Chinese Herbal Formulae CMHB221

Session Three

Tonifying Chinese herbal formulae: qi

Chinese Medicine Department
CMHB221
Chinese Herbal Formulae

Session Three

Tonifying Chinese herbal formulae: Qi:

- English name; Pin yin name and Chinese name
- Composition; dosage and administration
- Functions and indications
- Analysis and explanation of the formula
- Cautions and contraindications
Session Aims

- Discuss the Chinese herbal formulae's through the investigation of actions, dosage, preparation/cooking and contraindications for the following medical action:
  - ‘Qi Tonifying’ Chinese herbal formulae.

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

- Case study
Tonifying Class: Session Three - Five Key Formulae

**Qi Tonifying**
- Si Jun Zi Tang
- Liu Jun Zi Tang
- Xiang Sha Liu Jun Zi Tang
- Shen Ling Bai Zhu Tang
- Bu Zhong Yi Qi Tang

**Xue (Blood) Tonifying**
- Si Wu Tang
- Dang Gui Bu Xue Tang

**Qi and Xue (Blood) Tonifying**
- Ba Zhen Tang
- Gui Pi Tang

**Yin Tonifying**
- Lui Wei Di Huang Tang
- Zuo Gui Wan

**Yang Tonifying**
- You Gui Wan
- Shen Qi Tang (Wan)
What you need to know after this session

👩‍Doctor 🐝 The composition for
Si Jun Zi Tang; Liu Jun Zi Tang; Xiang Sha Liu Jun Zi Tang
Shen Ling Bai Zhu Tang and Bu Zhong Yi Qi Tang

👩‍Doctor 🐝 The functions (actions); indications and contraindications for
Si Jun Zi Tang; Liu Jun Zi Tang; Xiang Sha Liu Jun Zi Tang
Shen Ling Bai Zhu Tang and Bu Zhong Yi Qi Tang

👩‍Doctor 🐝 The key clinic symptoms/signs for
Si Jun Zi Tang; Liu Jun Zi Tang; Xiang Sha Liu Jun Zi Tang
Shen Ling Bai Zhu Tang and Bu Zhong Yi Qi Tang

👩‍Doctor 🐝 Why using “Sheng Ma” and “Chai Hu” in Bu Zhong Yi Qi Tang

👩‍Doctor 🐝 The significance of “building up the earth to produce metal” for
Shen Lin Bai Zhu San

👩‍Doctor 🐝 Comparison Si Jun Zi Tang, Liu Jun Zi Tang and Xiang Sha Liu Jun Tang
Pin yin: Si Jun Zi Tang (四君子汤)
English: Four Gentlemen Decoction
Source: Tai Ping Hui Min He Ji Ju Fang
(Formulas of Tai Ping Pharmaceutical Bureau for Benevolence)

Composition: Ren Shen; Bai Zhu; Fu Ling; Gan Cao

Administration: Decoct the above herbs in water; oral administration

Functions: Replenish Qi and strengthen the spleen

Indications: Spleen Qi-deficiency syndrome; marked by pale complexion, lassitude, feeble voice, poor appetite, loose stool, pale tongue with white coating, weak pulse.

Caution: Early stage acute illness (eg cold/flu)

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

Caution: Hypertension, Insomnia
# Herbal Identification

## Si Jun Zi Tang

<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>Ren Shen</td>
<td>Chief</td>
<td>9gm</td>
<td>Warm</td>
<td>Sweet Bitter</td>
<td>Tonify</td>
<td>Harmonize &amp; tonifies qi and spleen; Raise the Qi; Generate fluid; Calms/anchors shen.</td>
</tr>
<tr>
<td>Bai Zhu</td>
<td>Deputy</td>
<td>9gm</td>
<td>Warm</td>
<td>Bitter Sweet</td>
<td>Tonify</td>
<td>Harmonize &amp; tonifies qi, spleen and stomach; Dries damp; Promotes urination; Stabilizes the exterior; Calms the fetus.</td>
</tr>
<tr>
<td>Fu Ling</td>
<td>Assistant</td>
<td>9gm</td>
<td>Neutral</td>
<td>Sweet</td>
<td>Expel Damp</td>
<td>Promote urination; Drains damp; Harmonize and strengthen the spleen; Calms and anchors the spirit; Dislodges the phlegm; Disperse swelling.</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>
Analysis and explanation of the formula

