Chinese Herbal Formulae CMHB221

Session Eight

Harmonizing Chinese herbal formulae

Chinese Medicine Department
CMHB221
Chinese Herbal Formulae

Session Eight

Harmonizing Chinese herbal formulae:

- 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 actions:
  - ‘Harmonising’ Chinese herbal formulae.

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

- Discuss some of the conventional biomedical usages for the each of Chinese herb formulae’s discussed and identify all potential interactions.
Key Formulae

Harmonizing Formulae

- Xiao Chai Hu Tang
- Xiao Yao San
- Jia Wei Xiao Yao San
- Si Ni San
- Ban Xia Xie Xin Tang
- Tong Xie Yao Fang
What you need to know after this session

.prominent {font-weight: bold;}

- The composition for Xiao Chai Hu Tang, Xiao Yao San, Jia Wei Xiao Yao San; Si Ni San, Tong Xie Yao Fang and Ban Xia Xie Xin Tang
- The functions (actions); indications and contraindications for Xiao Chai Hu Tang, Xiao Yao San, Jia Wei Xiao Yao San; Si Ni San, Tong Xie Yao Fang and Ban Xia Xie Xin Tang
- The key clinic symptoms/signs for Xiao Chai Hu Tang, Xiao Yao San, Jia Wei Xiao Yao San; Si Ni San, Tong Xie Yao Fang and Ban Xia Xie Xin Tang
- All key clinic symptoms for Xiao Chai Hu Tang, Xiao Yao San, Si Ni San, Tong Xie Yao Fang and Ban Xia Xie Xin Tang
- The significance of using “Chai Hu” & “Huang Qin” in Xiao Chai Hu Tang
- Summarising representative formula for “three yang” channel divisions in “Shang Han Lun”
Xiao Chai Hu Tang | Minor Bupleurum Decoction Pill
(小柴胡汤)
Source: Shang Han Lun (Treatise on cold-induced)

Composition: Chai Hu, Huang Qin, Ren Shen, Ban Xia, Gan Cao, Sheng Jiang, Da Zao

Administration: All drugs decoct in water for oral administration

Functions: Harmonize Shao Yang; Supplements qi; Transforms phlegm; Spreads liver qi and Clear heat

Indications: Exogenous febrile disease with Shao Yang syndrome

Exogenous febrile disease in women with heat in blood phase as well as malaria, jaundice and miscellaneous disease of internal injury with Shao Yang syndrome.

Caution: Yin and Blood deficiency

Biomedical Indications: Hepatoprotective, enhances digestive function, strengthens immunity, aids clearance of residual pathogens

Dosage: 8-12 pills at 3 x / day (away from food) where possible
Xiao Chai Hu Tang | Minor Bupleurum Decoction Pill
Cardinal Signs

Shao Yang Syndrome
- Alternating chills and fevers
- Irritability
- Hypochondriac full or pain
- Fatigue
- Dizziness
- Nausea and vomiting
- Loss of appetite
- Dry throat
- Bitter taste in the mouth
- Tongue: White coating
- Pulse: Wiry pulse
## Yang Channel Divisions
### Zhang Zhong Jing (20-200AD) Shang Hun Lun

