FU LING *Sclerotium Poriae cocos*

Action: regulate Qi, eliminate stagnation, pacify the Liver, stop pain.

Pattern: Liver-Qi stagnant primarily, with secondary deficiency of Spleen-Qi and Stomach-Qi (stagnant Liver-Qi invading the Spleen and Stomach).

Indications: epigastric or abdominal distension and pain occurring against a background of emotional stress, flatulence, belching, irritability, depression.

Tongue: could be almost normal or slightly red on the sides.

Pulse: wiry.

BREAK INTO A SMILE

IN A NUTSHELL: Liver-Qi stagnation in the Middle and/or Lower Burner causing distension and pain. Digestive problems from Liver-Qi stagnation.

CLASSICAL ANTECEDENT: Chai Hu Shu Gan Tang.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Invigorating Blood action
- Calming the Mind action
- Tonifying Qi and Yin of Stomach

Note: *Break into a Smile* is appropriate when there is not only distension and fullness, but also pain. In this way it differs from *Soothe the Centre* which may be used if there is distension or fullness only.



Red sides, yellow coating

BREAKING CLOUDS

Ren Shen *Radix Ginseng*

Huang Qi *Radix Astragali membranacei*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Dang Gui *Radix Angelicae sinensis*

Sheng Ma *Rhizoma Cimicifugae*

Chai Hu *Radix Bupleuri*

Chen Pi *Pericarpium Citri reticulatae*

Zhi Gan Cao *Radix Glycyrrhizae uralensis praeparata*

Yuan Zhi *Radix Polygalae tenuifoliae*

Shi Chang Pu *Rhizoma Acori graminei*

Bai He *Bulbus Lili*

Qing Pi *Pericarpium Citri reticulatae viride*

Du Zhong *Cortex Eucommiae ulmoidis*

Wu Wei Zi *Fructus Schisandrae chinensis*

Pattern: Qi deficiency, sinking of Qi, Qi stagnation.

Action: Tonify and lift Qi, move Qi, lift the Spirit, open the Mind's orifices. Indications: Mental depression, tiredness, sadness, despondency, lack of will power, negativity, feelings of guilt, feelings of worthlessness, poor appetite, craving for sweets, loose stools, slight breathlessness, weak voice, pale complexion.

Tongue: Pale.

Pulse: Choppy, without "wave", short.

Classical antecedent: Bu Zhong Yi Qi Tang *Tonifying the Centre and Benefiting Qi Decoction*.

BREAKING CLOUDS

IN A NUTSHELL: depression from Qi deficiency (of Lungs, Spleen and Kidneys)

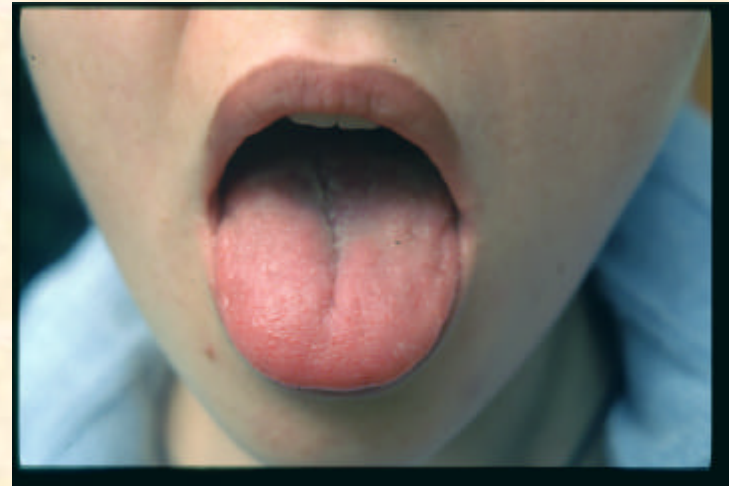
CLASSICAL ANTECEDENT: Bu Zhong Yi Qi Tang

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Tonifies Kidney-Yang
- Opens the Mind's orifices
- Lifts mood



Pale, Swollen



Slightly Swollen, HE crack



Pale, Swollen, HE crack

BRIGHTEN THE EYES

DANG GUI *Radix Angelicae sinensis*

SHU DI HUANG *Radix Rehmanniae glutinosae praeparata*

CHUAN XIONG *Radix Ligustici wallichii*

BAI SHAO *Radix Paeoniae albae*

GOU QI ZI *Fructus Lycii chinensis*

TU SI ZI *Semen Cuscutae*

NU ZHEN ZI *Fructus Ligustri lucidi*

JU HUA *Flos Chrysanthemi morifolii*

MAN JING ZI *Fructus Viticis*

MI MENG HUA *Flos Buddleiae officinalis*

BAI JI LI *Fructus Tribuli terrestris*

SHOU WU *Radix Polygoni multiflori*

HONG ZAO *Fructus Ziziphi jujubae*

Action: nourish Liver-Blood and the Kidneys, brighten the eyes.

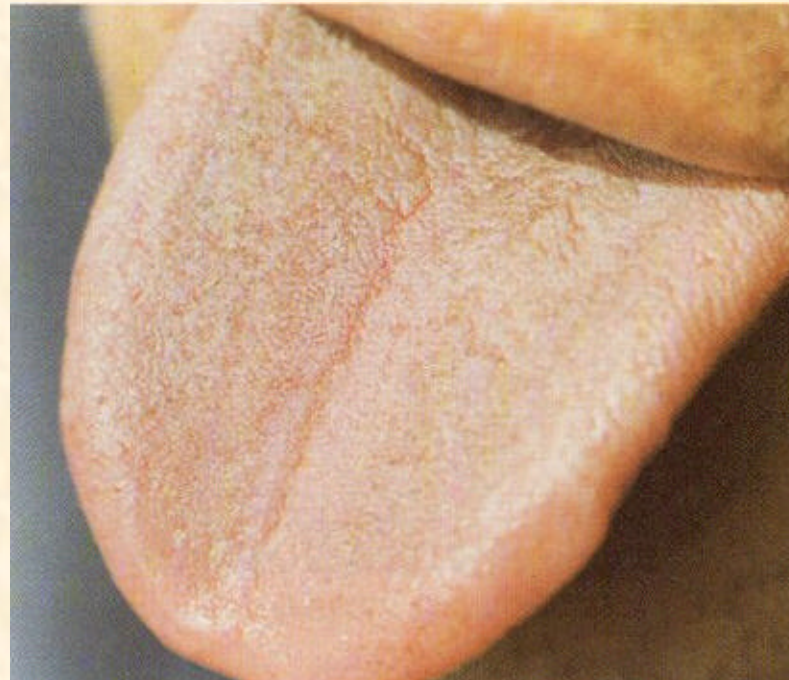
Pattern: deficient Liver-Blood and Kidneys not nourishing the eyes.

Indications: dull headaches from Liver-Blood deficiency especially if located around the eyes and eyebrows, blurred vision, floaters, gritty eyes, tired eyes, dry eyes, dizziness, tiredness, dull-pale complexion, scanty periods, depression, insomnia (difficulty in falling asleep), slight anxiety, tingling in the limbs, poor memory, lower backache, slight tinnitus. Tongue: pale especially on the sides, thin.

Pulse: choppy or fine.

BRIGHTEN THE EYES

IN A NUTSHELL: eye problems and headaches deriving from Liver-Blood deficiency. Also dry hair from Liver-Blood deficiency.



Pale, dry

BRIGHT SPIRIT

Zhu Ru *Caulis Bambusae in taeniis*

Ban Xia *Rhizoma Pinelliae*

Chen Pi *Pericarpium Citri reticulatae*

Fu Shen *Sclerotium Poriae Cocos pararadicis*

Qing Pi *Pericarpium Citri reticulatae viride*

Shi Chang Pu *Rhizoma Acori graminei*

Yuan Zhi *Radix Polygalae*

Xiang Fu *Rhizoma Cyperi rotundi*

He Huan Pi *Cortex Albizziae julibrissin*

Mei Gui Hua *Flos Rosae rugosae*

Yu Jin *Tuber Curcumae*

Pattern: Liver- and Heart-Qi stagnation, Phlegm obstructing the Mind's orifices.

Action: move Liver- and Heart-Qi, calm the Mind, resolve Phlegm, open the Mind's orifices, stimulate the "coming and going" of the Ethereal Soul.

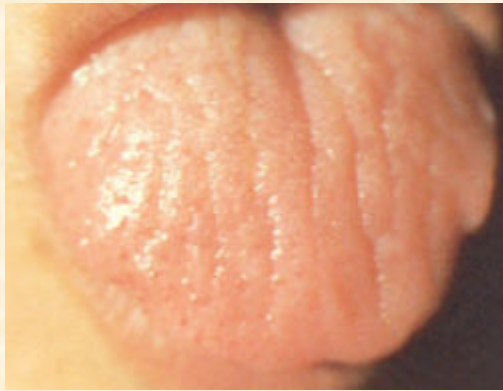
Indications: depression, moodiness, indecision, a feeling of aimlessness, confusion about one's life dreams and goals, digestive disorders with distension and fullness, sighing, palpitations, a feeling of distension or oppression of the chest, a slight feeling of lump in the throat, sputum in the throat, slight shortness of breath, poor appetite, weak and cold limbs, slightly purple lips, pale complexion.

Tongue: slightly Pale-Purple on the sides in the chest area, Swollen, sticky coating.

Pulse: Wiry and very slightly Overflowing on the left-Front position or Wiry-Slippery.

BRIGHT SPIRIT

IN A NUTSHELL: depression and anxiety from Qi stagnation and Phlegm.



Pale, Swollen



Purple, Swollen, sticky coating



Red tip, Swollen



Red tip, Swollen

BROCADE SINEWS

DANG SHEN *Radix Codonopsis pilosulae* **DANG GUI** *Radix Angelicae sinensis*
CHUAN XIONG *Radix Ligustici wallichii* **BAI SHAO** *Radix Paeoniae albae*
SHU DI HUANG *Radix Rehmanniae glutinosae conquitae* **GOU QI ZI** *Fructus Lycii chinensis*
SANG JI SHENG *Ramus Loranthe* **SANG ZHI** *Ramulus Mori albae* **WEI LING XIAN** *Radix Clematidis chinensis* **MU GUA** *Fructus Chaenomelis lagenariae*
WU JIA PI *Cortex Acanthopanax radice* **XI XIAN CAO** *Herba Siegesbeckiae orientalis*
JI XUE TENG *Caulis Millettiae seu Caulis Spatholobi* **FU LING** *Sclerotium Poriae cocos* **YI YI REN** *Semen Coicis lachryma jobi* **CANG ZHU** *Rhizoma Atractylodis lanceae* **ZHI GAN CAO** *Radix Glycyrrhizae uralensis praeparata*

Action: nourish Liver-Blood and Liver-Yin, benefit sinews, expel Wind-Dampness from the joints.

Pattern: chronic Wind-Damp Painful Obstruction (*Bi*) Syndrome occurring against a background of Liver-Blood and/or Liver-Yin deficiency.

Indications: chronic soreness and swelling of the joints, dizziness, numbness or tingling of limbs, poor memory, insomnia, dry skin and hair, dry eyes, blurred vision.

Tongue: pale and thin if there is Liver-Blood deficiency or red and thin without coating if there is Liver-Yin deficiency.

Pulse: choppy or fine, possibly only on the left side. In case of Liver-Yin deficiency it could be empty at the deep level on the left side.

BROCADE SINEWS

IN A NUTSHELL: Bi Syndrome occurring against a background of Liver-Blood deficiency.



Pale, thin-white coating

BUDDHA'S HAND

Mu Xiang *Radix Vladimiriae*

Bai Dou Kou *Fructus Amomi rotundi*

Cang Zhu *Rhizoma Atractylodis*

Qing Pi *Pericarpium Citri reticulatae viride*

Chen Pi *Pericarpium Citri reticulatae*

Fu Ling *Poria*

Hou Po *Cortex Magnoliae officinalis*

Fo Shou *Fructus Citri sarcodactylis*

Ban Xia *Rhizoma Pinelliae*

Zhi Shi *Fructus Immaturus Citri aurantii*

Lai Fu Zi *Semen Raphani*

Shan Zha *Fructus Crataegi*

Shen Qu *Massa Fermentata*

Gu Ya *Fructus Oryzae sativae germinatus*

Gan Cao *Radix Glycyrrhizae uralensis*

Pattern: Qi stagnation in the Middle Burner, rebellious Stomach-Qi, Dampness in the Middle Burner.

Action: move Qi in the Middle Burner, subdue rebellious Stomach-Qi, resolve Dampness.

Indications: poor digestion, epigastric distension and/or pain, sour regurgitation, oesophageal reflux, nausea, vomiting, belching, feeling of fullness in the epigastrium, a sticky taste. Tongue: sticky coating, possibly slightly red sides on the edges in the central section of the tongue. Pulse: Wiry on the right-Middle position.

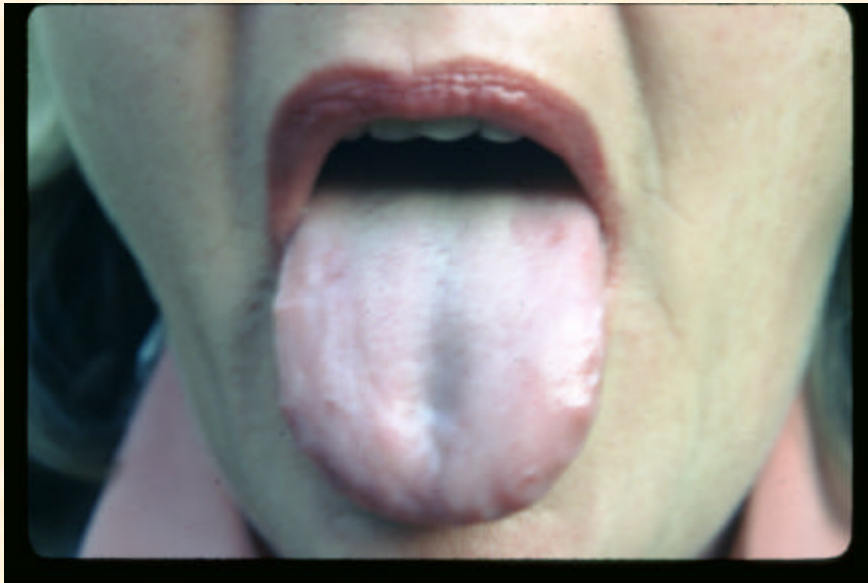
BUDDHA'S HAND

IN A NUTSHELL: stagnation of Qi, rebellious Stomach-Qi, Dampness in the Middle Burner, digestive problems of the Middle Burner from Qi stagnation.

CLASSICAL ANTECEDENT: Mu Xiang Shun Qi Tang.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Treat mental aspect of Qi stagnation
- More digestive herbs



Purple sides (Stomach area), Swollen, sticky coating



Red sides (Stomach area), Swollen, sticky coating

COMPARISON BETWEEN *BREAK INTO A SMILE* AND *BUDDHA'S HAND*

	<i>BREAK INTO A SMILE</i>	<i>BUDDHA'S HAND</i>
PATTERN	Liver-Qi stagnation, Spleen- and Stomach-Qi deficiency	Qi stagnation in Middle Burner, rebellious Stomach-Qi, Dampness
INDICATIONS	Epigastric and abdominal distension and/or pain	Nausea, vomiting, oesophageal reflux, sour regurgitation, epigastric fullness
TARGET AREA	Middle and Lower Burner	Middle Burner
TONGUE	Slightly Red on the sides	Normal colour, sticky coating
PULSE	Wiry	Wiry on right <i>Guan</i> position

CALM THE SHEN

Ren Shen *Radix Ginseng*

Huang Qi *Radix Astragali membranacei*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Dang Gui *Radix Angelicae sinensis*

Fu Shen *Sclerotium Poriae cocos pararadicis*

Suan Zao Ren *Semen Ziziphi spinosae*

Long Yan Rou *Arillus Euphoriae longanae*

Yuan Zhi *Radix Polygalae tenuifoliae*

Mu Xiang *Radix Vladimiriae*

Zhi Gan Cao *Radix Glycyrrhizae uralensis praeparata*

Hong Zao *Fructus Ziziphi jujubae*

Bai Zi Ren *Semen Biotae orientalis*

He Huan Pi *Cortex Albizziae julibrissin*

Shi Chang Pu *Rhizoma Acori graminei*

Bai He *Bulbus Lilii*

Pattern: Spleen-Qi and Spleen-Blood deficiency, Heart-Qi and Heart-Blood deficiency.

Action: tonify Spleen-Qi and Spleen-Blood, tonify Heart-Qi and Heart-Blood, calm the Mind, open the Mind's orifices, stimulate the Spleen's holding of Blood.

Indications: palpitations, insomnia, anxiety, poor memory, depression, dull-pale face which may also have a slight malar flush, a slight feeling of heat in the evening, poor appetite, loose stools, tiredness, weariness, constipation, despondency, weak limbs, scanty periods or very heavy periods which come early or trickle on for a long time with pale or fresh-red blood, blood in the stools or urine, petechiae. Tongue: Pale, Thin or Swollen, depending on whether Blood or Qi deficiency predominates. Pulse: Weak, Choppy.

CALM THE SHEN

IN A NUTSHELL: calm the Mind and nourish the Heart when the patient is sad, depressed, anxious. Tonify Qi and Blood of Spleen, Liver and Heart.

CLASSICAL ANTECEDENT: Gui Pi Tang.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- More pronounced calming the Mind action
- Open the Mind's orifices.



Pale, peeled, HE crack



Pale, HE crack



Pale, dry

CENTRAL MANSION

Ren Shen *Radix Ginseng*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Fu Ling *Sclerotium Poriae cocos*

Zhi Gan Cao *Radix Glycyrrhizae uralensis praeparata*

Bian Dou *Semen Dolichoris lablab*

Shan Yao *Radix Dioscoreae oppositae*

Lian Zi *Semen Nelumbinis nuciferae*

Sha Ren *Fructus seu Semen Amomi*

Yi Yi Ren *Semen Coicis lachryma jobi*

Jie Geng *Radix Platycodi grandiflori*

Tai Zi Shen *Radix Pseudostellariae*

Yu Zhu *Rhizoma Polygonati odorati*

Xi Yang Shen *Radix Panacis quinquefolii*

Pattern: Spleen- and Stomach-Qi deficiency, Stomach- and Spleen-Yin deficiency, Dampness in the Middle Burner, Lung-Qi deficiency.

Action: tonify Stomach- and Spleen-Qi, nourish Stomach- and Spleen-Yin, resolve Dampness, stop diarrhoea, tonify Lung-Qi.

Indications: loose stools, diarrhoea, poor appetite, poor digestion, a slight feeling of fullness and heaviness of the epigastrium, nausea, weakness of the limbs, epigastric pain, tiredness, late-onset diabetes, chronic cough with white-watery sputum, dull-pale complexion, thin body. Tongue: Pale, slightly swollen, a sticky but rather thin coating, slightly rootless coating, coating too thin in the centre, central Stomach crack, scattered Stomach cracks, transversal Spleen cracks. Pulse: Weak in general, slightly Slippery; it may be Floating-Empty on the right-Middle position.

CENTRAL MANSION

IN A NUTSHELL: Qi and Yin deficiency of Stomach and Spleen. Digestive problems and especially chronic loose stools or diarrhoea.

CLASSICAL ANTECEDENT: Shen Ling Bai Zhu San.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- **More pronounced Yin-nourishing action.**



Pale, partially peeled



Pale, partially peeled, deep
ST crack, dry



Pale, sticky coating, ST-
LU crack



Pale, partially peeled

CHEMO-SUPPORT

HUANG QI *Radix Astragali membranacei*
REN SHEN *Radix Ginseng*
LING ZHI *Fructificatio Ganodermae lucidi*
XI YANG SHEN *Radix Panacis quinquefolii*
MU DAN PI *Cortex Moutan radicis*
ZHI MU *Radix Anemarrhenae asphodeloidis*
FU LING *Sclerotium Poriae cocos*
CHEN PI *Pericarpium Citri reticulatae*
MAI MEN DONG *Tuber Ophiopogonis japonici*
DANG GUI *Radix Angelicae sinensis*
BAN XIA *Rhizoma Pinelliae ternatae*
LU GEN *Rhizoma Phragmitis communis*
NU ZHEN ZI *Fructus Ligustri lucidi*
SHA REN *Fructus seu Semen Amomi*
HUANG JING *Rhizoma Polygonati*
GAN CAO *Radix Glycyrrhizae uralensis*

Action: tonify Qi, nourish Yin, cool Blood, resolve Dampness.

Pattern: Stomach- and Spleen-Qi deficiency, Stomach- and Lung-Yin deficiency, Kidney deficiency, Blood Heat, Dampness.

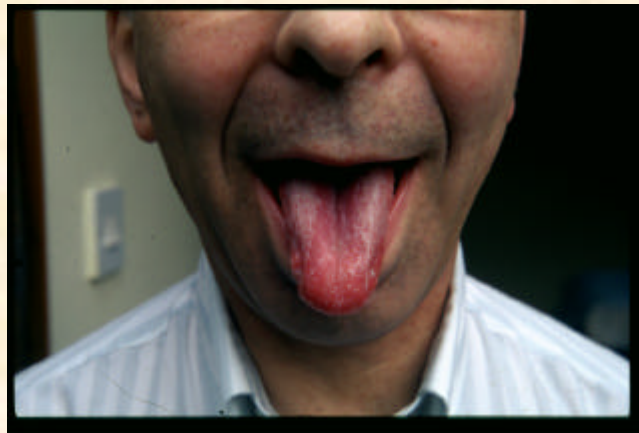
Indications: side-effects of chemotherapy, tiredness, nausea, vomiting, loss of hair, decreased levels of white blood cells and/or platelets, bad digestion, diarrhoea.

CHEMO-SUPPORT

IN A NUTSHELL: minimize side-effects of chemotherapy by tonifying Qi, nourishing Yin, clearing Heat, cooling Blood and resolving Dampness.