Ren Shen (Panax ginseng radix): Chief Herb

Temperature: Warm; Taste: Sweet / Bitter; Site of Action: Spleen & Stomach; middle jiao; Lung

Benefiting Qi; tonifying the spleen and nourishing stomach

Bai Zhu (Atractylodis macrocephala radix): Deputy herb

Temperature: Warm; Taste: Bitter / Sweet; Site of Action: Spleen & Stomach; Middle Jiao

Strengthening the spleen and drying dampness
**Fu Ling (Poria cocos) : Assistant herb**  
*Temperature: Neutral; Taste: Sweet; Site of Action: Middle and Lower Burner*

Combination with Bai Zhu to strengthen the spleen and remove dampness

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

Moderating the properties of other ingredients, also help tonify middle Jiao
Notes:

1. *The representative formula for qi deficiency syndrome of the spleen and stomach, the basic formula for tonifying qi and strengthening the spleen.*

2. *Not suitable to treat cases of excessive phlegm-dampness and Spleen Yang deficiency.*

Question:
* Distinguish between Spleen Qi deficiency and Spleen Yang deficiency
<table>
<thead>
<tr>
<th>Name of Formula</th>
<th>Efficacy Analysis</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Four Gentlemen Decoction</strong></td>
<td></td>
</tr>
<tr>
<td><em>(si jun zi tang)</em></td>
<td></td>
</tr>
<tr>
<td>Radix et Rhizoma Ginseng <em>(ren shen)</em></td>
<td>Sweet and warm in nature, boost qi, fortify and supplement the spleen and stomach, as the chief medicinal</td>
</tr>
<tr>
<td>Rhizoma Atractylodis Macrocephalae <em>(bai zhu)</em></td>
<td>Supplement spleen qi and stomach qi, fortify the spleen and dry dampness, and assist the spleen to transport, as the deputy medicinal</td>
</tr>
<tr>
<td>Poria <em>(fu ling)</em></td>
<td>Fortify the spleen, percolate and drain dampness in order to eliminate dampness generated due to spleen deficiency</td>
</tr>
<tr>
<td>Radix et Rhizoma Glycyrrhizae Praeparata cum Melle <em>(zhi gan cao)</em></td>
<td>Sweet and warm in nature, boost qi, assist Radix et Rhizoma Ginseng <em>(ren shen)</em> and Rhizoma Atractylodis Macrocephalae <em>(bai zhu)</em> to boost qi, and harmonize the actions of all medicinals</td>
</tr>
</tbody>
</table>
**Liu Jun Zi Tang (Six – Gentleman Decoction)**

Actions: Strengthens the spleen and replenish the qi, resolves the phlegm and harmonizes the stomach.

Administration: Decoct the above herbs in water; oral administration

Indications: Spleen and stomach Qi deficiency with phlegm-dampness.

Ren Shen  
Tonify Qi

Bai Zhu  
Tonify Qi

Fu Ling  
Expel Damp

Gan Cao  
Tonify Qi | Balance

Ban Xia  
Eliminate Phlegm | Stop Vomiting

Chen Pi  
Regulate Qi
Xiang Sha Liu Jun Zi Tang （香砂六君子汤）
Six-Gentleman Decoction with Aucklandia Root and Amomum

**Composition:** Ren Shen; Bai Zhu; Fu Ling; Gan Cao; Chen Pi; Ban Xia ; Mu Xiang and Sha Ren

**Administration:** Decoct the above herbs in water; oral administration

**Functions:** Strengthens the spleen and replenishes the qi, regulates the qi and alleviate pain

**Indications:** Spleen and stomach Qi deficiency syndrome with interior cold-dampness stagnation in the middle manifest as anorexia, belching, epigastric and abdominal fullness or pain, vomiting and diarrhoea.

**Caution:** Early stage acute illness (eg cold/flu); avoid all raw foods

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

- Si Jun Zi Tang
- Liu Jun Zi Tang
- Xiang Sha Liu Jun Zi Tang

- The difference from actions and indications

- How do you prescribe these three formula in the practice?
Pin yin: Shen Ling Bai Zhu San (参苓白术散)  
English: Ginseng, Poria & Atractylodes powder  
Source: Tai Ping Hui Min He Ji Ju Fang  
(Formulas of Tai Ping Pharmaceutical Bureau for Benevolence)

**Composition:** Ren Shen; Bai Zhu; Fu Ling; ShanYao; Zhi Gan Cao; Bai Bian Dou; Yi Yi Ren; Lian Zi; Sha Ren; Jie Geng

**Administration:** Grind the drugs into fine powder; traditionally take 6 grams with decoction of Fructus Ziziphi Jujubae.