<table>
<thead>
<tr>
<th>Channel</th>
<th>Diagnosis</th>
<th>Symptomology</th>
<th>Key Formula</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tai Yang</td>
<td>Zhong Feng Syndrome [Febrile disease caused by Wind]</td>
<td>Tired; Weak; <strong>Chills and Fever</strong>; Easily perspires; <strong>Headaches</strong>, Chills; Aversion to wind; <strong>Stiff neck</strong>; Tongue: Pale with normal or thin white coating; Pulse: Slightly deficient; <strong>Floating</strong> (superficial) pulse.</td>
<td>Gui Zhi Tang [Gui Zhi, Bai Shao, Sheng Jiang, Da Zao, Gan Cao]</td>
</tr>
<tr>
<td></td>
<td>Shang Hun Syndrome [Febrile disease caused by Cold]</td>
<td><strong>Chills and Fever</strong> (with aversion to cold); No Perspiration; <strong>Headaches</strong> (occipital region); Lumbago; Arthralgia; General aching; Tongue: Normal body with thin white coating; Pulse: <strong>Floating</strong> and tight pulse.</td>
<td>Ma Huang Tang [Ma Huang, Gui Zhi, Xing Ren, Gan Cao]</td>
</tr>
<tr>
<td>Yang Ming</td>
<td>Yang Ming Jing Syndrome</td>
<td><strong>Big fever</strong>; <strong>Big sweat</strong>; <strong>Big thirst</strong> (preference for cold drinks); <strong>Big pulse</strong>; Irritability; Red face; No aversion to cold; Tongue: Red body</td>
<td>Bai Hu Tang [Shi Gao, Zhi Mu, Geng Mi, Gan Cao]</td>
</tr>
<tr>
<td></td>
<td>Yang Ming Fu Syndrome</td>
<td><strong>Tidal Fever</strong> (occurs and is aggravated in the afternoon); <strong>Abdominal distention and Full</strong> (bloating ro masses); <strong>Constipation</strong>; Tongue: Thick, Dry, Yellow Coat; Pulse: <strong>Excess</strong> Pulse.</td>
<td>Da Cheng Qi Tang [Da Huang, Mang Xiao, Hou Po, Zhi Shi]</td>
</tr>
<tr>
<td>Shao Yang</td>
<td>Shao Yang Syndrome</td>
<td>Alternating chills and fever; Bitter taste in mouth; Blurred vision; Nausea; Vomiting; Bloating; Poor appetite; Stomach ache; Hypochondrium pain; Irritability (or even insomnia); <strong>Heart vexation</strong> and irregular heart beat; Tongue: Red sides, mixed yellow and white coating; Pulse: Wiry.</td>
<td>Xiao Chai Hu Tang [Chai Hu, Huang Qin, Ren Shen, Ban Xia, Sheng Jiang, Da Zao, Gan Cao]</td>
</tr>
</tbody>
</table>
Herbal Identification
Xiao Chai Hu Tang

- **Chai Hu**
  - Release
  - Exterior (Cool)

- **Huang Qin**
  - Clear Heat
  - Dry Damp

- **Ren Shen**
  - Tonify Qi

- **Ban Xia**
  - Eliminate Phlegm

- **Sheng Jiang**
  - Release
  - Exterior (Warm)

- **Da Zao**
  - Tonify Qi

- **Gan Cao**
  - Tonify Qi | Harmonise
Analysis and explanation of the formula

Chief Herb:

Chai Hu | *Bupleurum chinense radix* and Huang Qin | *Scutellaria baicalensis radix*

Chai Hu; *Bitter and acrid in taste, light cold in nature*

Ascending and dispersing to expel pathogenic factor out of exterior

Huang Qin; *Bitter and cold*

Clear heat from the Shao Yang level and reduce the heat generated by the stagnation of Qi

*The combination of the two drugs, one for dispelling pathogen, and the other for clearing away heat; remove pathogenic factors from Shaoyang meridians.*
Assistant Herbs: Ban Xia, Da Zao and Ren Shen

Ban Xia: Harmonizing stomach, descending upward perversion of Qi and stop vomiting

Ren Shen and Gan Cao: Harmonizing the middle Jiao, benefiting Qi and supporting antipathogenic energy to expel evil

Guide herb: Sheng Jiang and Da Zao

Expel pathogenic factors associated with the effect of supporting antipathogenic Qi in order to cure the patients by harmonizing Shaoyang
### Chief Combination Modifications
#### Chai Hu* (Hempen 2009, p.50)

