Chinese Herbal Formulae CMHB221

Session Two

Release exterior Chinese herbal medicine: warm pungent, cool pungent

Chinese Medicine Department
Session Two

Release Exterior Chinese herbal medicine: warm pungent, cool pungent:

- English name; Pin yin name
- Composition; dosage and administration
- Functions and indications
- Analysis and explanation of the formula; Pharmacological effects
- Cautions and contraindications
- Comparison between warm pungent and cool pungent
Session Aims

- Discuss the Chinese herbal formulae’s through the investigation of actions, dosage, preparation/cooking and contraindications for the following medical action:
  - ‘Exterior warming’ Chinese herbal formulae; and
  - ‘Exterior cooling’ Chinese herbal formulae.

- Identify and group the major common differentiating actions of the herbal constituents of each formula; and

- Discuss difference between “exterior warming formulas” and “exterior cooling formulas”
Release Exterior Class: Key Formulae

Spicy Warm
- *Ma Huang Tang*
- *Gui Zhi Tang*
- *Xiang Su San*
- *Ge Gen Tang*

Spicy Cool
- *Yin Qiao San*
- *Sang Ju Yin*

Support Healthy Qi
- *(Ren Shen) Bai Du San*
- *Jia Jian Wei Rui Tang*
What you need to know after this session

- The composition for **Ma Huang Tang**
- The composition for **Gui Zhi Tang**
- The composition for **Xiang Su San** and **Sang Ju Yin**
- The actions, indications and contraindications for **Ma Huang Tang**, **Gui Zhi Tang**, **Xiang SuSan**, **Yin Qiao San**, **Sang Ju Yin** and **(Ren Shen) Bai Du San**
- The **Key clinic symptoms/signs** for **Ma Huang Tang**, **Gui Zhi Tang**, **Xiang SuSan**, **Yin Qiao San**, **Sang Ju Yin** and **(Ren Shen) Bai Du San**
- The significance of using **Ma Huang & Gui Zhi**; **Ma Huang & Xin Ren** in **Ma Huang Tang**
- The significance of using **Gui Zhi & Shao Yao**; **Sheng Jiang & Da Zhao** in **Gui Zhi Tang**
- The significance of using **Ren Shen** in **(Ren Shen) Bai Du San**
- The comparison between **Ma Huang Tang** & **Gui Zhi Tang**
- The comparison between **Yin Qiao San** & **Sang Ju Yin**
Pinyin: Ma Huang Tang (麻黄汤)
English: Ephedra Decoction
Source: *Shang Han Lun*

**Composition:** Ma Huang; Gui Zhi; Xing Ren; Zhi Gan Cao

**Administration:** Decocted the above herbs for oral administration, cover with a quilt for mild perspiration

**Functions:** Induces sweating to release wind-cold, disperse lung qi and relieves asthma

**Indications:**
"Tai Yang Shang Han Syndrome"

*Exterior-excess syndrome due to externally contracted wind-cold, manifested as aversion to cold, fever, no sweating, asthma, headache, body pain, thin tongue coating floating and tight pulse.*

**Contraindications/caution:** wind-cold with sweating, wind heat with wheeze, spontaneous sweating, blood and yin deficiency, hypertension, polyuria and general debility

**Dosage (for patent medicine):** 8-12 pills (two to three times a day) away from food where possible

**Biomedical Indications:** Diaphoretic, Anti-Asthma, Diuretic

*Exterior excess syndromes of affection by wind and cold*
## Herbal Identification

### Ma Huang Tang

**Ma Huang**  
Release Exterior (Warm)  
**Gui Zhi**  
Release Exterior (Warm)  
**Xing Ren**  
Eliminate Phlegm & Cough  
**Gan Cao**  
Tonify Qi | Balance

<table>
<thead>
<tr>
<th>Herb</th>
<th>Hierarchy</th>
<th>Dosage</th>
<th>Temp</th>
<th>Taste</th>
<th>Group</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ma Huang*</td>
<td>Chief</td>
<td>9gm</td>
<td>Warm</td>
<td>Pungent Bitter</td>
<td>Release Exterior</td>
<td>Expels cold and wind; alleviates wheeze; and promotes urination; removes the obstruction of sweat pores to induce sweating.</td>
</tr>
<tr>
<td>Gui Zhi**</td>
<td>Deputy</td>
<td>6gm</td>
<td>Warm</td>
<td>Pungent Sweet</td>
<td>Release Exterior</td>
<td>Warm the channels; expels cold; moves blood; relieves pain; dispels wind/damp.</td>
</tr>
<tr>
<td>Xing Ren***</td>
<td>Assistant</td>
<td>6gm</td>
<td>Warm</td>
<td>Bitter Sweet</td>
<td>Eliminate Phlegm</td>
<td>Stop cough; Stop wheezing; Transforms phlegm; Moistens dryness; Unblocks the bowels / laxative</td>
</tr>
<tr>
<td>Zhi Gan Cao</td>
<td>Envoy</td>
<td>3gm</td>
<td>Warm</td>
<td>Pungent</td>
<td>Tonify/balance</td>
<td>Harmonize/tonifies qi, spleen, stomach</td>
</tr>
</tbody>
</table>
Analysis and explanation of the formula

**Ma Huang** (*Ephedra sinica herba*): Chief Herb

*Temperature: Warm; Taste: Pungent | Bitter; Direction of Action: Lifting, Sinks lung Qi*

Inducing perspiration to relieve syndrome and facilitating the flow of the lung-Qi to relieve asthma.