**Functions:** Tonifies the spleen-Qi and transforms dampness from Middle-Jiao; stops diarrhoea

**Indications:** the syndromes of Spleen-Qi deficiency with accumulation of dampness in the Middle-Jiao; also treat deficiency of Lung-qi DUE TO Spleen-Qi deficiency. 
**Symptoms** are chronic diarrhea, weakness of limbs, weight loss, low and soft voice and shortness of breath.

**Caution:** Early stage acute illness (eg cold/flu); avoid all raw foods and diary products

**Dosage (for patent medicine):** 8-12 pills (two to three time a day) away from food where possible
# Pin yin: Shen Ling Bai Zhu Tang

**English:** Ginseng, Poria & Atractylodes Decoction

<table>
<thead>
<tr>
<th>Herb</th>
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<th>Temp</th>
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<th>Group</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ren Shen</td>
<td>Chief</td>
<td>6gm</td>
<td>Warm</td>
<td>Sweet Bitter</td>
<td>Tonifying</td>
<td>Harmonize &amp; tonifies qi and spleen; Raise the Qi; Generate fluid; Calms/anchors shen.</td>
</tr>
<tr>
<td>Fu Ling</td>
<td>Chief</td>
<td>15gm</td>
<td>Neutral</td>
<td>Sweet</td>
<td>Expel Damp</td>
<td>Promote urination; Drains damp; Harmonize and strengthen the spleen; Calms and anchors the spirit; Dislodges the phlegm; Disperse swelling.</td>
</tr>
<tr>
<td>Bai Zhu</td>
<td>Chief</td>
<td>10gm</td>
<td>Warm</td>
<td>Bitter Sweet</td>
<td>Tonifying</td>
<td>Harmonize &amp; tonifies qi, spleen and stomach; Dries damp; Promotes urination; Stabilizes the exterior; Calms the fetus.</td>
</tr>
<tr>
<td>Lian Zi (Rou)</td>
<td>Deputy</td>
<td>10gm</td>
<td>Neutral</td>
<td>Sweet Astringent</td>
<td>Stabilize Bind</td>
<td>Calms and anchors the shen; Drains fire; Tonifies jing and yang; Harmonizes and tonifies the qi; Stops diarrhoea.</td>
</tr>
<tr>
<td>Shan Yao</td>
<td>Deputy</td>
<td>10gm</td>
<td>Neutral</td>
<td>Sweet</td>
<td>Tonifying</td>
<td>Harmonize &amp; tonify Qi, Spleen, Stomach; Tonifies Yin.</td>
</tr>
<tr>
<td>Bai Bian Dou</td>
<td>Deputy</td>
<td>12gm</td>
<td>Neutral</td>
<td>Sweet</td>
<td>Tonifying</td>
<td>Harmonize and tonify the spleen; Transforms dampness; Clears summer heat; Detoxifies and disinfects; Harmonizes and tonifies the qi.</td>
</tr>
<tr>
<td>Yi Yi Ren</td>
<td>Deputy</td>
<td>10gm</td>
<td>Cold</td>
<td>Sweet</td>
<td>Drain Damp</td>
<td>Promote urination; Drains dampness; Clears damp heat; Cools heat; Disinfects and detoxifies; Harmonizes and tonifies the middle jiao; Drains dampness and wind-damp; Disperse swelling.</td>
</tr>
<tr>
<td>Sha Ren</td>
<td>Assistant</td>
<td>6gm</td>
<td>Warm</td>
<td>Aromatic</td>
<td>Transform Damp</td>
<td>Harmonizes and tonifies the spleen; Transforms damp; Move and regulate qi; Tonify and replenish the qi; Stop diarrhoea; Calms fetus.</td>
</tr>
<tr>
<td>Jie Geng</td>
<td>Assistant</td>
<td>10gm</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>Zhi Gan Cao</td>
<td>Envoy</td>
<td>6gm</td>
<td>Neutral</td>
<td>Pungent</td>
<td>Tonifying</td>
<td>Harmonize/tonifies qi, spleen, stomach; Clears fire/moisten dryness; Detoxifies &amp; disinfects; Calms/anchors shen.</td>
</tr>
</tbody>
</table>
Herbal Identification
Shen Ling Bai Zhu San