<table>
<thead>
<tr>
<th>Action</th>
<th>CHM</th>
<th>Group</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lesser yang disorders with alternating chills and fevers, bitter taste in the mouth, dry throat, dizziness, fullness, pain in the breast and flank.</td>
<td>Huang Qin</td>
<td>Clear Heat</td>
<td>Dry Damp</td>
</tr>
<tr>
<td>Dizziness, tinnitus, giddiness, pain in the breast and ribcage, menstrual disorders, liver qi stagnation</td>
<td>Bai Shao</td>
<td>Tonify Blood</td>
<td>Hempen 2009, p.776</td>
</tr>
<tr>
<td></td>
<td>Dang Gui</td>
<td>Tonify Blood</td>
<td>Hempen 2009, p.768</td>
</tr>
<tr>
<td></td>
<td>Chuan Xiong</td>
<td>IBC</td>
<td>Hempen 2009, p.530</td>
</tr>
<tr>
<td>Aching in the breast, abdominal pain, loss of appetite</td>
<td>Zhi Ke</td>
<td>Regulate Qi</td>
<td>Hempen 2009, p.482</td>
</tr>
<tr>
<td>Intercostal pain, liver qi stagnation</td>
<td>Qing Pi</td>
<td>Regulate Qi</td>
<td>Hempen 2009, p.490</td>
</tr>
<tr>
<td>Depressed mood, aching breasts, menstrual disorders, blood deficiency, blood stagnation</td>
<td>Bo He</td>
<td>Release Exterior</td>
<td>(Cool)</td>
</tr>
<tr>
<td>Hepatitis, pain in the right upper quadrant of the abdomen</td>
<td>Gan Cao</td>
<td>Tonify Qi</td>
<td>Balance</td>
</tr>
</tbody>
</table>
Xiao Yao San (Wan) | Rambling Pill
(逍遥散)
Source: Tai Ping Hui Min He Ji Ju Fang
(Formulas of Tai Ping Hui Min Pharmaceutical Bureau)

Composition: Chai Hu, Dang Gui, Bai Shao, Bai Zhu, Fu Ling, Zhi Gan Cao, Bo He, Wei Sheng Jiang

Administration: All drugs decoct in water for oral administration

Functions: Soften the liver; Regulate liver qi; Nourish blood; Strengthen the spleen; Harmonize the liver and spleen

Indications: Liver Qi stagnation with blood deficiency and dysfunction of the spleen to transport

Caution: use with caution in case of yin deficiency

Biomedical Indications: Regulates the hormones that influence menstrual cycle, emmenagogue, relieves depression and emotional stress.

Dosage: 8-12 pills at 3 x / day (away from food) where possible
Xiao Yao Wan | Rambling Pill
Cardinal Signs (McClean 2003, p283)

Liver qi stagnation; Spleen and Blood Deficiency
- Premenstrual syndrome
- Irritability
- Depression
- Mood swings
- Vague non-specific aches and pains
- Variable energy levels
- Frequent sighing
- Tooth grinding
- Poor appetite
- Tension headaches
- Swollen and tender breasts
- Variable bowel habits
- Abdominal distension
- Generalised muscle tightness (especially upper back and neck)
- Fullness in the chest; Difficulty getting a satisfying breath
- Aggravated by stress and emotional upset
- Tongue: Slight pale on the tongue
- Pulse: Thready, wiry pulse
# Xiao Yao Wan | Minor Bupleurum Decoction Pill

<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>Chai Hu</td>
<td>Chief</td>
<td>24gm</td>
<td>Cold</td>
<td>Bitter</td>
<td>Release Exterior (Cold)</td>
<td>Release the exterior; Move and regulate qi; Raise qi; Raise yang; Dispel wind heat.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Pungent Aromatic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dang Gui</td>
<td>Assistant</td>
<td>9gm</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>Bai Shao</td>
<td>Deputy</td>
<td>9gm</td>
<td>Neutral</td>
<td>Bitter Sour</td>
<td>Tonify Blood</td>
<td>Tonifies blood; Tonifies/nourishes jing; Relieves pain/spasm; Descends yang; Cools blood; Moves/regulates qi.</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>Bai Zhu</td>
<td>Assistant</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>Bo He</td>
<td>Envoy</td>
<td>3gm</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>Sheng Jiang</td>
<td>Assistant</td>
<td>6gm</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>Gan Cao</td>
<td>Assistant</td>
<td>6gm</td>
<td>Neutral</td>
<td>Pungent</td>
<td>Tonify Qi</td>
<td>Harmonize/tonifies qi, spleen, stomach; Clears fire/moisten dryness; Detoxifies &amp; disinfects; Calms/anchors shen.</td>
</tr>
</tbody>
</table>
Herbal Identification
Xiao Yao San

- **Chai Hu**
  - Release Exterior (Cooling)

- **Dang Gui**
  - Tonify Blood

- **Bai Shao**
  - Tonify Blood

- **Fu Ling**
  - Expel Damp

- **Bai Zhu**
  - Tonify Qi

- **Bo He**
  - Release Exterior (Cooling)

- **Sheng Jiang**
  - Release Exterior (Warming)

- **Gan Cao**
  - Tonify Qi | Harmonise
Analysis and explanation of the formula

Chief Herb:

Chai Hu | *Bupleurum chinense radix*  
*Bitter and acrid in taste, light cold in nature*  
Regulating the liver Qi and relieve depression

Deputy herb: Bai Shao | *Paeonia lactiflora radix*  
*Bitter and sour in taste and slight cold in nature*  
Nourish and harmonize the blood and tonifying the liver
Assistant Herbs: Dang Gui; Fu Ling; Bai Zhu; Zhi Gan Cao; Wei Sheng Jiang

Dang Gui: Help to nourish and harmonize the blood and tonify the liver

Fu Ling, Bai Zhu, Zhi Gan Cao and Wei Jiang: Invigorating the spleen, harmonizing the middle Jiao and benefiting Qi

Guide herb: Bo He

Helping Chai Hu to regulate liver Qi to treat depression

*Xiao Yao San is a common prescription for coordinating the liver and spleen, and also takes care of both Qi and blood*
## Chief Combination Modifications

**Chai Hu** (Hempen 2009, p.50)

<table>
<thead>
<tr>
<th>Action</th>
<th>CHM</th>
<th>Group</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lesser yang disorders with alternating chills and fevers, bitter taste in the mouth, dry throat, dizziness, fullness, pain in the breast and flank.</td>
<td>Huang Qin</td>
<td>Clear Heat</td>
<td>Dry Damp</td>
</tr>
<tr>
<td>Dizziness, tinnitus, giddiness, pain in the breast and ribcage, menstrual disorders, liver qi stagnation</td>
<td>Bai Shao</td>
<td>Tonify Blood</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dang Gui</td>
<td>Tonify Blood</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chuan Xiong</td>
<td>IBC</td>
<td></td>
</tr>
<tr>
<td>Aching in the breast, abdominal pain, loss of appetite</td>
<td>Zhi Ke</td>
<td>Regulate Qi</td>
<td></td>
</tr>
<tr>
<td>Intercostal pain, liver qi stagnation</td>
<td>Qing Pi</td>
<td>Regulate Qi</td>
<td></td>
</tr>
<tr>
<td>Depressed mood, aching breasts, menstrual disorders, blood deficiency, blood stagnation</td>
<td>Bo He</td>
<td>Release Exterior (Cool)</td>
<td></td>
</tr>
<tr>
<td>Hepatitis, pain in the right upper quadrant of the abdomen</td>
<td>Gan Cao</td>
<td>Tonify Qi</td>
<td>Balance</td>
</tr>
</tbody>
</table>
Jia Wei Xiao Yao San | Augmented Free and Easy Wanderer Pills
(McClean 2003, p284)

**Composition:** Chai Hu, Dang Gui, Bai Shao, Bai Zhu, Fu Ling, Zhi Gan Cao, Bo He, Wei Sheng Jiang Dan Pi ; Zhi Zi

**Actions:**
- Soften the liver
- Regulate liver qi
- Nourish blood
- Strengthen the spleen
- Clear stagnant heat from the liver

**Clinic application:** Liver qi stagnation with stagnant heat

**Biomedical Indications:** Regulates the hormones that influence menstrual cycle, relieves depression and emotional stress, cools the body.

**Contraindications:** Nil noted

**Caution:** Pregnancy

**Dosage:** 8-12 pills at 3 x / day (away from food) where possible
Jia Wei Xiao Yao San | Augmented Free and Easy Wanderer Pills
Cardinal Signs

**Liver qi stagnation with stagnant heat**
- Cyclic symptoms with heat signs, aggravated by stress
- Irritability
- Anger outbursts
- Premenstrual syndrome
- Tooth grinding
- Fullness in the chest; difficulty getting a satisfying breath
- Premenstrual acne or eczema, skin disease with an emotional component
- Tension headaches
- Red eyes
- Facial and neck flushing with stress
- Breast tenderness and distension
- Tongue: **Red edges on the tongue**
- Pulse: **Thready, wiry pulse**
### Jia Wei Xiao Yao San | Augmented Free and Easy Wanderer Pills