Thick, black coating



Red body, partially peeled



Red body, partially peeled, thick coating

CHILDREN'S HERBAL SENTINEL

GUI ZHI *Ramulus Cinnamomi cassiae*

BAI SHAO *Radix Paeoniae albae*

SHENG JIANG *Rhizoma Zingiberis officinalis recens*

DA ZAO *Fructus Ziziphi jujubae*

ZHI GAN CAO *Radix Glycyrrhizae uralensis praeparata*

SHEN QU *Massa Fermentata Medicinalis*

LAI FU ZI *Semen Raphani sativi*

SHAN ZHA *Fructus Crataegi*

DAO YA *Fructus Oryzae Germinatus*

TAI ZI SHEN *Radix Pseudostellariae*

HUANG QI *Radix Astragali membranacei*

BAI ZHU *Rhizoma Atractylodis macrocephalae*

FANG FENG *Radix Ledebouriellae sesloidis*

FU LING *Sclerotium Poriae cocos*

CHEN PI *Pericarpium Citri reticulatae*

Action: tonify Qi, consolidate the Exterior, raise immunity, resolve Dampness and dissolve food accumulation.

Pattern: deficiency of Qi, Dampness, food accumulation.

Indications: propensity to catching colds, hay fever, poor digestion, poor appetite, listlessness, constantly runny nose, recurrent slight abdominal pain.

CHILDREN'S HERBAL SENTINEL

IN A NUTSHELL: strengthen children's resistance to exterior pathogenic factors.

CLASSICAL ANTECEDENT: Gui Zhi Tang.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Tonify Qi
- Promote digestion
- Resolve Dampness



Pale, sticky coating



Slightly Red, sticky-yellow coating

CLEAR CHANNELS

Yi Yi Ren *Semen Coicis lachryma jobi*

Cang Zhu *Rhizoma Atractylodis lanceae*

Qiang Huo *Radix et Rhizoma Notopterygii*

Du Huo *Radix Angelicae pubescentis*

Fang Feng *Radix Ledebouriellae divaricatae*

Gui Zhi *Ramulus Cinnamomi cassiae*

Dang Gui *Radix Angelicae sinensis*

Chuan Xiong *Radix Ligustici Chuanxiong*

Gan Cao *Radix Glycyrrhizae uralensis*

Hai Feng Teng *Caulis Piperis futokadsurae*

Wei Ling Xian *Radix Clematidis*

Ru Xiang Gummi *Olibanum*

Ban Xia *Rhizoma Pinelliae ternatae*

Huang Qin *Radix Scutellariae baicalensis*

Pattern: Damp-Heat in the joints, Blood stasis.

Action: Drain Dampness, expel Wind, clear Heat, benefit the joints, invigorate Blood.

Indications: Sub-acute Painful Obstruction Syndrome (Bi) from Damp-Heat, painful, swollen, hot and red joints, rheumatoid arthritis, gout.

Tongue: Swollen with sticky-yellow coating.

Pulse: Slippery, rapid.

Classical antecedent: Yi Yi Ren Tang *Semen Coicis Decoction*.

CLEAR CHANNELS

IN A NUTSHELL: drain Damp-Heat in Bi Syndrome from retention of Damp-Heat in the joints, invigorate Blood.

CLASSICAL ANTECEDENT: Yi Yi Ren Tang.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- **Invigorate Blood and eliminate Blood stasis**



Red sides, sticky-yellow coating

CLEAR LUSTRE

SHOU WU *Radix Polygoni multiflori*

DANG GUI *Radix Angelicae sinensis*

BAI XIAN PI *Cortex Radicis Dictami dasycarpi*

FANG FENG *Radix Ledebouriellae sesloidis*

JING JIE *Herba seu Flos Schizonepetae tenuifoliae*

JU HUA *Flos Chrysanthemi morifolii*

KU SHEN *Radix Sophorae flavescens*

MU DAN PI *Cortex Moutan radicis* 1

HUANG QIN *Radix Scutellariae bicalensis*

SHI GAO *Gypsum fibrosum*

ZHI MU *Radix Anemarrhenae asphodeloidis*

GAN CAO *Radix Glycyrrhizae uralensis*

Action: expel Wind, clear Heat, cool Blood, resolve Dampness.

Pattern: Wind-Dampness-Heat in the skin, Blood Heat.

Indications: skin rashes, skin spots, eczema, dermatitis.

Tongue: red, possibly red only in the front part, yellow coating.

Pulse: slippery and possibly fine on one side.

CLEAR LUSTRE

IN A NUTSHELL: skin diseases from Wind, Dampness, Blood Heat. There must be some Blood Heat to prescribe this remedy and therefore the tongue must be red.



Red, thick coating



Red, no coating

CLEAR QI

Su Zi *Fructus Perillae frutescentis*

Ban Xia *Rhizoma Pinelliae ternatae*

Hou Po *Cortex Magnoliae officinalis*

Qian Hu *Radix Peucedani*

Rou Gui *Cortex Cinnamomi cassiae*

Dang Gui *Radix Angelicae sinensis*

Xuan Fu Hua *Flos Inulae*

Chen Xiang *Lignum Aquilariae*

Xing Ren *Semen Pruni armeniaca*

Zi Wan *Radix Asteris tatarici*

Fang Feng *Radix Ledebouriellae divaricatae*

Sang Ye *Folium Mori albae*

Sang Bai Pi *Cortex Mori albae radice*

Wu Wei Zi *Fructus Schisandrae chinensis*

Dan Shen *Radix Salviae miltiorrhizae*

Hu Tao Rou *Semen Juglandis regia*

Huang Qin *Radix Scutellariae baicalensis*

Zhi Gan Cao *Radix Glycyrrhizae uralensis praeparata*

Pattern: Lung-Qi not descending, Kidney not grasping Qi.

Action: restore the descending of Lung-Qi, expel Wind, stop wheezing.

Indications: cough, asthma, wheezing, breathlessness, a feeling of oppression of the chest, allergic asthma, seasonal allergic rhinitis with wheezing.

Tongue: Pale or normal-coloured. **Pulse:** Weak.

CLEAR QI

IN A NUTSHELL: chronic asthma occurring against a background of Kidney deficiency. Restore the descending of Lung-Qi, resolve Phlegm, tonify the Kidneys.

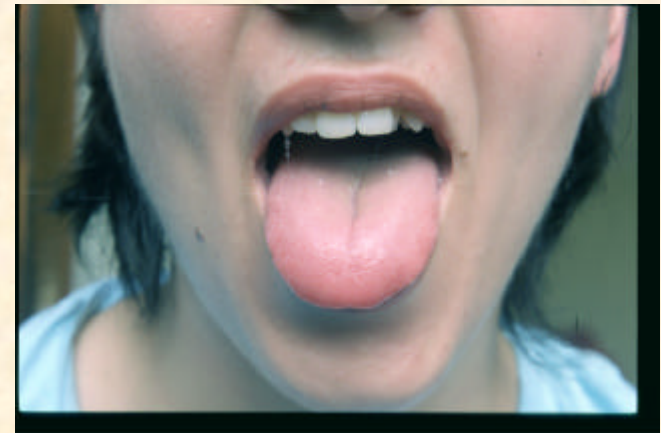
CLASSICAL ANTECEDENT: Su Zi Jiang Qi Tang.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Stronger action in making Qi descend
- Anti-allergy action (for allergic asthma)



Pale-swollen



Pale-swollen in LU area



Pale, sticky coating

CLEAR THE ROOT

Huang Qi *Radix Astragali*

Rou Gui *Cortex Cinnamomi*

Sheng Di *Huang Radix Rehmanniae*

Huang Bo *Cortex Phellodendri*

Tu Si Zi *Semen Cuscutae*

Yi Yi Ren *Semen Coicis*

Bi Xie *Rhizoma Dioscoreae Hypoglaucae*

Wang Bu Liu Xing *Semen Vaccariae*

Mu Dan Pi *Cortex Moutan*

Shi Chang Pu *Rhizoma Acori Tatarinowii*

Bai Hua She She Cao *Herba Hedyotidis Diffusae*

Gan Cao *Radix Glycyrrhizae*

Lu Lu Tong *Fructus Liquidambaris taiwanianae*

Shi Wei *Folium Pyrrosiae*

Hai Jin Sha *Spora Lygodii japonici*

Kun Bu *Thallus Algae*

Pattern: Qi and Yin deficiency, Damp-Heat in the Lower Burner, Blood stasis, Fire-Poison.

Action: Tonify Qi, nourish Kidney-Yin, drain Damp-Heat, move Blood, separate the clear from the turbid, soften hardness, resolve Fire-Poison.

Indications: Chronic prostatitis, prostatic hypertrophy (benign or malignant), difficult urination, frequent-scanty urination, nocturia, weak-stream urination, feeling of distension in the hypogastrium or perineum, tiredness, poor memory, dizziness, tinnitus. Tongue: Red without coating, sticky-yellow coating on the root with red spots. Pulse: Fine-rapid or floating-empty; the left rear position might feel slippery on rolling the finger proximally (this is the prostate position).

CLEAR THE ROOT

IN A NUTSHELL: prostate problems from Damp-Heat, Blood stasis, Toxic Heat against a background of Qi and Yin deficiency. Prostate benign or malignant hypertrophy.



Red, peeled in centre, thick-sticky coating on root with red spots



Red, thick-sticky coating on root



Reddish-Purple, thick-sticky rootless coating, thicker on root

CLEAR THE SOUL

ZHU RU *Caulis Bambusae in Taeniis*

ZHI SHI *Fructus Citri aurantii immaturus*

BAN XIA *Rhizoma Pinelliae ternatae*

FU LING *Sclerotium Poriae cocos*

CHEN PI *Pericarpium Citri reticulatae*

DA ZAO *Fructus Ziziphi jujubae*

GAN CAO *Radix Glycyrrhizae uralensis*

HE HUAN PI *Cortex Albizziae julibrissin*

YU JIN *Tuber Curcumae*

YUAN ZHI *Radix Polygalae tenuifoliae*

SHI CHANG PU *Rhizoma Acori graminei*

BAI ZI REN *Semen Biotae orientalis*

DAN SHEN *Radix Salviae miltiorrhizae*

Action: resolves Phlegm-Heat, calms the mind, opens the orifices, relaxes the chest.

Pattern: Phlegm-Heat obstructing the chest and mind, Lung-Qi not descending.

Indications: anxiety, a feeling of oppression of the chest and epigastrium, palpitations, a bitter-sticky taste, sighing, feeling uneasy, phlegm in the chest, poor digestion, slight nausea, insomnia, dream-disturbed sleep, dull complexion, mental restlessness, depression, jumpiness, a flustered feeling in the heart region, vomiting, dizziness. Tongue: red or normal, swollen, sticky-yellow coating, Stomach crack or Stomach-Heart crack with rough yellow coating inside it.

Pulse: slippery, rapid. The Heart pulse may feel relatively overflowing.

CLEAR THE SOUL

IN A NUTSHELL: two main uses

- 1. Calm the Mind, settle the Po, soothe the Lungs (sadness, worry, grief, anxiety)**
- 2. Resolve Phlegm-Heat from the Lungs, residual Phlegm-Heat in Lungs.**

CLASSICAL ANTECEDENT: Wen Dan Tang.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Stronger action in calming the Mind and settling the Po.**



Swollen, HE crack



Swollen, HE crack, sticky coating



Swollen, HE crack

CLEAR YANG

Ban Xia *Rhizoma Pinelliae ternatae*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Fu Ling *Sclerotium Poriae cocos*

Chen Pi *Pericarpium Citri reticulatae*

Gan Cao *Rhizoma Glycyrrhizae uralensis*

Da Zao *Fructus Ziziphi jujubae*

Gou Teng *Ramulus Uncariae*

Bai Ji Li *Fructus Tribuli terrestris*

Ju Hua *Flos Chrysanthemi morifolii*

Man Jing Zi *Fructus Viticis*

Dang Gui *Radix Angelicae sinensis*

Tu Si Zi *Semen Cuscutae chinensis*

Du Zhong *Cortex Eucommiae ulmoidis*

Gou Qi Zi *Fructus Lycii chinensis*

Yuan Zhi *Radix Polygalae tenuifoliae*

Shi Chang Pu *Rhizoma Acori graminei*

Pattern: Liver-Yang rising, Phlegm clouding the head, Blood deficiency, Kidney-Yang deficiency.

Actions: subdue Liver-Yang, extinguish Liver-Wind, resolve Phlegm, nourish Blood, tonify Kidney-Yang, tonify Spleen-Qi.

Indications: headaches which may be throbbing or dull in nature, dizziness, a feeling of heaviness and muzziness of the head which is worse in the morning, catarrh, a feeling of oppression of the chest, nausea, a sticky taste, blurred vision, vomiting during migraine attacks, tics, high blood pressure. Tongue: Pale or normal-coloured, Swollen, sticky-white coating. Pulse: Weak and slightly Slipperv.

CLEAR YANG

IN A NUTSHELL: chronic headaches from Liver-Yang rising and Phlegm occurring against a background of Kidney deficiency. Also chronic dizziness from the same causes.

CLASSICAL ANTECEDENT: Ban Xia Bai Zhu Tian Ma Tang

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- It tonifies the Kidneys and nourishes Blood (which the original formula does not do)
- It opens the Mind's orifices to resolve Phlegm from the brain.



Pale, swollen



Red sides, swollen

DRAIN FIELDS

HUO XIANG *Herba Agastachis*
BAN XIA *Rhizoma Pinelliae ternatae*
FU LING *Sclerotium Poriae cocos*
XING REN *Semen Pruni armeniacae*
YI YI REN *Semen Coicis lachryma jobi*
BAI DOU KOU *Fructus Amomi cardamomi*
ZHU LING *Sclerotium Polypori umbellati*
DAN DOU CHI *Semen Sojae praeparatum*
ZE XIE *Rhizoma Alismatis orientalis*
HOU PO *Cortex Magnoliae officinalis*
ZHI GAN CAO *Radix Glycyrrhizae uralensis praeparata*
HUANG QI *Radix Astragali membranacei*
BAI ZHU *Rhizoma Atractylodis macrocephalae*
SHA REN *Fructus seu Semen Amomi*
PEI LAN *Herba Eupatorei fortunei*
LU GEN *Rhizoma Phragmitis communis*

Action: resolve Dampness, tonify Qi.

Pattern: Dampness in the Centre and muscles and Spleen-Qi deficiency.

Indications: feeling of oppression in the epigastrium, muzziness of the head, lack of concentration, poor memory, feeling of heaviness, tiredness, achy muscles, a sticky taste, nausea, poor appetite, loose stools.

Tongue: sticky-white coating. Pulse: slippery and weak.

DRAIN FIELDS

IN A NUTSHELL: resolve Dampness.

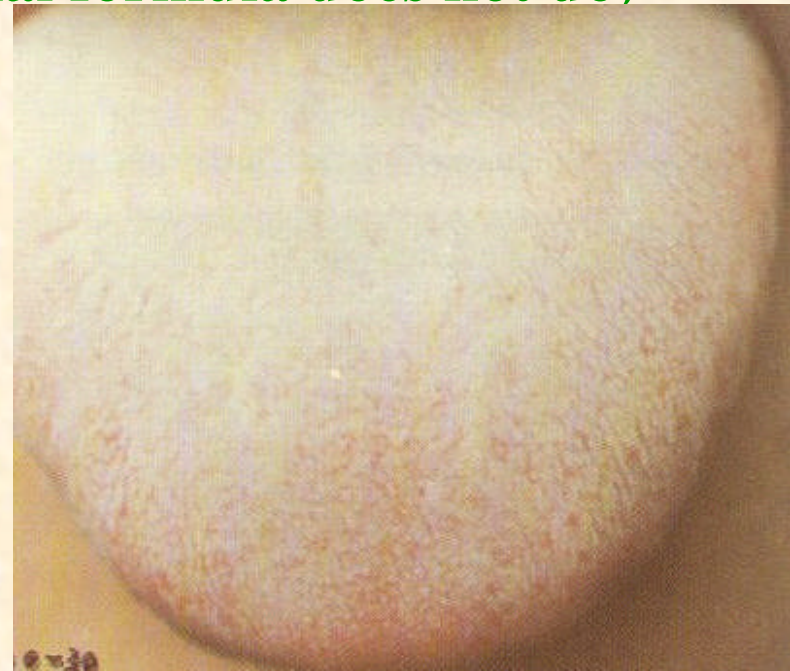
CLASSICAL ANTECEDENT: Huo Po Xia Ling Tang

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Stronger action in resolving Dampness from the space between skin and muscles with fragrant herbs (muscle ache)
- It mildly tonifies Qi (which original formula does not do)



Thick-white coating



Thick-white coating

Note: Although *Prosperous Earth* also treats Spleen-Qi deficiency and Dampness, *Drain Fields* should be used when the Dampness is primary to the Spleen deficiency. If the Spleen deficiency is primary to the Dampness, then *Prosperous Earth* is appropriate.

DRAIN FIRE

Long Dan Cao *Radix Gentianae scabrae*

Huang Qin *Radix Scutellariae baicalensis*

Shan Zhi Zi *Fructus Gardeniae jasminoidis*

Ze Xie *Rhizoma Alismatis orientalis*

Che Qian Zi *Semen Plantaginis*

Sheng Di Huang *Radix Rehmanniae glutinosae*

Dang Gui *Radix Angelicae sinensis*

Chai Hu *Radix Bupleuri*

Gan Cao *Radix Glycyrrhizae uralensis*

Suan Zao Ren *Semen Ziziphi spinosae*

Yuan Zhi *Radix Polygalae*

Ju Hua *Flos Chrysanthemi morifolii*

Gou Teng *Ramulus Uncariae*

Lian Xin *Plumus Nelumbinis nuciferae*

Pattern: Liver-Fire, Heart-Fire, Damp-Heat in Upper and Lower Burner.

Action: drain Liver-Fire, drain Heart-Fire, clear Heat, resolve Dampness, calm the Mind, settle the Ethereal Soul.

Indications: headaches, irritability, propensity to outbursts of anger, red face, a bitter taste, tinnitus, dizziness, blood-shot eyes, thirst, constipation, dry stools, scanty-dark urine, nosebleeds, blood in urine or stools, a feeling of heat, anxiety, agitation, insomnia, dream-disturbed sleep, ear infection, tongue ulcers, cystitis with burning on micturition, urethritis, vaginitis, yellow vaginal discharge, heavy periods.

Tongue: Red with redder and swollen sides, red points on the sides and tip, yellow coating.

Pulse: Wiry and Rapid.

DRAIN FIRE

IN A NUTSHELL: drain Liver-Fire with bitter-cold herbs.

CLASSICAL ANTECEDENT: Long Dan Xie Gan Tang.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- **Drain Heart-Fire and calm the Mind (which the original formula does not do)**
- **Treat headaches.**



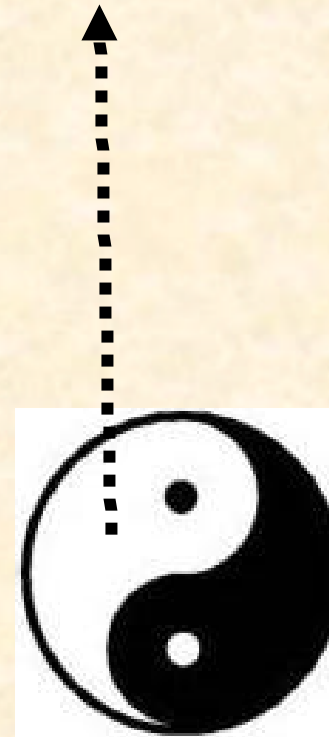
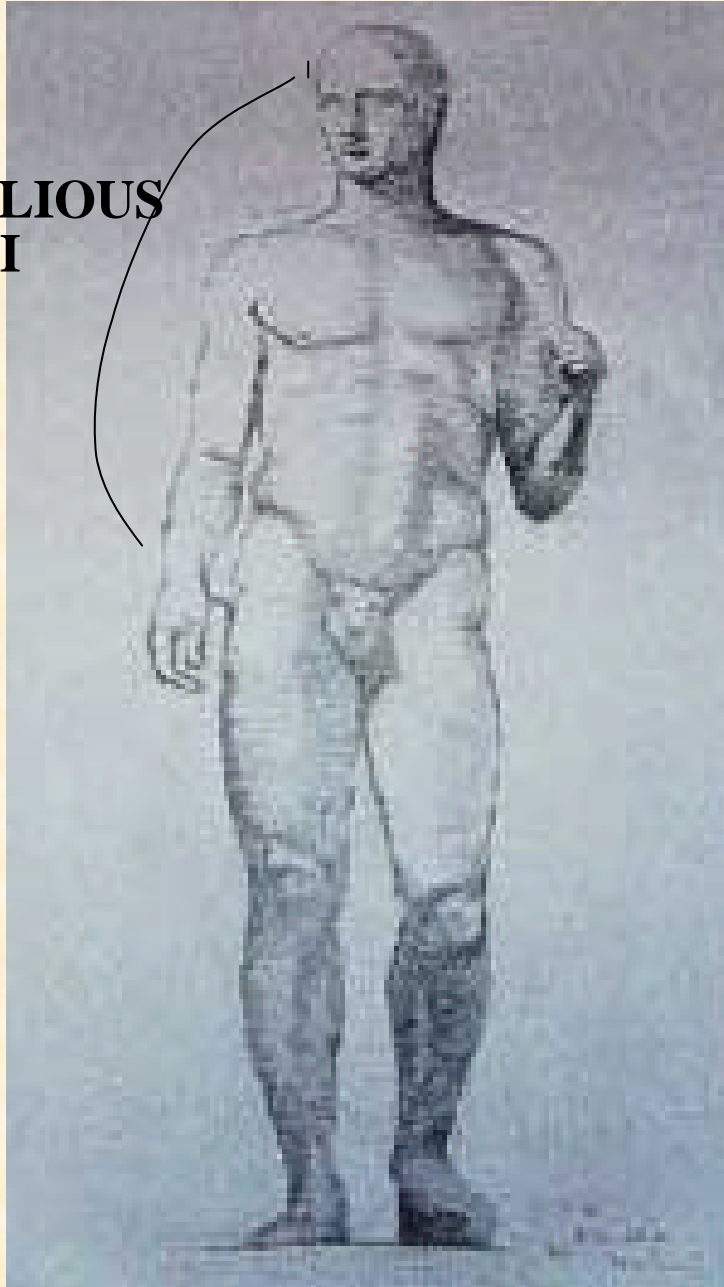
Red, redder sides, dry-yellow coating



Red, redder sides, dry-yellow coating

NATURE OF LIVER-YANG RISING

**REBELLIOUS
QI**



**Liver-Yang rising is
not a true Shi pattern,
only an imbalance
between Yin and Yang
with Qi escaping
upwards**

DIFFERENCE BETWEEN LIVER-YANG RISING AND LIVER-FIRE

LIVER-YANG RISING

- **Not a true Shi pattern, just an imbalance between Yin and Yang with Yang rising excessively**
- **Headaches**
- **Dizziness**
- **Tinnitus**
- **Outbursts of anger**
- **Irritability**
- **Wiry pulse**
- **Tongue depends on underlying cause, Could be pale if there is Liver-Blood Xu.**

LIVER-FIRE

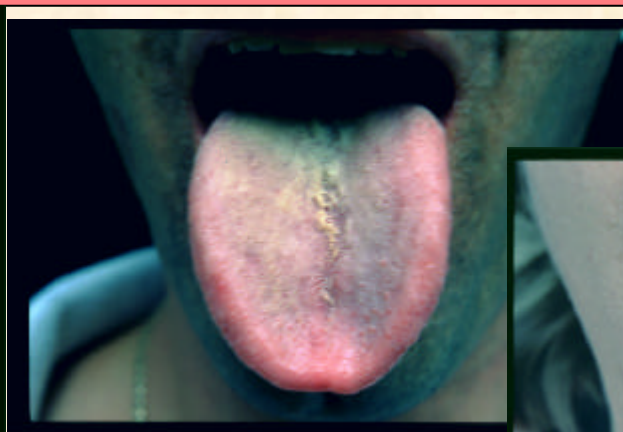
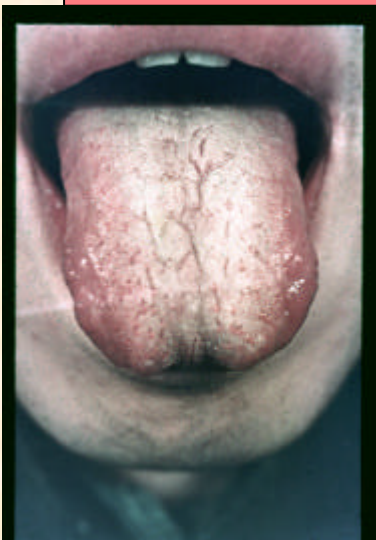
- **A true Shi pattern, with solid Fire**
- **Headaches**
- **Dizziness**
- **Tinnitus**
- **Outbursts of anger**
- **Irritability**
- **Wiry pulse**
- **Tongue Red with redder sides and thick-yellow coating.**
- **Thirst**
- **Bitter taste**
- **Dry stools**
- **Dark urine**
- **Agitation**

Liver-Fire is a totally Shi condition. Fire is drained by bitter-cold herbs which also move downwards (e.g. Da Huang, Huang Qin, Huang Lian, Huang Bo, Xia Ku Cao, Pu Gong Ying).