- Ren Shen: Tonify Qi
- Shan Yao: Tonify Qi / Yin
- Lian Zi: Stabilize / Bind
- Bai Zhu: Tonify Qi
- Fu Ling: Expel Damp
- Yi Yi Ren: Drain Damp
- Bian Dou: Tonify Qi
- Sha Ren: Transform Damp
- Jie Geng: Transform Phlegm
- Gan Cao: Tonify Qi | Balance
Analysis and explanation of the formula

Chief Herbs: Ren Shen ; Bai Zhu ; Fu Ling

Ren Shen (*Panax ginseng radix*): Temperature: Warm; Taste: Sweet | Bitter; Site of Action: Spleen & Stomach; middle jiao; Lung

Bai Zhu (*Atractylodis macrocephala radix*): Temperature: Warm; Taste: Bitter | Sweet; Site of Action: Spleen & Stomach; Middle Jiao

Tonifying Qi; invigorating spleen
<table>
<thead>
<tr>
<th>Name of Formula</th>
<th>Efficacy Analysis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ginseng, Poria, and Atractylodes Macrocephalae Powder (shen ling bai zhu san)</td>
<td></td>
</tr>
<tr>
<td>Radix et Rhizoma Ginseng (ren shen)</td>
<td>Sweet and slightly warm in nature, supplement spleen qi and stomach qi</td>
</tr>
<tr>
<td>Rhizoma Atractylodis Macrocephalae (bai zhu)</td>
<td>Fortify the spleen and percolate dampness</td>
</tr>
<tr>
<td>Poria (fu ling)</td>
<td></td>
</tr>
<tr>
<td>Rhizoma Dioscoreae (huai shan yao)</td>
<td>Sweet and neutral in nature, supplement the spleen and boost the lung</td>
</tr>
<tr>
<td>Semen Nelumbinis (lian zi)</td>
<td>Sweet, astringent, and neutral in nature, fortify the spleen and astringe the intestines</td>
</tr>
<tr>
<td>Semen Lablab Album (bai bian dou)</td>
<td>Sweet and slightly warm in nature, fortify the spleen and remove dampness</td>
</tr>
<tr>
<td>Semen Coicis (yi yi ren)</td>
<td>Sweet, bland, and cool in nature, fortify the spleen and percolate dampness</td>
</tr>
<tr>
<td>Fructus Amomi (sha ren)</td>
<td>Awaken the spleen with aromatic property, move qi and harmonize the stomach, remove dampness and arrest diarrhea</td>
</tr>
<tr>
<td>Radix Platycodonis (jie geng)</td>
<td>Diffuse lung qi to free and regulate the waterways, combine with Fructus Amomi (sha ren) to promote qi movement free, and guide the effects of other herbs to act upward</td>
</tr>
<tr>
<td>Fructus Jujubae (da zao)</td>
<td></td>
</tr>
<tr>
<td>Radix et Rhizoma Glycyrrhizae (gan cao)</td>
<td>Supplement the spleen and harmonize the center, and harmonize the actions of all medicinals</td>
</tr>
<tr>
<td></td>
<td>Boost qi and fortify the spleen, percolate dampness and arrest diarrhea</td>
</tr>
</tbody>
</table>
Deputy herbs: Shan Yao and Lian Zi Rou
Bai Bian Dou, Yi Yi Ren

**Shan Yao** (*Dioscorea opposita rhizoma*) and **Lian Zi Rou** (*Nelumbo nucifera semen*)

*Sweet in taste and neutral in nature*
Helping Ren Shen to benefit Qi and tonify the spleen.

**Bai Bian Dou** (*Dolichos lablab semen*), **Yi Yi Ren** (*Coix Lachryma jobi semen*)

Helping Bai Zhu to invigorate the spleen, resolve dampness and stop diarrhea.
Sha Ren (*Amomum xanthioidies fructus*) and Jie Geng: Assistant herbs
*Temperature: Warm; Taste: Aromatic and Pungent*

Harmonizing the stomach, wakening up the spleen, regulating Qi to ease the chest

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

Regulating the effect of other drugs
Notes:

1. *This is prescription can be considered as a variation of Si Jun Zi Tang*

2. *This prescription can treat chronic cough with profuse sputum caused by weakness of lung Qi. “Building up the earth to produce metal”*. 