<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>Chai Hu</td>
<td>Chief</td>
<td>24gm</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; Dispel wind heat; Drains damp heat.</td>
</tr>
<tr>
<td>Dang Gui</td>
<td>Assistant</td>
<td>9gm</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>Bai Shao</td>
<td>Deputy</td>
<td>9gm</td>
<td>Neutral</td>
<td>Bitter Sour</td>
<td>Tonify Blood</td>
<td>Tonifies blood; Tonifies/nourishes jing; Relieves pain/spasm; Descends yang; Cools blood; Moves/regulates qi.</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>Bai Zhu</td>
<td>Assistant</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>Bo He</td>
<td>Envoy</td>
<td>3gm</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>Sheng Jiang</td>
<td>Assistant</td>
<td>6gm</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>Mu Dan Pi</td>
<td>Assistant</td>
<td>Cold</td>
<td>Cold</td>
<td>Cold</td>
<td>Clear Heat Drain Fire</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>Zhi Zi</td>
<td>Assistant</td>
<td>Cold</td>
<td>Bitter</td>
<td>Clear Heat Clear Fire</td>
<td>Clear heat; Drain fire; Clear damp-heat; Cool blood; Disinfect and detoxifies; Lesions, bruises and injuries; Promotes urination.</td>
<td></td>
</tr>
<tr>
<td>Gan Cao</td>
<td>Assistant</td>
<td>6gm</td>
<td>Neutral</td>
<td>Pungent</td>
<td>Tonify Qi</td>
<td>Harmonize/tonifies qi, spleen, stomach; Clears fire/moisten dryness; Detoxifies &amp; disinfects; Calms/anchors shen.</td>
</tr>
</tbody>
</table>
Herbal Identification
Jia Wei Xiao Yao San

- **Chai Hu**
  - Release Exterior (Cooling)

- **Dang Gui**
  - Tonify Blood

- **Bai Shao**
  - Tonify Blood

- **Fu Ling**
  - Expel Damp

- **Bai Zhu**
  - Tonify Qi

- **Bo He**
  - Release Exterior (Cooling)

- **Sheng Jiang**
  - Release Exterior (Warming)

- **Gan Cao**
  - Tonify Qi | Harmonise

- **Mu Dan Pi**
  - Clear Heat | Drain Fire

- **Zhi Zi**
  - Clear Heat | Drain Fire
Si Ni San | Frigid Extremities Powder Pills
(四逆散)
Source: Shang Han Lun

Composition: Chai Hu, Zhi Shi, Shao Yao, Zhi Gan Cao
Administration: All drugs decoct in water for oral administration

Functions: Disperse pathogens factors and Qi stagnation, soothing the liver and regulate the spleen

Indications: Cold limbs due to qi stagnation, and liver stagnation overacts on the spleen; marked by cold limbs, gastric and abdominal pain, or diarrhoea with tenesmus

Caution: Weak or deficient patients

Biomedical Indications: Anti-spasmodic, benefits digestion, carminative, alleviates depression

Dosage: 8-12 pills at 3 x / day (away from food) where possible
Si Ni San (Wan) | Frigid Extremities Powder Pills

**Cold limbs** and
Liver qi stagnation
- Irritability
- Depression
- Mood swings
- Cyclical symptoms in an otherwise robust patient
- Premenstrual syndrome
- Tooth grinding
- Hypochondriac pain
- Colicky abdominal pain
- Cold fingers and toes that is worse for stress
- Diarrhoea (Kuoch 2009)
- Bitter taste in the mouth (Kuoch 2009)
- Symptoms generally worse for stress
- Tongue: **Darkish or red tongue**
- Pulse: **Wiry pulse**
### Si Ni San | Frigid Extremities Powder Pills  
(Kuoch 2009, p46)

<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>Chai Hu</td>
<td>Chief</td>
<td>12gm</td>
<td>Cold</td>
<td>Bitter,Pungent</td>
<td>Release Exterior (Cold)</td>
<td>Release the exterior; Move and regulate qi; Raise qi; Raise yang; Dispel wind heat; Drains damp heat.</td>
</tr>
<tr>
<td>Bai Shao</td>
<td>Assistant</td>
<td>12gm</td>
<td>Neutral</td>
<td>Bitter,Sour</td>
<td>Tonify Blood</td>
<td>Tonifies blood; Tonifies/nourishes jing; Relieves pain/spasm; Descends yang; Cools blood; Moves/regulates qi.</td>
</tr>
<tr>
<td>Zhi Shi</td>
<td>Deputy</td>
<td>9gm</td>
<td>Cold</td>
<td>Bitter</td>
<td>Regulate Qi</td>
<td>Moves and regulates qi; Dispels cold; Directs qi downwards; Expels phlegm; Breaks up lumps.</td>
</tr>
<tr>
<td>Gan Cao</td>
<td>Envoy</td>
<td>6gm</td>
<td>Neutral</td>
<td>Pungent</td>
<td>Tonify Qi</td>
<td>Harmonize/tonifies qi, spleen, stomach; Clears fire/moisten dryness; Detoxifies &amp; disinfects; Calms/anchors shen.</td>
</tr>
</tbody>
</table>
Herbal Identification