Liver-Yang rising is an imbalance between Yin and Yang with rising rebellious Qi; not a true Shi condition. It is treated with herbs that subdue Qi (e.g. Mu Li, Shi Jue Ming, Zhen Zhu Mu) and herbs that extinguish Wind (e.g. Tian Ma, Gou Teng).

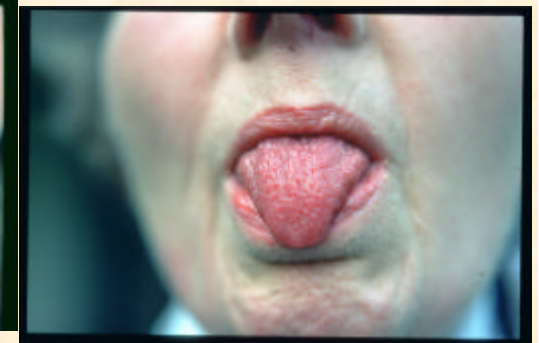
Common symptoms: throbbing headache, dizziness, tinnitus, irritability, Wiry pulse.

Liver-Fire symptoms: thirst, agitation, red-burning eyes, bitter taste, nosebleed, dry stools, dark urine, Red tongue with yellow coating.



Liver-Fire

Liver-Yang rising



EASE THE MUSCLES

HUANG LIAN *Rhizoma Coptidis*

HOU PO *Cortex Magnoliae officinalis*

SHI CHANG PU *Rhizoma Acori graminei*

BAN XIA *Rhizoma Pinelliae ternatae*

DAN DOU CHI *Semen Sojae praeparatum*

SHAN ZHI ZI *Fructus Gardeniae jasminoidis*

LU GEN *Rhizoma Phragmitis communis*

HUANG QI *Radix Astragali membranacei*

BAI ZHU *Rhizoma Atractylodis macrocephalae*

SHA REN *Fructus seu Semen Amomi*

YI YI REN *Semen Coicis lachryma jobi*

HUO XIANG *Herba Agastachis*

FU LING *Sclerotium Poriae cocos*

Action: clear Heat, resolve Dampness, regulate Qi, harmonize the Centre.

Pattern: Damp-Heat lurking in the Interior.

Indications: tiredness, a feeling of heaviness, muzziness of the head, lack of concentration, poor memory, ache in the muscles, muscle fatigue, feeling of heat, a feeling of oppression of the epigastrium, a sticky taste or bitter taste, poor appetite, loose stools.

Tongue: red or slightly red with a sticky-yellow coating. Even if the tongue is not red, the presence of a sticky-yellow coating is an essential sign for the prescription of this formula.

Pulse: slippery, possibly only on the right side.

EASE THE MUSCLES

IN A NUTSHELL: resolve Damp-Heat from the Middle Burner and from the space between the skin and muscles.

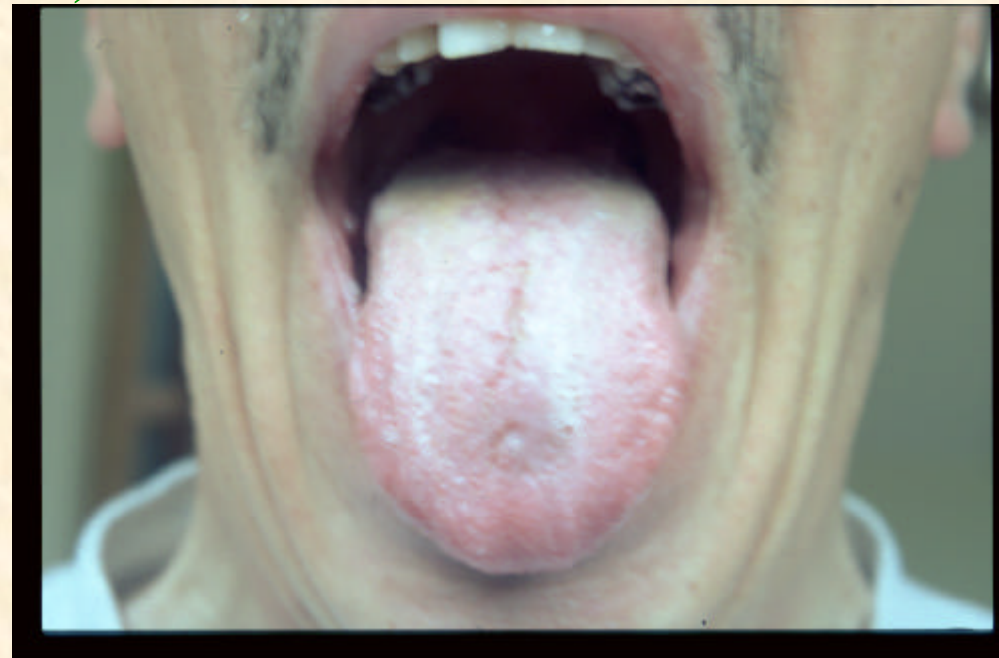
CLASSICAL ANTECEDENT: Lian Po Yin

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Stronger action in eliminating Dampness from the space between the skin and muscles (muscle ache)
- Mildly tonify Qi (only one herb).



Red sides, swollen sides (SP), sticky-yellow coating



Red sides, swollen sides (SP), sticky coating

Note: *Ease the Muscles* resolves Damp-Heat, *Drain Fields* resolves Dampness.

EXPULSION OF TOXIC HEAT

Ban Lan Gen *Radix Isatis seu Baphicacanthidis*

Da Qing Ye *Folium Daqingye*

Huang Qi *Radix Astragali*

Ling Zhi *Ganoderma*

Huang Qin *Radix Scutellariae*

Huang Lian *Rhizoma Coptidis*

Huang Bo *Cortex Phellodendri*

Jin Yin Hua *Flos Lonicerae japonicae*

Zi Hua Di Ding *Herba cum Radice Violae Yedoensis*

Mu Dan Pi *Cortex Moutan*

Xuan Shen *Radix Scrophulariae*

Gan Cao *Radix Glycyrrhizae uralensis*

Pattern: Toxic Heat in all three Burners.

Action: resolve Toxic Heat from the three Burners.

Indications: carbuncles, pustules, acute attack of herpes simplex or zoster, acute attack of genital herpes, acute tonsillitis with purulent tonsils, infected eczema, acute attack of acne with large pustules, acute attack of sinusitis with purulent nasal discharge. Tongue: red, red points, swollen, with thick-sticky-yellow coating.

Pulse: Rapid-Overflowing or Deep-Firm-Rapid.

Cautions and contraindications: This remedy contains many bitter and cold herbs which, when administered in the long run, may injure the Spleen. This remedy is purely to resolve Toxic Heat and it should therefore be used only for limited periods (no longer than, say, 2 months). The only exception to this rule is in cases when the remedy is used in a very small dose (only 1 tablet a day for an adult) in combination with Qi tonics that protect the Spleen. Contraindicated in pregnancy.

EXPEL TOXIC HEAT

IN A NUTSHELL: expel Toxic Heat in acute bacterial or viral infections.



Dark-Red, sticky-dry-yellow coating



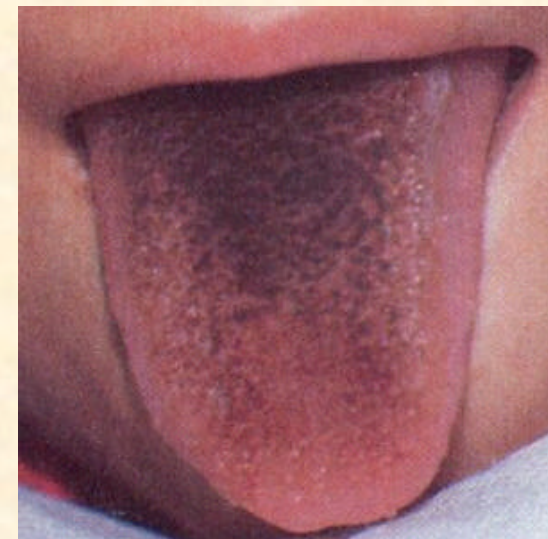
Sticky-black coating



Red sides, sticky-dry-yellow coating



Reddish-Purple, sticky-yellow-rootless coating (acute episode of chronic herpes infection)



Red, sticky-black coating

EXPEL WIND-COLD

JING JIE *Herba seu Flos Schizonepetae tenuifoliae*

FANG FENG *Radix Ledebouriellae sesloidis*

ZI SU YE *Folium Perillae frutescentis*

QIAN HU *Radix Peucedani*

JIE GENG *Radix Platycodi grandiflori*

BO HE *Herba Menthae*

BAI QIAN *Radix et Rhizoma Cynanchii stautoni*

BAI ZHI *Radix Angelicae dahuricae*

XIN YI HUA *Flos Magnoliae liliflorae*

CHUAN XIONG *Radix Ligustici wallichii*

GE GEN *Radix Puerariae*

GAN CAO *Radix Glycyrrhizae uralensis*

Action: release the Exterior, expel Wind-Cold.

Pattern: invasion of Wind-Cold, pathogenic factor on the Exterior.

Indications: runny nose, sneezing, aversion to cold, shivering, perhaps slight temperature, cough, body aches, headache, hay fever.

Tongue: no significant change.

Pulse: Floating-Tight.

EXPEL WIND COLD

IN A NUTSHELL: expel Wind Cold in acute invasions of Wind.

CLASSICAL ANTECEDENT: Jing Fang Jie Biao Tang

DIFFERENCES WITH CLASSICAL ANTECEDENT:

• **Treats acute headache from Wind Cold**

NO SPECIAL TONGUE IS ASSOCIATED WITH THIS REMEDY AS AN ACUTE INVASION OF WIND COLD MAY NOT REFLECT ON THE TONGUE AT ALL

INVASION OF WIND COLD

- Aversion to cold
- Possibly fever
- Body hot to touch
- Sneezing, runny nose
- Body aches
- Occipital headache
- Cough
- Floating-Tight pulse

INVASION OF WIND HEAT

- Aversion to cold
- Possibly fever
- Body hot to touch
- Sore throat
- Body aches
- Headache all over
- Cough
- Floating-Rapid pulse
- Tongue with red sides

EXPEL WIND-HEAT

BO HE *Herba Menthae*

DAN DOU CHI *Semen Sojae praeparatum*

ZHU YE *Herba Lophatheri gracilis*

JING JIE *Herba seu Flos Schizonepetae tenuifoliae*

JIN YIN HUA *Flos Lonicerae japonicae*

LIAN QIAO *Fructus Forsythiae suspensae*

JIE GENG *Radix Platycodi grandiflori*

GAN CAO *Radix Glycyrrhizae uralensis*

NIU BANG ZI *Fructus Arctii lappae*

FANG FENG *Radix Ledebouriellae sesloidis*

DA QING YE *Folium Isatidis seu Baphicacanthi*

JU HUA *Flos Chrysanthemi morifolii*

XING REN *Semen Pruni armeniaca*

HUANG QIN *Radix Scutellariae baicalensis*

Action: release the Exterior, expel Wind-Heat.

Pattern: invasion of Wind-Heat at the Defensive-Qi level.

Indications: aversion to cold, shivering, fever, body aches, headache, slight thirst, cough, sneezing, runny nose with slightly yellow discharge, sore throat, swollen tonsils, swollen glands, mumps, colds, influenza.

Tongue: red on the sides or front part.

Pulse: floating-rapid.

EXPEL WIND HEAT

IN A NUTSHELL: expel Wind Heat in acute invasions of Wind.

CLASSICAL ANTECEDENT: Yin Qiao San plus Sang Ju Yin

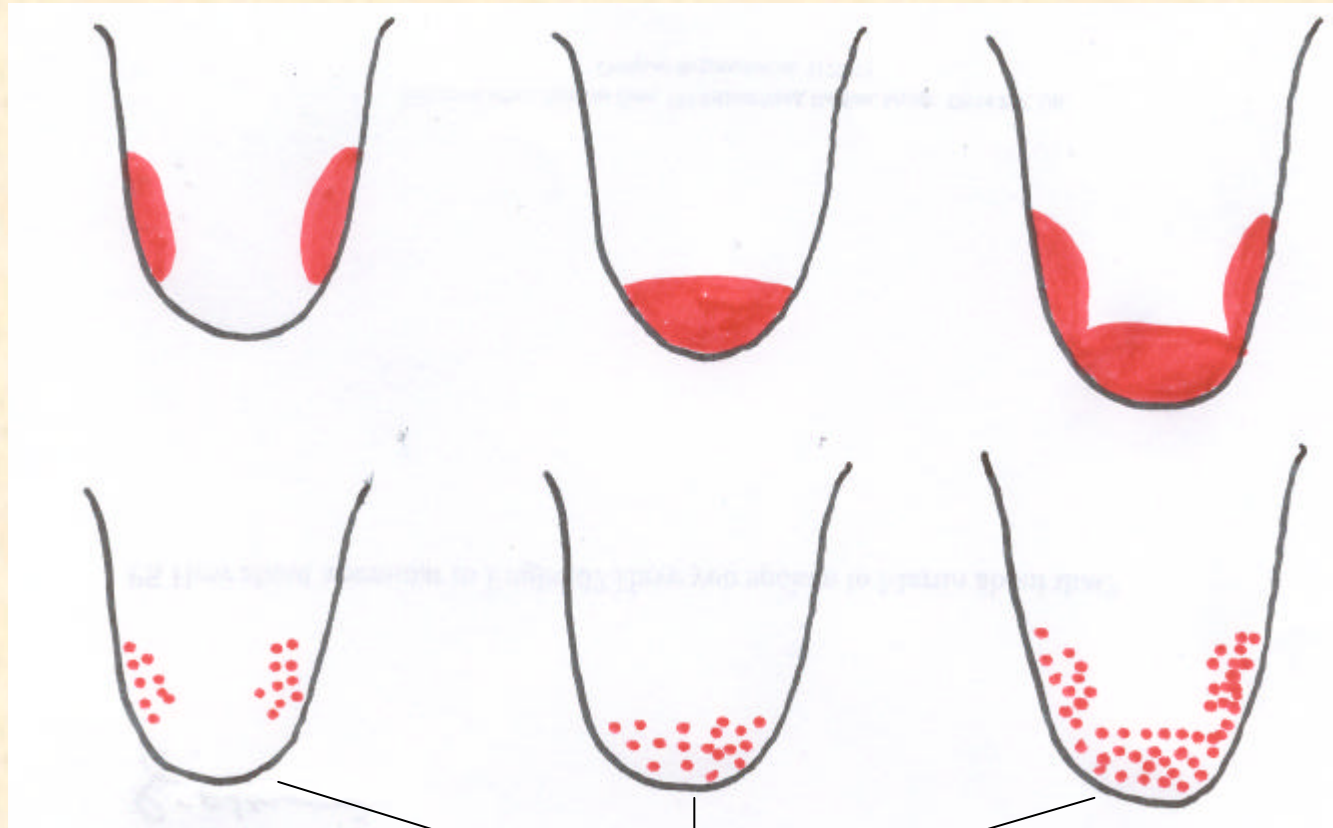
DIFFERENCES WITH CLASSICAL ANTECEDENT:

- Treats acute cough from Wind Heat



Red points in the front area

WIND-HEAT MANIFESTATION ON TONGUE



Red points common in children

COMPARISON OF WIND-COLD AND WIND-HEAT

	WIND-COLD	WIND-HEAT
PATHOLOGY	Wind-Cold obstructing Defensive Qi	Wind-Heat injuring Defensive Qi and impairing the descending of Lung-Qi
PENETRATION OF P. F.	Via skin	Via nose and mouth
FEVER	Light	High
AVERSION TO COLD	Pronounced	Slight
BODY ACHES	Severe	Slight
SORE THROAT	None or slight	Yes, severe
THIRST	None	Slight
URINE	Pale	Slightly dark
HEADACHE	Occipital	Whole head
SWEATING	No sweating or slight on head	Slight sweating
TONGUE	No change	Slightly Red on the sides and/or front
PULSE	Floating-Tight	Floating-Rapid
TREATMENT	Pungent-warm herbs to cause sweating	Pungent-cool to release the Exterior

FREEING THE SUN

Bo He *Herba Menthae haplocalycis*

Chai Hu *Radix Bupleuri*

Dang Gui *Radix Angelicae sinensis*

Bai Shao *Radix Paeoniae lactiflorae*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Fu Ling *Sclerotium Poriae cocos*

Shan Zhi Zi *Fructus Gardeniae jasminoidis*

Gan Cao *Radix Glycyrrhizae*

Niu Bang Zi *Fructus Arctii*

Fang Feng *Radix Ledebouriellae*

Da Qing Ye *Folium Isatidis*

Ju Hua *Flos Chrysanthemi*

Xing Ren *Semen Armeniacae Amarum*

Huang Qin *Radix Scutellariae*

Pattern: Liver-Qi stagnation, Liver-Heat (deriving from long-term Qi stagnation), Blood deficiency, Spleen-Qi deficiency.

Action: Move Qi, pacify the Liver, nourish Blood, tonify Spleen-Qi, clear Liver-Heat, calm the Mind, settle the Ethereal Soul.

Indications: Anxiety, worry, depression, hypochondrial, epigastric or abdominal distension, poor digestion, abdominal distension and pain, constipation, loose stools, alternation of constipation and loose stools, insomnia, dream-disturbed sleep, headaches, slight thirst, feeling of heat, slight bitter taste. Tongue: Red sides. Pulse: Wiry, rapid.

FREEING THE SUN

IN A NUTSHELL: long-term Liver-Qi stagnation which has given rise to Heat.

CLASSICAL ANTECEDENT: Dan Zhi Xiao Yao San.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- **Stronger action in calming the Mind and lifting mood**



Red sides, yellow coating



Red sides, Thin, HE crack

GLORIOUS SEA

DANG GUI *Radix Angelicae sinensis*

SHOU WU *Radix Polygoni multiflora*

GOU QI ZI *Fructus Lycii chinensis*

BAI XIAN PI *Cortex Radicis Dictami dasycarpi*

MU DAN PI *Cortex Moutan radialis*

HUANG QIN *Radix Scutellariae baicalensis*

TU SI ZI *Semen Cuscutae*

SHENG DI HUANG *Radix Rehmanniae glutinosae*

ZE XIE *Rhizoma Alismatis orientalis*

FU LING *Sclerotium Poriae cocos*

GAN CAO *Radix Glycyrrhizae uralensis*

Action: nourish Liver-Blood, tonify the Kidneys, nourish the skin, resolve Dampness, cool Blood.

Pattern: Liver-Blood deficiency, Dampness in the skin, slight Blood Heat.

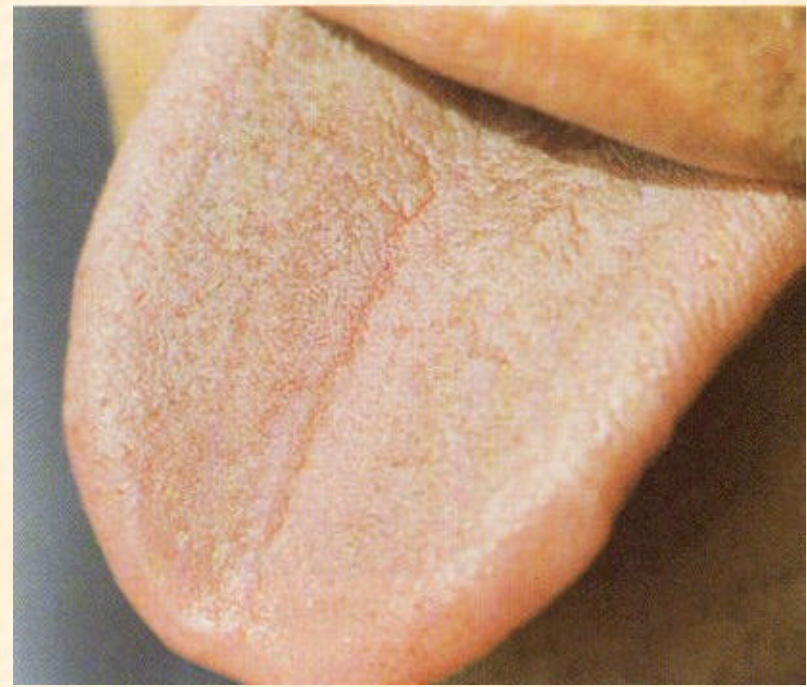
Indications: sallow complexion without "shen", dry skin, dry rashes, skin spots, itching, dry hair and nails.