3. *This is the representative formula for spleen and stomach qi deficiency with dampness.*
Pin yin: Bu Zhong Yi Qi Tang (补中益气汤)
English: Reinforcing Middle-Jiao and Replenishing Qi Decoction
Source: Nei Wai Shang Bian Huo Lun (Differentiation on internal and external Damage)

**Composition:** Huang Qi, Zhi Gan Cao, Ren Shen, Dang Gui, Chen Pi, Sheng Ma, Chai Hu, Bai Zhu

**Administration:** Decoct the above herbs in water; oral administration

**Functions:** Reinforce the middle Jiao, replenish Qi, ascend Yang and treat Qi sinking

**Indications:**
1. Spleen and stomach qi deficiency syndrome
2. Spleen-qí sinking syndrome
3. Fever due to Middle-qí deficiency

**Caution:** Early stage acute illness (eg cold/flu); fever due to Yin deficiency

**Dosage (for patent medicine):** 8-12 pills (two to three times a day) away from food where possible
# Bu Zhong Yi Qi Tang | Reinforce the Centre & Tonify Qi 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>Huang Qi</td>
<td>Chief</td>
<td>12gm</td>
<td>Warm</td>
<td>Sweet</td>
<td>Tonify Qi</td>
<td>Harmonize &amp; tonifies qi ; Raises collapsed yang; Stabilize the exterior; Restrains the sweating; Detoxifies and disinfects; Promotes urination; Stops bleeding.</td>
</tr>
<tr>
<td>Ren Shen</td>
<td>Deputy</td>
<td>9gm</td>
<td>Warm</td>
<td>Sweet Bitter</td>
<td>Tonify Qi</td>
<td>Harmonize &amp; tonifies qi and spleen; Raise the Qi; Generate fluid; Calms/anchors shen.</td>
</tr>
<tr>
<td>Bai Zhu</td>
<td>Deputy</td>
<td>9gm</td>
<td>Warm</td>
<td>Bitter Sweet</td>
<td>Tonify Qi</td>
<td>Harmonize &amp; tonifies qi, spleen and stomach; Dries damp; Promotes urination; Stabilizes the exterior; Calms the fetus.</td>
</tr>
<tr>
<td>Zhi Gan Cao</td>
<td>Deputy</td>
<td>3gm</td>
<td>Neutral</td>
<td>Pungent</td>
<td>Tonifying</td>
<td>Harmonize/tonifies qi, spleen, stomach; Clears fire/moisten dryness; Detoxifies &amp; disinfects; Calms/anchors shen.</td>
</tr>
<tr>
<td>Chen Pi</td>
<td>Assistant</td>
<td>6gm</td>
<td>Warm</td>
<td>Bitter Pungent</td>
<td>Regulate Qi</td>
<td>Move and regulates the qi; Transforms phlegm; Dries damp; Tonifies qi; Directs qi downwards; Dislodges phlegm.</td>
</tr>
<tr>
<td>Dang Gui</td>
<td>Assistant</td>
<td>6gm</td>
<td>Warm</td>
<td>Pungent Sweet</td>
<td>Tonify Blood</td>
<td>Tonifies blood; Moves blood; Drains wind-dampness; Moistens dryness; Unblocks the bowels/laxative.</td>
</tr>
<tr>
<td>Sheng Ma</td>
<td>Guide</td>
<td>3gm</td>
<td>Cold</td>
<td>Sweet Bitter Pungent</td>
<td>Release Exterior (Cold)</td>
<td>Release the exterior; Vents rash; Disinfects &amp; detoxifies; Raises qi; Clears heat; Expels wind/heat.</td>
</tr>
<tr>
<td>Chai Hu</td>
<td>Guide</td>
<td>3gm</td>
<td>Cold</td>
<td>Bitter Pungent Aromatic</td>
<td>Release Exterior (Cold)</td>
<td>Release the exterior; Move and regulate qi; Raise qi; Raise yang; Dispels wind heat; Drains damp heat.</td>
</tr>
</tbody>
</table>
Herbal Identification
Bu Zhong Yi Qi Tang

Ren Shen
Tonify Qi

Huang Qi
Tonify Qi

Bai Zhu
Tonify Qi

Chen Pi
Regulate Qi

Chai Hu
Release Exterior (Cold)