Si Ni San

Chai Hu
Release Exterior (Cooling)

Bai Shao
Tonify Blood

Zhi Shi
Regulate Qi

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

**Chief Herb:**

Chai Hu | *Bupleurum chinense radix*)

**Chai Hu:** Bitter and acrid in taste, light cold in nature

Soothing the liver to relieve depression, regulating Qi movement to disperse accumulated heat out of the body

**Deputy herb : Zhi Shi | *Citrus aurantium fructus immaturus***

Reducing and normalizing qi movement of liver and spleen; Zhi Shi combing with Chai Hu to regulate the ascending and descending of Qi
Assistant Herbs: Bai Shao

*Bitter and sour in taste and slight cold in nature*

Nourishing Yin, harmonizing the interior, relieving spasm and stop pain

**Guide herb: Zhi Gan Cao**

Todifying the liver and spleen, Coordinating the effects of all the drugs in the prescription

Compare “Si Ni San” and “Si Ni Tang”
Ban Xia Xie Xin Tang | Pinellia Drain Epigastric Decoction
(半夏泻心汤)
Source: Shang Han Lun

Composition: Ban Xia, Huang Qin, Huang Lian, Gan jiang , Ren Shen, Zhi Gan Cao, Da Zhao
Administration: All drugs decoct in water for oral administration

Functions: Harmonizes and tonifies the stomach; Descends stomach; relieve accumulation, expels masses and remove flatulence

(Flatulence is the state of having excessive stomach or intestinal gas. Can result in uncomfortable feeling of bloating, increased belching (burping) or passing of gas from the rectum.)

Indications:
• The fullness syndrome combination with cold and heat
• Disorder of the stomach qi marked by epigastric fullness without pain, retching or vomiting, borborygmus, diarrhea.

Caution: the fullness due to food retention and internal accumulation of phlegm and turbid

Dosage: 8-12 pills at 3 x / day (away from food) where possible
Ban Xia Xie Xin Tang | Pinellia Drain Epigastric Decoction (Kuoch 2009, p14)

Stomach deficiency that leads to stagnation, heat and rebellious qi
- Painless epigastric fullness or distension
- Dry vomiting
- Nausea
- Vomiting
- Borborygmus
- Diarrhoea
- Tongue: Thin, greasy with a yellow coat
- Pulse: Wiry, rapid and weak
### Ban Xia Xie Xin Tang | Pinellia Drain Epigastric Decoction  
(Kuooch 2009, p14)

<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>Ban Xia</td>
<td>Chief</td>
<td>9gm</td>
<td>Warm</td>
<td>Pungent</td>
<td>Eliminate Phlegm</td>
<td>Drains damp-cold; Transforms phlegm; Descends qi; Stops vomiting; Tonifies/harmonises spleen; Stops bleeding; Eczema, burns, sores</td>
</tr>
<tr>
<td>Gan Jiang</td>
<td>Assistant</td>
<td>9gm</td>
<td>Hot</td>
<td>Pungent</td>
<td>Interior Warming</td>
<td>Warms the yang; Disperses cold; Dispels damp-cold; Transforms cold-phlegm; Rescue devastated yang; Stop bleeding; Relieves pain.</td>
</tr>
<tr>
<td>Huang Qin</td>
<td>Assistant</td>
<td>9gm</td>
<td>Cold</td>
<td>Bitter</td>
<td>Clear Heat Dry Damp</td>
<td>Cools heat; Drains fire; Clears damp-heat; Stops bleeding; Calms the fetus; Descends yang; Stops vomiting.</td>
</tr>
<tr>
<td>Huang Lian</td>
<td>Deputy</td>
<td>3gm</td>
<td>Cold</td>
<td>Bitter</td>
<td>Clear Heat Dry Damp</td>
<td>Cools heat; Drain Fire; Clears damp-heat; Detoxifies and disinfects; Stops bleeding; Eczema, burns and ulceration; Descends yang.</td>
</tr>
<tr>
<td>Ren Shen</td>
<td>Assistant</td>
<td>9gm</td>
<td>Warm</td>
<td>Sweet</td>
<td>Tonify Qi</td>
<td>Harmonize &amp; tonifies qi and spleen; Raise the Qi; Generate fluid; Calms/anchors shen.</td>
</tr>
<tr>
<td>Da Zao</td>
<td>Assistant</td>
<td>12pcs</td>
<td>Warm</td>
<td>Sweet</td>
<td>Tonify Qi</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 Qi</td>
<td>Harmonize/tonifies qi, spleen, stomach; Clears fire/moisten dryness; Detoxifies &amp; disinfects; Calms/anchors shen.</td>
</tr>
</tbody>
</table>
Herbal Identification
Ban Xia Xie Xin Tang