**Gui Zhi** (*Cinnamomi cassiae ramulus*): Deputy herb

*Temperature: Warm; Taste: Pungent | Sweet; Site of Action: Channels and upper burner/sanjiao*

Warming the meridians to ensure the flow of Yang Qi. Activating nutrient Qi and Defensive Qi which will resist pathogenic factors at exterior.

Ma Huang and Gui Zhi reinforcing efficacy mutually enhance the actions of inducing sweating and relieving the exterior.
Xin Ren (*Prunus armeniaca semen*): Assistant herb
*Temperature:* Warm; *Taste:* Bitter | Sweet; *Site of Action:* Upper Jiao; Nose

Descends and promotes lung qi; used with Ma Huang to strengthen the effect of diffusing lung qi and relieving asthma

Zhi Gan Cao (*Glycyrrhiza uralensis radix*): Guide herb
*Temperature:* Neutral; *Taste:* Sweet; *Site of Action:* Spleen & Stomach; Middle Jiao

Coordinating the actions of the other drugs and relieves the drastic nature of *Ma Huang* and *Gui Zhi*. 
**Literature resource:**

Shang Han Lun

Line 35

“Tai yang bing, tou tong fa re, shen teng yao tong, gu jie teng tong, wu feng, wu han er chuan zhe, ma huang tang zhu zhi”

“When in greater yang disease, (there is) headache, heat effusion, generalized pain, Lumbar pain, joint pain, aversion to wind, absence of sweating, and panting, Ephedra Decoction governs”

Notes:

1. *Drastic diaphoretic formula with pungent and warm herbs*, clinically for the excessive exterior syndromes affected by wind and cold.

2. *This prescription is contraindicated for case with exterior deficiency syndromes of wind and cold, exterior syndromes of wind and heat, as well as Qi and blood deficiency.*
Pinyin: Gui Zhi Tang (桂枝汤)

English: Cinnamon Twig Decoction

Source: Shang Han Lun

Composition: Gui Zhi; Shao Yao; Zhi Gan Cao; Sheng Jiang; Da Zao

Administration: Decoct all ingredients for oral administration (in Shang Han Lun, shortly after taking the first dose, having the warm, thin gruel and covering the body with a blanket to reinforce the sweating effect of the medicinal, also ideally just get light sweating (for example, the whole body is moist, not flowing sweating as water); if no sweating after taking decoction, take another dose according to the above method.)

Functions: releases exterior; regulates nutritive (ying) qi and defensive (wei) qi; harmonizes the spleen and stomach.

Indications:
Tai Yang Zhong Feng syndrome
Exterior deficiency syndrome due to externally contracted wind-cold with the manifestations of headache, fever, sweating with aversion to cold, nasal hoarseness, retching, white tongue coating, no thirst, floating and weak pulse.

Contraindications: Excess patterns, external cold with internal heat, wind heat, acute warm or damp heat, internal heat and yin deficiency

Dosage (for patent medicine): 8-12 pills (two to three times a day)
# Tutorial Activity: Herbal Identification 2.2

## Gui Zhi Tang

### Herb
- **Gui Zhi**
- **Bai Shao**
- **Sheng Jiang**
- **Da Zao**
- **Gan Cao**

### Herb Hierarchy
- **Gui Zhi**: Chief
- **Bai Shao**: Deputy
- **Sheng Jiang**: Assistant
- **Da Zao**: Assistant
- **Gan Cao**: Envoy

### Dosage
- **Gui Zhi**: 9gm
- **Bai Shao**: 9gm
- **Sheng Jiang**: 9gm
- **Da Zao**: 3 pieces
- **Gan Cao**: 6gm

### Temperature
- **Gui Zhi**: Warm
- **Bai Shao**: Neutral
- **Sheng Jiang**: Warm
- **Da Zao**: Warm
- **Gan Cao**: Warm

### Taste
- **Gui Zhi**: Pungent, Sweet
- **Bai Shao**: Bitter, Sour
- **Sheng Jiang**: Pungent
- **Da Zao**: Sweet
- **Gan Cao**: Pungent

### Group
- **Gui Zhi**: Release Exterior
- **Bai Shao**: Tonify Blood
- **Sheng Jiang**: Release Exterior
- **Da Zao**: Tonify Qi
- **Gan Cao**: Tonify Qi | Balance

### Action
- **Gui Zhi**: Warm the channels; move and regulate qi; expels cold; moves blood; relieves pain; dispels wind/damp.
- **Bai Shao**: Tonifies blood; Tonifies/nourishes jing; Relieves pain/spasm; Descends yang; Cools blood; Moves/regulates qi;
- **Sheng Jiang**: Release the exterior; Dispels cold; Transforms phlegm; Calms vomiting; Stops cough; Detoxifies and disinfects
- **Da Zao**: Harmonize/tonifies qi, spleen, stomach; Moistens dryness; Generates fluids; Calms/anchors shen; Tonifies blood
- **Gan Cao**: Harmonize/tonifies qi, spleen, stomach; Clears fire/moisten dryness; Detoxifies & disinfects; Calms/anchors shen.
Analysis and explanation of the formula

Gui Zhi (*Cinnamomi cassiae ramulus*): Chief herb

*Temperature*: Warm; *Taste*: Acrid; *Site of Action*: Channels and upper burner/sanjiao

Eliminates pathogenic factors from skin and relieves the exterior

Shao Yao (*Paeonia lactiflora radix*): Deputy herb

*Temperature*: Neutral, Cold Tendency; *Taste*: Bitter | Sour; *Site of Action*: Lower burner

Use together with Gui Zhi to expel the exterior pathogenic factors, astringe ying and yin, to regulate nutritive and defensive qi
Assistant herbs: Sheng Jiang & Da Zao

Sheng Jinag (Zingiber officinale rhizoma): Assistant herb
*Temperature:* Warm Tendency; *Taste:* Pungent; *Site of Action:* Upper and Middle Burner/Sanjiao

Assisting Gui Zhi to eliminate wind from the muscle and calming the stomach to stop vomiting.