Sheng Ma
Release Exterior (Cold)

Dang Gui
Tonify Blood

Gan Cao
Tonify Qi | Balance
<table>
<thead>
<tr>
<th><strong>Center-Supplementing and Qi-Boosting Decoction</strong> <em>(bu zhong yi qi tang)</em></th>
<th><strong>Radix Astragali</strong> <em>(huang qi)</em></th>
<th>Sweet and warm in nature, act on the spleen and lung channels, supplement center qi, consolidate the exterior, raise yang and lift the sunken</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Radix et Rhizoma Ginseng</strong> <em>(ren shen)</em></td>
<td>Sweet and slightly warm in nature, greatly supplement original qi</td>
<td></td>
</tr>
<tr>
<td><strong>Radix et Rhizoma Glycyrrhizae Praeparata cum Melle</strong> <em>(zi gan cao)</em></td>
<td>Sweet and neutral in nature, supplement the spleen and harmonize the center</td>
<td></td>
</tr>
<tr>
<td><strong>Rhizoma Atractylodis Macrocephalae</strong> <em>(bai zhu)</em></td>
<td>Supplement qi and fortify the spleen, assist the spleen to transport and transform to supply the source of qi and blood production</td>
<td></td>
</tr>
<tr>
<td><strong>Radix Angelicae Sinensis</strong> <em>(dang gui)</em></td>
<td>Supplement and nourish the nutrient blood, which can be as the basis of supplementing qi</td>
<td></td>
</tr>
<tr>
<td><strong>Pericarpium Citri Reticulatae</strong> <em>(ju pi)</em></td>
<td>Rectify qi and harmonize the stomach in order to avoid stagnation from supplementing</td>
<td></td>
</tr>
<tr>
<td><strong>Rhizoma Cimicifugae</strong> <em>(sheng ma)</em></td>
<td>Raise yang and lift the sunken, combine with Radix et Rhizoma Ginseng <em>(ren shen)</em> and Radix Astragali <em>(huang qi)</em> to raise and lift the sunken center qi</td>
<td></td>
</tr>
<tr>
<td><strong>Radix Bupleuri</strong> <em>(chai hu)</em></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Analysis and explanation of the formula

Huang Qi (*Radix Astragali Seu Hedysari*): Chief Herb

Tonifying middle Jiao, replenishing Qi, ascending Yang and supporting the exterior

Deputy herbs: Ren Shen, Bai Zhu and Zhi Gan Cao

**Ren Shen, Bai Zhu and Zhi Gan Cao:**
Invigorating the spleen and replenishing Qi;
In combination with *Huang Qi* to tonify the middle Jiao and replenish Qi

Assistant herbs: Chen Pi, Dang Gui

**Chen Pi:** Regulating Qi and harmonizing the stomach

**Dang Gui:** Nourishing blood and tonifying deficiency
Guide herbs:

Sheng Ma (*Rhizoma Cimicifugae*) and Chai Hu (*Radix Bupleuri*)

Ascending Yang to lift sinkness
Notes:

1. This is a prescription for ‘removing heat by sweet flavour and warm nature’, and also a typical prescription to treat fever due to Qi-deficiency; but NOT for fever due to Yin deficiency and excessive internal heat.

2. This is the representative formula to treat spleen-qi sinking syndrome.
Tutorial Activity – Case Study 3.1

Patient 3.1 (Male 35 years) presents to your clinic suffering from fatigue. Further questioning determines that the patient also has suffered persistently with colds and flu (ie. sore throats) over the past six months, and digestive complaints that involve both bloating and loose stools. He works as a chef 10-14 hours per day, has a poor diet (often skips meals) and is under considerable pressure at work.

Clinical Assessments:
Other: Pale, shoulders hunched forward, head lowered
Pulse: Weak
Tongue: Pale with teeth edges

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 3.2

Patient 3.2 (Male 38 years) presents to your clinic suffering from chronic fatigue syndrome. Further questioning determines that the patient also has suffered persistently with colds and flu (ie. sore throats) over the past six months, is constantly cold, suffers lower back pain and digestive complaints that involve bloating and loose stools. He works as an engineer but also has previously competed in Olympic distance triathlons for which he aims to retrain.

Clinical Assessments:
Other: Pale, head lowered
Pulse: Weak
Tongue: Pale with teeth edges

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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