GLORIOUS SEA

IN A NUTSHELL: skin problems from Liver-Blood deficiency, some Dampness, some Blood Heat.



Pale, slightly red sides, swollen



Pale, dry

HARMONIZE THE CENTRE

Ren Shen *Radix Ginseng*

Huang Qi *Radix Astragali*

Xi Yang Shen *Radix Panacis quinquefolii*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Shan Yao *Rhizoma Dioscoreae*

Tian Hua Fen *Radix Trichosanthis kirilowii*

Yu Zhu *Rhizoma Polygonati odorati*

Zhi Mu *Radix Anemarrhenae asphodeloidis*

Fu Ling *Poria*

Ge Gen *Radix Puerariae*

Huang Jing *Rhizoma Polygonati*

Gou Qi Zi *Fructus Lycii*

Shan Zhu Yu *Fructus Corni*

Ban Xia *Rhizoma Pinelliae*

Chen Pi *Pericarpium Citri reticulatae*

Cang Zhu *Rhizoma Atractylodis*

Dan Shen *Radix Salviae miltiorrizae*

Pattern: Stomach- and Spleen-Qi deficiency, Stomach-Yin deficiency, Phlegm, Blood stasis.

Action: tonify Qi and Yin of Stomach and Spleen, resolve Phlegm, invigorate Blood.

Indications: type II diabetes, poor appetite, poor digestion, obesity, epigastric distension and fullness, tiredness.

Tongue: with rootless coating, completely without coating or without coating in the centre, Stomach crack. Pulse: Weak or Floating-Empty on the right Guan pos.

HARMONIZE THE CENTRE

IN A NUTSHELL: tonify Spleen- and Stomach-Qi, resolve Dampness in the Middle Burner. Type II diabetes.



Pale, partially peeled



Pale, partially peeled, deep ST crack, dry



Purple, partially peeled, rootless coating, ST-crack, SP-cracks.



Pale, partially peeled

COMPARISON BETWEEN *CENTRAL MANSION* AND *HARMONIZE THE CENTRE*

	<i>CENTRAL MANSION</i>	<i>HARMONIZE THE CENTRE</i>
PATTERN	Deficiency of Qi and Yin of Stomach and Spleen, Dampness in the Middle Burner	Deficiency of Spleen-Qi and of Qi and Yin of Stomach, Phlegm, Blood stasis
INDICATIONS	Loose stools, diarrhoea	Type II diabetes, obesity
TONGUE	Pale, sticky coating or rootless coating	Swollen body, rootless coating or no coating
PULSE	Weak, Soggy, Floating-Empty	Soggy, Slippery

HERBAL SENTINEL-YANG

HUANG QI *Radix Astragali membranacei*

REN SHEN *Radix Ginseng*

LING ZHI *Fructificatio Ganodermae lucidi*

BAI ZHU *Rhizoma Atractylodis macrocephalae*

FANG FENG *Radix Ledebouriellae sesloidis*

GUI ZHI *Ramulus Cinnamomi cassiae*

BAI SHAO *Radix Paeoniae albae*

SHENG JIANG *Rhizoma Zingiberis officinalis recens*

DA ZAO *Fructus Ziziphi jujubae*

ZHI GAN CAO *Radix Glycyrrhizae uralensis praeparata*

TU SI ZI *Semen Cuscutae*

DU ZHONG *Cortex Eucommiae ulmoidis*

BA JI TIAN *Radix Morindae officinalis*

WU WEI ZI *Fructus Schisandrae chinensis*

FU LING *Sclerotium Poriae cocos*

HUANG QIN *Radix Scutellariae baicalensis*

YU ZHU *Rhizoma Polygonati odorati*

Action: tonify Lung- and Spleen-Qi, consolidate the Exterior, strengthen the Kidneys, bolster the Defensive Qi.

Pattern: deficiency of Lung-, Spleen- and Kidney-Qi.

Indications: propensity to catching colds, tiredness, feeling cold, depression, frequent-pale urination, cold limbs, slight shortness of breath, poor appetite, loose stools, slight abdominal distention after eating, spontaneous sweating, weak voice, lower backache, low libido, allergic rhinitis, allergic asthma. Tongue: pale or slightly pale. Pulse: generally weak or empty.

HERBAL SENTINEL – YANG

IN A NUTSHELL: tonify the Zheng Qi and strengthen the immune system in people with a constitutional Yang deficiency. Tonify Lungs, Spleen and Kidneys.

CLASSICAL ANTECEDENT: Yu Ping Feng San plus Gui Zhi Tang.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Tonifies Kidney-Yang.

THERE IS NO SPECIFIC TONGUE ASSOCIATED WITH THIS REMEDY EXCEPT THAT IT SHOULD BE PALE OR SLIGHTLY PALE



HERBAL SENTINEL-YIN

HUANG QI *Radix Astragali membranacei*

XI YANG SHEN *Radix Panacis quinquefolii*

LING ZHI *Fructificatio Ganodermae lucidi*

WU WEI ZI *Fructus Schisandrae chinensis*

MAI MEN DONG *Tuber Ophiopogonis japonici*

BEI SHA SHEN *Radix Glehniae littoralis*

BAI HE *Bulbus Lilii*

YU ZHU *Rhizoma Polygonati odorati*

SHU DI HUANG *Radix Rehmanniae glutinosae praeparata*

SHAN ZHU YU *Fructus Corni officinalis*

SHAN YAO *Radix Dioscoreae oppositae*

DA ZAO *Fructus Ziziphi jujubae*

ZHI GAN CAO *Radix Glycyrrhizae uralensis praeparata*

ZHI MU *Radix Anemarrhenae asphodeloidis*

FU LING *Sclerotium Poriae cocos*

Action: tonify Lung-Qi, strengthen the Kidneys, nourish Yin, consolidate the Exterior, bolster Defensive-Qi.

Pattern: deficiency of Lung-, Spleen- and Kidney-Qi, deficiency of Yin.

Indications: propensity to catching colds, lower backache, night-sweating, feeling of heat in the evening, tiredness, poor appetite, weak voice, spontaneous sweating, dizziness, tinnitus, allergic rhinitis, allergic asthma.

Tongue: red without coating or with rootless coating. It may be red only in the centre or front part. It may also be only slightly red with a rootless coating.

Pulse: floating-empty or fine.

HERBAL SENTINEL – YIN

IN A NUTSHELL: tonify the Zheng Qi and strengthen the immune system in people with a constitutional Yin deficiency.

THERE IS NO SPECIFIC TONGUE ASSOCIATED WITH THIS REMEDY AS IT IS FOR PEOPLE EITHER WITH A YIN DEFICIENCY OR A CONSTITUTIONAL TENDENCY TO YIN DEFICIENCY. THE TONGUE COULD RANGE FROM ONE WITH NORMAL COLOUR AND A ROOTLESS COATING TO ONE THAT IS RED AND COMPLETELY WITHOUT COATING.

TO PUT IT SIMPLY: IF THE TONGUE IS PALE, USE HERBAL SENTINEL – YANG. IF THE TONGUE IS NORMAL AND THE PATIENT HAS SYMPTOMS OF CONSTITUTIONAL YIN DEFICIENCY, USE HERBAL SENTINEL - YIN

INVIGORATE THE ROOT

Du Huo *Radix Angelicae pubescentis*

Sang Ji Sheng *Ramulus Sangjisheng*

Fang Feng *Radix Ledebouriellae divaricatae*

Qin Jiao *Radix Gentianae macrophyllae*

Du Zhong *Cortex Eucommiae ulmoidis*

Huai Niu Xi *Radix Achyranthis bidentatae*

Gui Zhi *Ramulus Cinnamomi cassiae*

Dang Gui *Radix Angelicae sinensis*

Chuan Xiong *Radix Ligustici Chuanxiong*

Sheng Di Huang *Radix Rehmanniae glutinosae*

Bai Shao *Radix Paeoniae lactiflorae*

Ren Shen *Radix Ginseng*

Fu Ling *Sclerotium Poriae cocos*

Zhi Gan Cao *Radix Glycyrrhizae uralensis praeparata*

Qiang Huo *Radix et Rhizoma Notopterygii*

Hai Tong Pi *Cortex Erythrinae orientalis*

Wei Ling Xian *Radix Clematidis*

Pattern: Wind-Dampness in the channels, Spleen-Qi deficiency, Blood deficiency, Kidney-Yang deficiency.

Action: Expel Wind and resolve Dampness from the channels, tonify Kidney-Yang, tonify Spleen-Qi, nourish Blood.

Indications: chronic backache that is aggravated by cold and dampness and alleviated by heat, pain in the joints with no swelling or slight swelling, knee-ache, dizziness, tinnitus, tiredness, feeling cold, frequent urination, pale urine, lack of will-power, a feeling of cold in the back and knees, weak knees, blurred vision, tingling of limbs, constipation, poor digestion. Tongue: Pale. Pulse: Deep, weak.

INVIGORATE THE ROOT

IN A NUTSHELL: chronic Bi Syndrome from Wind and Dampness in the channels occurring against a background of Kidney-Yang deficiency, Spleen-Qi deficiency and Blood deficiency.

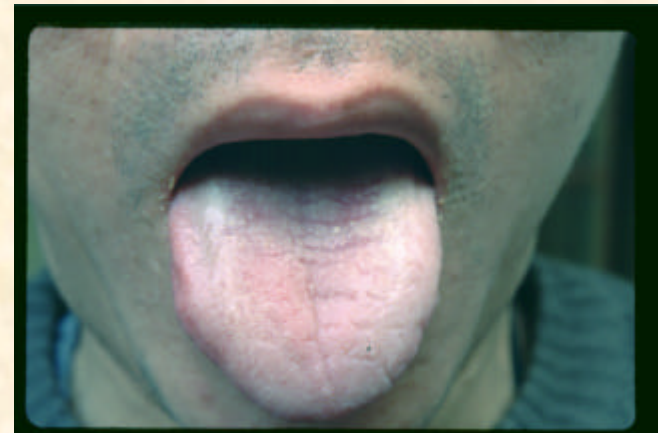
CLASSICAL ANTECEDENT: Du Huo Ji Sheng Tang *Angelica pubescentis-Loranthus Decoction*.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Tonify Spleen-Qi
- Nourish Blood
- Balance the tonification of Yang with a Yin tonic.



Pale and Swollen



Pale, Swollen, sticky-white coating, some Yin-Xu cracks

JADE SCREEN

XIN YI HUA *Flos Magnoliae liliflorae*

FANG FENG *Radix Ledebouriellae sesloidis*

HUANG QI *Radix Astragali membranacei*

BAI ZHU *Rhizoma Atractylodis macrocephalae*

BAI ZHI *Radix Angelicae dahuricae*

WU MEI *Fructus Pruni mume*

WU WEI ZI *Fructus Schisandrae chinensis*

DAN SHEN *Radix Salviae miltiorrhizae*

BO HE *Herba Menthae*

JING JIE *Herba seu Flos Schizonepetae tenuifoliae*

HUANG QIN *Radix Scutellariae baicalensis*

GAN CAO *Radix Glycyrrhizae uralensis*

BAI QIAN *Radix et Rhizoma Cynanchii stautoni*

JIE GENG *Radix Platycodi grandiflori*

GAN JIANG: *Rhizoma Gingeris officinalis*

Action: expel Wind, tonify Qi, strengthen Defensive-Qi, anti-allergy.

Pattern: Wind impairing the descending and diffusing of Lung-Qi in the nose.

Indications: allergic rhinitis, chronic sinusitis (secondary to rhinitis), sneezing, runny nose with a clear-watery discharge, itchy eyes and nose, dull soreness on the forehead, blocked nose, hay fever, allergy to cats, dogs, horses, dust mites, dust, etc.

JADE SCREEN

IN A NUTSHELL: allergic rhinitis. It treats only the manifestations of allergic rhinitis, not its cause. (Herbal Sentinel treats the cause of allergic rhinitis).

THERE IS NO SPECIFIC TONGUE ASSOCIATED WITH THIS REMEDY AS IT IS USED FOR THE SYMPTOMS (*BIAO*) OF ALLERGIC RHINITIS, IRRESPECTIVE OF THE TONGUE.

JADE SPRING

BEI SHA SHEN *Radix Glehniae littoralis*

MAI MEN DONG *Tuber Ophiopogonis japonici*

YU ZHU *Rhizoma Polygonati odorati*

GAN CAO *Radix Glycyrrhizae uralensis*

SANG YE *Folium Mori albae*

BIAN DOU *Semen Dolichoris lablab*

TIAN HUA FEN *Radix Trichosanthis*

LU GEN *Rhizoma Phragmatois*

TAI ZI SHEN *Radix Pseudostellariae*

DANG SHEN *Radix Codonopsis pilosulae*

FU LING *Sclerotium Poriae cocos*

ZHI MU *Radix Anemarrhenae asphodeloidis*

SHAN YAO *Radix Dioscoreae oppositae*

Action: nourish Stomach-, Spleen- and Lung-Yin, clear Stomach Empty-Heat.

Pattern: Stomach-Yin deficiency, Spleen-Yin deficiency, Lung-Yin deficiency, Stomach Empty-Heat.

Indications: excessive hunger, dry mouth, desire to drink in small sips, dry lips, tiredness, mental restlessness, poor digestion, slight burning epigastric pain, mouth ulcers, dry stools, circumscribed skin rashes on the front of the leg.

Tongue: dry, either no coating or rootless coating in the centre, Stomach crack in the midline or scattered small cracks; it may be slightly red in the centre.

Pulse: floating-empty on the right middle position.

JADE SPRING

IN A NUTSHELL: deficiency of Yin of Lungs, Stomach and Spleen.

CLASSICAL ANTECEDENT: Sha Shen Mai Dong Tang

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Nourishes Spleen-Yin.



Stomach and Spleen cracks



Stomach, Heart and Spleen cracks



Stomach cracks



Deep Spleen cracks

NOTE: *Jade Spring* nourishes ST- and SP-Yin; *Central Mansion* tonifies Qi as well and it also resolves Dampness.

CENTRAL MANSION - JADE SPRING

The first 5 tongues indicate the use of *Central Mansion*; the last one, the use of *Jade Spring*



Central crack



Peeled patches



Peeled centre



Horizontal cracks



Vertical cracks



Cracks, no coating

Jade Spring

LIMPID SEA

Ban Xia *Rhizoma Pinelliae ternatae*

Fu Ling *Sclerotium Poriae cocos*

Chen Pi *Pericarpium Citri reticulatae*

Gan Cao *Radix Glycyrrhizae uralensis*

Da Zao *Fructus Ziziphi jujubae*

Wu Mei *Fructus Pruni mume*

Zhu Ru *Caulis Bambusae in Taeniis*

Gua Lou *Fructus Trichosanthis*

Gan Jiang *Rhizoma Zingiberis officinalis*

Pattern: Phlegm (damp, cold or hot) in the Middle and Upper Burner.

Actions: dry Dampness and resolve Phlegm.

Indications: cough with abundant sputum, catarrh in the chest, nose or throat, white or yellow sputum, a feeling of oppression of the chest, nausea, vomiting, palpitations, dizziness, insomnia, lipomas.

Tongue: Pale, Swollen with a sticky-white coating in case of Damp or Cold Phlegm, or Red, Swollen with a sticky-yellow coating in case of Hot Phlegm.

Pulse: Slippery and Slow in case of Cold Phlegm, or Slippery and Rapid in case of Hot Phlegm.

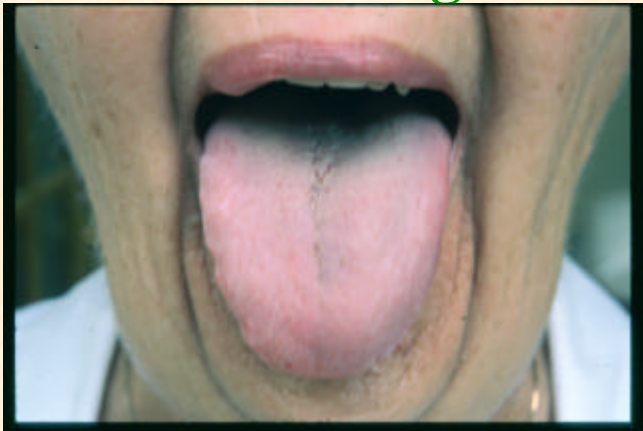
LIMPID SEA

IN A NUTSHELL: resolve Phlegm (Damp-Phlegm, Phlegm-Heat and Cold Phlegm)

CLASSICAL ANTECEDENT: Er Chen Tang

DIFFERENCES FROM CLASSICAL ANTECEDENT:

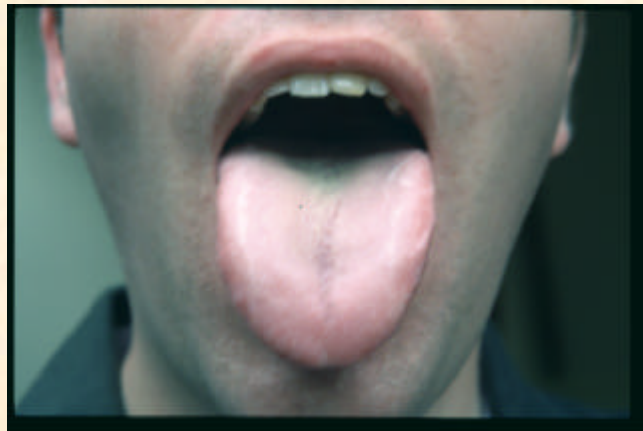
- **Resolves Phlegm-Heat and Cold Phlegm**



Swollen Lung area

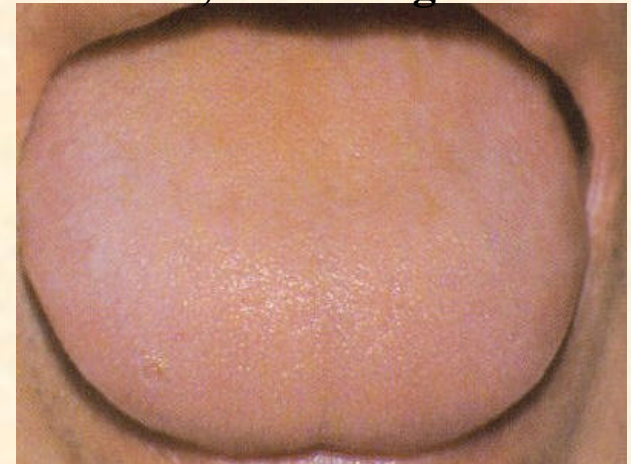


Swollen, no coating



Swollen Lung area

Swollen with coating



NOURISH THE ROOT

SHENG DI HUANG *Radix Rehmanniae*

SHAN YAO *Radix Dioscoreae oppositae*

SHAN ZHU YU *Fructus Corni officinalis*

GOU QI ZI *Fructus Lycii chinensis*

HUAI NIU XI *Radix Achyranthis bidentatae*

TU SI ZI *Semen Cuscutae*

HUANG JING *Rhizoma Polygonati*

ZHI GAN CAO *Radix Glycyrrhizae uralensis praeparata*

ZE XIE *Rhizoma Alismatis orientalis*

TIAN MEN DONG *Tuber Asparagi cochinchinensis*

DI GU PI *Cortex Lycii chinensis radicis*

Action: Nourish Kidney-Yin and Essence, strengthen will-power.

Pattern: Kidney-Yin deficiency.

Indications: dizziness, tinnitus, sore back and legs, night-sweating, dry mouth and throat in the evening, feeling of heat and vague anxiety in the evening, 5-palm heat (a feeling of heat in palms, chest and soles), thirst with desire to drink in small sips, exhaustion, depression, dry stools, lower backache, infertility, insomnia (waking up during the night), blurred vision, dry skin and hair, dryness of the vagina, dry eyes, thin body, scanty-dark urine.

Tongue: could range from a nearly normal-coloured body (tending to red) with rootless coating to a red body without any coating at all, depending on the degree of Yin deficiency and Empty-Heat. The less the coating, the deeper the Yin deficiency, and the redder the tongue body, the stronger the Empty-Heat.

Pulse: floating-empty, or weak on both rear positions and relatively overflowing on both front ones, or fine and rapid if there is pronounced Empty-Heat.

NOURISH THE ROOT

IN A NUTSHELL: nourish Kidney-Yin.

CLASSICAL ANTECEDENT: Zuo Gui Wan.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Stronger moistening action.



Rootless coating (mildest Yin Xu)



Red, no coating



Normal colour, no coating



**Red, Thin, no coating
(most severe Yin Xu)**

NOURISH THE ROOT AND CLEAR WIND

SHU DI HUANG *Radix Rehmanniae glutinosae conquitae*

SHENG DI HUANG *Radix Rehmanniae glutinosae*

YU ZHU *Rhizoma Polygonati odorati*

BAI SHAO *Radix Paeoniae albae*

MU DAN PI *Cortex Moutan radices*

ZHI MU *Radix Anemarrhenae asphodeloidis*

WU JIA PI *Cortex Acanthopanax radices*

MU GUA *Fructus Chaenomeles lagenariae*

SANG JI SHENG *Ramus Loranthi*

QIN JIAO *Radix Gentianae macrophyllae*

WEI LING XIAN *Radix Clematidis chinensis*

XI XIAN CAO *Herba Siegesbeckiae orientalis*

HAI FENG TENG *Caulis Piperis*

ZHI GAN CAO *Radix Glycyrrhizae uralensis praeparata*

Action: nourish the Kidneys and Liver, strengthen bones and sinews, expel Wind-Dampness from the joints.