Da Zao (Zizyphus jujuba fructus): Assistant herb
*Neutral in nature*
Combining with Sheng Jiang (also assist Gui Zhi and Shao Yao) in harmonizing nutritive and defensive qi (Ying with Wei).

Zhi Gan Cao (Glycyrrhiza uralensis radix): Guide herb
*Temperature:* Neutral; *Taste:* Sweet; *Site of Action:* Spleen & Stomach; Middle Jiao

Regulating the effects of all drugs in the prescription.
* In the formula,

Using Gui Zhi and Bai Shao together to regulate nutritive and defensive qi;

Sheng Jiang and Da Zao together to harmonize middle jiao; spleen and stomach.

Gui Zhi Tang is the representative formula of “regulating nutritive and defensive qi”
Literature resource:

Shang Han Lun

Line 12

“Tai yang zhong feng, yang fu er yin ruo, yang fu zhe, re zi fa, yin ruo zhe, han zi chu. Se se wu han, xi xi wu feng, xi xi fa re, bi ming gan ou zhe, gui zhi tang zhu zhi”

“In great yang wind strike with floating yang and weak yin, floating yang is spontaneous heat effusion, and weak yin is spontaneous issue of sweat. If (there is) huddled aversion to cold, wetted aversion to wind, feather-warm heat effusion, noisy nose, and dry retching, Cinnamon Twig Decoction governs”

Critical Comparison
Ma Huang Tang vs Gui Zhi Tang

**Ma Huang Tang**: exterior excess syndromes of affection by wind and cold

Key symptoms: fever & chills; absence of perspiration; asthma, floating and tense pulse

**Gui Zhi Tang**: exterior deficient syndromes of affection by wind and cold

Key symptoms: fever, sweating and moderate pulse
<table>
<thead>
<tr>
<th>Name of Formula</th>
<th>Similarity</th>
<th>Differences</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cinnamon Twig Decoction (gui zhi tang)</td>
<td>Both are formulas that release the exterior with acrid-warm medicinals, and can treat exterior pattern of externally contracted wind-cold</td>
<td>Ramulus Cinnamomi (gui zhi) combines Radix Paeoniae (shao yao), and are assisted by Rhizoma Zingiberis Recens (sheng jiang) and Fructus Jujubae (da zao). Its effect of inducing sweating to release the exterior is less than that of Ephedra Decoction (ma huang tang), but it has the effect of harmonizing nutrient and defense aspects, is a gentle formula that release the exterior with acrid-warm medicinals, and mainly treat exterior-deficiency pattern of externally contracted wind-cold with aversion to cold, fever and sweating</td>
</tr>
<tr>
<td>Ephedra Decoction (ma huang tang)</td>
<td></td>
<td>Herba Ephedrae (ma huang) and Ramulus Cinnamomi (gui zhi) mutually reinforce, and are assisted by Semen Armeniacae Amarum (ku xing ren). Its effects of inducing sweating and dissipating cold are strong, and it can diffuse the lung and relieve panting, is a strong formula that induces sweating with acrid-warm medicinals, and mainly treat exterior-excess pattern of externally contracted wind-cold with aversion to cold, fever, absence of sweating, panting, and cough</td>
</tr>
<tr>
<td>Name of Formula</td>
<td>Efficacy Analysis</td>
<td></td>
</tr>
<tr>
<td>-------------------------------------</td>
<td>----------------------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td><strong>Ephedra Decoction</strong> <em>(ma huang tang)</em></td>
<td>Induce sweating and release externally-contraction wind-cold from the fleshy exterior</td>
<td></td>
</tr>
<tr>
<td><em>Ramulus Cinnamomii (gui zhi)</em></td>
<td>Induce sweating and dispel exterior pathogen</td>
<td></td>
</tr>
<tr>
<td><em>Herba Ephedrae (ma huang)</em></td>
<td>Diffuse the lung to relieve panting</td>
<td></td>
</tr>
<tr>
<td><em>Semen Armeniacae Amarum (ku xing ren)</em></td>
<td>Disperse lung qi and direct qi downward</td>
<td></td>
</tr>
<tr>
<td><em>Radix et Rhizoma Glycyrrhizae Praeparata cum Melle (zhi gan cao)</em></td>
<td>Coordinate the medicinal effects and moderate the fierce properties of Herba Ephedrae (ma huang) and Ramulus Cinnamomii (gui zhi)</td>
<td></td>
</tr>
<tr>
<td><strong>Cinnamon Twig Decoction</strong> <em>(gui zhi tang)</em></td>
<td>Acrid (flavor) with a dispersing effect</td>
<td></td>
</tr>
<tr>
<td><em>Rhizoma Zingiberis Recens (sheng jiang)</em></td>
<td>Induce sweating and release the exterior to dispel exterior wind-cold pathogen</td>
<td></td>
</tr>
<tr>
<td><em>Ramulus Cinnamomii (gui zhi)</em></td>
<td>Warm the channels to assist yang</td>
<td></td>
</tr>
<tr>
<td><em>Radix Paeoniae (shao yao)</em></td>
<td>Boost yin, astringe and consolidate nutrient-yin</td>
<td></td>
</tr>
<tr>
<td><em>Fructus Jujubae (da zao)</em></td>
<td>Sweet flavor, boost qi and supplement the center</td>
<td></td>
</tr>
<tr>
<td><em>Radix et Rhizoma Glycyrrhizae Pracparata cum Melle (zhi gan cao)</em></td>
<td>Assist Ramulus Cinnamomii (gui zhi) to release externally-contraction wind-cold from fleshy exterior and Radix Paeoniae (shao yao) to nourish yin</td>
<td></td>
</tr>
</tbody>
</table>
Group discussion