- **Ban Xia**
  - Eliminate Phlegm

- **Gan Jiang**
  - Interior Warming

- **Huang Qin**
  - Clear Heat
  - Dry Damp

- **Huang Lian**
  - Clear Heat
  - Dry Damp

- **Ren Shen**
  - Tonify Qi

- **Da Zao**
  - Tonify Qi

- **Gan Cao**
  - Tonify Qi
  - Harmonize
Notes:

This formula demonstrates using a combination of pungent-warm herbs with bitter-cold herbs to treat a complicated syndrome; the herbs of pungent taste are used for dispersing and those of bitter taste are used for descending.

The combination of all the drugs plays the effect of reinforcing Qi, harmonizing the stomach, lowering the rising of Qi and dispersing the lumps to relieve the fullness.
### Chief Combination Modifications

**Ban Xia** (Hempen 2009, p.82)

<table>
<thead>
<tr>
<th>Action</th>
<th>CHM</th>
<th>Group</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Focal distension in the epigastrium and abdomen, dry heaves, vomiting due to stomach qi disharmony.</td>
<td>Chen Pi</td>
<td>Regulate Qi</td>
<td>Hempen 2009, p.488</td>
</tr>
<tr>
<td>Epigastric distension, digestive problems due to heat and cold.</td>
<td>Huang Lian</td>
<td>Clear Heat</td>
<td>Dry Damp</td>
</tr>
<tr>
<td>Productive cough due to dampness and phlegm or to spleen qi xu.</td>
<td>Chen Pi</td>
<td>Regulate Qi</td>
<td>Hempen 2009, p.488</td>
</tr>
<tr>
<td>Cough, dry heaves, vomiting due to hot phlegm and rebellious qi</td>
<td>Huang Qin</td>
<td>Clear Heat</td>
<td>Dry Damp</td>
</tr>
<tr>
<td>Cough, dry heaves, distension in the epigastrium and abdomen due to phlegm</td>
<td>Hou Po</td>
<td>Transform Damp</td>
<td>Hempen 2009, p.292</td>
</tr>
<tr>
<td>Cough due to phlegm</td>
<td>Zhe Bei Mu</td>
<td>Cool &amp; Transform Hot Phlegm</td>
<td>Hempen 2009, p.650</td>
</tr>
<tr>
<td>Stifling sensation in the chest, cough, vomiting due to hot phlegm</td>
<td>Gua Lou</td>
<td>Cool &amp; Transform Hot Phlegm</td>
<td>Hempen 2009, p.662</td>
</tr>
<tr>
<td>Insomnia due to hot phlegm</td>
<td>Xia Ku Cao</td>
<td>Clear Heat</td>
<td>Cool Fire</td>
</tr>
<tr>
<td>Bloody sputum, bloody stools</td>
<td>Zhi Tian Nan Xing</td>
<td>Transform Cold Phlegm</td>
<td>Hempen 2009, p.624</td>
</tr>
<tr>
<td>Fractures, external injuries</td>
<td>Zhi Tian Nan Xing</td>
<td>Transform Cold Phlegm</td>
<td>Hempen 2009, p.624</td>
</tr>
</tbody>
</table>
Tong Xie Yao Fang | Important formula for diarrhea with pain
(痛泻要方)
Source: Jing Yue Quan Shu (Zhang Jing Yue's complete works)