Pattern: Chronic Wind-Damp Painful Obstruction (*Bi*) Syndrome occurring against a background of Kidney-Yin deficiency.

Indications: lower backache, knee-ache, sciatica, ache in joints, dizziness, tinnitus, night-sweating, diminished sexual performance or desire, poor memory, blurred vision, dry eyes, dry skin.

Tongue: red without coating or with a rootless coating.

Pulse: weak on both rear positions or floating-empty.

NOURISH THE ROOT AND CLEAR WIND

IN A NUTSHELL: nourish Kidney- and Liver-Yin and expel Wind-Dampness from the joints. Bi Syndrome in the elderly.



Red, no coating



**Red, Thin, no coating
(most severe Yin Xu)**

NOURISH THE SOUL

Suan Zao Ren *Semen Ziziphi spinosae*

Bai Shao *Radix Paeoniae Alba*

Wu Wei Zi *Fructus Schizandrae*

Fu Shen *Sclerotium Poriae Cocos pararadicis*

Zhi Mu *Radix Anemarrhaenae asphodeloidis*

Chuan Xiong *Radix Ligustici chuanxiong*

Sheng Di Huang *Radix Rehmanniae*

Mai Men Dong *Radix Ophiopogonis*

Yuan Zhi *Radix Polygalae*

Bai Zi Ren *Semen Biotae*

Gou Teng *Ramulus cum Uncis Uncariae*

Ye Jiao Teng *Caulis Polygoni multiflori*

Gan Cao *Radix Glycyrrhizae uralensis*

Pattern: Liver-, Kidney-Yin and Heart-Yin deficiency, Heart Empty Heat, Mind (*Shen*) and Ethereal Soul (*Hun*) unsettled.

Action: nourish Liver-, Kidney- and Heart-Yin, clear Heart Empty Heat, calm the Mind, settle the Ethereal Soul.

Indications: insomnia, anxiety, mental restlessness, agitation, feeling fidgety, very slight hyperactive behaviour from Deficiency, night-sweating, dizziness, tinnitus, dry mouth at night, waking up at night with desire to sip water, palpitations.

Tongue: Red without coating or with rootless coating, dry, possibly Heart crack.

Pulse: Floating-Empty or Fine-Rapid.

Classical antecedent: Suan Zao Ren Tang *Ziziphus Decoction*.

NOURISH THE SOUL

IN A NUTSHELL: restrain the coming and going of the Hun when there is Liver-Blood and Liver-Yin deficiency.

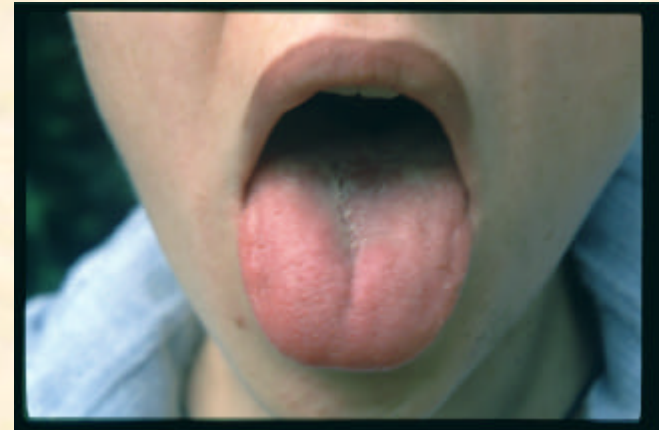
CLASSICAL ANTECEDENT: Suan Zao Ren Tang.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Stronger action in nourishing Yin
- Stronger action in calming the Spirit
- Stronger action in promoting sleep.



Red sides, Thin, rootless coating



Red, without coating (except on the root)



Red, Thin, Short, no coating

OPEN THE HEART

BAN XIA *Rhizoma Pinelliae ternatae*

HOU PO *Cortex Magnoliae officinalis*

ZI SU YE *Folium Perillae frutescentis*

DA ZAO *Fructus Ziziphi jujubae*

GAN CAO *Radix Glycyrrhizae uralensis*

CHAI HU *Radix Bupleuri*

QING PI *Pericarpium Citri reticulatae viridae*

BAI HE *Bulbus Lili*

JIE GENG *Radix Platycodi grandiflori*

HE HUAN PI *Cortex Albizziae julibrissin*

Action: Moves Qi in the chest, stimulates the descending of Lung- and Heart-Qi, calms the Mind, settles the Corporeal Soul.

Pattern: Stagnation of Lung- and Heart-Qi in the chest from emotional problems, such as sadness, worry or grief.

Indications: A feeling of tightness and oppression of the chest and epigastrium, slight breathlessness, sighing, anxiety, sadness, depression, irritability, pale complexion, slight chest pain, a feeling of a lump in the throat.

Tongue: Perhaps slightly red in the chest area (sides of its central section).

Pulse: Slightly wiry in general, especially on the Front position, but also weak and empty.

OPEN THE HEART

IN A NUTSHELL: Heart- and Lung-Qi stagnation in the chest, anxiety, worry, sadness, grief.

CLASSICAL ANTECEDENT: Ban Xia Hou Po Tang.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Stronger calming-the-Mind action, more for depression.



Swollen sides chest area



Purple and Swollen sides chest area

COMPARISON BETWEEN *OPEN THE HEART* AND *BRIGHT SPIRIT*

	<i>OPEN THE HEART</i>	<i>BRIGHT SPIRIT</i>
PATTERN	LU- and HE-Qi stagnation in chest	LU-, HE- and LIV-Qi stagnation, Phlegm obstructing the Mind's orifices
INDICATIONS	Worry, anxiety, depression	Worry, anxiety, depression, mental confusion, very slightly “manic behaviour”
TONGUE	Slightly Red on the sides in chest area	Slightly Red on the sides in chest area, Swollen
PULSE	Very slightly Tight on both Cun or only right Cun	Slippery, Very slightly Tight on both Cun or only right Cun

PEACEFUL SUNSET

LONG DAN CAO *Radix Gentianae scabrae*

GOU TENG *Ramulus Uncariae*

ZHE BEI MU *Bulbus Fritillariae thunbergii*

ZHU RU *Caulis Bambusae in Taeniis*

GUA LOU *Fructus Trichosanthis*

BAN XIA *Rhizoma Pinelliae ternatae*

FU LING *Sclerotium Poriae cocos*

CHEN PI *Pericarpium Citri reticulatae*

JU HUA *Flos Chrysanthemi morifolii*

MU DAN PI *Cortex Moutan radicis*

CHI SHAO *Radix Paeoniae rubrae*

YE JIAO TENG *Caulis Polygoni multiflori*

SHENG DI HUANG *Radix Rehmanniae glutinosae*

GAN CAO *Radix Glycyrrhizae uralensis*

Action: clear Liver-Fire, subdue Liver-Wind, resolve Phlegm, clear Heat, cool Blood, move Blood.

Pattern: Liver-Fire, Liver-Wind, Blood-Heat, Liver Phlegm-Heat, Blood stasis.

Indications: insomnia, dizziness, tinnitus, trigeminal neuralgia, headaches, coughing up phlegm, constipation, thirst, chest pains, purpura, high blood pressure.

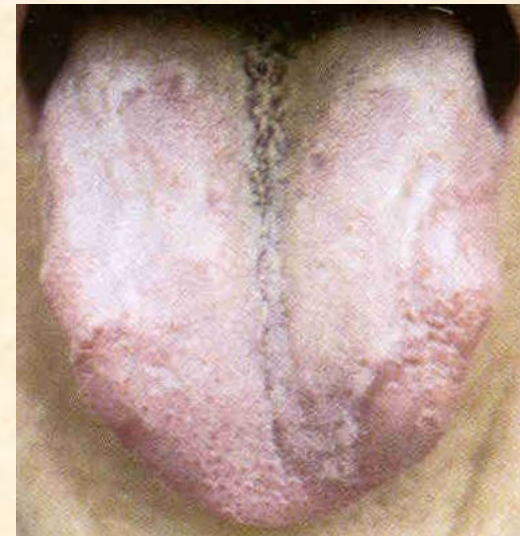
Tongue: reddish-purple, stiff, dry-thick-sticky coating. It could also be moving or deviated. Pulse: full, slippery and wiry.

PEACEFUL SUNSET

IN A NUTSHELL: complex pathology of the elderly with Liver-Fire, Phlegm, internal Wind, Blood Heat and Blood stasis.



Reddish-Purple, Stiff, Deviated



**Reddish-Purple, Swollen
partially peeled**

PROSPEROUS EARTH

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Ren Shen *Radix Ginseng*

Huang Qi *Radix Astragali membranacei*

Shan Yao *Radix Dioscoreae oppositae*

Fu Ling *Sclerotium Poriae cocos* **Chen Pi** *Pericarpium Citri reticulatae*

Ban Xia *Rhizoma Pinelliae ternatae*

Zhi Gan Cao *Radix Glycyrrhizae uralensis praeparata* **Pattern:**

Spleen-Qi and Lung-Qi deficiency, Dampness.

Action: Tonify Spleen-Qi and Lung-Qi, resolve Dampness.

Indications: Poor digestion, tiredness, slight abdominal distension and fullness, poor appetite, craving for sweets, loose stools, desire to lie down, weak voice, propensity to catching colds, mild depression.

Tongue: Pale.

Pulse: Weak or empty.

Classical antecedent: Liu Jun Zi Tang *Six Gentlemen Decoction*.

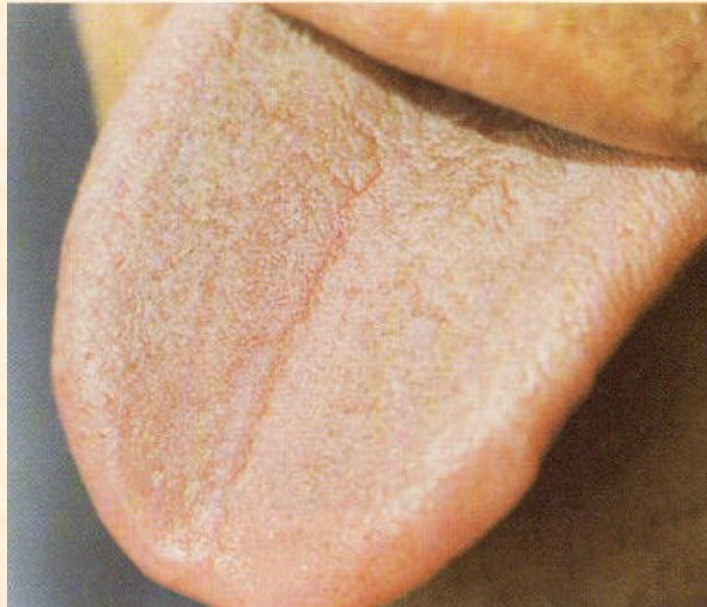
PROSPEROUS EARTH

IN A NUTSHELL: tonify Spleen-Qi, resolve Dampness.

CLASSICAL ANTECEDENT: Liu Jun Zi Wan.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Stronger Qi-tonic action.



Pale, sticky coating



Pale, teethmarks, sticky coating

	<i>PROSPEROUS EARTH</i>	<i>CENTRAL MANSION</i>	<i>JADE SPRING</i>
PATTERN	Spleen-Qi Xu	Spleen-Qi and Yin Xu, Stomach-Qi and Yin Xu, Dampness	Stomach-Yin Xu, some Empty Heat
SYMPTOMS	Tiredness, poor appetite, loose stools	Tiredness, poor appetite, loose stools, slight epigastric pain, dry mouth, dry stools	Tiredness, poor appetite, dry stools, dry mouth, slight epigastric pain, feeling of heat
PULSE	Empty or Weak	Weak or Floating-Empty	Floating-Empty
TONGUE	Pale	Pale, dry, rootless coating	Normal or slightly red, no coating, St cracks

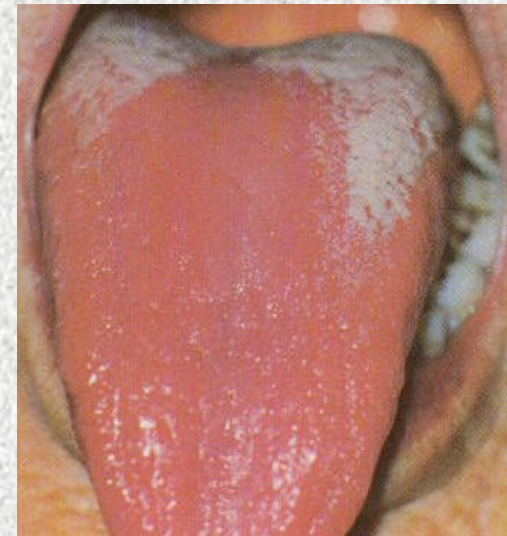
PROSPEROUS EARTH – CENTRAL MANSION – JADE SPRING



Prosperous Earth
(Pale, Swollen)



Central Mansion
(Pale, partially peeled)



Jade Spring
(Completely without coating)

PROSPEROUS EARTH  ***CENTRAL MANSION***  ***JADE SPRING***

NOTE: *Central Mansion* is in the “middle” of a continuum of a deficiency of Stomach-Qi, then Qi and Yin, then Yin. Therefore *Central Mansion* is placed between *Prosperous Earth* (deficiency of Stomach- and Spleen-Qi) and *Jade Spring* (definite deficiency of Stomach-Yin, tongue notcoating at all and possibly red).

RADIO-SUPPORT

HUANG QI *Radix Astragali membranacei*

DANG GUI *Radix Angelicae sinensis*

HONG HUA *Flos Carthami tinctorii*

DAN SHEN *Radix Salviae miltiorrhizae*

SHOU WU *Radix Polygoni multiflori*

GOU QI ZI *Fructus Lycii chinensis*

WU WEI ZI *Fructus Schisandrae chinensis*

NU ZHEN ZI *Fructus Ligustri lucidi*

ZHI MU *Radix Anemarrhenae asphodeloidis*

MU DAN PI *Cortex Moutan radicis*

GAN CAO *Radix Glycyrrhizae uralensis*

SHENG DI HUANG *Radix Rehmanniae glutinosae*

CHEN PI *Pericarpium Citri reticulatae*

YU ZHU *Rhizoma Polygonati odorati*

Action: tonify Qi, nourish Blood, nourish Yin, move Blood, cool Blood.

Pattern: Qi and Blood deficiency, Yin deficiency, Blood stasis, Blood-Heat.

Indications: side-effects of radiotherapy, local necrosis, pain, inflammation, local exudation with a burning feeling.

RADIO – SUPPORT

IN A NUTSHELL: tonify Qi, nourish Blood, cool Blood, invigorate Blood to minimize side-effects of radiotherapy.

THERE IS NO SPECIFIC TONGUE ASSOCIATED WITH THIS REMEDY

RED STIRRING

DANG GUI *Radix Angelicae sinensis*

SHENG DI HUANG *Radix Rehmanniae glutinosae*

CHUAN XIONG *Radix Ligustici wallichii*

CHI SHAO *Radix Paeoniae rubrae*

TAO REN *Semen Persicae*

HONG HUA *Flos Carthami tinctorii*

CHAI HU *Radix Bupleuri*

ZHI KE *Fructus Citri aurantii*

NIU XI *Radix Achyranthis bidentatae seu Cyathulae*

JIE GENG *Radix Platycodi grandiflori*

GAN CAO *Radix Glycyrrhizae uralensis*

DAN SHEN *Radix Salviae miltiorrhizae*

YUAN ZHI *Radix Polygalae tenuifoliae*

YU JIN *Tuber Curcumae*

HE HUAN PI *Cortex Albizziae julibrissin*

Action: move Blood, eliminate stasis, move Qi, stop pain, calm the mind and open the mind's orifices.

Pattern: Blood stasis affecting the chest and mind.

Indications: chest pain which is fixed and stabbing or pricking in character, chronic stabbing headaches, a feeling of oppression and heat in the chest, palpitations, anxiety, agitation, insomnia, feeling of anxiety at bedtime, irritability, mental confusion, depression. Tongue: purple, possibly only in the front part, or on the sides towards the front. Pulse: choppy, or wiry, or firm.

RED STIRRING

IN A NUTSHELL: invigorate Blood in the Upper Burner, calm the Shen.

CLASSICAL ANTECEDENT: Xue Fu Zhu Yu Tang.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

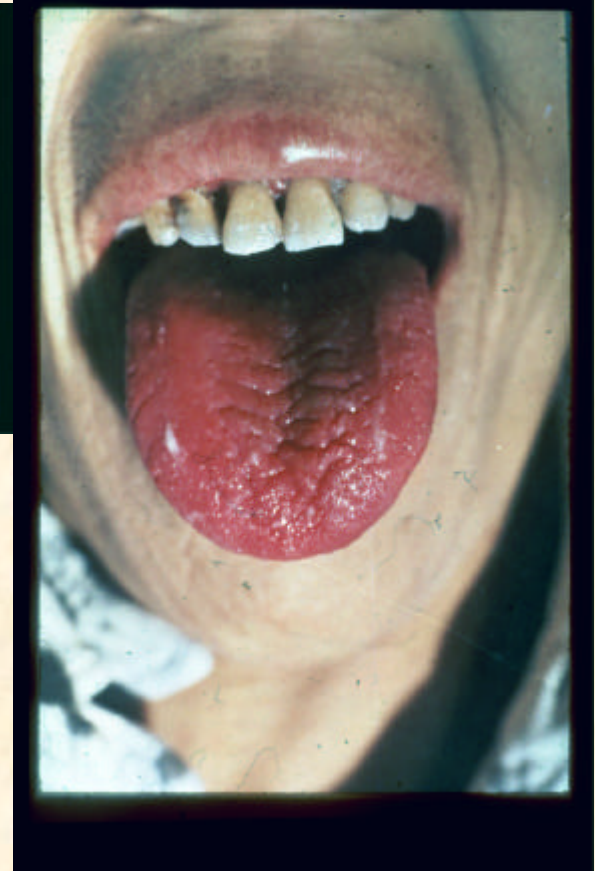
- Calm the Mind
- Open the Mind's orifices and treat depression



Slightly Bluish-Purple



Bluish-Purple sides chest area



Reddish-Purple

RELEASE CONSTRAINT

XIANG FU *Rhizoma Cyperi rotundi*

CHUAN XIONG *Radix Ligustici Chuanxiong*

CANG ZHU *Rhizoma Atractylodis lanceae*

SHAN ZHI ZI *Fructus Gardeniae jasminoidis*

SHEN QU *Massa Fermentata Medicinalis*

HE HUAN PI *Cortex Albizziae julibrissin*

SHI CHANG PU *Rhizoma Acori graminei*

GAN CAO *Radix Glycyrrhizae uralensis*

Action: regulate Qi, eliminate stagnation, pacify the Liver, lift mental depression.

Pattern: primarily stagnation of Liver-Qi, possibly also stasis of Blood, retention of food, Dampness, Phlegm and stagnation of Heat. This formula was originally used for the six Stagnations (Qi, Blood, Food, Dampness, Phlegm and Heat), but it is now used primarily for stagnation of Qi.

Indications: mental depression, pent-up anger, resentment or frustration over a long period of time, emotional stress, tiredness (from stagnation rather than deficiency of Qi), a feeling of oppression of the chest or epigastrium, headaches, belching, sighing, slight feeling of nausea, slight feeling of breathlessness.

Tongue: slightly red sides (Liver area).

Pulse: wiry and full on both sides.

RELEASE CONSTRAINT

IN A NUTSHELL: move Qi and pacify the Liver to treat depression from Liver-Qi stagnation.

CLASSICAL ANTECEDENT: Yue Ju Wan.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- **Slight modification to treat mental depression.**



Slightly Red sides and tip

COMPARISON BETWEEN RELEASE CONSTRAINT AND FREEING THE MOON

RELEASE CONSTRAINT

FREEING THE MOON

PATTERN

Liver-Qi stagnation, disharmony of Liver and Stomach

Liver-Blood Xu, Spleen-Qi Xu, disharmony of Liver and Spleen

8 PRINCIPLES

Liver-Qi stagnation,

Full

All Wiry

Full-Empty

Wiry but Fine or Wiry on the left and Choppy on the right

PULSE

AETIOLOGY

Only emotional

Emotional but also others (overwork, childbirth)

EMOTIONAL AETIOLOGY

Anger, resentment, hatred

Frustration, irritability, less intense anger, worry, sadness

LOCATION

Epigastrium

Breasts, epigastrium, abdomen

MIND

Unsettled and slightly Obstructed

Unsettled and Weakened Normal or even pale sides

TONGUE

Red sides

More in women

SEX

More in men

RINGING METAL

Ban Xia *Rhizoma Pinelliae ternatae*

Chen Pi *Pericarpium Citri reticulatae*

Fu Ling *Sclerotium Poriae cocos*

Zhu Ru *Caulis Bambusae in Taeniam*

Huang Qin *Radix Scutellariae baicalensis*

Xing Ren *Semen Pruni armeniacae*

Gua Lou *Fructus Trichosanthis*

Zhi Shi *Fructus Citri aurantii immaturus*

Gan Cao *Radix Glycyrrhizae uralensis*

Sang Bai Pi *Cortex Mori albae radices*

Zi Wan *Radix Asteris tatarici*

Pattern: Phlegm-Heat in the Lungs.

Action: Resolve Phlegm, clear Heat, restore the descending of Lung-Qi, stop cough.

Indications: Acute cough with expectoration of profuse, yellow sputum following an upper respiratory infection, a feeling of oppression of the chest, fever, thirst, insomnia, feeling of heat, red cheeks.

Tongue: normal, red or red only in the front with a thick-sticky-yellow coating.

Pulse: Slippery, rapid.

Classical antecedent: Qing Qi Hua Tan Tang *Clearing Qi and Resolving Phlegm*
Decoction

RINGING METAL

IN A NUTSHELL: acute Phlegm-Heat in the Lungs following an invasion of external Wind (in Western terms: a chest infection after a cold or flu)

CLASSICAL ANTECEDENT: Qing Qi Hua Tan Tang.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Stronger action in making Lung-Qi descend to treat cough.