• Review and compare the key symptoms for “Tai Yang Zhong Feng” and “Tai Yang Shang Han”

• The applications for Ma Huang Tang and Gui Zhi Tang
Pinyin: Xiang Su San (香苏散)

English: Rhizome Cyperi Powder

Source: Tai Ping Hui Min He Ji Ju Fang (Formulas of Taiping Pharmaceutical Bureau for Benevolence)

Composition: Xiang Fu, Zi Su Ye, Zhi Gan Cao, Chen Pi

Administration: Decoct all ingredients for oral administration (originally was powder formula)

Functions: Dispels wind and cold, regulate qi to harmonize the middle.

Indications: Externally contracted wind-cold with internal qi stagnation syndrome.
- Aversion to cold, no sweating
- Fever, headache
- Chest and upper abdominal stuffiness and oppression
- Decreased appetite
- Thin, white coating and floating pulse

Cautions: the formula is not strong enough for severe exterior- excess syndrome of wind and cold

Dosage (for patent medicine): 8-12 pills (two to three times a day)
Tutorial Activity: Herbal Identification

Xiang Su San

(originally was powder formula)

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<tbody>
<tr>
<td>Zi Su Ye</td>
<td>Chief</td>
<td>120 gm</td>
<td>Warm</td>
<td>Pungent</td>
<td>Release Exterior</td>
<td>Dispel cold, release supercicies, promote qi flow, soothe the middle, remove toxin of fish and crab</td>
</tr>
<tr>
<td>Xiang Fu</td>
<td>Deputy</td>
<td>120 gm</td>
<td>Slightly sweet and neutral</td>
<td>Pungent , slightly bitter</td>
<td>Qi-regulating</td>
<td>Soothe liver to regulate qi, relieve pain</td>
</tr>
<tr>
<td>Chen Pi</td>
<td>Assistant</td>
<td>60 gm</td>
<td>Warm</td>
<td>Pungent And bitter</td>
<td>Qi-regulating</td>
<td>Regulate qi and invigorate spleen, dry dampness and resolve phlegm</td>
</tr>
<tr>
<td>Zhi Gan Cao</td>
<td>Envoy</td>
<td>30 gm</td>
<td>Warm</td>
<td>Pungent</td>
<td>Tonify</td>
<td>Harmonize/tonifies qi, spleen,stomach; Clears fire/moisten dryness; Detoxifies &amp; disinfects; Calms/anchors shen.</td>
</tr>
</tbody>
</table>
Analysis and explanation of the formula

In the formula, using Zi Su Ye as “chief” herb to expel exterior cold and remove qi stagnation; Xiang Fu to promote qi flow and remove stagnation, working as “Deputy” herb; Chen Pi regulate lung and spleen qi, also dry dampness to help chief and deputy herbs, as “assistant” herb; Zhi Gan Cao serving as “envoy” to harmonize all herbs.

All herbs together have actions to release exterior and regulate internal qi and blood, “Xiang Su San” is a good formula to treat weak constitution with mild external wind–cold.
Ge Gen Tang | Decoction

**TCM Indications:** Dispel wind cold, ease the muscle, alleviate spasm, stops pain

**Biomedical Indications:** Diaphoretic, analgesic, muscle relaxant, calmative

**Contraindications:** See caution

**Caution:** Wind cold excess exterior pattern with sweating, hypertension, insomnia

**Dosage:** 8-12 pills (up to every two hours)

**Dx: Exterior Wind Cold**

**Symptomology:**
- Neck and upper back pain
- Chills
- Mild fever
- No Sweating
- Thin white tongue coat
- Floating tight pulse
## Ge Gen Tang | Decoction
(葛根汤)

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Ge Gen*</td>
<td>Chief</td>
<td>15gm</td>
<td>Neutral</td>
<td>Sweet Pungent</td>
<td>Release Exterior</td>
<td>Release the muscles; Release the exterior; Vents rashes; Generates fluids; Stops diarrhoea; Raises qi; Expels wind</td>
</tr>
<tr>
<td>Ma Huang*</td>
<td>Chief</td>
<td>9gm</td>
<td>Warm</td>
<td>Pungent Bitter</td>
<td>Release Exterior</td>
<td>Expels cold and wind; moves and regulates qi; alleviates wheeze; and promotes urination.</td>
</tr>
<tr>
<td>Gui Zhi*</td>
<td>Chief</td>
<td>9gm</td>
<td>Warm</td>
<td>Pungent Sweet</td>
<td>Release Exterior</td>
<td>Warm the channels; move and regulate qi; expels cold; moves blood; relieves pain; dispels wind/damp.</td>
</tr>
<tr>
<td>Bai Shao**</td>
<td>Deputy</td>
<td>9gm</td>
<td>Neutral</td>
<td>Bitter Sour</td>
<td>Tonify</td>
<td>Tonifies blood; Tonifies/nourishes jing; Relieves pain/spasm; Descends yang; Cools blood; Moves/regulates qi;</td>
</tr>
<tr>
<td>Sheng Jiang</td>
<td>Assistant</td>
<td>9gm</td>
<td>Warm</td>
<td>Pungent</td>
<td>Release Exterior</td>
<td>Release the exterior; Dispels cold; Transforms phlegm; Calms vomiting; Stops cough; Detoxifies and disinfects</td>
</tr>
<tr>
<td>Da Zao</td>
<td>Assistant</td>
<td>12 pieces</td>
<td>Warm</td>
<td>Sweet</td>
<td>Tonify</td>
<td>Harmonize/tonifies qi, spleen, stomach; Moistens dryness; Generates fluids; Calms/anchors shen; Tonifies blood</td>
</tr>
<tr>
<td>Gan Cao</td>
<td>Envoy</td>
<td>6gm</td>
<td>Neutral</td>
<td>Pungent</td>
<td>Tonify</td>
<td>Harmonize/tonifies qi, spleen, stomach; Clears fire/moisten dryness; Detoxifies &amp; disinfects; Calms/anchors shen.</td>
</tr>
</tbody>
</table>
Pinyin: Yin Qiao San (银翘散)
English: Honeysuckle and Forsythia Powder
Source: Wen Bing Tiao Bian