Composition: Bai Zhu, Bai Shao, Chen Pi and Fang Feng

Administration: All drugs decoct in water for oral administration

Functions: Strengthens the spleen and purges the liver fire

Indications: Diarrhoea with abdominal pain due to spleen deficiency and liver stagnation (liver overacting spleen)

Caution: the diarrhoea due to dampness and heat of Yang Ming as well as pathogenic heat

Dosage: 8-12 pills at 3 x / day (away from food) where possible
Tong Xie Yao Fang | Important formula for diarrhea with pain

Diarrhoea with abdominal pain due to liver (qi stagnation) overacting spleen(deficiency)
- Diarrhoea with abdominal distention and pain
- Pain relieved by bowel movement
- Borborygmus
- Emotional stress makes all symptoms worse or evokes diarrhoea / abdominal pain

Also can see
- Distention and fullness in the epigastrium
- Belching, poor appetite
- Tongue: Red edge with thin coating
- Pulse: Wiry
## Tong Xie Yao Fang | Important formula for diarrhea with pain

<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>Bai Zhu</td>
<td>Chief</td>
<td>90 gm</td>
<td>Warm</td>
<td>Sweet, bitter</td>
<td>Tonify Qi</td>
<td>Invigorate spleen and replenish qi, dry dampness and induce diuresis; stop sweating; prevent abortion</td>
</tr>
<tr>
<td>Bai Shao</td>
<td>Deputy</td>
<td>60 gm</td>
<td>Slightly cold</td>
<td>Bitter, sour</td>
<td>Tonify Blood</td>
<td>Nourish blood and regulate menstruation, suppress liver to relieve pain, astringe yin to arrest sweating</td>
</tr>
<tr>
<td>Chen Pi</td>
<td>Assistant</td>
<td>45 gm</td>
<td>Warm</td>
<td>Bitter and pungent</td>
<td>Regulate Qi</td>
<td>Regulate qi and invigorate spleen, dry dampness and resolve phlegm</td>
</tr>
<tr>
<td>Fang Feng</td>
<td>Envoy</td>
<td>30 gm</td>
<td>Slightly warm</td>
<td>Pungent and sweet</td>
<td>Expel wind-cold</td>
<td>Release superficies, relieve wind, dispel dampness, stop pain and stop spam</td>
</tr>
</tbody>
</table>
Notes:

This formula strengthen spleen to relieve liver stagnation/fire, which is the method called as “supporting earth to suppress wood”, Bai Zhu strengthens spleen; using Bai Shao to nourish liver yin and Fang Feng relieve pain and stop spasm.

Tong Xie Yao Fang is a formula commonly be used to treat inflammatory bowel disease (IBD) and Irritable bowel syndrome (IBS) in the clinic.
Tutorial Activity – Case Study 8.1

Patient 8.1 (Female 29 years) presents for assist sleep and stress (onset: <2 years). Further questioning also determines that the patient suffers from alternating chills and fever, bitter taste in mouth, nausea/vomiting, bloating, poor appetite and stomach ache following meals. She has recently had her eye worsen and recently purchased new glasses.

Clinical Assessments:
Other: Hypochondrium pain
Pulse: Wiry and slightly irregular
Tongue: Red sides with a thin white coating

- 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 should be used here?
- What modification should be further made here to enhance the outcomes achieved?
Tutorial Activity – Case Study 8.2

Patient 8.2 (Female 31 years) had pre-menstrual syndrome (PMS) for 2 years. She suffered headache, breast and abdominal distension before the period. Also accompany with irritability, moodiness, poor appetite and alternating fever and chills during the period. The patient also reports the occasional hypochondriac distress and pain.

Clinical Assessments:
Other: Nil
Pulse: Wiry and slightly rapid
Tongue: Slightly red with thin white coat

- 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 should be used here?
- What modification should be further made here to enhance the outcomes achieved?
COMMONWEALTH OF AUSTRALIA

Copyright Regulations 1969

WARNING

This material has been reproduced and communicated to you by or on behalf of the Australian College of Natural Medicine Pty Ltd (ACNM) trading as Endeavour College of Natural Health, FIATnation, College of Natural Beauty, Wellnation - Pursuant Part VB of the Copyright Act 1968 (the Act).

The material in this communication may be subject to copyright under the Act. Any further reproduction or communication of this material by you may be the subject of copyright protection under the Act.

Do not remove this notice.