Red sides, yellow coating



Red sides in central part, swollen in Lung area (between centre and tip), yellow coating

ROOT THE SPIRIT

BAI SHAO *Radix Paeoniae albae*

DANG GUI *Radix Angelicae sinensis*

LONG GU *Os Draconis*

TU SI ZI *Semen Cuscutae*

MAI MEN DONG *Tuber Ophiopogonis japonici*

BAI ZI REN *Semen Biotae orientalis*

SUAN ZAO REN *Semen Ziziphi spinosae*

FU SHEN *Sclerotium Poriae cocos pararadicis*

Action: nourish Liver-Blood and Liver-Yin, settle the ethereal soul, calm the mind and promote sleep.

Pattern: Liver-Blood deficiency, unsettled ethereal soul.

Indications: insomnia (either difficulty in falling asleep or wakefulness during the night), dream-disturbed sleep. Other manifestations may include blurred vision, poor memory, tingling of limbs, and scanty periods.

Tongue: pale in case of Liver-Blood deficiency, red-peeled in case of Liver-Yin deficiency, thin.

Pulse: choppy (Liver-Blood deficiency) or floating-empty (Liver-Yin deficiency).

ROOT THE SPIRIT

IN AN NUTSHELL: nourish Liver-Blood and Liver-Yin to anchor the Ethereal Soul (*Hun*) and promote sleep.

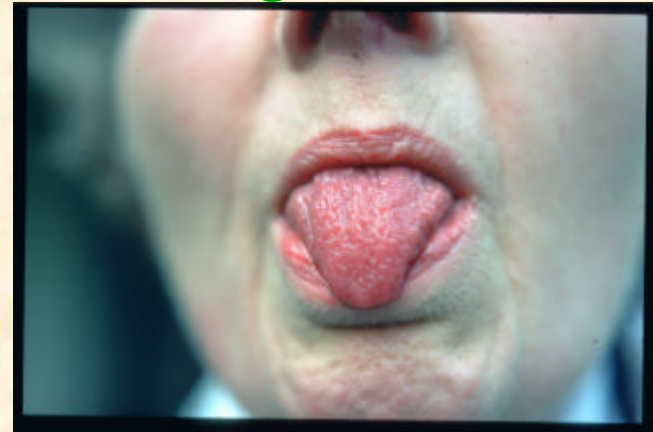
CLASSICAL ANTECEDENT: Yu Mei San.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Stronger action in calming the Mind and settling the Hun.



Normal colour, no coating, cracks



Red, no coating



Normal colour, no coating, cracks



Slightly Red, no coating, cracks

SEARCHING SOUL

Ren Shen *Radix Ginseng*

Huang Qi *Radix Astragali membranacei*

Dang Gui *Radix Angelicae sinensis*

Shou Wu *Radix Polygoni multiflori*

Long Yan Rou *Arillus Euphoriae longanae*

Yuan Zhi *Radix Polygalae tenuifoliae*

He Huan Pi *Cortex Albizziae julibrissin*

Yu Jin *Tuber Curcumae*

Mei Gui Hua *Flos Rosae rugosae*

Qing Pi *Pericarpium Citri reticulatae viride*

Du Zhong *Cortex Eucommniae ulmoidis*

Fo Shou *Fructus Citri sarcodactylis*

Xu Duan *Radix Dipsaci*

Zhi Gan Cao *Radix Glycyrrhizae uralensis praeparata*

Da Zao *Fructus Ziziphi jujubae*

Fu Xiao Mai *Semen Tritici aestivi levis*

Pattern: Kidney-Yang deficiency, Liver-Blood deficiency, Qi stagnation, Ethereal Soul not "going enough".

Action: tonify Kidney-Yang, nourish Liver-Blood, stimulate the Ethereal Soul, strengthen Will-Power.

Indications: depression, lack of sense of direction, mental confusion, confusion about one's goals, relationship problems, dependance on other people, over-protectiveness, indecision, lack of will-power, sadness, timidity.

Tongue: Pale.

Pulse: Choppy or weak.

SEARCHING SOUL

IN A NUTSHELL: Hun not coming and going enough, depression from Liver-Qi deficiency, Kidney-Yang deficiency and Liver-Qi stagnation.



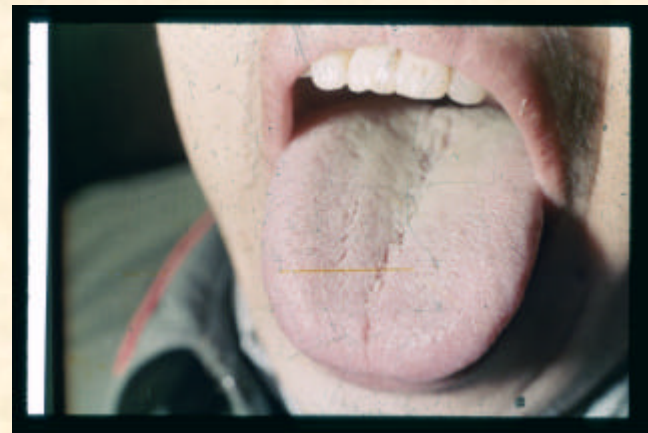
Normal colour, not enough coating, HE crack



Pale, slightly Bluish, HE crack



Pale, red tip, HE crack



Pale, ST-HE crack

SEPARATE CLEAR AND TURBID

BI XIE *Rhizoma Dioscoreae hypoglaucae*

WU YAO *Radix Linderae strychnifoliae*

YI ZHI REN *Fructus Alpiniae oxyphyllae*

SHI CHANG PU *Rhizoma Acori graminei*

FU LING *Sclerotium Poriae cocos*

GAN CAO *Radix Glycyrrhizae uralensis*

HUANG QI *Radix Astragali membranacei* 1

CHE QIAN ZI *Semen Plantaginis*

QU MAI *Herba Dianthi*

BAI SHAO *Radix Paeoniae albae*

BA JI TIAN *Radix Morindae officinalis*

Action: tonify Qi, resolve Dampness, eliminate turbidity, open the Water passages of the Lower Burner, tonify the Kidneys.

Pattern: Dampness in the urinary system, Qi deficiency, "Fatigue *Lin*".

Indications: chronic urinary difficulty (often wrongly labelled as "cystitis"), bouts of frequent-scanty urination, uncomfortable sensation in the hypogastrium but no burning on urination, urine slightly cloudy, slight incontinence of urine on coughing or jumping, tiredness, depression, lower backache, dizziness, feeling cold.

Tongue: pale.

Pulse: weak, weak on the right-rear position, possibly very slightly tight on the left rear position.

SEPARATE CLEAR AND TURBID

IN A NUTSHELL: resolve Dampness from the urinary passages, promote urination.

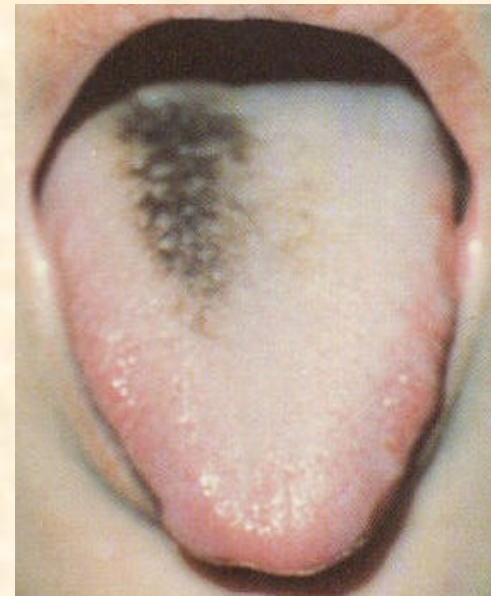
CLASSICAL ANTECEDENT: Bi Xie Feng Qing Tang

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Stronger action in resolving Dampness
- Tonify Qi
- Tonify Kidney-Yang
- Stop pain



Pale, sticky-white coating on root



Pale, red sides, sticky-black coating on root

SETTLING THE SOUL

Yuan Zhi *Radix Polygalae tenuifoliae*

Shi Chang Pu *Rhizoma Acori graminei*

Huang Qin *Radix Scutellariae baicalensis*

Long Dan Cao *Radix Gentianae*

Zhu Ye *Herba Lophatheri gracilis*

Suan Zao Ren *Semen Zizyphi spinosae*

Gua Lou *Fructus Trichosanthis*

Gou Teng *Ramulus cum Uncis Uncariae*

Lian Xin *Plumula Nelumbinis nuciferae*

Bai Shao *Radix Paeoniae Alba*

Zhu Ru *Caulis Bambusae in taeniis*

Chen Pi *Pericarpium Citri reticulatae*

Gan Cao *Radix Glycyrrhizae uralensis*

Patterns: Fire of the Heart and Liver agitating the Mind (*Shen*) and the Ethereal Soul (*Hun*), Phlegm misting the Mind.

Actions: drain Fire, open the Mind's orifices, calm the Mind, settle the Ethereal Soul, resolve Phlegm.

Indications: anxiety, insomnia, manic behaviour, staying up at night working, having many projects simultaneously, spending money, excessive excitement, going out a lot, incessant talking or laughing, singing.

Tongue: Red with redder tip and sides, swollen, sticky-yellow coating, central Heart crack with rough-dry-yellow-sticky coating inside it.

Pulse: Slippery, Overflowing, Rapid.

SETTLING THE SOUL

IN A NUTSHELL: restrain the coming and going of the Hun, slight manic behaviour from Liver- and Heart-Fire, Phlegm misting the Mind.



Red, redder sides, dry-yellow coating



Red, redder sides, dry-yellow coating



Red, Swollen, HE crack, sticky-yellow coating

COMPARISON BETWEEN *DRAIN FIRE* AND *SETTLING THE SOUL*

	<i>DRAIN FIRE</i>	<i>SETTLING THE SOUL</i>
PATTERN	LIV- and HE-Fire (primarily LIV)	HE- and LIV-Fire (primarily HE), Phlegm obstructing the Mind's orifices
INDICATIONS	Headaches, irritability, agitation, eye problems	Anxiety, mental confusion, slightly “manic behaviour”
TONGUE	Red, redder sides	Red, redder sides and tip, Swollen, sticky- yellow coating
PULSE	Wiry-Rapid	Wiry-Slippery-Rapid

SMOOTH PASSAGE

BAI ZHU *Rhizoma Atractylodis macrocephalae*

FU LING *Sclerotium Poriae cocos*

BAI SHAO *Radix Paeoniae albae*

MU XIANG *Radix Saussureae*

XIANG FU *Rhizoma Cyperi rotundi*

ZHI KE *Fructus Citri aurantii*

HUANG BO *Cortex Phellodendri*

KU SHEN *Radix Sophorae flavescens*

LIAN ZI *Semen Nelumbinis nuciferae*

BAI TOU WENG *Radix Pulsatillae chinensis*

SHEN QU *Massa Fermentata Medicinalis*

Action: tonify Spleen-Qi, move Qi, pacify the Liver, harmonize Liver and Spleen, resolve Dampness from the Intestines, move the stools, stop diarrhoea.

Pattern: Spleen and Liver not harmonized, Spleen-Qi deficiency, Liver-Qi stagnation, Dampness in the Intestines.

Indications: alternation of constipation and diarrhoea, abdominal pain, fullness and distension, stools at times like small pellets and at other times very loose, mucus in the stools, irritability, tiredness, poor appetite.

Tongue: pale or normal-coloured, teethmarks, thin-sticky coating. If stagnation of Liver-Qi predominates, the sides could be slightly red.

Pulse: if deficiency of Spleen-Qi predominates it will be weak; if stagnation of Liver-Qi predominates, it will be wiry. It may also be weak on the right and wiry on the left.

SMOOTH PASSAGE

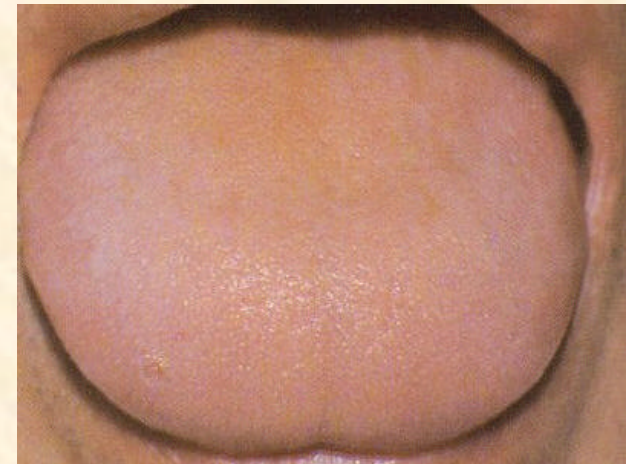
IN A NUTSHELL: move Qi and resolve Dampness in the Lower Burner, tonify Spleen-Qi. Digestive problems of the Lower Burner, irritable bowel syndrome.



Red sides, yellow coating, thicker on the root



Pale, sticky-white coating on the root



Pale, yellow coating on the root

NOTE: *Smooth Passage* differs from *Break into a Smile* and *Soothe the Centre* in that it is directed at the Lower Burner and therefore the Intestines.

SOOTHE THE CENTRE

BAI ZHU *Rhizoma Atractylodis macrocephalae*

DANG SHEN *Radix Codonopsis pilosulae*

ZHI GAN CAO *Radix Glycyrrhizae uralensis praeparata*

FU LING *Sclerotium Poriae cocos*

CHEN PI *Pericarpium Citri reticulatae*

BAN XIA *Rhizoma Pinelliae ternatae*

SHA REN *Fructus seu Semen Amomi*

MU XIANG *Radix Vladimiriae*

SHAN YAO *Radix Dioscoreae oppositae*

TAI ZI SHEN *Radix Pseudostellariae*

BIAN DOU *Semen Dolichoris lablab*

HUO XIANG *Herba Agastachis*

HOU PO *Cortex Magnoliae officinalis*

ZI SU YE *Folium Perillae frutescentis*

ZHI KE *Fructus Citri aurantii*

SHEN QU *Massa Fermentata Medicinalis*

Action: tonify Qi, strengthen the Spleen, nourish Stomach-Yin, resolve Dampness and move Qi in the Centre.

Pattern: Stomach- and Spleen-Qi deficiency, Stomach-Yin deficiency, Dampness and stagnation of Qi in the Middle Burner.

Indications: poor appetite, tiredness, feeling of fullness, distension and pain of the epigastrium, poor digestion, weak limbs, loose stools, slightly dry mouth.

Tongue: pale, teethmarks, sticky coating in the centre. If Stomach-Yin deficiency: slightly rootless coating in the centre; if chronic, severe Spleen-Qi deficiency: small transversal cracks on the sides. Pulse: weak, especially on the right middle position.

SOOTHE THE CENTRE

IN A NUTSHELL: move Qi and resolve Dampness in the Middle Burner, tonify Spleen-Qi. Digestive problems from Qi stagnation and Dampness in the Middle Burner with Spleen-Qi deficiency.

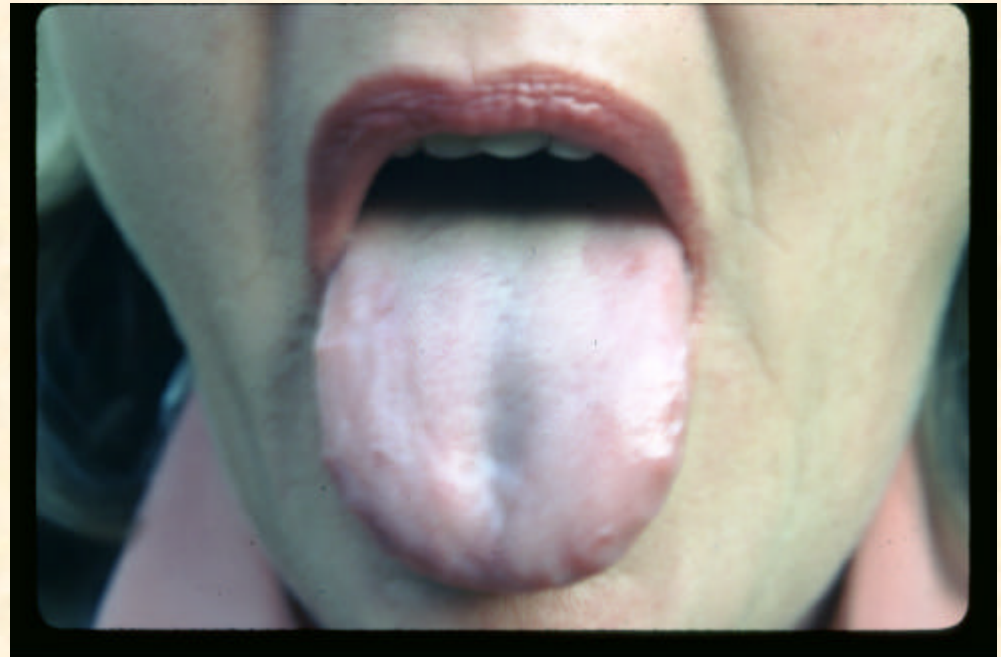
CLASSICAL ANTECEDENT: Xiang Sha Liu Jun Zi Tang

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Stronger action in moving Qi and resolving Dampness.



Pale, Swollen, Swollen sides (Spleen area)



Pale, Swollen, Swollen sides (Spleen area), sticky-white coating

COMPARISON OF BREAK INTO A SMILE, SMOOTH PASSAGE AND SOOTHE THE CENTRE

	BREAK INTO A SMILE	SMOOTH PASSAGE	SOOTHE THE CENTRE
PATTERN	<i>Qi stagnation (Full-Shi)</i>	<i>Liver-Qi Stagnant invading Spleen and Intestines (LIV-Shi SP-Xu)</i>	<i>Stagnant Liver-Qi invading stomach</i>
LOCATION	<i>Middle and Lower Burner, Hypochondrium</i>	<i>Lower Burner</i>	<i>Middle Burner</i>
SYMPTOMS	<i>Pain</i>	<i>Distension, Pain, Fullness</i>	<i>Distension, Pain, Fullness</i>
PULSE	<i>Wiry all over</i>	<i>Wiry on left or wiry on both “Chi” (3rd) pos.</i>	<i>Wiry on both “Guan” (2nd) pos.</i>

STIR FIELD OF ELIXIR

WU YAO *Radix Linderae strychnifoliae*

DANG GUI *Radix Angelicae sinensis*

CHUAN XIONG *Radix Ligustici wallichii*

TAO REN *Semen Persicae*

MU DAN PI *Cortex Moutan radicis*

CHI SHAO *Radix Paeoniae rubrae*

YAN HU SUO *Rhizoma Corydalis yanhusuo*

GAN CAO *Radix Glycyrrhizae uralensis*

XIANG FU *Rhizoma Cyperi rotundi*

HONG HUA *Flos Carthami tinctorii*

ZHI KE *Fructus Citri aurantii*

PU HUANG *Pollen Typhae*

DAN SHEN *Radix Salviae miltiorrhizae*

BAI SHAO *Radix Paeoniae albae*

Action: move Blood, eliminate stasis, dissolve lumps.

Pattern: stasis of Blood in the Lower Burner.

Indications: lower abdominal pain which is fixed and stabbing in character, abdominal lumps, endometriosis, ovarian cysts, myomas, dysmenorrhoea from stagnant Blood, irregular periods, pre-menstrual pain, periods stopping and starting with dark, clotted blood, irritability, agitation, restlessness.

Tongue: purple.

Pulse: choppy, or wiry, or firm.

STIR FIELD OF ELIXIR

IN A NUTSHELL: invigorate Blood in the Lower Burner.

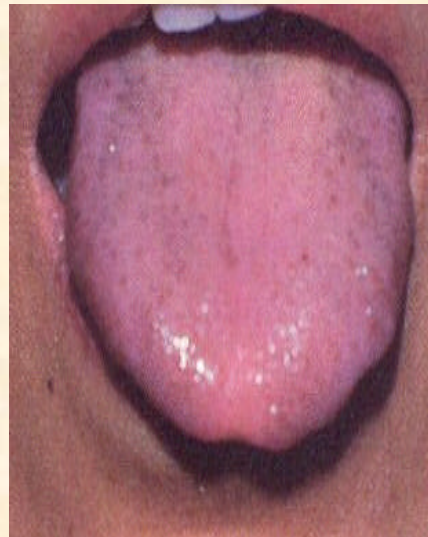
CLASSICAL ANTECEDENT: Ge Xia Zhu Yu Tang.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- **Stronger action in invigorating Blood.**



Bluish-Purple sides



Bluish-Purple sides



Reddish-Purple

STRENGTHEN THE ROOT

SHU DI HUANG *Radix Rehmanniae glutinosae conquitae*

SHAN YAO *Radix Dioscoreae oppositae*

SHAN ZHU YU *Fructus Corni officinalis*

GOU QI ZI *Fructus Lycii chinensis*

BA JI TIAN *Radix Morindae officinalis*

TU SI ZI *Semen Cuscutae*

DU ZHONG *Cortex Eucommiae ulmoidis*

DANG GUI *Radix Angelicae sinensis*

ROU GUI *Cortex Cinnamomi cassiae*

GUI ZHI *Ramulus Cinnamomi cassiae*

ZHI GAN CAO *Radix Glycyrrhizae uralensis praeparata*

REN SHEN *Radix Ginseng*

ZHI MU *Radix Anemarrhenae asphodeloidis*

Action: tonify and warm Kidney-Yang, stoke up the Fire of the Gate of Vitality, fill the Essence, nourish Blood, strengthen will-power.

Pattern: Kidney-Yang deficiency, Fire of Ming Men declining, slight Blood deficiency. "Fire of Ming Men not nourishing Earth", "Cold in Lower Burner".

Indications: chilliness, cold feet, cold limbs, lower backache, weak knees, dizziness, tinnitus, depression, exhaustion, impotence, premature ejaculation, tiredness after sex, lack of libido, infertility, loose stools, frequent-pale urination, slight incontinence of urine, oedema of ankles, overweight body, lack of drive and enthusiasm, shortness of breath. Tongue: pale, wet.

Pulse: deep and weak, especially in the rear positions. It could also be slow.

STRENGTHEN THE ROOT

IN A NUTSHELL: tonify Kidney-Yang.