Composition: Yin Hua; Lian Qiao; Jie Geng; Bo He; Niu Bang Zi; Jing jie (Sui); Dan Dou Chi; Lu Gen; Zhu Ye; Sheng Gan Cao

Administration: oral administration.

Functions: Release the exterior with acrid-cool; clear heat and remove toxic substances.

Indications: Warm diseases at the early stage with symptoms of fever, slightly aversion to wind-cold, no sweat or non-smooth sweating, headache, thirst, cough, sore throat. Red tip of tongue, with thin white coating or thin yellowish coating; floating and rapid pulse.

Contraindications: Wind-cold type cold or flu with dominant chills; muscle ache with absence of sweating

Dosage (for patent medicine): 8 tablets (3-4 times per day) or in severe cases every two hours.

Biomedical Indications: anti-pyretic, diaphoretic, anti-inflammatory, anti-viral.
# Pinyin: Yin Qiao San

## English: Honeysuckle and Forsythia Powder

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</tr>
</thead>
<tbody>
<tr>
<td>Jin Yin Hua</td>
<td>Chief</td>
<td>15gm</td>
<td>Cold</td>
<td>Sweet</td>
<td>Clear Heat</td>
<td>Cools heat &amp; blood; Clears damp heat; Dispels wind heat; Disinfects/detoxifies; Eczema, burns, ulceration; Drains fire; Moves/regulates qi.</td>
</tr>
<tr>
<td>Lian Qiao</td>
<td>Chief</td>
<td>15gm</td>
<td>Cold</td>
<td>Bitter Pungent</td>
<td>Clear Heat</td>
<td>Cools heat; Dispels wind heat; Disinfect/detoxify; Breaks up lumps; Cools fire; Moves regulate qi; Breaks up blood stagnation.</td>
</tr>
<tr>
<td>Niu Bang Zi</td>
<td>Deputy</td>
<td>6gm</td>
<td>Cold</td>
<td>Pungent</td>
<td>Release Exterior</td>
<td>Release exterior; Clears heat; expels wind/heat; Detoxifies, disinfects/vents rash; Moists dryness; Unblocks bowels/laxative; Alleviates itching.</td>
</tr>
<tr>
<td>Bo He</td>
<td>Deputy</td>
<td>6gm</td>
<td>Cold</td>
<td>Pungent Aromatic</td>
<td>Release Exterior</td>
<td>Expels wind/heat; Release exterior; Vents rashes; Clears head/eyes; Opens orifices/channels; Moves/regulates qi; Anchors yang; Alleviates itch.</td>
</tr>
<tr>
<td>Dan Dou Chi</td>
<td>Deputy</td>
<td>5gm</td>
<td>Warm</td>
<td>Pungent Sweet</td>
<td>Release Exterior</td>
<td>Release the exterior, Expel wind cold, Calm and anchor the shen.</td>
</tr>
<tr>
<td>Jing Jie Sui</td>
<td>Deputy</td>
<td>5gm</td>
<td>Warm</td>
<td>Pungent Aromatic</td>
<td>Release Exterior</td>
<td>Expels cold/wind; Release exterior; Vents rashes; Alleviates itching; Stops bleeding; Eczema, burns, sores.</td>
</tr>
<tr>
<td>Jie Geng</td>
<td>Assistant</td>
<td>6gm</td>
<td>Warm</td>
<td>Pungent Bitter</td>
<td>Transform Phlegm</td>
<td>Moves/regulates/raises qi; Stops cough; Dislodges phlegm; Dispels wind-damp, wind-heat; Drains damp-heat; Eczema, burns, ulcers; Astringent.</td>
</tr>
<tr>
<td>Lu Gen</td>
<td>Assistant</td>
<td>5gm</td>
<td>Cold</td>
<td>Sweet</td>
<td>Clear Heat</td>
<td>Cools heat; Stop vomiting; Vent Rashes; Nourishes and tonifies the yin, sweet and cold generating fluids; Detoxifies and disinfects.</td>
</tr>
<tr>
<td>Zhu Ye</td>
<td>Assistant</td>
<td>4gm</td>
<td>Cold</td>
<td>Bland, Sweet</td>
<td>Clear Heat</td>
<td>Clears Heat, Promotes Urination, Calms the Spirit, and Relieves Thirst</td>
</tr>
<tr>
<td>Gan Cao</td>
<td>Envoy</td>
<td>5gm</td>
<td>Neutral</td>
<td>Pungent</td>
<td>Tonify</td>
<td>Harmonize/tonifies qi, spleen, stomach; Clears fire/moisten dryness; Detoxifies &amp; disinfects; Calms/anchors shen.</td>
</tr>
</tbody>
</table>
Herbal Identification

Yin Qiao San

Jin Yin Hua*
Clear Heat

Lian Qiao*
Clear Heat

Jie Geng**
Transform Phlegm
Stop Cough

Niu Bang Zi**
Release Exterior (Cold)

Bo He
Release Exterior (Cold)

Dan Dou Qi
Release Exterior (Cold)

Jing Jie
Release Exterior (Cold)

Dan Zhu Ye
Clear Heat

Lu Gen
Clear Heat

Gan Cao
Tonfiy Qi | Balance
Analysis and explanation of the formula

Chief herbs: **Yin Hua & Lian Qiao**

**Yin Hua** *(Lonicera japonica flos)*:
*Temperature*: Cold; *Taste*: Sweet; *Site of Action*: Throat, Neck, Digestive Tract

**Liao Qiao** *(Forsynthia suspensa fructus)*:
*Temperature*: Cold Tendency; *Taste*: Bitter / Pungent; *Site of Action*: Upper Jiao, Throat, Neck

**Dispel wind and heat, clear heat and remove toxicity**
Deputy herbs: Jing Jie; Dan Dou Chi and Bo He, Niu Bang Zhi

Jing Jie (Platycodon grandifolium radix) and Dan Dou Chi (Glycine max. semen praeparatum);

acrid and warm drugs; helping the chief drugs to open the pores for expelling pathogens.

Bo He (Mentha haplocalyx herba): Niu Bang Zhi (Fructus Arctii)

Temperature: Cold; Taste: Pungent | Aromatic; Site of Action: Head and Eyes; Exterior

Dispersing wind and heat
Assistant herbs: Jie Geng, and Dan Zhu Ye, Lu Gen

**Jie Geng**
Promoting lungs functions of dispersing and descending; eliminating phlegm and clearing the throat.

**Dan Zhu Ye and Lu Gen**

Clearing away heat, generating body fluid to stop thirst

**Gan Cao (Glycyrrhiza uralensis radix): Guide herb**

*Neutral and Sweet*

Regulating the effects of all drugs in the prescription.
<table>
<thead>
<tr>
<th>Name of Formula</th>
<th>Efficacy Analysis</th>
</tr>
</thead>
</table>
| **Lonicera and Forsythia**  **Powder**  
  *(yin qiao san)*       | **Flos Lonicerae**  
  *(jin yin hua)*  
  Scatter and dissipate wind-heat, clear heat and resolve toxins, dispel filth and remove turbidity, vent the exterior pathogen (in defense aspect) under the consideration of warm febrile disease complicated by filthy turbidity pathogen |
|                          | **Fructus Forsythiae**  
  *(lian qiao)*  
  Scatter and dissipate wind-heat, resolve toxins and relieve sore-throat                                                                                   |
|                          | **Herba Menthae**  
  *(bo he)*  
  Release the exterior with acrid-cool (medicinals), clear heat and resolve toxins                                                                            |
|                          | **Fructus Arctii**  
  *(niu bang zi)*  
  Acrid and slightly warm properties, release the exterior and scatter pathogen, and strengthen the effect of chief medicinals on venting the exterior |
|                          | **Spica Schizonepetae**  
  *(jing jie sui)*  
  Clear the upper jiao pathogenic heat                                                                                                                       |
|                          | **Semen Sojae Praeparatum**  
  *(dan dou chi)*  
  Clear heat and promote fluid production                                                                                            |
|                          | **Folium Phyllostachydis Henonis**  
  *(zhu ye)*  
  Diffuse the lung qi to discharge pathogen, and relieve cough and sore-throat                                                                         |
|                          | **Rhizoma Phragmitis**  
  *(lu gen)*  
  Harmonize the actions of all medicinals, protect the stomach and calm the center, combine with Radix Platycodonis *(jie geng)* to relieve sore-throat and cough                                                   |
Pinyin: Sang Ju Yin (桑菊饮)
English: Mulberry Leaf & Chrysanthemum Decoction
Source: Wen Bing Tiao Bian

Composition: Sang Ye, Ju Hua, Xing Ren, Lian Qiao, Bo He, Jie Geng; Gan Cao; Wei Gen

Administration: oral administration.

Functions: Dispel wind, clear heat, disperse lung qi to stop cough.

Indications: this formula is the basic formula to treat the early stage of exterior wind and warm syndrome; with symptoms of mild fever, cough, slight thirst, and dry or sore throat; floating and rapid pulse.

Contraindications: cough due to wind and cold; Wind cold flu characterised by chills, muscle ache and absence of sweating

Dosage (for patent medicine): 8-12 pills three to five times daily

Biomedical Indications: anti-pyretic, anti-tussive, diaphoretic.
### Pinyin: Sang Ju Yin   English: Mulberry Leaf & Chrysanthemum Decoction