CLASSICAL ANTECEDENT: You Gui Wan.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Tonify Qi and the Yuan Qi with Ren Shen,



Pale



Pale, wet

TONIFY QI AND EASE THE MUSCLES

HUANG QI *Radix Astragali membranacei*

REN SHEN *Radix Ginseng*

BAI ZHU *Rhizoma Atractylodis macrocephalae*

ZHI GAN CAO *Radix Glycyrrhizae uralensis praeparata*

DANG GUI *Radix Angelicae sinensis*

CHEN PI *Pericarpium Citri reticulatae*

SHENG MA *Rhizoma Cimicifugae*

CHAI HU *Radix Bupleuri*

SHA REN *Fructus seu Semen Amomi*

HUO XIANG *Herba Agastachis*

YI YI REN *Semen Coicis lachryma jobi*

FU LING *Sclerotium Poriae cocos*

Action: tonify Lung- and Spleen-Qi, raise Yang, lift depression, resolve Dampness from the muscles.

Pattern: Qi deficiency, residual Dampness in the muscles.

Indications: exhaustion, depression, dizziness, poor appetite, slight muscle ache and fatigue, poor memory and concentration, slight breathlessness.

Tongue: pale, teethmarks.

Pulse: weak.

TONIFY QI AND EASE THE MUSCLES

IN A NUTSHELL: tonify Qi, tonify Yuan Qi, resolve Dampness. Tonify Zheng Qi in post-viral fatigue syndrome.

CLASSICAL ANTECEDENT: Bu Zhong Yi Qi Tang.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Stronger action in resolving Dampness from the muscles.



Pale, sticky-white coating

WATER PASSAGES

Zhi Mu *Radix Anemarrhenae asphodeloidis*

Huang Bo *Cortex Phellodendri*

Shu Di Huang *Radix Rehmanniae praeparata*

Shan Yao *Rhizoma Dioscoreae*

Shan Zhu Yu *Fructus Corni*

Mu Dan Pi *Cortex Moutan*

Fu Ling *Poria*

Ze Xie *Rhizoma Alismatis*

Che Qian Zi *Semen Plantaginis*

Qu Mai *Herba Dianthi*

Bian Xu *Herba Polygoni avicularis*

Bi Xie *Rhizoma Dioscoreae hypoglauca*

Yi Yi Ren *Semen Coicis*

Huang Qi *Radix Astragali*

Chai Hu *Radix Bupleuri*

Gan Cao *Radix Glycyrrhizae uralensis*

Bai Shao *Radix Paeoniae Alba*

Tu Si Zi *Semen Cuscutae*

Ze Lan *Herba Lycopi lucidi*

Patterns: Damp-Heat in the Bladder, Kidney deficiency, sinking of Qi.

Actions: resolve Dampness and clear Heat from the Bladder, tonify the Kidneys, lift Qi.

Indications: frequency of urination, difficult urination, urgency of urination, burning on urination, hypogastric pain, backache, dizziness, tinnitus, tiredness, feeling of bearing down.

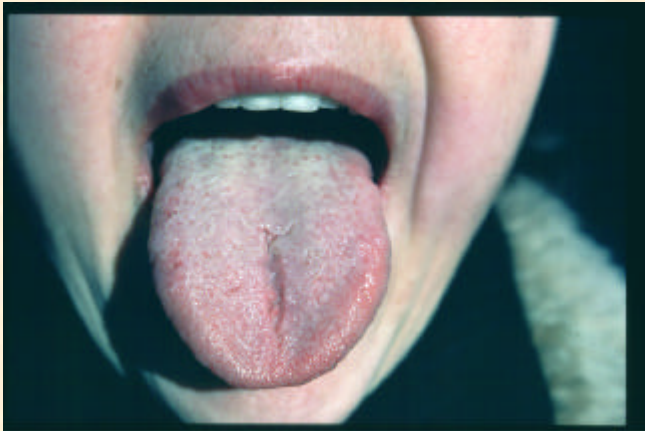
WATER PASSAGES

IN A NUTSHELL: chronic Damp-Heat in the urinary passages against a background of Kidney deficiency, chronic urinary problems.

CLASSICAL ANTECEDENT: Zhi Bo Di Huang Wan.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Stronger action in draining Damp-Heat from urinary passages
- Tonify Qi
- More balanced tonification of Kidneys (Yin and Yang)



Sticky-yellow coating on root



Sticky-yellow-brown coating on root with red points



Sticky-yellow coating on root with red points, partially Peeled (Kidney-Yin Xu)

WELCOME FRAGRANCE

BO HE *Herba Menthae*

SHI CHANG PU *Rhizoma Acori graminei*

XIN YI HUA *Flos Magnoliae liliflorae*

CANG ER ZI *Fructus Xanthii*

BAI ZHI *Radix Angelicae dahuricae*

JIE GENG *Radix Platycodi grandiflori*

HUANG QIN *Radix Scutellariae baicalensis*

JIN YIN HUA *Flos Lonicerae japonicae*

YU XING CAO *Herba Houttuyniae cordatae*

PU GONG YING *Herba Taraxaci mongolici cum radice*

HUO XIANG *Herba Agastachis*

BAI ZHU *Rhizoma Atractylodis macrocephalae*

HUANG QI *Radix Astragali membranacei*

GAN CAO *Radix Glycyrrhizae uralensis*

Action: expel Wind, clear Heat, resolve Fire-Poison, drain Dampness, open the nose orifices, tonify Qi.

Pattern: chronic Damp-Heat and Fire-Poison blocking the nose and sinuses with an underlying deficiency of Qi.

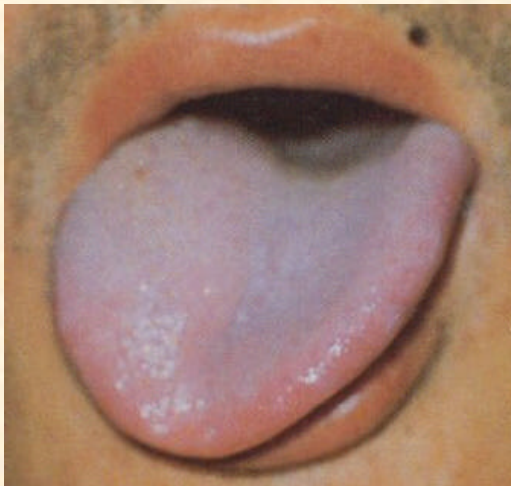
Indications: sinusitis, facial pain, nasal discharge which is yellow and thick or even purulent, blocked nose, loss of smell, frontal headache, tiredness.

Tongue: sticky-yellow coating.

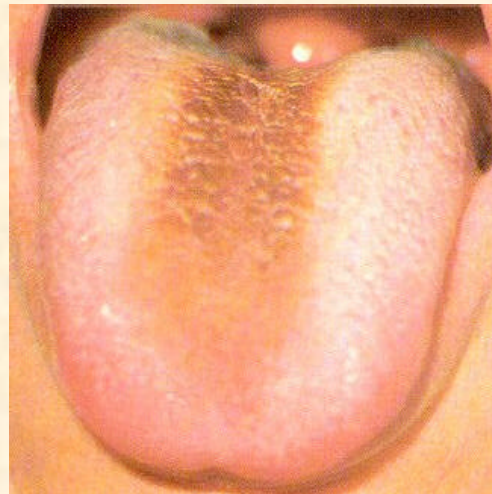
Pulse: slippery.

WELCOME FRAGRANCE

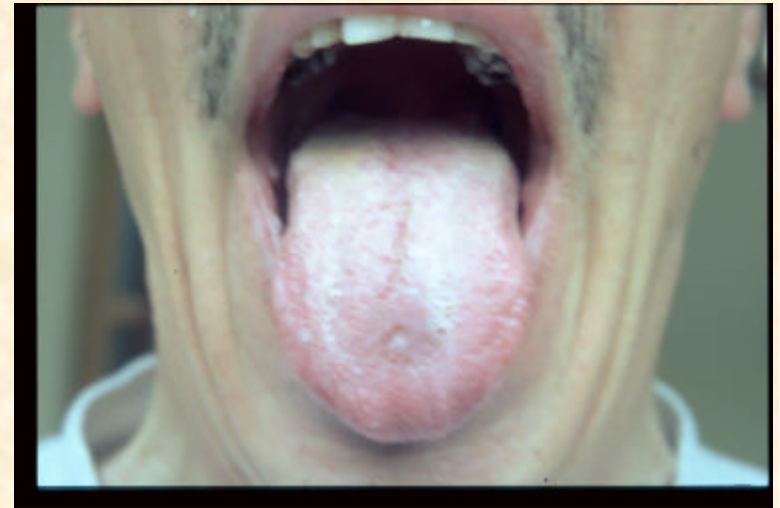
IN A NUTSHELL: acute or chronic sinusitis or sinus congestion.



Sticky coating



Sticky-yellow coating



Sticky-white coating

FAMILIES OF REMEDIES

BI SYNDROME

- *Brocade Sinews*: chronic Bi from Liver-Blood Xu
- *Nourish the Root and Clear Wind*: chronic Bi in the elderly from Liver- and Kidney-Yin Xu
- *Clear Channels*: acute or sub-acute Bi from Damp-Heat (swollen, red and hot joints, rheumatoid arthritis)
- *Invigorate the Root*: chronic Bi of the lower back and legs against a background of Kidney-Yang deficiency
- *Benefit the Sinews*: chronic Bi with long-term retention of Phlegm in the joints and Blood stasis, joint deformities.

FAMILY OF REMEDIES

HEADACHES

Clear Yang: Liver-Yang rising and Phlegm

Bend Bamboo: Liver-Yang rising from Liver-Blood deficiency

Brighten the Eyes: Liver-Blood deficiency.

- *Break into a Smile*: Liver-Qi stagnation
- *Calm the Shen*: Liver- and Heart-Blood deficiency
- *Clear the Soul*: Phlegm-Heat in the head
- *Drain Fields*: Dampness
- *Drain Fire*: Liver-Fire
- *Ease the Muscles*: Damp-Heat
- *Expel Wind-Cold*: external Wind-Cold
- *Expel Wind-Heat*: external Wind-Heat
- *Freeing the Moon*: pre-menstrual Liver-Qi stagnation
- *Limpid Sea*: Phlegm in the head
- *Nourish the Root*: Kidney-Yin deficiency
- *Penetrating Vessel*: rebellious Qi of the Penetrating Vessel
- *Red Stirring*: Blood stasis
- *Release Constraint*: Liver-Qi stagnation
- *Strengthen the Root*: Kidney-Yang deficiency
- *Tonify Qi and Ease the Muscles*: Qi deficiency and some Dampness
- *Welcome Fragrance*: Damp-Heat head and sinuses

HEADACHES – REMEDIES

EXCESS

- Liver-Yang rising: *Brighten the Eyes, Bend Bamboo, Clear Yang.*
- Liver-Fire: *Drain Fire*
- Rebellious Qi: *Penetrating Vessel*
- Dampness: *Drain Fields, Ease the Muscles, Welcome Fragrance*
- Phlegm: *Limpid Sea, Clear the Soul*
- Liver-Qi stagnation: *Freeing the Moon, Break into a Smile, Release Constraint*
- Blood stasis: *Red Stirring*
- External Wind: *Expel Wind-Cold, Expel Wind-Heat*

DEFICIENCY

- Qi deficiency: *Tonify Qi and Ease the Muscles, Breaking Clouds*
- Blood deficiency: *Brighten the Eyes, Calm the Shen*
- Yang deficiency: *Strengthen the Root*
- Yin deficiency: *Nourish the Root*

HEADACHES – REMEDIES

PATTERN	FORMULA	CHARACTER
Liver-Yang rising	Clear Yang, Bend Bamboo,	Throbbing, in the temples, at sides of the head or behind the eyes, dizziness
Liver-Fire	Drain Fire	Throbbing, intense, behind the eyes
or		temples
Rebellious Qi	Penetrating Vessel	Throbbing at top of the head
Dampness	Drain Fields, Ease the Muscles	
	Welcome Fragrance	Dull, on forehead
Phlegm	Limpid Sea, Clear the Soul	Dull, on forehead or all over head, muzziness, dizziness, blurred vision
Liver-Qi stagnation	Freeing the Moon,	
	Break into a Smile,	
	Release Constraint	Intense All over head
Blood stasis	Red Stirring	Stabbing, fixed in one place
External Wind	Expel Wind-Cold,	
	Expel Wind-Heat	Severe, moving
Qi deficiency	Tonify Qi and Ease the Muscles	Dull, all over head
Blood deficiency	Brighten the Eyes, Calm the Shen	Dull, on top or behind eyes
Yang deficiency	Strengthen the Root	Dull, all over head
Yin deficiency	Nourish the Root	Dull, all over head, feeling of emptiness of the head

HEADACHES – *CLEAR YANG*

Main remedy for chronic headaches deriving from a combination of Liver-Yang rising and Phlegm. Frequent cause of chronic headaches as the rising of Liver-Yang carries Phlegm to the head. Indeed, the combination of these two factors is probably the most common cause of chronic headaches in adults.

Frequent, chronic headaches of a dull nature together with a feeling of heaviness and muzziness in the head and dizziness (caused by Phlegm), blurred vision, punctuated by attacks of severe, throbbing headaches caused by rising Liver-Yang.

Clear Yang also nourishes Blood to help to subdue Liver-Yang and tonifies Kidney-Yang to help to resolve Phlegm. If Liver-Blood deficiency is pronounced, the patient can combine *Clear Yang* with *Brighten the Eyes*, taking the former in the morning and the latter in the afternoon. If Kidney-Yang deficiency is pronounced, the patient can combine *Clear Yang* with *Strengthen the Root*, taking the former in the afternoon and the latter in the morning. If instead of Kidney-Yang deficiency there is a Kidney-Yin deficiency, *Clear Yang* should be combined with *Nourish the Root*, taking the former in the morning and the latter in the evening. If there is a pronounced deficiency of Spleen-Qi, the patient should combine *Clear Yang* with *Soothe the Centre*, taking the former in the afternoon and the latter in the morning.

Clear Yang is also the prime remedy for chronic dizziness, which often affects the elderly.

HEADACHES – *BEND BAMBOO*

Main remedy for chronic headaches from Liver-Yang rising occurring against a background of Liver-Blood deficiency: this situation is particularly common in women. This type of headache is throbbing in nature and occurs on the sides of the head, temples or behind the eyes. It may be unilateral or bilateral and it often changes side. It is frequently accompanied by nausea, vomiting and visual disturbances.

If the rising Liver-Yang originates from a Kidney deficiency, *Bend Bamboo* may be associated either with *Strengthen the Root* in case of Kidney-Yang deficiency or with *Nourish the Root*, in case of Kidney-Yin deficiency. If *Bend Bamboo* is combined with *Strengthen the Root*, the patient can take the former in the evening (say, 4 tablets) and the latter in the morning (also 4 tablets). If the Blood deficiency is very pronounced and extra tonification of Blood is called for, *Bend Bamboo* should be combined with *Brighten the Eyes*, taking the former in the afternoon and the latter in morning.

If the headaches occur in conjunction with the menstrual period, and the rising of Liver-Yang stems from a Kidney deficiency, a different protocol can be followed. The woman could take *Bend Bamboo* for about two weeks before and during the period (6 tablets a day) and *Strengthen the Root* or *Nourish the Root* (depending on whether there is Kidney-Yang or Kidney-Yin deficiency respectively) for about two weeks after the period (6 tablets a day). If there is a pronounced deficiency of Blood, the woman could take *Brighten the Eyes* for about two weeks after the period and *Bend Bamboo* for about two weeks before and during the period.

HEADACHES – *BRIGHTEN THE EYES*

Well suited to treat chronic headaches deriving from Liver-Blood deficiency. Chronic headaches from Liver-Blood deficiency are dull in character and occur either on the forehead or at the top of the head. They are alleviated by rest. In women, they worsen after a menstrual period.

Like *Bend Bamboo*, *Brighten the Eyes* also subdues Liver-Yang: Thus, there is an overlap between *Bend Bamboo* and *Brighten the Eyes* in so far as both nourish Liver-Blood and subdue Liver-Yang: however, *Bend Bamboo*'s main impact is to subdue Liver-Yang (and therefore treat the Manifestation *Biao*) while *Brighten the Eyes*'s main impact is to nourish Liver-Blood and its Liver-Yang subduing action is weaker (and it therefore treats the Root *Ben*). For this reason, both *Bend Bamboo* and *Brighten the Eyes* may be used for chronic headaches from Liver-Yang rising and Liver-Blood deficiency: the former would be used when the acute attacks are frequent and the pain severe; the latter when the acute attacks are very infrequent and the pain much less severe. Apart from this, *Brighten the Eyes* may also be used for headaches deriving purely from Liver-Blood deficiency, without any Liver-Yang rising.

FAMILIES OF REMEDIES
DIGESTIVE REMEDIES

PROSPEROUS EARTH: Spleen-Qi Xu.