<table>
<thead>
<tr>
<th>Herb</th>
<th>Hierarchy</th>
<th>Dosage</th>
<th>Temp</th>
<th>Taste</th>
<th>Group</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sang Ye</td>
<td>Chief</td>
<td>1.5 gm</td>
<td>Cold</td>
<td>Bitter Sweet</td>
<td>Release</td>
<td>Release the exterior; Expels wind heat; Clear heat; Brighten the eyes; Open the orifices and the channels; Cools the blood</td>
</tr>
<tr>
<td>Ju Hua</td>
<td>Chief</td>
<td>3 gm</td>
<td>Cold</td>
<td>Sweet Bitter</td>
<td>Release</td>
<td>Release the exterior; Expel wind; Clears heat, wind/heat, head and eyes; Eczema, burns and sores; Harmonizes and tonifies the liver; Vents rash</td>
</tr>
<tr>
<td>Xing Ren</td>
<td>Deputy</td>
<td>6 gm</td>
<td>Warm</td>
<td>Bitter Sweet</td>
<td>Eliminate</td>
<td>Stop cough; Stop wheezing; Transforms phlegm; Moistens dryness; Unblocks the bowels / laxative</td>
</tr>
<tr>
<td>Jie Geng</td>
<td>Deputy</td>
<td>6 gm</td>
<td>Warm</td>
<td>Pungent Bitter</td>
<td>Transform</td>
<td>Moves/regulates/raises qi; Stops cough; Dislodges phlegm; Dispels wind-damp, wind-heat; Drains damp-heat; Eczema, burns, ulcers; Astringent</td>
</tr>
<tr>
<td>Lian Qiao</td>
<td>Assistant</td>
<td>5 gm</td>
<td>Cold</td>
<td>Bitter Pungent</td>
<td>Clear Heat</td>
<td>Cools heat; Dispels wind heat; Disinfect/detoxify; Breaks up lumps; Cools fire; Moves regulate qi; Breaks up blood stagnation</td>
</tr>
<tr>
<td>Wei(Lu) Gen</td>
<td>Assistant</td>
<td>6 gm</td>
<td>Cold</td>
<td>Sweet</td>
<td>Clear Heat</td>
<td>Cools heat; Stop vomiting; Vent Rashes; Nourishes and tonifies the yin, sweet and cold generating fluids; Detoxifies and disinfects.</td>
</tr>
<tr>
<td>Bo He</td>
<td>Assistant</td>
<td>2.5 gm</td>
<td>Cold</td>
<td>Pungent Aromatic</td>
<td>Release</td>
<td>Expels wind/heat; Release exterior; Vents rashes; Clears head/eyes; Opens orifices/channels; Moves/adjusts qi; Anchors yang; Alleviates itch</td>
</tr>
<tr>
<td>Gan Cao</td>
<td>Envoy</td>
<td>2.5 gm</td>
<td>Neutral</td>
<td>Pungent</td>
<td>Tonify</td>
<td>Harmonize/tonifies qi, spleen, stomach; Clears fire/moisten dryness; Detoxifies &amp; disinfects; Calms/anchors shen.</td>
</tr>
</tbody>
</table>
Herbal Identification
Sang Ju Yin

Sang Ye
Release Exterior (Cold)

Ju Hua
Release Exterior (Cold)

Bo He
Release Exterior (Cold)

Xing Ren
Eliminate Phlegm | Cough

Jie Geng
Transform Phlegm | Cough

Lian Qiao
Clear Heat

Wei Gen
Clear Heat

Gan Cao
Tonify Qi | Balance
Analysis and explanation of the formula

Chief herbs: **Sang Ye & Ju Hua**

**Sang Ye (Folium Mori):**
Sweet in taste and cool in nature

**Ju Hua (Chrysanthemum morifolium flos):**
Acrid in taste and cool in nature

Disperse wind-heat from the upper Jiao; clear heat from head and eyes
Deputy herbs: Xing Ren and Jie Geng

Xing Ren and Jie Geng

*Jie Geng disperses lung qi and Xing Ren descends the lung qi*

*Combined effect of ascending and descending used to promote lung's functions to stop cough*
Assistant herbs: Bo He; Lian Qiao and Wei Gen

Bo He; Temperature: Cold; Taste: Pungent
Dispersing wind and heat from upper Jiao

Lian Qiao: Clearing heat, removing toxicity

Wei Gen (Lophaterum gracile herba): Clearing heat and generating body fluid

Gan Cao (Glycyrrhiza uralensis radix): Guide herb
Neutral and Sweet

Regulating the effects of all drugs in the prescription.
### Mulberry Leaf and Chrysanthemum Beverage
*(sang ju yin)*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Folium Mori <em>(sang ye)</em></td>
<td>Effect of clearing with sweet-cool and light properties, and scatter and dissipate the upper <em>jiao</em> wind-heat</td>
</tr>
<tr>
<td>Flos Chrysanthemi <em>(ju hu)</em></td>
<td></td>
</tr>
<tr>
<td>Herba Menthae <em>(bo he)</em></td>
<td>Scatter and dissipate wind-heat with acrid-cool property</td>
</tr>
<tr>
<td>Radix Platycodonis <em>(jie geng)</em></td>
<td>Assist</td>
</tr>
<tr>
<td>Semen Armeniacae Amarum <em>(ku xing ren)</em></td>
<td></td>
</tr>
<tr>
<td>Fructus Forsythiae <em>(lian qiao)</em></td>
<td>Harmonize the ascending and descending of qi movement, and diffuse the lung qi to relieve panting and cough</td>
</tr>
<tr>
<td>Rhizoma Phragmites <em>(lu gen)</em></td>
<td>Clear heat to relieve the exterior pattern</td>
</tr>
<tr>
<td>Radix et Rhizoma Glycyrrhiza <em>(gan cao)</em></td>
<td>Clear heat and promote fluid production</td>
</tr>
</tbody>
</table>

- Scatter wind and clear heat, diffuse the lung and relieve cough

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# Comparison

## Sang Ju Yin vs Yin Xiao San

- What are the strengths and weakness of each formula and how do they compare?
- Clinic applications?
- Actions?

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<tr>
<th>Herb</th>
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<td>Sang Ye</td>
<td>Chief</td>
<td>Cold</td>
<td>Release Exterior</td>
</tr>
<tr>
<td>Ju Hua</td>
<td>Chief</td>
<td>Cold</td>
<td>Release Exterior</td>
</tr>
<tr>
<td>Bo He</td>
<td>Deputy</td>
<td>Cold</td>
<td>Release Exterior</td>
</tr>
<tr>
<td>Xing Ren</td>
<td>Deputy</td>
<td>Warm</td>
<td>Eliminate Phlegm</td>
</tr>
<tr>
<td>Jie Geng</td>
<td>Deputy</td>
<td>Warm</td>
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<th>Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jin Yin Hua</td>
<td>Chief</td>
<td>Cold</td>
<td>Clear Heat</td>
</tr>
<tr>
<td>Lian Qiao</td>
<td>Chief</td>
<td>Cold</td>
<td>Clear Heat</td>
</tr>
<tr>
<td>Jie Geng</td>
<td>Deputy</td>
<td>Warm</td>
<td>Transform Phlegm</td>
</tr>
<tr>
<td>Niu Bang Zi</td>
<td>Deputy</td>
<td>Cold</td>
<td>Release Exterior</td>
</tr>
<tr>
<td>Bo He</td>
<td>Deputy</td>
<td>Cold</td>
<td>Release Exterior</td>
</tr>
<tr>
<td>Dan Dou Qi</td>
<td>Assistant</td>
<td>Warm</td>
<td>Release Exterior</td>
</tr>
<tr>
<td>Jing Jie</td>
<td>Assistant</td>
<td>Warm</td>
<td>Release Exterior</td>
</tr>
<tr>
<td>Dan Zhu Ye</td>
<td>Assistant</td>
<td>Cold</td>
<td>Clear Heat</td>
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<td>Tonify</td>
</tr>
</tbody>
</table>
Pinyin: (Ren Shen) Bai Du San (人参败毒散)
English: Antiphlogistic Powder
Source: Tai Ping Hui Min He Ji Ju Fang (Formulas of Taiping Pharmaceutical Bureau for Benevolence)

Composition: Chai Hu 6g, Qian Hu 6g, Chuan Xiong 6g, Zhi Qiao 6g, Qiang Huo 6g, Du Huo 6g, Fu ling 6g, Jie Geng 6g, Ren Shen 6g, Gan Cao 6g, Sheng Jiang and Bo He

Administration: Grind and decoct all ingredients for oral administration

Functions: Dispels cold and dampness, benefit qi and release the exterior

Indications: Exterior Syndrome with qi deficiency

Cautions: the formula is not suitable for external wind-heat syndrome, exogenous affection due to yin deficiency, diarrhoea without exterior symptoms.

Dosage (for patent medicine): 8-12 pills (two to three times a day)
Exogenous syndrome with qi deficiency

- Aversion to cold; no sweating with high fever
- Headache, stiff and painful neck
- Body aches
- Nasal obstruction with hoarseness
- Cough with sputum
- Fullness of chest and diaphragm
- Pale tongue with whit coating
- Floating and weak pulse
Analysis and explanation of the formula

“Chief” herbs:
Qiang Huo (Rhizoma seu Radix Notopterygii) and Du Huo (Radix Angelicae Pubescentis)

Expel wind, cold and remove dampness of whole body

“Deputy” herbs:
Chuan Xiong (Rhizoma Ligustici Chuanxiong) and Chai Hu (Radix Bupleuri)

Chuan Xiong ascending and dispersing actions rises to the head and eyes to expel wind and relieve pain while Chai Hu clear heat form muscular surface
Analysis and explanation of the formula

“Assistant” herbs:
Jie Geng (Radix Platycodi), Zhi Ke (Fructus Aurantii), Qian Hu (Radix Peucedani) and Fu Ling (Poria)

Jie Geng rises to disperse lung qi while Zhi Ke descends to lower qi.
Qian Hu descends qi; stops cough and resolves phlegm; Fu Ling expels dampness.

“Envoy” herbs:
Gan Cao (Radix Glycyrrhizae), Sheng Jiang, Bo He and Ren Shen

Ren Shen with small dosage can strengthen Zheng Qi to defeat the pathogenic factors; combined with other herbs in the formula, make the formula not consuming upright qi too much and preventing exogenous pathogenic factors invading again.
Tutorial Activity: Case Study 2.1

Patient 2.1 (Male 7 years) presents to your clinic suffering from the flu. He has a cough (non-productive, stuffy nose which is prone to running (clear watery mucous), sneezing and a strong aversion to cold (he is very rugged up when presenting at the consultation). His mother also explains that he has also complained of headaches and general body aches.

Clinical Assessments:
Other: Pale
Pulse: Floating and tight
Tongue: Thin with a white coating

Answer to include:
- What is the TCM/CM Aetiology and Pathogenesis of the above condition?
- What is the TCM/CM diagnosis?
- What are the TCM/CM treatment principles required here?
- Which herbal formula and modified additional agents should be used here?
Tutorial Activity: Case Study 2.2

Patient 2.2 (Female 9 years) presents to your clinic suffering from the sore and swollen throat. She also has a fever, stuffy nose (that is prone to running with a yellow mucous). She also states that she also suffers from sneezing and a strong aversion to cold (she is very rugged up when presenting at the consultation). Her mother also explains that he has also complained of headaches, body aches and thirst.

Clinical Assessments:
Other: Slightly flushed/fever evident on palpation of forehead
Pulse: Floating and rapid
Tongue: Red body with a yellow coat

Answer to include:
- What is the TCM/CM Aetiology and Pathogenesis of the above condition?
- What is the TCM/CM diagnosis?
- What are the TCM/CM treatment principles required here?
- Which herbal formula and modified additional agents should be used here?
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