CENTRAL MANSION: Qi - Yin Xu of ST and SP, Dampness, **Middle Burner**

JADE SPRING: Yin Xu of ST, SP and LU, **Middle Burner**

HARMONIZE THE CENTRE: SP-Qi Xu, ST-Yin Xu, Phlegm, Blood stasis,
Middle Burner

SOOTHE THE CENTRE: SP-Qi Xu, Qi stagnation, Dampness, **Middle Burner**

BREAK INTO A SMILE: Qi stagnation, Middle and **Lower Burner**

BUDDHA'S HAND: Qi stagnation, ST-Qi rebellious, **Middle Burner**

SMOOTH PASSAGE: Qi stagnation, SP-Qi Xu, Dampness, **Lower Burner**

DRAIN FIELDS: Dampness **Middle Burner**

EASE THE MUSCLES: Damp-Heat **Middle Burner**

DIGESTIVE DISEASES – REMEDIES ACCORDING TO FULL OR EMPTY

Formulae for purely Full conditions

Break into a Smile, Buddha's Hand, Ease the Muscles

Drain Fields

Formulae for Mixed conditions where Fullness predominates

Smooth Passage

Formulae for Mixed conditions where Emptiness predominates

Central Mansion

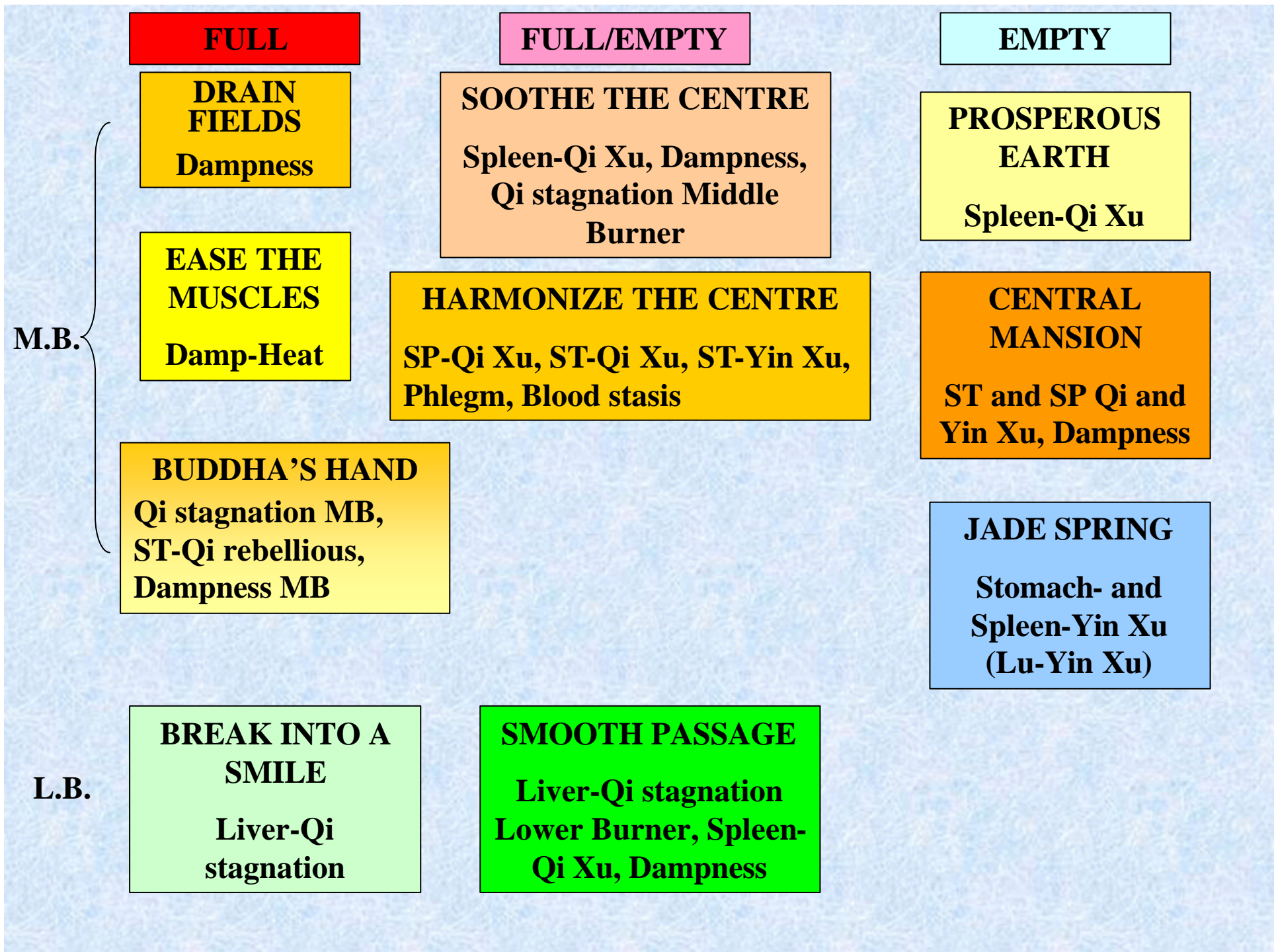
Prosperous Earth

Soothe the Centre

Harmonize the Centre

Formulae for purely Empty conditions

Jade Spring



MIDDLE BURNER DIGESTIVE REMEDIES



Prosperous Earth



Central Mansion



Central Mansion



Central Mansion



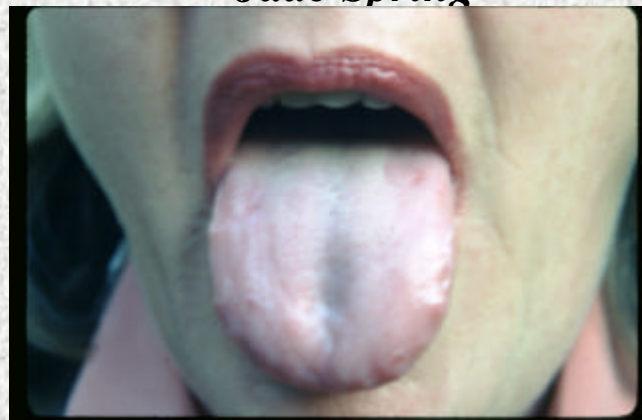
Harmonize the Centre



Jade Spring

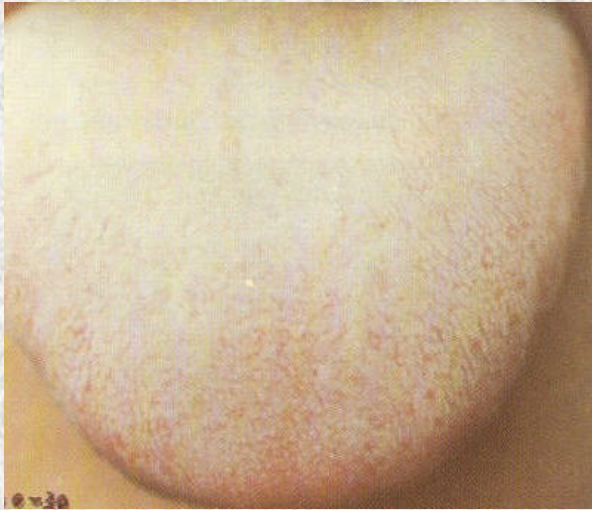


Soothe the Centre



Buddha's Hand

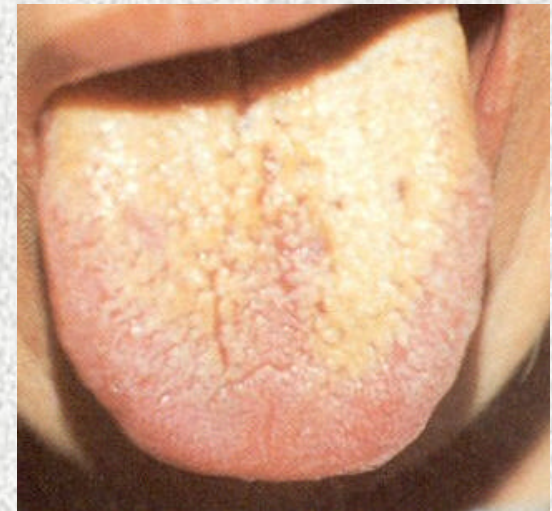
MIDDLE BURNER DIGESTIVE REMEDIES - DAMPNESS



Drain Fields



Ease the Muscles



Ease the Muscles

LOWER BURNER DIGESTIVE REMEDIES



Break into a Smile



Smooth Passage



Smooth Passage

PROGRESSION FROM STOMACH-QI XU TO STOMACH-YIN XU



Pale=Spleen-Qi Xu



**Pale, rootless coating,
partially
peeled=Stomach-Qi
and Yin Xu**



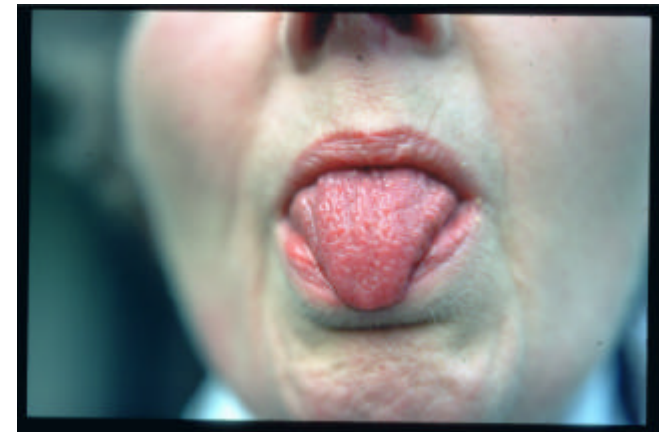
**Normal colour, no
coating=Stomach-Yin Xu**



**Normal colour, no
coating=Stomach-Yin Xu**



**Red, no
coating=Stomach-
Yin Xu, Empty Heat**



**Red, no
coating=Stomach-Yin
Xu with Empty Heat**

FAMILIES OF REMEDIES - MENTAL-EMOTIONAL

Release Constraint	Liver-Qi stagnation, depression
Clear the Soul	Phlegm-Heat in the Heart, anxiety, depression, Shen mildly obstructed
Calm the Shen	Heart-Blood deficiency, anxiety, depression
Open the Heart	Stagnation of Qi of the Lungs and Heart, anxiety, worry
Root the Spirit	Liver-Yin Xu, anxiety, insomnia
Breaking Clouds	Qi deficient and sinking, depression
Freeing the Sun	Liver-Qi stagnation with Heat, irritability, depression
Searching Soul	Deficiency of Qi and Blood of Liver, depression
Settling the Soul	Liver- and Heart-Fire, agitation, anxiety, mania
Nourish the Soul	Liver-Yin Xu, Hun going too much, insomnia, vague mania, anxiety
Bright Spirit	Liver- and Heart-Qi stagnation, Phlegm obstructing the Shen

FAMILIES OF REMEDIES

MENTAL-EMOTIONAL REMEDIES

CALM THE SHEN: nourish Heart Blood, calm the Shen.

OPEN THE HEART: move Heart- and Lung-Qi in chest, worry, anxiety.

CLEAR THE SOUL: resolve Phlegm-Heat from HE, calm the Shen.

ROOT THE SPIRIT: nourish Liver-Yin, anchor the Hun, calm the Shen.

RELEASE CONSTRAINT: move Liver-Qi, depression from Qi stagnation.

BREAKING CLOUDS: tonify and raise SP-Qi, tonify KI-Yang, depression.

SETTLING THE SOUL: drain LIV- and HE-Fire, resolve Phlegm, open the Mind's orifices, settle the Hun, restrain the coming and going of the Hun, "manic behaviour"

NOURISH THE SOUL: nourish Liver- and Heart-Yin, clear Empty Heat, settle the Hun, calm the Shen, restrain the coming and going of the Hun, agitation and restlessness from Xu.

SEARCHING SOUL: tonify Liver-Qi and Liver-Blood, stimulate the coming and going of the Hun, depression.

BRIGHT SPIRIT: Qi stagnation of LIV and HE, and Phlegm obstructing the Mind's orifices, depression, worry, anxiety.

FREEING THE SUN: Liver-Qi stagnation with Heat, irritability, depression

PATTERNS IN HUN “GOING” TOO MUCH OR TOO LITTLE

Fire

Phlegm-Fire

**Liver-Blood and/or
Liver-Yin Xu**

**Hun “coming and
going” too much**

*Clear the Soul
Calm the Shen
Root the Spirit
Settling the Soul
Nourish the Soul*



**Liver-, Lung-Qi
stagnation**

Liver-Blood and Liver-Qi Xu

Spleen and Kidney Xu

**Hun not
“coming and
going”
enough**

*Open the Heart
Release Constraint
Freeing the Sun
Breaking Clouds
Searching Soul
Bright Spirit*



HUN “COMING AND GOING” TOO MUCH

Fire

Drain Fire

Phlegm-Fire

Clear the Soul
Settling the Soul

**Liver-Blood and/or
Liver-Yin Xu**

Calm the Shen
Root the Spirit
Nourish the Soul



HUN NOT “COMING AND GOING” ENOUGH

**Liver-, Lung-Qi
stagnation**

Open the Heart
Release Constraint
Freeing the Sun
Bright Spirit

Liver-Blood and Liver-Qi Xu

Breaking Clouds
Searching Soul

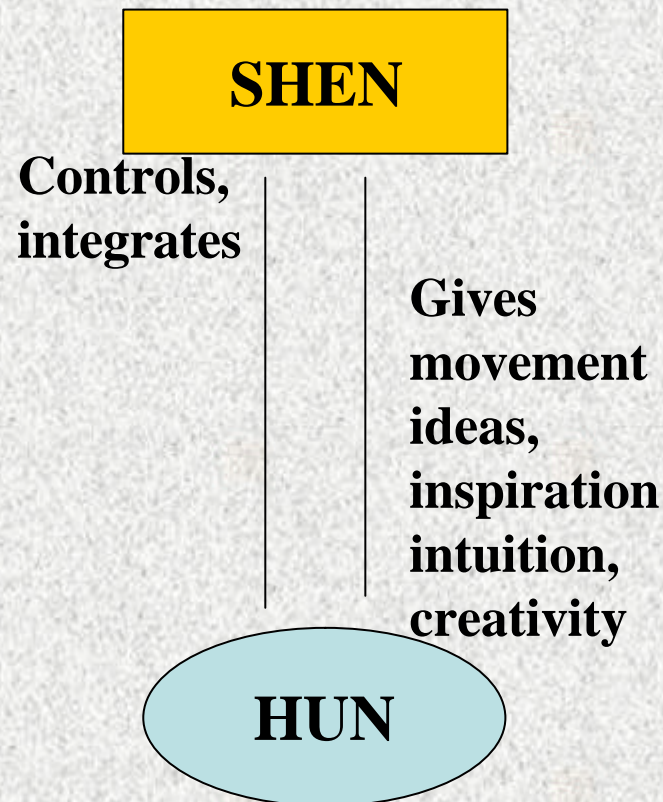
Spleen and Kidney Xu

Breaking Clouds
Strengthen the Root



RELATIONSHIP BETWEEN HUN AND SHEN

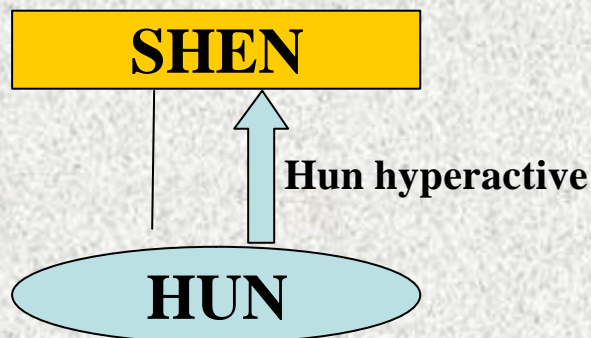
The Shen “gathers” the Hun. Thus, on the one hand, the Hun brings movement to the Shen, and on the other hand, the Shen provides some control and integration. If the Shen is strong and the Hun properly "gathered", there will be harmony between the two and the person has calm vision, insight, emotional balance and wisdom.



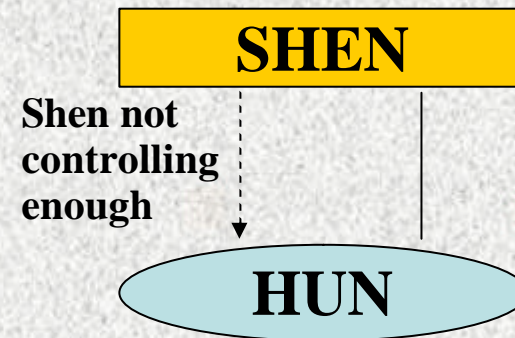
KEY WORDS: CONTROL AND INTEGRATION

RELATIONSHIP BETWEEN HUN AND SHEN

If the Shen is weak and fails to restrain the Hun (or if the Hun is overactive), this may be too restless and only bring confusion and chaos to the Shen, making the person scattered and unsettled. This can be observed in some people who are always full of ideas, dreams and projects none of which ever comes to fruition because of the chaotic state of the Shen which is unable to restrain the Hun.



Hun coming and going too much = "mania"

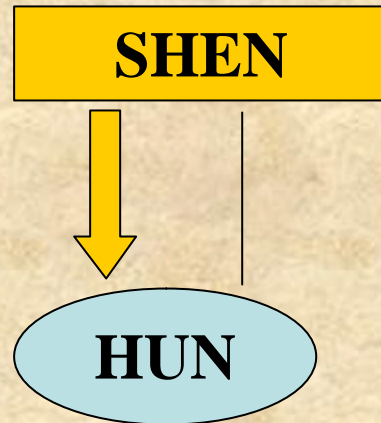


Hun coming and going normally (Shen not controlling Hun) = "mania"

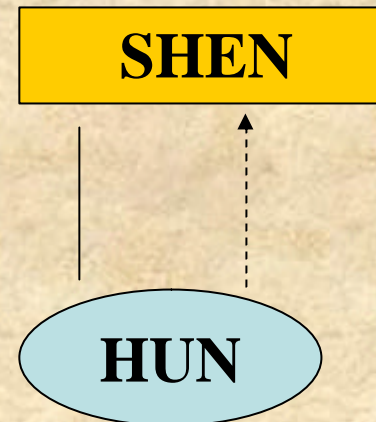
“MANIC BEHAVIOUR”

- **Mental restlessness**
- **Hyperactivity**
- **Working and being active at night**
- **Spending a lot**
- **Having many projects simultaneously none of which comes to fruition**
- **Mental confusion**
- **Obsessive thoughts**
- **Laughing a lot**
- **Talking a lot**
- **Often artistic**

RELATIONSHIP WITH SHEN



Shen over-controls =
depression (Going
of the Hun normal)



Hun coming and
going not enough =
depression
(Control by Shen
normal)

If the Shen overcontrols (or if the Hun's movement is lacking), the person lacks vision, imagination, creativity and will be depressed.

ASTHMA and ALLERGIC RHINITIS

	BEN	BIAO
ASTHMA	<i>HERBAL SENTINEL</i>	<i>CLEAR QI</i> (in case of Phlegm, add <i>Limpid Sea</i>)
ALLERGIC RHINITIS	<i>HERBAL SENTINEL</i>	<i>JADE SCREEN</i>

PROTOCOL FOR ASTHMA

ACUTE PHASE	<i>CLEAR QI</i>
CHRONIC PHASE	<i>HERBAL SENTINEL</i>

PROTOCOL FOR ALLERGIC RHINITIS

PERENNIAL	SEASONAL
<i>HERBAL SENTINEL</i> (larger dose) and <i>JADE SCREEN</i> (small dose)	<i>HERBAL SENTINEL</i> (in Autumn and Winter) plus <i>JADE SCREEN</i> (during season)

POST VIRAL SYNDROME PATTERNS

1. DAMP-HEAT IN THE MUSCLES

Key symptoms and signs: aches in the muscles, tiredness and sleepiness, feeling of heaviness, muzzy head, sticky-yellow tongue coat, Slippery pulse

TT remedy: *Ease the Muscles*

2. DAMPNESS IN THE MUSCLES (WITHOUT HEAT)

Key symptoms and signs: feeling of oppression in the epigastrium, muzziness of the head, heaviness, tiredness, loose stools, aching muscles, tongue with a sticky-white coating, Slippery and Weak pulse

TT remedy: *Drain Fields*

3. QI DEFICIENCY WITH RESIDUAL DAMP-HEAT IN THE MUSCLES

Key symptoms and signs: exhaustion, depression, dizziness, poor memory, slight muscle ache, Pale tongue with teethmarks and Weak pulse

TT remedy: *Tonify Qi and Ease the Muscles.*

FULL AND EMPTY MANIFESTATIONS OF POST-VIRAL FATIGUE SYNDROME

FULL

- Muscle ache intense
- Thick tongue coating
- Full pulse
- Remedy: *Ease the Muscles* (Damp-Heat) or *Drain Fields* (Dampness)

EMPTY

- Muscle ache slight
- Tongue coating thin
- Pulse Empty
- Remedy: *Tonify Qi and Ease the Muscles*

DOSAGE OF HERBAL REMEDIES

The question of dosage is a very complex one for which there are no hard and fast rules. In many cases, it is a matter of trial and error; patients often find their own "correct" level of dosage. Even for drugs, the question of dosage is far from being as "scientific" and accurate as we are led to believe. As we have seen above, reaction to a drug varies enormously and unpredictably between individuals as plasma concentrations commonly vary by a factor of 5 or more.

Many factors influence dosage, and I am going to discuss them one by one: it should be stressed that *all* the following factors need to be taken into account in every case. As a very general guideline, the dosage for the *Three Treasures* and *Women's Treasure* remedies is 1-3 tablets, 2-3 times a day, i.e. from 2 to 9 tablets a day. However, this dosage can be exceeded and, in a few cases, an even lower dose may be applicable.

The Full or Empty character of the condition

In Empty patterns the dosage can be lower than in Full patterns. Thus, for all the formulae in the Clearing category and the Nourishing and Clearing category, the dosage should be higher than for those in the Nourishing category. For example, if we are prescribing *Stir Field of Elixir* for abdominal pain from stasis of Blood with some abdominal masses (such as small fibroids), one might use 6 tablets a day or more. Vice versa, if one were treating a deficiency condition with *Brighten the Eyes*, then 2-3 tablets a day might be enough.

Chronic vs Acute conditions

The distinction between chronic and acute conditions is an important one. In acute cases, the dosage should be higher. For example, if we are using *Expel Wind-Heat* for a severe invasion of Wind-Heat with fever, swollen tonsils, pronounced aches, etc., then the patient can take 12 or even more tablets in 24 hours. In contrast, there is no point in treating a chronic condition with a high dose, because it can change only slowly. Please note that some formulae used for chronic cases can be adapted to treat acute cases. For example, *Bend Bamboo* (for chronic headaches from Liver-Yang rising) can be used to treat acute migraine attacks by increasing the dosage substantially, i.e. 6-9 or even more a day.

Age of the patient

Old people and children need lower doses. As stated above, a newborn baby should not be treated at all and it is preferable not to treat any baby under 6 months of age unless absolutely imperative. Infants and children up to 6 years old should have a third of a dose; children between 6 and 14 half a dose; after that, a full dose. With drugs, the dosage for children is now adjusted according to body surface rather than body weight.

As indicated above, babies under 6 months of age should not be treated at all and the above values are given only for reference.

A simple formula to calculate the dosage for children is as follows:

$$\frac{\text{Age}}{\text{Age} + 12} \times \text{dose.}$$

For example, if an adult dose is 6 grams per day, the dosage for a 6-year-old would be:

$$6: (6+12) \times 6 \text{ grams} = 1.99 \text{ grams}$$

The dosage should also be reduced in the elderly: approximately half a dose after 70 and a third of a dose after 80.

Condition and body-build of the patient

The weaker the patient, the lower the dose. Thus, a frail old lady should have a lower dose than a large, corpulent man.

The condition itself

The dosage should be adjusted also according to the severity of symptoms. For example, the dosage of *Chemo-* and *Radio-Support* should be varied according to the severity of the adverse reactions to chemo- or radio-therapy. For example, an average dose for these remedies might be about 4-6 tablets a day, but if the adverse reactions to the therapy are severe this dosage can be increased.

The digestive system

The weaker the patient's digestive system, the lower the dose. This is a very important consideration: Western patients have weaker digestive systems than Chinese people and are easily upset by herbal tablets (more than by decoctions). If a patient experiences a digestive upset, make sure that he or she is taking the tablets after food and with hot water.

Pregnancy

It is prudent not to prescribe any formulae during the first three months of pregnancy. From the fourth month onwards, formulae can be prescribed, unless, of course, they are specifically forbidden in pregnancy. This is indicated under "Caution and contraindications" within the explanation for each formula. When prescribing formulae to women of child-bearing age, it is advisable to ask them whether they are actively trying to conceive: if they are, be sure not to prescribe one of the formulae that are contraindicated in pregnancy, lest the woman take the formulae during the first few weeks of pregnancy before she knows she is pregnant.

In conclusion, my advice is always to *start* with a relatively low dose (except, of course, in very clear-cut, acute, Full conditions), as the dose can always be increased, whereas the patient who has a poor reaction may give up the treatment altogether.

Some of the formulae produce best results if taken at specific times:-

- Strengthen the Root* and *Ease the Journey-Yang*: take a higher dose in the morning;**
- Nourish the Root* and *Ease the Journey-Yin*: take a higher dose in the evening, and to maximize the effect take it with very slightly salted water;**
- Soothe the Centre*: take half an hour before a meal;**
- Brocade Sinews*: take a higher dose half an hour before breakfast;**
- Clear the Soul* and *Root the Spirit*: take a higher dose in the evening;**
- Expel Wind-Heat* and *Expel Wind-Cold*: take after meals, preferably with hot ginger water;**
- *Separate Clear and Turbid*: take before meals.**

If two or three different formulae are combined, it is advisable to reduce their individual dosage accordingly and take them at different times. I generally do not use more than three remedies at a time. For example, if one combines *Ease the Journey - Yin* with *Ease the Journey - Yang*, the former is best taken in the evening and the latter in the morning. In such cases, the dosage should be adjusted according to the therapeutic aim: for example, if deficiency of Yin predominates, the dosage of *Ease the Journey - Yin* should be double that of *Ease the Journey - Yang*. Another example could be the combination of *Brighten the Eyes* to nourish Liver-Blood and *Freeing the Moon* to move Qi and pacify the Liver in pre-menstrual tension. If deficiency of Liver-Blood predominates, the dosage of *Brighten the Eyes* should be double that of *Freeing the Moon*, and vice versa if stagnation of Liver-Qi predominates. As for the time of administration, *Brighten the Eyes* could be taken in the morning and *Freeing the Moon* in the afternoon.

Finally, a word of warning about liver disease. If a patient is known to be infected with the hepatitis virus (A, B or C), particular care should be exercised by using a lower dosage than normal. In such cases, it is strongly advisable to ask the patient to undergo a liver-function test prior to starting herbal therapy so that herbs are not wrongly blamed for affecting the liver function negatively.

The tablets should generally be taken approximately at least 1 hour before or after a meal preferably with hot water and definitely not with tea, coffee or fruit juices. They should not be taken at or within an hour of a meal because absorption of a compound may be reduced if it combines with a food molecule. If possible, the tablets should not be taken after 8-9 pm. It is preferable if the tablets are chewed before being swallowed: however, if the patient finds them distasteful, it is acceptable to swallow them. It is particularly desirable to chew the tablets that treat problems in the head such as *Welcome Fragrance*, *Jade Screen*, *Brighten the Eyes*, *Bend Bamboo*, *Expel Wind-Heat* and *Expel Wind-Cold*.

THREE TREASURES

CONTRA- INDICATED IN PREGNANCY



BREAK INTO A SMILE

CLEAR THE ROOT

DRAIN FIRE

EASE MUSCLES

RED STIRRING

RELEASE CONSTRAINT

SEPARATE CLEAR/TURBID

STIR FIELD OF ELIXIR

SETTLING THE SOUL